

THE SETTINGS®
of Lake Rhodhiss

FALL COOKOUT GUIDE

IN THE NORTH CAROLINA TRADITION

Join us at The Settings of Lake Rhodhiss Fall Cookout October 26th-28th, 2007

The time-honored North Carolina tradition of the barbecue and pig roast lives on at The Settings of Lake Rhodhiss. Everyone is invited to the Fall Cookout on October 26-28, 2007, one of the final weekends for peak leaf watching. During this special event, you'll have the rare opportunity to savor the unique tastes of the region, barbecue prepared the old-fashioned way: slowly cooked, carefully prepared and joyfully served.

The weekend also allows you to get a first look at newly released homesites—lakefront and nature with lake access—in the Overlook Ridge neighborhood of The Settings of Lake Rhodhiss. Thanks to the natural elevation of the land, most homesites at The Settings of Lake Rhodhiss offer lake and/or mountain views. All offer access to the water. You can see

everything there is to see on land tours of the community and boat tours of Lake Rhodhiss. And after your excursion, feel free to indulge in traditional picnic games like bocci ball and horseshoes.

Since its debut earlier this year, The Settings of Lake Rhodhiss has become one of the most popular communities in the area. Homesites here have sold at the rate of one every 34 hours, on average. To make the cookout weekend even more exciting, The Settings of Lake Rhodhiss is offering up to \$3,000 credit for closing costs and travel expenses.

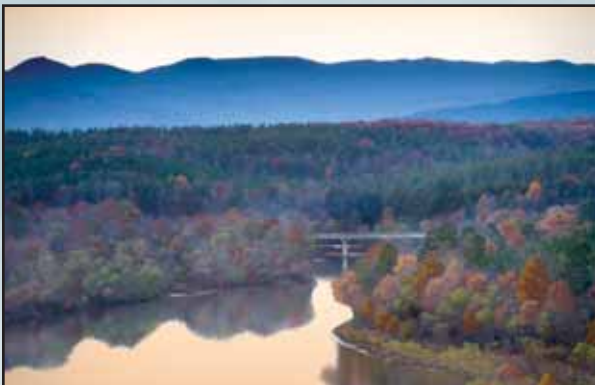
We hope you'll be able to join the fun for The Settings of Lake Rhodhiss Fall Cookout. Spots are limited so please

RSVP today. Call **888-985-LAKE** today.



Why Barbecue Matters in North Carolina

A QUICK INTRODUCTION TO A STATEWIDE OBSESSION



The cookout will be held on the future site of the clubhouse, overlooking Lake Rhodhiss

In North Carolina, barbecue debates rage over cooking techniques, whether to use pork shoulders or the whole pig, eastern versus western sauce and whether any meat other than pork can be classed as “barbecue.” Here’s a hint: Go to Texas, Kansas City or Louisiana if you want chicken or beef. In North Carolina, barbecue means pork, most often an entire pig slow roasted over a low fire of oak or hickory—and then served to perfection.

In other regions, connoisseurs focus primarily on the sauce, but in North Carolina, we believe that the process of cooking the meat is just as important (if not more important) than what we put on it. The cooking usually begins before dawn when the fires are lit, the guest of honor laid on the grill and drowned with sauce and the lid of the cooker closed. Traditionally, the rest of the day is spent “watching the pig,”

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Leaf Season's Grand Finale

THE COLORS ARE AT THEIR BRIGHTEST AS THE LEAVES BEGIN TO FALL

As October turns to November, North Carolina's fabled leaf season draws to a close. At the top of the mountains, the leaves began turning around the first of October, but now that the weather's getting a little cooler, the color has descended to lower elevations, reaching their peak around Halloween.

If you're traveling around North Carolina looking for the brightest colors, elevation is everything. In fact, trees of the same species can peak weeks apart depending on their location. Cooler slopes that face the north often peak much earlier than slopes facing the sun. Certain species of trees also peak earlier than others. In addition, an early frost and unusually wet or dry summers will affect the process differently.

In the fall, changes in the amount of daylight and in temperature, the leaves' chlorophyll breaks down. The green color disappears, and the yellow to

orange colors become visible and give the leaves part of their fall splendor. While this is happening, other chemical changes may occur, which form additional colors. Some mixtures give rise to the reddish and purplish fall colors of trees such as dogwoods and sumacs, while others turn sugar maples brilliant orange.



The autumn foliage of some trees shows only yellow colors. Others, like oak trees, display mostly browns. All these colors are due to the mixing of varying amounts of the chlorophyll residue and other pigments in the leaf during the fall season.

