

at others may eat...

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# FAST FOR A WORLD HARVEST

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# THE HILLTOP

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Tommy Condrey  
Editor

Reading — so many people take it for granted. There are many visual impaired, blind and shut-ins in the Mars Hill area who cannot read and need someone to read to them.

Last year, the program Radio Reading Service, was established through MHC radio station, WVMH, providing readers for the handicapped of Mars Hill.

Each weekday from 9 to 10 in the morning, news from the *Asheville Citizen* and *News Recorder* (Marshall paper) was read.

This year, Evonda Edwards and Ruth Bailey, two MHC juniors, are co-directors for the program. Both of them were involved in the program last year.

They are excited about the program, but they have one major problem: **NO VOLUNTEERS!**

The program currently has not been able to run every morning as planned. Edwards is disappointed that no one is volunteering: "Students don't realize

people from this area really listen to the program. Madison Manor, the rest home in town, has listeners. I wish we could get volunteers because it would be a good program."

Volunteers would report to the radio station at 8:00 on the day they are reading. From 8:00 until 9:00, the volunteers mark the articles they want to read and practice reading so they will be able to pronounce all the words correctly. It takes two people every day, so each can read for 30 minutes.

All Madison-Mitchell-Yancey (MMY) students and scholars who need to do community service can use the reading program to fulfill the requirement.

Edwards says she loves to read, and that is why she is doing this. She is not a professional reader, and no one has to be to do the program. Although she started off reading too fast, she has improved with time.

To get involved, call Evonda Edwards at 689-5457 or Ruth Bailey at 689-3149 and **VOLUNTEER!**

## "For I Was Hungry and You Fed Me"

Jennifer Enrich  
Staff Writer

When was the last time you were really starving? Have you ever had hunger that just would not quit? For a vast number of people in our country, as well as abroad, this occurs on a day-to-day basis.

How often have you heard someone else (or even yourself) say, "I'm about to starve!" How picky are you and the people you know when it comes to food? People who are really starving usually do not have a choice of what to eat or whether or not to eat it.

Hunger is a serious problem in our world. Twenty-eight people die every minute as a result of hunger, according to the Church World Service.

Along with the physical suffering it entails, poverty and hunger cause other problems for an individual as well.

Nathan Porter in "Poverty and Hunger in the U.S.: Southern Baptists' Response" says, "poverty causes human suffering, insecurity, discomfort, embarrassment, despair, hopelessness, and fear."

Most of us can not begin to feel or know what it would be like to not know where our next meal was coming from, or if it was even coming.

What a horrible thing it must be to rely on a stranger, perhaps even from a foreign country, to provide you with enough nourishment to sustain you through one more day, only to wake up the next morning and hope that you will be provided for again.

A Christian organization established in May 1974 to combat world hunger, Bread for the World (BFW), places special emphasis on women and their role in providing food. In the most needy of foreign countries, approximately 75 percent of field work is done by women. The role of these women has been overlooked in the past. They are now being recognized and more properly trained.

Through their work, Bread for the World has caused the formation of U.S. policies to aid the needy. One of the things being currently done to provide for our fellow human beings in need is the establishment of the International Fund for Agricultural Development. This is an assistance program which teaches farmers how to produce food for themselves. Thus, these individuals will not

become solely reliant on someone providing them with food. They are made capable of providing for themselves.

There is an increased amount of money being sent to foreign countries for military and security assistance. This cuts into the amount our government sends for the relief of poverty.

What can we do individually to assist those in need? All contributions given through the North Carolina Baptist State Conventions are divided in the following manner: 80 percent goes through the Foreign Mission Board, 13 percent goes through the Home Mission Board, and 7 percent goes to aid in hunger relief in North Carolina.

You might say that your contribution would not amount to anything. The opposite is quite the truth. According to "A Hungry World: Helping Southern Baptists Respond" by Robert Parham: *One dollar will purchase three balanced plates of food at the Clovis A. Brantley Baptist Center in New Orleans, Louisiana.*

Ten dollars will provide 10 bags of groceries for a church in Panama.

Twenty-five dollars will feed one family of five for two weeks through the Miami Baptist Association.

As you can see, it does not have to take a lot of money.

Christian Student Movement (CSM) of MHC is currently organizing a dinner, the proceeds of which will go straight to World Hunger. Be looking for posters and other publicity telling ways you can get involved. A lot of participation is required on the students' part to help this dinner to be a success.

Deuteronomy 15:11 says, *For the poor will never cease to be in the land; therefore I command you saying, "You shall freely open your hand to your brother, to your needy and poor in your land."*

Also, Matthew 25:35 and 40 say, *"For I was hungry, and you gave Me something to eat; I was thirsty, and you gave Me drink; I was a stranger, and you took me in. . . Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to me."*

## Wellness Program Unveiled

Sachelle Cathey  
Staff Writer

Mars Hill College is introducing a wellness program for all employees. The program includes physical development, medical support, nutrition and substance abuse prevention. Employees will be given up to two hours per month of college-paid time for participation in the program.

The physical development aspect of the program encourages the use of the college's recreational and fitness facilities. Participants are encouraged to make use of Meares Field, Harrell Pool, and the Chambers Gymnasium Complex. Participants are especially encouraged to use the Nautilus equipment recently added to the fitness room.

Medical support already provided to employees by the infirmary will be expanded for the program. Additional services to be offered include cholesterol screening, blood pressure screening, CPR courses, breast self-examination education for women, colon-rectal cancer information for men and vaccinations for flu, pneumonia and tetanus.

Marriott Dining Services will serve well-balanced, healthy meals at low cost to college employees. There will be special menus available for wellness program participants.

The college infirmary will provide a substance-abuse prevention program to address alcohol, drug and tobacco abuse.

The wellness program committee is chaired by Dr. Donald Schmeltekopf. Member of the committee are Winona Bierbaum, Tom Coates, Ellen Coomer, Deana Dillingham, Otis Duck, Nancy Harmon, Tom Perry and Bill Walker. The committee will meet monthly to plan activities for the fitness program.

A wellness newsletter will be published at the beginning of every month except January and July. The newsletters will include activity and facility schedules and health and fitness information.

The wellness committee hopes to expand the program and urges the participation of all college employees.