

# Black Mountain News

Published each Thursday at Black Mountain, N.C. 28711  
 Second class postage paid at Black Mountain, N.C.  
 Established 1945

EDITOR  
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ADVERTISING MANAGER  
 Regenia Byrd

Published weekly by Mountain Media, Inc.,  
 Grant Dickinson, General Manager.

SUBSCRIPTION RATES: In Buncombe County, Year \$5.20; Outside Buncombe County, Six Months, \$5.20, One Year \$10.40. Outside State, \$12.00. This includes 4 percent N.C. Sales Tax.

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## Clip and save

by Naomi Elliott Brigman  
 Alderman Candidate

My family and I live at 104 Disoway St. in Black Mountain, and I am employed by Black Mountain Insurance and Realty, Inc., as an insurance agent.

I attended Black Mountain Public Schools, Montreat-Anderson College and Appalachian State University, and taught in the Watauga and Gaston County School systems before returning to Black Mountain.

At the present time, I am serving my second 3 yr. term, as secretary of the Black Mountain Planning Board. I have enjoyed working on the Planning Board and appreciate the confidence that both the present Town Board and previous Town Board had in my abilities by appointing me to the Planning Board.

I am a candidate for Alderman in this election, because I want to help our town and all of its citizens. I would like to stress here, that on controversial issues, I study both sides of the question, or issue, before I make a decision, and the final decision is my own.

There has been a great deal of controversy in our town lately over several issues. When this type of thing slows the work of our city officials, everybody suffers. We need people in our city government that can settle this type of thing quickly and get on with the business of winning the town. I urge each voter to choose the candidate that he thinks will do the best job on November 8, and remember that after you vote be willing to do your part in making our town a better place to live in.

# Candidates' addresses

by Alfred Tyson  
 Alderman Candidate

I am running for re-election to the Town Council because I am concerned about our town. In the next two years the elected officials face some hard decisions. No. 1 is which way we go to solve our water problems. During the past two years we have completed phase one of an engineers water study made for our town. Recent laws passed as to water quality may change the engineers' plan for the other phases of this project. The decision we make will be very important.

With the completion of I-40 and its access to Black Mountain we have an opportunity for growth. We need to plan so as to maintain a healthy downtown and attractive residential areas. We must continue to encourage the support of interested citizens to improve our town by serving on various committees and being involved in such projects as the Old Depot Renovation, Cherry Street renewal and the Sourwood program. All of these make our town a better place to live in.

We must stay fiscally sound. The essential services such as fire protection, police, water and sewer, streets and sanitation should have first priority in allotment of town funds to insure their efficient operation.

During the past two years I have worked closely with the street department through the town manager to have better maintained streets and sidewalks. Many roads have been paved or resurfaced on as fair a basis as we know how. It is not an easy job. We have had fine relations with

the State Highway Department. Recent resurfacing of the Montreat Road and finally the improvement of Craigmont Road are good examples of our requested being honored.

It has been my good fortune to operate a successful business here for over 31 years. I have to make decisions every day. I believe I can use my experience as a businessman and a town official to guide us in the right direction.

I certainly appreciate the confidence you have shown in me by your vote in past elections and I hope you will vote for me again on November 8.

Black Mountain is a great little town, in a beautiful part of the world, and I never fail to be thankful that I live here.

by Don Hoefling  
 Alderman Candidate

My name is Don Hoefling. I reside with my wife, Rita, and family at 203 Chapel Road. I am employed by singer Kearfott as a Senior Manufacturing and Industrial Engineer.

Prior to being elected to the town Board of Black Mountain, I served as chairman of the Recreation Advisory Council for the town, (2 year term).

During the past two years many problems have been encountered by the town board and I do believe all issues were handled fairly for the best interest of all citizens of Black Mountain. While it is not possible to make a decision to please each person individually, I have tried to do my best to serve the town. Over the past two years, I have tried to listen and answer or act on any one individuals complaints and grievances, because I believe no complaint or grievance is too small to listen or act upon. If re-elected on November 8, I will continue to abide by my beliefs. It may not have been the answer you were looking for, but considerations had to be given to the needs of all of the people of Black Mountain.