Once the leaves are almost gone, you can still see glimmers of color here and there, and some believe mid-November is the best time to visit the area, as you can see deeper into the forest—and also anticipate the ski resorts

gearing up for another season of great recreation in western North Carolina.

Why Barbecue Matters in North Carolina

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which usually means standing around, tossing a lot more sauce on the pork every hour and talking about current events.

Who had the first barbecue? Who knows? According to Terry Mancour, author of "North Carolina Barbeque: A Primer," America's earliest colonists in Jamestown knew the trick, and Jamaicans also used the barbecue technique as far back as 1661. We know that in those days, sea pirates visited both the Carolina shores and also the Caribbean, so they may have taught the locals a thing or two about cooking meat. Our word "buccaneer" comes from the French term for curing meat by smoking it slowly: "boucan." That's something to think about until dinner time.

The biggest bone of contention for Carolina connoisseurs is the sauce, of which there are two kinds: eastern and western. Both are vinegar-based, and the biggest difference is that the western (or Lexington style) adds a small amount of tomato base to the seasoning. There are relative merits to both, and because this topic stirs such deep passions in so many hearts, we're going to try to remain impartial here.

Here in North Carolina, barbecuing is so competitive that we have more than 25 annual cook-offs every year. Judges use blind taste tests in addition to on-site tasting inspections. As you'll understand when you hear the call to table at The Settings of Lake Rhodhiss, in North Carolina, barbecue is serious business.

FALL COOKOUT GUIDE

Not the Same Old Grind

A HISTORIC TREASURE IN YOUR OWN BACKYARD

As you know, the convenient location of The Settings of Lake Rhodhiss puts you just one hour from some of the region's most popular destinations. Art galleries, bookstores and bistros await you in Asheville, while Charlotte offers museums, entertainment and nearly everything a sports enthusiast could want: the NFL Panthers, the NBA Bobcats, NASCAR, the U.S. National Whitewater Center. To the north, the Boone and Sugar Mountain offer some of the best skiing imaginable in the winter and plenty to do in the warm weather, too.

While all these attractions are worth the trip, it may surprise homesite owners that one of the region's more interesting attractions is right in their own backyard.

McGalliard Falls Park is the home of McGalliard Falls, a popular recreational facility about one and a half miles from downtown Valdese. While the park features nature trails, picnic areas, shelters, tennis courts, softball fields and a playground, one of the most notable attractions here is the restored grist mill, dating back to 1906.

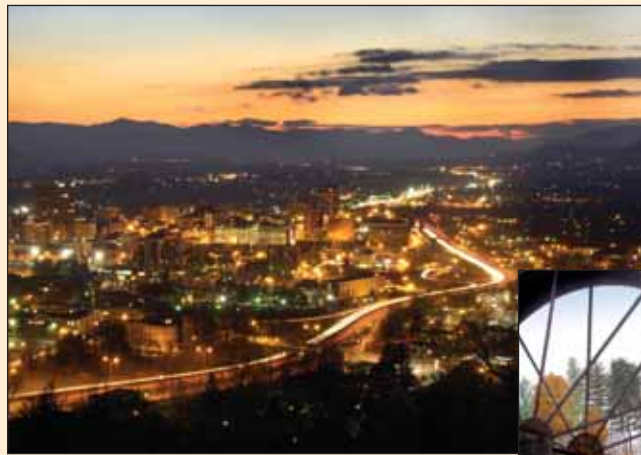
The mill was the dream of Fred Meytre, who constructed it, but his original accomplishment was short lived. The original waterwheel washed away in a 1916

flood, and the mill was converted to turbine power. By 1941, the grinding stopped, possibly since Mr. Meytre had grown too old to operate the mill without the help of young men World War II had taken away. The mill stood in limbo for several years, until 1982, when a new interest in the mill sparked a restoration project, led primarily by members of the local American Legion post. Sadly, funds dried up before the project reached completion.

Flash forward 20 years: In

2002, the town of Valdese realized the rare attraction the mill held. The falls themselves were already a popular spot for locals to spend a summer evening, so the town launched a concerted effort to get the big millwheel turning again and to put the mill back in working order.

Though the mill never ground corn in the 21st century, it remains as a beautiful reminder of a simpler time.



Though Asheville is a great destination don't overlook the attractions to be found in your own backyard.



The mill may not grind corn, but it's still picturesque enough to inspire the imagination.