

## Asheville Native

# Dreams Of Wide Spaces Led To Yellowstone Book

By NANCY BROWER  
Staff Writer

As a boy growing up in Asheville, John Barber dreamed of living in the wide-open spaces of the West. He left here to major in broadcasting and filmmaking at Boston University — hardly the West. But he landed a summer job with a concessionaire at Yellowstone National Park. It was put

to work in the kitchen of Old Faithful Inn counting loaves of bread.

But this task led to real adventure and the publication this summer of his book, "Ribbons of Water: The Waterfalls and Cascades of Yellowstone National Park." It is a slick publication filled with 80 color photos he made. The text was written from a journal John kept during seven summers of hiking in the 3,472-

square-mile park, most of it wilderness.

Publisher of this first guide to the waterfalls of the nation's oldest national park is the Yellowstone Library and Museum Association, in cooperation with the National Park Service.

The book is on sale in the park and John hopes to introduce it in some Asheville bookstores where it will appeal to the many waterfall buffs in the area. He is here for the family reunion marking the 100th birthday of his grandmother, Mary Barber, 50 Westall Ave. John, 32, is the son of Dr. and Mrs. John F. Barber, 157 Windsor Road.

From his kitchen job, John quickly advanced to fulltime work as director of employee recreation programs throughout the park. He also had the responsibility for training and orientation of new employees. As he worked to put together pamphlets along these lines, the whole spectrum of park-related literature became familiar to him. He noted the absence of a book on the waterfalls that are abundant in the park.

He proposed to the Yellowstone Library and Museum Association that he provide such a book, complete with photos. They offered him a contract. "I thought it would be a summer project," he said. "Boy, was I wrong. It actually took seven years."

To photograph the major falls, he hiked the back country with map and compass. "Many falls required three days to hike to, one to photo-

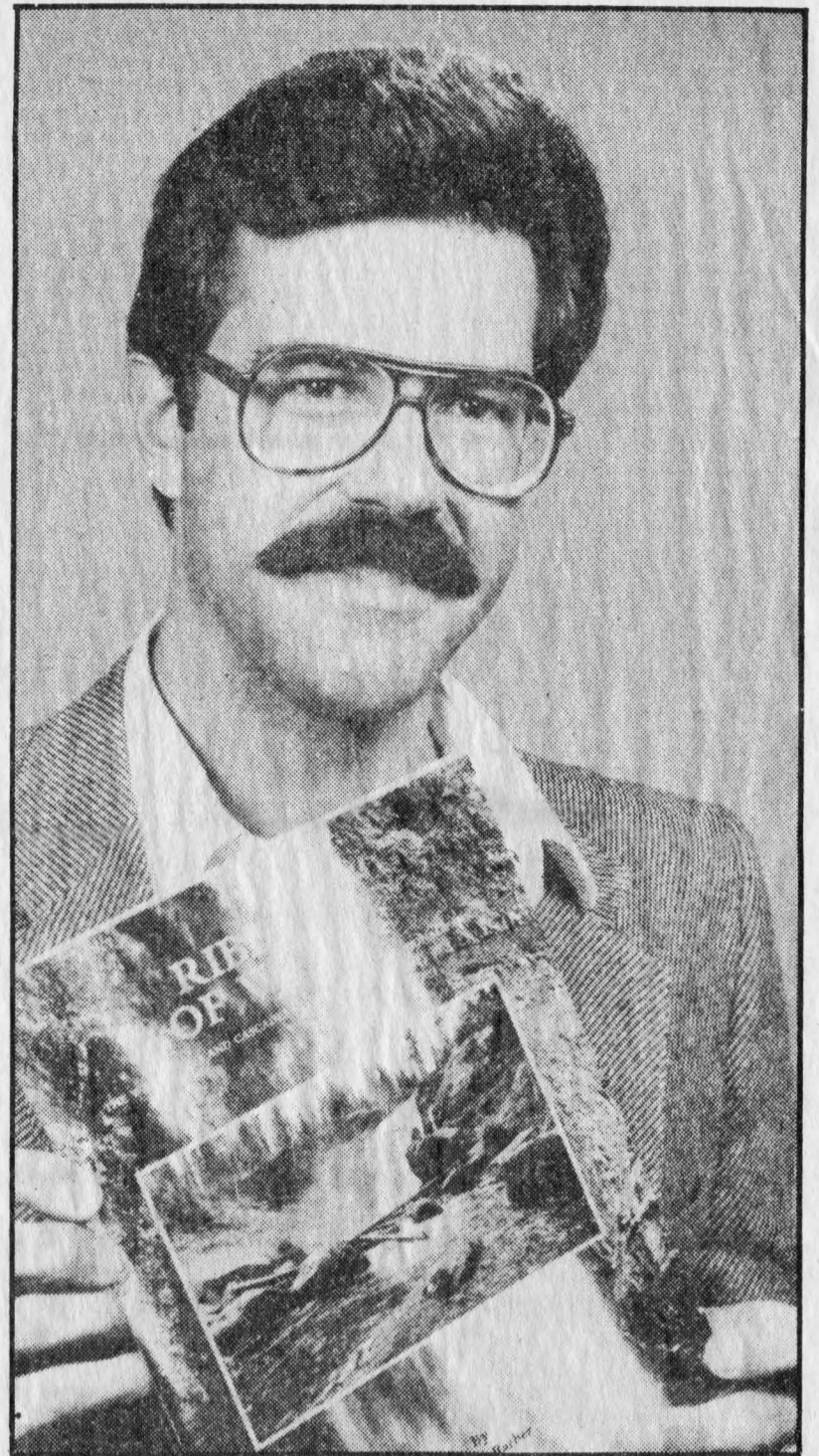
graph and three more days to hike out." His feet were ravaged with blisters.

