



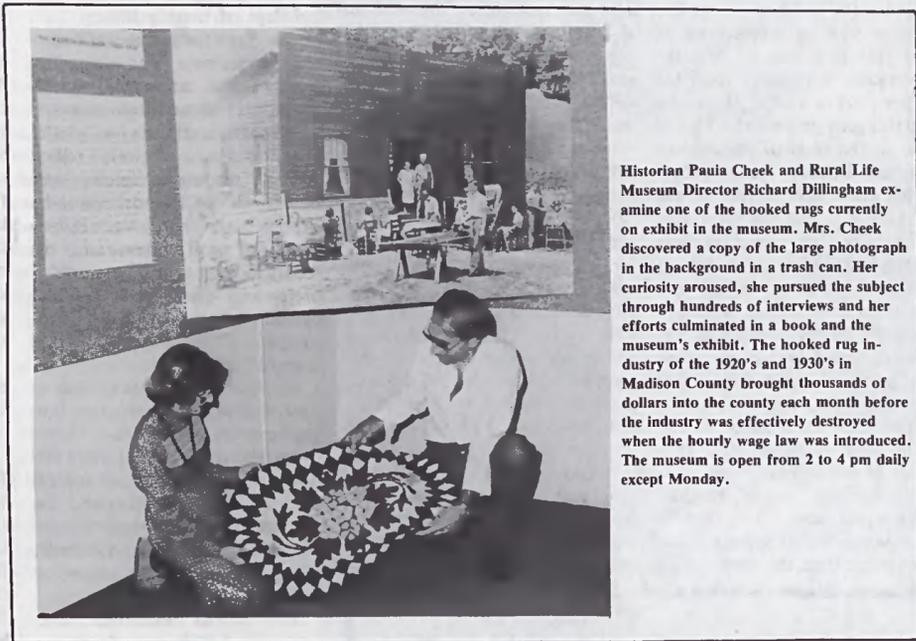
# THE HILLTOP

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Serving the Mars Hill College Community Since 1926

Friday, February 7, 1986

## Local Culture Preserved



Historian Paula Cheek and Rural Life Museum Director Richard Dillingham examine one of the hooked rugs currently on exhibit in the museum. Mrs. Cheek discovered a copy of the large photograph in the background in a trash can. Her curiosity aroused, she pursued the subject through hundreds of interviews and her efforts culminated in a book and the museum's exhibit. The hooked rug industry of the 1920's and 1930's in Madison County brought thousands of dollars into the county each month before the industry was effectively destroyed when the hourly wage law was introduced. The museum is open from 2 to 4 pm daily except Monday.

"Rug hooking is contemporary," said Richard Dillingham, museum director, "because the industry sprang up as a means of economic survival during the depression years on mountain farms, brought on here with the collapse of the flue-cured tobacco industry."

On display are many rugs, stencils and tools which help the visitor better understand this industry.

Located on the main floor of the east wing is a photo essay by Tim Barnwell, an Asheville photographer. This 1980's exhibit titled "A Proud Heritage" shows the people and the lingering traditions of Madison County.

Tim Barnwell owns the Appalachian Photograph Workshop in Asheville. As said by a Village Voice photography critic: "He may be the most gifted documentary photographer to come out of Appalachia since the depression."

Although these are the regular exhibits on display at the museum, beginning tonight, February 7, a new exhibit will be on display, "The Great Forest; An Appalachian Story". It will be on display until April 29.

The purpose of this exhibit is to trace man's search for a balance between nature and technology as

revealed in the history of the forests of Southern Appalachia. The exhibit will reveal the role which cultural "ideas" of the forest and uses of the forest played in the evolution of forest lands.

Four periods of the Appalachian Forest will be included in the exhibit; pre-European, settlement/preindustrial, industrial and contemporary.

Mars Hill College is a member of the Appalachian Consortium. Through the Consortium, a museum cooperative was formed. "The Great Forest: An Appalachian Story" is the first traveling exhibit mounted by the museum cooperative.

Individuals from Mars Hill College involved in this project are Richard Dillingham of the Rural Life Museum, Dr. Harley Jolley professor of history and former professor of history Dr. Ronald Eller. Support was also given by the National Endowment for the Humanities. The exhibit was first shown May 10, 1985 at East Tennessee State.

The Montague Building has not always housed the Rural Life Museum. From 1919 to 1955 it served as the Mars Hill College Library. When the library was moved to where it is today the

Montague Building was used for offices.

With assistance from the western office of North Carolina Department of Archives and History, the west wing of the Montague Building was transformed into an appropriate exhibit environment using recycled native materials from old barns and buildings in Madison County.

