

Black MOUNTAIN NEWS

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Samantha and Sam seem content to sit sedately side by side in the shade at the Montreat Gate while the rest of the Valley steams in record heat. The life-like dolls were handmade by Montreat women and the mountaineer pair has become a familiar sight to conference center visitors from as near as Black Mountain and from as far as China. Their smiles always give a warm welcome whatever the weather. Photo by Priscilla Hopkins

Urban Forestry Commission makes report, recommendations

In a comprehensive, written report, the Urban Forestry Commission submitted the summary of a year's work and made formal recommendations for action to the Black Mountain Board of Aldermen at its regular meeting held on Monday, Aug. 8.

First on the list of recommendations was a suggestion for an amendment to the zoning ordinance that would deal with hazards created to traffic flow if vegetation were allowed to encroach onto public property. The commission noted in the report that numerous

complaints had been made by citizens about trees or other plantings that were creating a hazard to pedestrian or vehicular traffic in specific areas. One instance of this was the 4-way stop at the intersection of Laurel Circle Drive and Church Street where the view is obstructed by tree limbs over-hanging the roadway from private property.

A recommendation was made to co-ordinate with state authorities on excessive water flow at the intersection of Old U.S. 70 and Highway 70 on the

decorations along Broadway and Sutton Avenues when presented.

The commission asked that Mr. Tom Nesbitt be re-appointed to a one year term on the commission for the sake of continuity to the work of that group.

Members of the Urban Forestry Commission are William Anthony, Chairman; Harold Patton, Vice Chairman; Carol Tyson, Secretary; Susan Garland and Tom Nesbitt.

A copy of the complete report of the commission is available at Town Hall.

A new approach to an old problem

Outpatient treatment helps alcoholics

by Priscilla Hopkins

Traditionally, acknowledged alcoholics have committed themselves to a hospital or clinic stay of a month or more during which time they hope to "dry-out" and break their addiction to the drug, alcohol. The disadvantages of such treatment have been separation from family, time away from work and the social stigma attached to the person seeking treatment when others learned of the problem.

But recently, an alternative form of treatment has had remarkable success. Since March of this year, the Mountain Industrial Health Services, Inc. in Asheville has been able to offer a different, less expensive kind of help to clients who have come not only from Asheville, the Swannanoa Valley and other sections of Buncombe County, but also to those who have come from Winston-Salem, Charlotte and Columbia, S.C. to take part in the program.

Black Mountain resident Carol Garland is the Program Director of the MIHS Alcohol and Drug Treatment Center. She works with Bruce Elliston, a physician, and Mr. Don Boone, MSW, who is the clinical director in a new approach to treating victims of alcohol or other drug addiction.

In a 10 day program, the person being treated is an out-patient. Instead of



Carol Garland.

being isolated from the family, one member goes through the program with the patient so that support and understanding for the patient are possible.

The program includes alcohol education, introduction to and association with an AA group, constant involvement of all members of the immediate family, in counseling, supervision by the physician and a strong life science program that teaches the patient value clarification, assertiveness training, and stress management.

Mrs. Garland points out that the cost for the thirty day program is often three to thirteen thousand dollars because of in-patient services. The fee at MIHS is only \$1000 and covers the counseling of the entire family.

The privacy afforded the patient is important, too. The absence from work could easily be covered by vacation or accumulated sick leave. Many patients do not want their employers to learn of their problem, but Mrs. Garland says that some employers are aware of the problem and program and pay for the treatment for an employee. She points out that it is practically less expensive for an employer to retain a highly skilled employee rather than to bear the expense of training a new one. Also, many employers are compassionate and genuinely want to help someone who needs help.

The community's image of an alcoholic as a "skid row bum" is erroneous. Victims of alcoholism are from every age group and race, both sexes and every economic and educational stratum of society. The female alcoholic does bear a double stigma, Mrs. Garland says, however, because it is still less socially acceptable for a woman to be an alcoholic than a man. Therefore, the condition is denied and concealed longer and women are often in worse

physical condition when they enter a program than are men. Housewives are particularly vulnerable because they have fewer "environmental controls," i.e., they are not necessarily seen on a daily basis as an employed person would be, so it is easier to conceal the condition for a longer period of time.

The elderly are also very vulnerable because of dramatic changes in their lives--such as the death of a mate--that precipitates the abuse of alcohol. It is sometimes difficult to identify older problem drinkers because health problems related to advancing age have similar symptoms.