He encountered grizzlies, but they were never menacing. The blisters were, however, unrelenting. "I tried everything — two pairs of socks, three pairs of socks, Band-Aids, moleskin, soaking my feet. Nothing worked. When you are three days into the back country and you've got blisters, you just have to tough it out."

If his feet were in pain, his head was in the clouds. He made thrilling discoveries of falls not noted on the most detailed maps of the park. He did not include them in his book. "Stumbling on the unknown is part of the magic and wonder of a national park. The feeling of discovery, of seeing something for the first time, is something I think everyone should experience. I photographed these falls, but decided not to include them in this book, so a person going to the park might have the same experience."

Barber, who is production manager for an advertising agency in Billings, Mont., has published two cross-country ski guides for Yellowstone and has history for publication a pictorial history of the park, which includes some of the earliest pictures ever taken in the park.

His next book will be a computer guide for "people who don't know the difference between a computer and a Cuisinart."



John Barber and his book on the waterfalls of Yellowstone National Park.



## Pet Of The Week

Australian shepherds like this 2-year-old lady are winning a reputation as an excellent all-around dog. Their natural cattle herding instincts make them good family dogs, loyal and watchful with the little ones. This red merle shepherd with her distinctive blue eyes is now waiting adoption along with many other dogs and cats at the Buncombe County Animal Shelter. You can meet her and many other adoptable pets any afternoon from 1 to 5 p.m. (Staff Photo by Malcolm Gambi)

## YOU AND YOUR PET

### 'Scooting' Usually Means There's Pain

Dear Doctor: My dog drags her rear end on the ground every once in a while. I have been told this scotting on her bottom is due to worms. Is this the only cause? I haven't seen any worms.

Answer: When dogs drag their bottom along the ground they are usually trying to relieve pain caused by anal glands that are impacted. These glands sit to either side of the anal opening and secrete a foul smelling material. Often, owners will notice this odor after their pet has been scooting.

The purpose of the gland is not clear, but it secretes a material that is normally deposited on their bowel movement as it passes to the outside. There is some thought that it is a scent marking mechanism.

It is not unusual for these glands to become distended and cause your pet discomfort. Have your veterinarian check the glands and empty them if needed. Occasionally, the glands will become blocked and infected and an abscess will develop. The abscess will need to be drained and the infection treated with antibiotics.

Dear Doctor: I had a Samoyed that died of necrotizing pancreatitis and recently diabetes was diagnosed in another of my dogs. Is there any relationship between pancreatitis and diabetes? How frequently is diabetes seen in the dog?

Answer: Pancreatitis is inflammation of the pancreas. It varies from a very mild form to a more severe necrotizing form that often results in death. It occurs most frequently in middle-aged, overweight female dogs, often in association with the feeding of a meal high in fat content. There is a possibility that diabetes may follow a case of pancreatitis. Diabetes is seen in one of every 200 dogs generally 8 to 9 years of age with the highest incidence in the female. Certain small breeds are more prone to diabetes such as terriers, poodles, cocker spaniels and dachshunds.

Dear Doctor: Could you please give me some help with a bad habit my dogs have developed? The problem is that they constantly are digging holes in the yard. I have punished them to no avail.

Answer: Punishment will not resolve your problem. Some people think dogs dig holes because they are looking for bones they have buried. This is not true. They dig holes because they like a cool place to rest. This is a natural instinct and the only thing you can do is to drive metal rods in the holes or put mouse traps (set and turn over) so when the dogs step on the traps they will pop and frighten them. The problem is if they can't use these holes they will dig new ones.