At the beginning of my term I was appointed by the Mayor as the Alderman representing the recreation for Black Mountain. Since that time we have improved our recreation program in the direction of becoming the better all around program in Buncombe County. Our whole program is being built around All The Citizens of Black Mountain, Senior citizens, middle aged adults, young adults, teen-agers, grammar school children, primary school children, and pre-school children.

We have applied for Federal Funding for the renovation of the downstairs of the Club House, which will involve our Senior Citizens, for the recreation area at the old youth center, and for Federal Funding for the Mini-park. Major projects completed over the past two years are as follows:

1. New swimming pool and bath house,
2. Lighting and up-grading of the tennis courts,
3. Sprinkling System on the Golf Course,
4. Cover for the pool to keep trash out over the winter months,
5. Path around the lake, and
6. New tractor for the Golf Course.

Recreational activities held during the past two years for the citizens of Black Mountain are:

1. Programs relating to children of our town:
  - A. Easter Egg hunt,
  - B. Halloween Party,
  - C. Fun days (club house on Saturday morning),
  - D. Soccer,
  - E. Baton twirling,
  - F. Tennis lessons and the tennis ladder,
  - G. Big Wise Sound Factory Dance.

2. Programs relating to adults and families:

- A. Women gymnastics,
- B. Co-ed Volleyball,
- C. Mixed Basketball,
- D. Flea Market,
- E. Belly dancing,
- F. Tennis lessons and the tennis ladder,
- G. Tennis tournaments,
- H. Activities for Senior citizens,
- I. Street dances,
- J. Clogging,
- K. Arts and crafts in conjunction with XYZ Club, and
- L. Golf tournaments.

3. Special programs:

- A. Schuffleboard and horseshoe pit,
- B. Joint bench purchase with the Kawans for schuffleboard and horseshoe pit, and
- C. Publishing weekly activities in the news.

As you can see from the mentioned activities that our recreation programs are serving all the people of Black Mountain. Having been appointed alderman in charge of recreation, I still feel our water problem is and should be given the number one priority for the up-coming board regardless of who is elected. I, therefore, am asking for your vote of Confidence on November 8 in order to continue our recreation program and to solve our towns water problems. Thank you and member Don's the one for Alderman, vote Don Hoefling November 8.

# Living and Growing

by Carl Mumpower  
 Family Counseling Service

**THE DOORMAT**  
 Ever feel like one? You know the symptoms, "that walked-on feeling, angry on the inside-smiling on the outside, stomach aches and tight throats, resentment, anxiety, depression, loss of respect, and all the rest. If you are like most of us, you've been partners with those feelings on many occasions.

Why do we do it? Why do we let others use us and abuse us, however subtly even though we know we will pay a price? The biggest answer is fear. Fear of rejection, fear of being put down, fear of being attacked, fear of standing out, fear of risking, and most important of all, fear of the unknown, generally play some part in our assuming a passive position. We hurt when we do it, maybe not now, but eventually, yet we continue.

The process generally goes something like this—we become involved in an interaction which involves an expression of feelings and or ideas. To be honest in expressing ourselves, places us in a vulnerable position. We get frightened at the

possibilities, swallow our feelings, and back down or censor what we really want to communicate. Usually we experience some immediate sense of relief, but eventually our repressed feelings make themselves visible to us. Call it a "fly now, pay later" approach if you will, for in trying to smooth over conflict now, we set ourselves up for more serious problems in the future.

Some of us justify our passivity in the name of love. "I just couldn't say anything that would hurt Bill" or "if you can't say anything nice, don't say anything at all" are a couple of the phrases we hear. We see this protection of another as a "loving" act, but who are we really protecting? There is very little that is "loving" about dishonesty, and it is questionable that protecting another, and thus inhibiting their own responsibility for coping with reality, is the "loving" thing to do. When it is boiled down, the dependency that results from protecting others, and the dishonesty of repressed or denied feelings is for us, not them.

Through an attitude of big you and little me, we gradually begin to lose sight of what "me" really is. Our ego



becomes enmeshed or lost through our contact with others. They resent us for not being strong enough to be an equal, we resent ourselves for allowing others to dominate us. This resentment doesn't evaporate with time, nor does it generally leave of its own accord. It lies there and grows through the addition of more and more resentment. Then finally, like an over-heated pressure cooker, it blows. It may not happen for weeks, or months, or even years, but eventually it does happen. At that point, our behavior begins moving in another directions. And that brings us to next week's topic, "anger".