Mrs. Garland had extensive experience in working with men and women with drinking problems and is credited with founding the women's program at the Alcoholic Rehabilitation Center near Black Mountain where she was a counselor for eight years. The aim of the MIHS is to help problem drinkers understand that their illness can be treated and that they can return to happy, productive lives.

Black Mountain has AA groups that meet at St. James' Episcopal Church and at the ARC, including an Al-Anon group on a regular basis. Some groups are open and some are closed.

For further information, contact Mrs. Garland at 255-8799. Strict confidentiality is maintained.

Heat poses potential health hazards

The Swannanoa Valley Sizzles

Record breaking temperatures in the high nineties set records in the Valley during the past week. Buncombe County Schools dismissed early on Monday and Tuesday, Aug. 22 and 23 because of the heat, which may be a first time occurrence in the history of the school system.

Two employees of the Charles D. Owen Manufacturing Company, Inc., in Swannanoa were treated for heat exhaustion at Memorial Mission Hospital and released.

In near-by Asheville, a 100 degree reading on Sunday, Aug. 21, set an all time high for that date, breaking the previous one of 99 degrees set in 1936. Also on Sunday, a record temperature of 110 degrees was recorded in Fayetteville, which was the high for the nation on that date.

Dr. J.N. McCormack, head of the North Carolina Department of Human Resources Communicable Disease Con-

trol Branch has issued a warning to citizens across the state to take extra precautions to protect themselves in the extreme heat.

He stressed that heat related illnesses can be serious problems particularly for older people, infants and those who suffer from chronic diseases.

He has said that people who work directly in the sun such as field laborers, construction workers and children who play outdoors are especially susceptible. But, he cautioned, in the current heat wave, everyone must be aware of possible problems caused by the high temperatures.

Dr. McCormack described the symptoms of three heat related illnesses:

Heat Exhaustion - normal or slightly higher body temperature; pale clammy skin; excessive perspiration; tiredness and weakness; possible headache and

cramps; dizziness, nausea or vomiting, and possible fainting.

Heat Cramps - muscle cramps, often beginning in the stomach and legs.

Heat Stroke - high body temperature of 106 degrees or higher; hot, red dry skin due to lack of perspiration; strong, rapid pulse; and possible delirium or unconsciousness.

He said that heat stroke is very serious and can be fatal. Anyone who has the symptoms should see a physician or get to a hospital immediately.

Dr. McCormack made a number of suggestions to use as precautionary measures to avoid heat related illnesses. They are to drink plenty of liquids, possibly as much as 50 percent more than normal thirst requires; stay out of direct sunlight; avoid alcoholic beverages; increase salt intake unless on a salt-restricted diet; try to stay in a cool, well ventilated area. People with-

out air-conditioned homes might want to visit an air-conditioned building, such as a shopping center or store; dress in loose, light-colored clothing that will reflect the heat. Cool showers or swimming also may help; and beware of certain medications. Some medicines and drugs such as tranquilizers increase the risk of developing heat stroke. Consult a physician for advice.

People are not the only ones who suffer from the extreme heat; animals can be victims, too. Pets should be given plenty of water to drink and kept in a cool, well-ventilated place. They are never to be confined to closed cars or in areas where there is no shade available.

Although there have been nearly a dozen heat related deaths across North Carolina, there have been none locally, according to Buncombe County Health officials.

Buckeye, Bee Tree win awards

The Buckeye Cove Community has been chosen as the winner in the Buncombe County Community Development Beautification competition that was held on Wednesday and Thursday, Aug. 10 and 11.

The community has entered the annual competition for a number of years and has won numerous awards. Some of the projects that contributed to the award were regularly scheduled trash pick-ups and the use of the Buncombe Alternatives program to help with the removal of an unsightly area dump.

"Yard of the Month" awards have been given within the community as an incentive for property owners to beautify their premises. Community planters

have been built and planted, one of special note at the entrance to the community which is located west of Swannanoa to the south of U.S. 70. Also, trees were planted to celebrate Arbor Day.

Mrs. Annie McMahan is President of the club and Mrs. Helen Hall is beautification Chairman.

