



# Black MOUNTAIN NEWS

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## Christmas Parade to be Saturday

### It's that time of year...

It's time for Santa Claus to make his annual appearance in the Black Mountain Christmas Parade sponsored by the Black Mountain-Swannanoa Chamber of Commerce. Parade time is 10 a.m. Saturday, Dec. 3.

This year's theme is "Winter Fantasy." Twenty-five entries are expected to take part including the Owen High School Marching Band, the Chorus of the Black Mountain Middle School and the newly formed R.O.T.C. unit from Owen.

The parade is scheduled to form up North Dougherty Street. Participants are asked to enter the south end of Church Street, turn left onto Connally and left again onto North Dougherty to take a place in line.

Pictured are units from last year's parade.



## Postmasters tell tips for mailing

With the Christmas mailing season just ahead, Black Mountain Postmaster Keith Nelson and Swannanoa Postmaster Roy Blankenship are offering tips for customers to assure that their cards and packages arrive on time and in good shape.

In addition to shopping and mailing early, customers are urged to properly address cards and packages with the name, house number and street (or post office

box number), and the city, state and ZIP Code reserved for the last line.

"It is also a good idea to put a slip of paper with the recipient's name and address on your return address inside the parcels, and be sure the addressing on the outside of the parcel includes your return address and ZIP Code," the Postmasters say.

Customers are also reminded to check the size of their envelopes before mailing Christmas and other

holiday cards. Letter size standards require that envelopes be at least 3 1/4 inches high and 5 inches long to be accepted for mailing.

The Postal Service is also asking customers to put an ounce of extra care into preparing parcel post and other packages for mailing. Parcels will arrive at their intended destination in good shape if you follow a few simple suggestions:

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## Arson suspect arrested in Swannanoa

Charles Edward Plemmons, 43, of Starnes Cove Road, Swannanoa was charged early Saturday, Nov. 19, with second-degree arson and felonious breaking and entering according to the Buncombe County Sheriff's Department.

The suspect is charged with

breaking into the home of Marilyn Chadwick of Long Branch Road, Swannanoa, and setting fire in the basement, according to Fire investigator David C. Bossard of the Sheriff's department.

When Miss Chadwick came home, she found the suspect and a

small fire in the basement of her home. She extinguished the fire with a garden hose. The fire caused minimal damage and no injuries were reported.

Plemmons has been released under \$5,000 unsecured bond.

## Chamber of Commerce

# Annual Banquet set for Monday

The annual Black Mountain-Swannanoa Chamber of Commerce banquet will be held on Monday, Dec. 5 beginning at 6:30 p.m. in Montreat.

Executive Secretary Andy Andrews will speak on the general activities of the Chamber. Other

speakers and their topics are as follows: Wendell Begley, overview of the work of the Economic Development Committee; Mike Clevenger, EDC luncheons; Bob Watts, parking project on Cherry, State and Broadway streets; Hugh

Thomas, curriculum and plant needs of the middle and high schools; Jim Aycock, '83 Ski Challenge; Steve Minnick on the Building Fund Campaign; and Susan Garland speaking as out-going Chamber President.

## Christmas project to help those in need

The Black Mountain Police Department and the auxiliary are sponsoring a project to help the elderly and those in need in the community during the Christmas season. Non-perishable food items and-or money to purchase such

things are being solicited from the community.

Checks only will be accepted and they should be made payable to the Black Mountain Police Auxiliary. Both food and checks may be left at the police station on State Street

according to Chief Crait Slagle.

Also, Chief Slagle asks that anyone in the community who knows of someone in need, pass that information on to the department. Many such people are known only to a friend or neighbor.

## Talent Show to benefit Child Care Center

The Swannanoa Valley Child Care Council, Inc. will sponsor a benefit talent show on Saturday, Dec. 10 in the Owen High School Auditorium beginning at 6 p.m.

The first place winner will receive \$100, the second, \$50; the third, \$25.

All money raised from the show will be used to purchase materials to make renovations needed for a recently purchased building in Lytle Cove that will be the new home for

the Valley center.

All persons interested in entering the show should call the current location of the day care center at 669-2436.

Everyone who purchases a ticket to the show may cast one ballot for the child of his choice that now attends the center. The youngsters who receives the most ballots will be awarded a \$50 U.S. Savings Bond.

## Weekly Weather

Weekly weather courtesy of WFGW-WMIT, Black Mountain.

Nov. 22--High 72, low 22 degrees.

Nov. 23--High 61, low 21 degrees.

Nov. 24--High 65, low 20 degrees.

1.37 in. precipitation.

Nov. 25--High 57, low 22 degrees.

.23 in. precipitation.

