

# Community Calendar

## PART II OF CBS COVERAGE

Part II of the presentation of Madison County will be featured on the CBS evening news on Sunday, July 19, 1981.

## VACATION BIBLE SCHOOL

Mt. Zion Baptist Church, located on Ivy Hill Road, will be holding Vacation Bible School July 13 through 19. Classes for pre-school, juniors and seniors will be held each night from 6:30 to 8:30 p.m. Everyone is invited to attend.

## MARSHALL ISLAND DAY

The Marshall Recreation Department will sponsor an "Island Day" on Saturday, July 18 on Blannahasset Island in Marshall. Flea Market vendors are invited to bring produce and other items for sale. The department has scheduled ball games, music and dancing for the day. Concession stands will be open for hamburgers, hot dogs and drinks.

## COUNCIL ON AGING

The Council on Aging will hold its regular meeting on July 23 at the Marshall Meal Site at 1 p.m. The public is invited.

The Advisory Committee to the Madison Senior Citizen Center will meet at the Marshall Meal Site also on July 23 at approximately 2:30 p.m.

## REDMON FAMILY REUNION

The 25th Annual Redmon Family Reunion will be held Sunday, July 26 at 11 a.m. at the Redmon Cemetery. Directions — Take U.S. 70 to Alexander, cross the river and follow the signs to Redmon Church and Cemetery. Asheville residents take New Leicester Highway to Wells Store and follow signs.

## COMMUNITY AUCTION

A community auction sale will be held every Friday night beginning at 7:30 p.m. at the Mars Hill Community center on 154 Mountain View Road in Mars Hill.

## MERCHANTS ASSOCIATION FLEA MARKET

The Marshall Merchants Association will sponsor a flea market every Saturday on Back Street in Marshall from 7 a.m. to 5 p.m. For further information contact George Penland at Penland and Sons Department Store on Main Street or call 649-2811.



**LEADERSHIP WORKSHOP** — Robin Daniel (left), regional coordinator for the N.C. Council on the Status of Women; Mrs. Susan Ruark (center), chairman of the conference;

and Mrs. Kay Martin, president of the Mars Hill College Office Personnel Organization plan fall conference on leadership development for women. (Photo by John Campbell)

## Cool Fabrics Help Beat Heat

The right clothing fabrics can help a great deal in keeping the body cool during the hot, humid days of summer. Judith Mock, extension clothing specialist at North Carolina State University, explains that clothing can be used to help the body maintain its thermal balance by aiding heat loss as the need arises. "In cold weather, layers of clothing help insulate the body by preventing heat loss and

keeping out cold," says Ms. Mock. In summer, however, fewer layers of clothing are needed and the body may also need protection from the surrounding environment. "Evaporation of moisture, or perspiration, is effective in cooling the body and clothes which absorb moisture should be worn in the heat," Ms. Mock advises. Fabrics with a high cotton content are most absorbent.

Hot weather garments should be loose fitting and have large openings at the neck, arms and legs to allow body heat to escape, says the specialist. The layers of clothing worn should be reduced. Women will be more comfortable wearing skirts and dresses and eliminating nylon hose. White or light colored garments will be coolest, as they reflect the sun's radiant

heat. Men have a bit tougher time in the hot weather if they are required to wear a tie on the job. Ms. Mock notes, because this prevents heat from escaping. "Men can help to beat the heat by wearing shirts with a high percentage of cotton and short sleeves, omitting tee shirts and wearing lightweight, unlined jackets," she says.

## Rapp, Burnett Named Delegates

Raymond C. Rapp, coordinator of programs for Mars Hill College's Center for Continuing Education, and Mrs. Lucille Burnett of Walnut, retired Madison County school teacher and chairman of the county's Council on Aging, have been named by Gov. Jim Hunt as official delegates from North Carolina to the 1981 White House Conference on Aging. The conference, which will be held in Washington Nov. 29 to Dec. 3 will attempt to develop a comprehensive coherent national policy on the aging together with recommendations for the implementation of the policy. The total body of delegates, 2,000, will mirror as close as possible the nation's population in terms of race, sex, and urban-rural makeup. Because of medical, social and scientific advancements resulting in lower death rates and longer life spans, older Americans are the fastest-growing segment of the nation's population. Since 1900, the number of people over 60 has increased four times as fast as those under 60. In 1980, for the first time the number of Americans over 60 surpassed the number of children up to age 10 or youths from age 11 to 19. The number is expected to continue growing until when