An Honorable Mention was won by the Bee Tree Community Development Club, Inc. That group organized about four years ago under a Community Watch program and gradually expanded its activities to include not only community beautification, but taking up community problems such as road paving, clean-up of dump sites and some environmental concerns

stemming from surface gravel pits. Residents of Bee Tree Road, Old Bee Tree Road, Summerhaven, and Long Branch are members of the club which has no dues and meets bi-monthly.

Officers of that community club are Mr. Bill Sites, President; Mrs. Marjorie Gash, Vice President; Mrs. Shirley Clouse, Secretary-Treasurer.

Judges for the contest were Tim Reid, suburban editor of the Asheville Citizen; Agnes Crump, secretary to the Buncombe County Board of Commissioners and Ann Hall, who substituted for her husband, Bob Hall, of North Carolina National Bank.

The Sandy Mush community placed second and Avery's Creek took third place in the contest.

The Black Mountain News will be only open from 9 a.m. - noon on Friday, Sept. 2 and on Labor Day, Monday, Sept. 5. This arrangement is to allow its employees some time off for the holiday, but to offer convenience to the public in bringing in news or ads over the holiday week-end. Regular business hours will be resumed on Tuesday, Sept. 6 with the office opening at 9 a.m. and closing at 5 p.m.

A reminder: the regular news deadline is 5 p.m. on each Monday; the advertising deadline is noon each Tuesday. Your cooperation in observing these deadlines is appreciated.

Weekly Weather

Weekly weather courtesy of WFGW, Black Mountain.

August 14--High 80, low 50 degrees.
August 15--High 78, low 48 degrees.
August 16--High 81, low 52 degrees.
August 17--High 87, low 54 degrees.
August 18--High 89, low 54 degrees.
August 19--High 94, low 62 degrees.
August 20--High 92, low 58 degrees.
August 21--High 97, low 61 degrees.

Fire Report

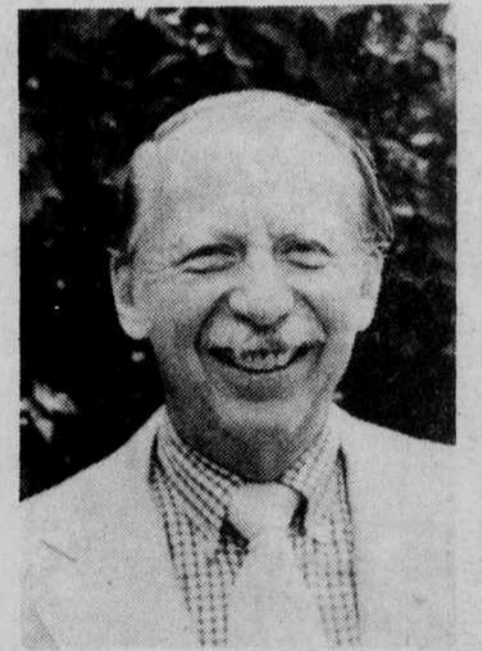
Chief Gary Bartlett reported that there were no fires in Black Mountain last week.

The fire department did make several first responses.



Allan G. Robertson

Photos by Wilson Somerville



Larry Smith

Campaign chairmen announced at WWC

Two new chairmen for Warren Wilson College's 90th Anniversary Campaign have been announced. Larry Smith of Black Mountain has been named Chairman of the Swannanoa Valley and Black Mountain phase of the campaign, and Allan G. Robertson of Asheville will chair the Individuals Division.

Dr. Reuben A. Holden, college president, and James G. Woolcott, general chairman of the fund drive, made the announcement as the college steps up work for the Asheville phase of the campaign, which will begin in January of 1984.

Smith, retired from a career in marketing and distribution with the Eastman Kodak Company, is a board member of the Swannanoa Valley Medical Center and is treasurer of the

Warren Wilson Presbyterian Church. He was formerly president of the Black Mountain-Swannanoa Kiwanis Club that meets at the Monte Vista Hotel in Black Mountain.

Robertson, a retired YMCA director, is on the Board of Trustees and Board of Directors of the YMCA Blue Ridge Assembly, and was a member of the Board of the Black Mountain Rotary Club. Currently, he is a member of Warren Wilson's Board of Advisers, is with the Friendship Force International, and is Chairman of the Board of Directors for Highland Farms, Inc.

The Warren Wilson College 90th Anniversary Campaign has raised \$3.1 million toward its goal of \$4.5 million, which it plans to meet during the celebration of the college's 90th anniversary in 1984.