Nov. 26--High 65, low 20 degrees.

.01 in. precipitation.

Nov. 27--High 60, low 20 degrees.

.23 in. precipitation.

Nov. 28--High 70, low 44 degrees.

.97 in. precipitation.

## Co-operation requested in leaf pickup

The Town of Black Mountain would like to request that residents of Black Mountain not rake or pile leaves for pick-up into drainage ditches, culverts or catch basins. During the last heavy rain, many problems have been experienced with leaves clogging up ditches and culverts this affecting water run off. Although town crews have been working to correct the problems, citizens continue to rake the leaves back into the ditches.

The Town would like to thank everyone for their cooperation this year during the leaf season. It is hoped that all of the leaves in town be picked up by the first of the year.

## Dr. Keener to tell how to "Hear It All"

Robert Keener of Warren Wilson College will present the Christmas program at the Friends of the Black Mountain Public Library on Monday, Dec. 5. The program will begin at 8 p.m. in the Education Room.

Dr. Keener will use selected recordings of Christmas music to illustrate his theme, "Hear it All."

The program is open to anyone who is interested in learning to listen to music. The social hour begins at 7:30 p.m.

Dr. Keener is completing his twentieth year at Warren Wilson. He has taught music in public schools and has served as organist and choir director in churches. He

holds a Bachelor of Music Education from Millikin University, Decatur, Illinois, and a Doctor of Musical Arts in the Literature and Performance of Choral Music from the University of Colorado.

Currently he is Chairman of the Division of Fine Arts at Warren Wilson. He also serves as Director of Music at the Warren Wilson Presbyterian Church.

In addition to his work at the College, Dr. Keener is an active member of numerous professional music organizations, including the position of Musical Director and Conductor of the Asheville Choral Society.

## Fixed rate mortgages made available

First-time homebuyers may apply for a limited number of 10.35 percent mortgage loans beginning Monday, Dec. 5, because of a record \$120 million bond sale authorized today by the North Carolina Housing Finance Agency.

The bond sale is expected to provide from 2,500 to 2,700 fixed-rate loans for low and moderate income families. Applicants must have a sales contract in hand before they file a loan application with a lender, and all applicants are asked to provide copies of their federal income tax returns for the past three years. Incomes cannot exceed limits set by the HFA.

There is no need to line up at lending institutions prior to December 5 because lenders have been instructed not to take pre-applications that date.

Each participating lender will select applications at random until their commitment is filled. If a pre-qualified applicant fails to qualify for a loan, the lender will select another potential borrower.

This may be the last low interest rate made available for single family homes by the HFA for some time. The authority of all housing finance agencies to issue tax exempt bonds to finance single family homes ends December 31, and only the federal government

can extend that authority.

Although many observers think the ability to provide tax exempt financing may be re-instituted, that may not be until mid-1984.

Applicants cannot have owned a home during the previous three years; incomes for two-to-four persons cannot exceed \$29,100 in urban areas and \$26,700 in rural areas.

Participating lenders in the Asheville area (the area closest to Valley residents) are: Cameron-Brown, Clyde Savings and Loan Association, First Federal Savings and Loan of Hendersonville and Wachovia Mortgage Company.

## Anorexia recovery is painful process

by Tim Riddle

"I lost my ability to laugh, love and cry," she said in a weak, monotone voice. It was the voice of an anorexia nervosa victim.

"I can feel those things now, but it's still hard to show them," she explained, trying to convey some of the problems associated with the eating disorder beside the marked weight loss.

"The anorexia patient has a distorted image of herself," said Dr. Anthony Sciarra, group facilitator of an eating disorder group that meets in Asheville. "They see themselves as fat."

She is anything but fat, weighing

a mere 81 pounds after seven years of self-starvation and ceaseless exercise.

"I was at my worst last winter when I weighed 64 pounds," she said faintly. "I was riding my exercise bicycle one hundred to one hundred and fifty miles a day."

Sciarra says that anorexia strikes women more than men and is marked by a weight 20 to 25 percent below ideal. Several other symptoms indicate an eating disorder -- rapid weight loss, excessive exercise, and cessation of the menstrual period.

Recovery for the anorexic is a slow and psychologically painful process. "I went up to 87 pounds,

but I got real scared, she said. Her doctor would like her to reach a weight of 90 pounds, a goal she hopes to attain in the next six months.

Sciarra explains that recovery and the function of the support group is a far cry from merely getting the patient to eat. "Basically, the issue is control, because the person feels out of control," says Sciarra.

"They know they can be successful in food control, so we don't get into that area." Sciarra added that if someone tries to take away the only thing the anorexic has control of, they tend to withdraw more than usual, said Sciarra. (Continued on Page 7)