The east wing is trimmed with wormy chestnut donated by the Ralph McCormick family of Marshall, N.C. The men of the Mars Hill College Physical Plant did the renovations.

The Rural Life Museum offers tours to college classes, public school children or other groups by appointment. The museum also sponsors tours and workshops during the summer for various groups. The museum is open 2:00pm to 4:00pm, Tuesday through Sunday for anyone who is interested in just "looking around". There is no charge.

Anyone interested in volunteer work at the museum should get in touch with Richard Dillingham, director of the museum, at 689-1424. Volunteers can be used in public relations, giving tours, exhibit development, or working with artifacts.



Matt Smith (left), an incoming freshmen, receives an icy welcome to Mars Hill during last week's winter storm, but the jovial company of Mike Butzberger and Eana Jackson warms up the atmosphere.

## Anorexia Nervosa A Serious Eating Disorder

Historical medical records indicate anorexia nervosa and bulimia are centuries-old eating disorders. But their prevalence in this country in this decade is unparalleled in medical history.

Some medical experts believe anorexia and bulimia (A-B) are rapidly reaching epidemic proportions. It is estimated that anorexia now strikes more than one of every 100 teenage girls and young women. One of five college women develop bulimia.

In addition, anorexia nervosa is the most lethal of psychiatric illnesses, killing 5 to 10 percent of its victims.

Dr. W. J. Kenneth Rockwell, director of the Anorexia Nervosa/Bulimia Treatment Program at Duke University Medical Center, said anorexics and bulimics are preoccupied with food and share an irrational fear of being fat.

Anorexia is characterized by a dramatic weight loss from continuous self-starvation or from severe self-imposed dieting. Bulimia is characterized by bringing and purging, accompanied by frequent weight fluctuations rather than profound continuous weight loss.

"A 10 pound weight fluctuation over a few days is a characteristic of bulimia," Rockwell said. "But they (bulimics) will rarely lose more than 25 percent of their normal weight."

Rockwell said victims of A-B are mostly upper-middle class, white, adolescent females.

"They seem to be overly ambitious, the overachievers, the overprotected, the over this and over that," Rockwell said. However, recent research indicates that the problem cuts across socioeconomic, racial, age and intellectual boundaries.

Although no one knows the exact cause of anorexia nervosa or bulimia, social and psychological factors are generally considered the root of the problem. The dynamics of parental and sibling relationships may often play a role, Rockwell said. "Treatment often involves family work," he said.

Individuals with A-B frequently report feelings of failure and isolation. Their low self-esteem may puzzle family and friends because they are often quite successful in school.

However, for many A-B victims, their drive to achieve comes not from the satisfaction of accomplishment, but from the overwhelming fear that they may fail or be rejected.

In today's society, where beauty is equated with being thin, many A-B victims are convinced they would be more acceptable if only they could lose more weight.

A-B can occur at any age, but young people are more susceptible when they are contemplating a move or if they just moved away from home. Other major stresses or life changes, such as a broken

See Anorexia page 6

## Mars Hill Dialing For Dollars

IN PERSON

iate Editor Pro-Tem

day and Saturday) Mars Hill will hold its annual Phon-A-Thon. The activity will be held in McConnell Gym from 6-9:30 PM Monday through Thursday and 2-5 PM on

budget). Several groups and organizations will be participating in this years event. Each night 16 people

"...each volunteer will get a free phone call and T-shirt."

Sunday. The Phon-A-Thon is a way the college helps cover expenses not covered by tuition and fees (about 35% of the college

from each of the groups will work for prizes, both individually and as a group. The group that raises the most money will receive \$75, the

second place group will receive \$50, and the group taking third place will get \$25.

The leading caller for each group will get a gift certificate worth \$10. In addition each volunteer will get a free phone call and T-Shirt. The groups participating in this years Phon-A-Thon include: Lambda Chi Omega, Golden Pride, Delta Kappa Theta, Delta Phi Zeta, Omega Kappa Alpha, mens dorms, and womens dorms.

Last year the Phon-A-Thon raised \$33,307. This years goal is \$36,650, an increase of 20%.

Any groups or individuals interested in getting involved with this should contact Marsha Walker, Director of Alumni Affairs, first floor Blackwell, #1306.

COMING NEXT ISSUE INDEPTH REPORTING ON NUCLEAR WASTE DEBATE



PHOTO BY "CORNDOG"

Insider  
Utopia Changes  
Campus Candidates  
Honey Reports

Pg. 2 Sports Pg. 4  
Pg. 2 Diversions Pg. 5  
Pg. 3 Newsbriefs Pg. 6