## NEWS FROM THE BUNCOMBE COUNTY EXTENSION SERVICE

P.O. BOX 7667, ASHEVILLE, N.C. 28807 255-5522



Five common flower garden plants, dahlia, canna, caladium, gladiolus and tuberous begonia, do not over winter in most areas of North Carolina. To save the plants, lift roots, tubers or corms of these about the time of our first killing frost. They may be dug just after the foliage dries. Dig deep enough so that part of the plant will not be snapped off when lifted out of the soil. Leave soil around dahlia tubers, canna and caladium roots. Store in a garage or other building until soil dries and falls away from plant parts. Shake soil off roots and tubers, and cut away dried stem. Discard immediately any plant parts that show soft spots or disease. Place tubers and roots in old sawdust or peat moss, in a flat box or plastic bag with holes for ventilation. Store in a dry, cool place such as a basement. Do not store on the back porch or in a garage. These plants cannot withstand freezing. Also, store away from danger of being eaten by rats, squirrels, etc.

Crisp, fall days and hearty appetites help encourage a change in meal planning. Bean, split pea, and potato soups have a good many things in common. They are hearty soups for big appetites. They contain a lot of staying power, and they are low cost

menu items. Right now beans, split peas and potatoes are all in good supply, ready to help you curb the hearty cold weather appetites of family members. Not only that, but most folks are rediscovering the satisfaction of things homemade. When it comes to saying "Welcome Home" a steaming bowl of hearty soup does it best. Plan to serve the family homemade soup often. Bean, split pea and potato soups are high in nutrition, being packed full of protein, vitamins and minerals, and relatively low in cost.

Continue to fertilize poinsettia plants with a soluble complete fertilizer such as 20-20-20 twice each month. In order to prevent soluble salt buildup, make sure enough water or fertilizer solution is applied so the excess drains through the bottom of the container. Discard all surplus water collected.

Residents of Western North Carolina can usually expect frost at this season of the year. Often the first frost of fall comes in association with a moving weather system and will probably not produce frost more than one or two nights in succession. The period following may be as much as two to four weeks of relatively mild growing weather. Some of the late garden vegetables may be protected by covering them and extending the growing season a little longer.

Since a blustery cold wind from a northerly direction will blow up and a sleet storm will squall fretfully as November is ushered in. The last leaf will be driven from its prime seat. The trees will be stripped down to the nudeness of winter, exposed, frozen, and shrunken. To clothe them the Creator will choose a feathery white garment of snow fresh out of heaven. With no previous wear of soil from past winters. No re-cycling of the beautiful glittering cloak. The little creeks and their tributaries will be locked into stillness. The surface of the earth will shiver under its pressure.

This day in October, is like plunging into last minute preparations for a tremendous expedition. The tomorrows will be completely, and refreshingly new. They will come to us untarnished and will leave in the condition in which they have been handled.

The last of the harvest is diminishing. A true test of fruitful or non-fruitful planting. It is a time for reflecting and mirroring the task that was at hand only a few months past.

Quickly must we take in all the greens and the golds and the reds from God's work of a superb art, nature. It is a savings against the gray skies ahead.

Breathe deep and let the eyes drink the full cup of the hills. No dregs to be found.

October nights are still and starlit. The night sounds form a perfect accompaniment for

## Reflections



by Gretchen Corbitt

September gave way to October. There was no other choice.

October days are crisp with the crackly frosty early dawns and growing shorter. The long shoulders of the mountain ridges are casting their shadows. The hillsides are taking on the look of an artist's canvas with a solid green backdrop broken here and there by beautiful brilliant splashes of varie-colors. Some of the trees are quick in giving over to autumn, abandoning themselves freely and easily, parading early in their gorgeous colors. But the big oaks hesitate. Their leaves cling stubbornly to their primeval virginal green. It is as if they offer grudgingly one leaf at a time to the season.

October nights are still and starlit. The night sounds form a perfect accompaniment for

can at the Juvenile Evaluation Center.

The fire department ambulance made two emergency runs last week. The county ambulance made 19 routine runs, four emergency and was not needed on one.