today's pre-schoolers turn 60, they will represent one out of every four Americans. The conference will consider the issues under six broad areas which include Economic Security, Physical and Mental Health, Social Well-Being, Older Americans as A Growing National Resource, Creating an Age-Integrated Society and Research. Through discussion and policy formulations, the conference will present their recommendations on how to fashion a society where get-

ting older is not a stigma but a further opportunity where young and old alike can achieve their full potential.

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**HOURS**  
8am - 5pm M-S  
1pm - 6pm Sun.

## Madison County Public Library

- Recent Additions To The Madison County Public Library Shelves:
- NON-FICTION**
- Bach, George & R.M. Deutch; "Stop! You're Driving Me Crazy."
- Consumer's Guide Editors; "Do It Yourself!"
- Ervin, Sam J. Jr.; "The Whole Truth: The Watergate Conspiracy."
- Halpern, Howard M.; "No Strings Attached: A Guide To A Better Relationship W/Your Grown-Up Child."
- Kappelman, Murray M., M.D.; "Parents After Thirty."
- Levitt, Leonard; "The Healer."
- Martin, Billy & Golenbock, P.; "Number 1."
- McNulty, Faith; "The Burning Bed: The True Story Of Francine Hughes — A Beaten Wife Who Rebelled."
- Pearl, Minnie w/Joan Drew; "Minnie Pearl: An Autobiography."
- Pollock, John; "The Siberian Seven."
- Rubin, Theodore I., M.D.; "Reconciliations: Inner Peace In An Age Of Anxiety."
- Sagon, Carl; "Cosmos."
- Sullivan, m.b. & Bourke, L.; "A Show Of Hands: Say It In Sign Language."
- Wilkerson, Michael & Dick; "Someone Cry For The Children."
- PERFECT WIFE AND MOTHER**
- Veryan, Patricia; "Nanette."
- Wallace, Irving; "The Second Lady."
- Wilson, Sloan; "Crime Of The Century."
- JUVENILE**
- Anglund, Joan Walsh; "Nibble, Nibble Mousekin."
- Bulla, Clyde Robert; "Daniel's Duck."
- Keller, W. Philip; "A Child's Look At The Twenty-Third Psalm."
- Lionni, Leo; "Geraldine, The Music Mouse."
- Phillips, Betty Lou; "The NCA Guide For Cheerleaders."
- Scarry, Richard; "Busiest People Ever."
- Sharp, David; "Machines On The Move."
- Sheehan, Angela; "The Mouse."
- Szitty, Ruth; "Man To Match The Mountains: The Childhood Of Zebulon B. Vance."
- Tudor, Tasha; "Springs Of Joy."
- FICTION**
- Aldiss, Brian W.; "An Island Called Moreau."
- Cook, Robin; "Brain."
- Eberhart, Mignon G.; "Family Affair."
- Fleming, Thomas; "The Officers' Wives."
- Hill, Fiona; "The Stanbroke Girls."
- Knight, Alanna; "Castle of Foxes."
- Lockridge, Richard; "The Old Die Young."
- MacLean, Alistair; "Athabasca."
- Michener, James A.; "The White Robin."
- Price, Eugenia; "Margaret's Story."
- Rosner, Judith; "Emeline."
- Sheldon, Sidney; "The Naked Face."
- Smith, Joan; "Lace For Milady."
- Somerlott, Robert; "Blaze."
- Thorne, Nicola; "The



Meat is considered the hardest menu problem and the most expensive part of the meal. Larger cuts can be reserved for guest meals. Individual chicken parts are available, however whole fryers are a more economical purchase. Consider the cost per serving rather than the cost per pound when buying meat. If you want to save money on food purchases, remember that about one-third of the dollar you spend for food is accounted for by meat, poultry and fish. The lowest priced meat is not always the best buy. Consider the amount of waste — bone, gristle or fat. A higher-priced meat, with no waste, may give you more servings per pound. You can also consider "meatless" meals, using such substitutes as dry beans and peas, cheese and eggs.