On October 12, two trucks and 20 men answered a false alarm on North Fork Road.

On October 16, one truck and 21 men put out a fire in a trash

can at the Juvenile Evaluation Center.

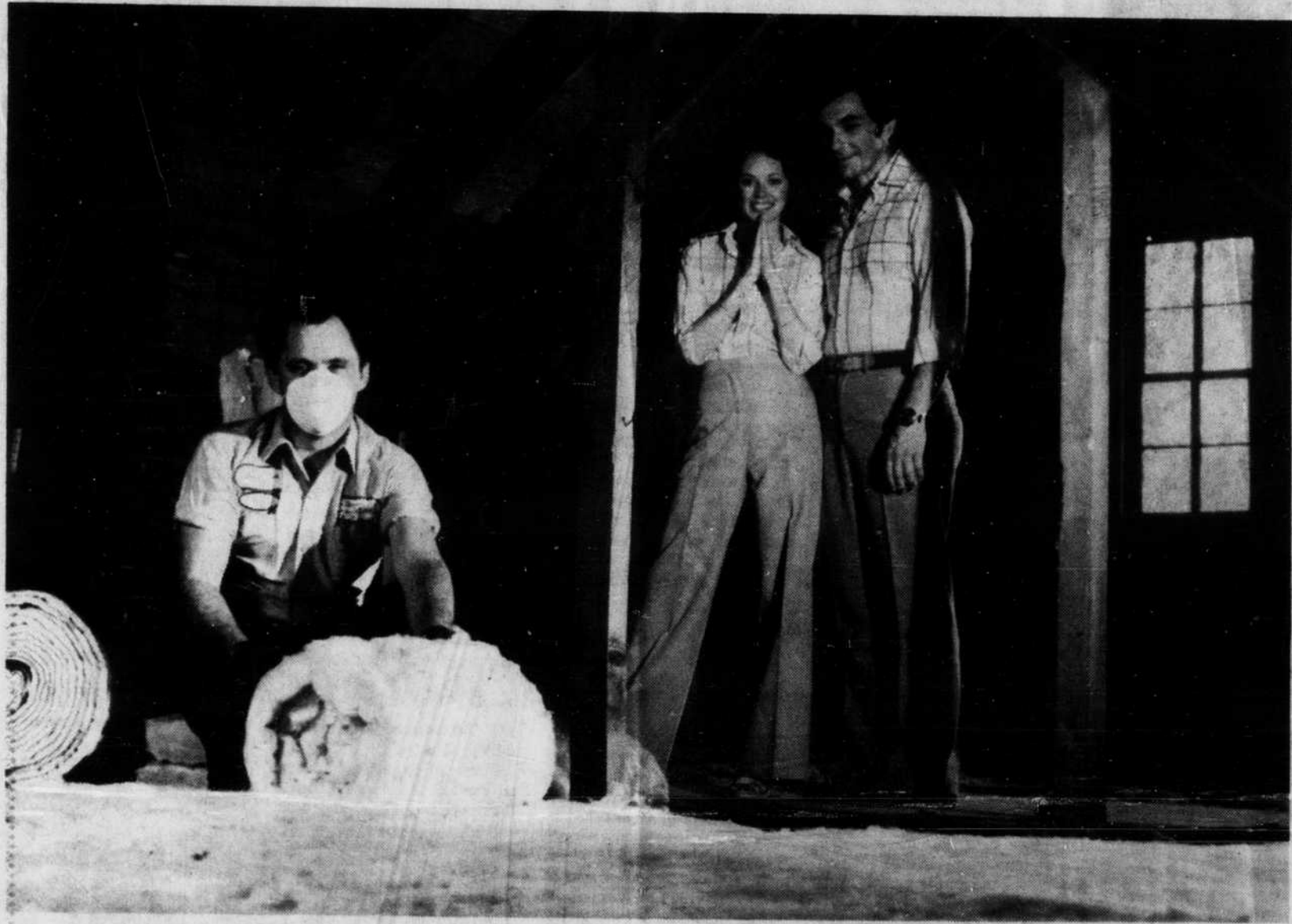
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Jody Williams  
 The Northwestern Bank - Black Mountain

## Black Mtn. Fire Dept.

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