(Do you have a question about pet care? If so, send it to "You and Your Pet," P.O. Box 1335, Kinston, N.C. 28501.)

# Coping Mechanisms Unhealthy When Dealing With Nuclear War

By MERRELL GREGORY  
Staff Writer

The healthy psychological coping mechanisms that enable people to get through life in one emotional piece are actually counterproductive when it comes to facing the horror of nuclear war, says Harvard Medical School Professor of Psychiatry John E. Mack. He compared them to analyzing one's feelings about tornados when one is roaring towards you — instead of racing for the basement.

Mack, the Pulitzer Prize-winning biographer of Laurence of Arabia, was in Asheville Tuesday and today to address several forums at the University of North Carolina at Asheville and to speak at a symposium organized by the local chapter of Physicians for Social Responsibility.

Mack noted that a growing percentage of Physicians for Social Responsibility are psychiatrists like himself. "Psychiatrists and psychologists are seeing that there is something wrong, that — I hate to use the word, but — something pathological in the way we have functioned in relation to the nuclear issue.

"It's created something which, in terms of planetary hygiene, is profoundly irrational and maladaptive as a species. Psychiatrists have seen work for them to do in understanding the aberrations of thought and feeling and behavior that go into creating that nuclear suicidal impulse."

Many historical and psychological factors have combined to create those "aberrations."

"This issue initially was looked upon as belonging in the area of military decision making," he explained. "Our initial reaction was that this



DR. JOHN E. MACK

was a matter of national security of such technical complexity that it was best left to the experts.

"These were a small group of military people and strategic arms experts with technical knowledge that seemed beyond the access of ordinary citizens. So we gave over a social responsibility and trust on this issue to a small group.

"They were sealed off beyond our reach in think tanks, and underground in secret underground facilities," he continued. "They are hard to get at, not only because of the mind set, but physically as well.

"These conditions, combined with the natural tendency of people

to leave hard problems to somebody else, set up a perfect situation for the withdrawal of society on this issue."

As tensions have escalated and scientists like Carl Sagan begun to say that even limited nuclear war would have devastating effects on the entire planet, other psychological mechanisms have arisen to create barriers to effective action, Mack said.

"One is personal," he said. "People just don't want to think about this; it's too overwhelming. How can you grasp a million Hiroshimas when you can't think about one? It's too big, too technical, too horrible. A kind of personal despair takes over."

Another common defense is thinking it can't really happen, that the experts will somehow avert the tragedy.

"And a more profound barrier is our collective resistance," Mack said. "It has to do with the fact that our self image, our sense of ourselves, often does not include speaking out politically, being active on political issues. We're afraid we'll be called commie sympathizers if we question the prevailing national policy.

"Within our businesses or school systems or with government or employees there's this sense that somebody may criticize me if I go to these meetings, that my neighbors may think I'm a little funny. We don't want to put ourselves on the line.

"Many people care, but for them personally there's a resistance that grows out of having subscribed to the ideology of conformity, that you go along, that you don't question, that you're a good soldier.

"You see this in the media, too," he said. "You don't want to say any-

thing that's too far off center, you don't want to criticize too much. You might lose access to the leaders; they won't want to talk to you if you're the guy who took them on about their nuclear weapons policy."

Human defenses like these are ordinarily not a bad thing, Mack said.

"You need defenses," he explained. "You cannot be fighting psychological battles on all fronts at all times. Defenses are very essential to psychological health; they enable us to live and function beyond our conflicts.

"However, when there really is a dragon right in your room that's about to get you, to go on acting like it wasn't there, or to say our dragon prevention system is working fine while it's tearing up your house, that is not an adaptive use of defenses. When the problem is a real one, not just a psychological conflict but a genuine threat to life — and we do live in that situation with the Soviet Union — it's important that we take responsible action.

"You can't defend yourself psychologically when the problem is a real danger. Your job then is to identify danger and take appropriate action against it. And our danger now isn't just the Soviet Union, it's ourselves as well, in the way we interact with the Soviets around nuclear weapons, in our policy of treating nuclear weapons as if they were like old ones, only bigger."

"You have to become involved," he said. "There's no way to deal with this anxiety except to engage the real problem."

# Inmates Will Walk For Hunger

By ZACK ALLEN  
Staff Writer

Next Tuesday, a group of men will walk 10 miles as part of an international war on hunger — 80 laps around the exercise yard at Craggy Prison.

Some 100 inmates have volunteered to be part of the CROP Hunger Walk, said Tom Quinlan, a volunteer at the prison and a member of CROP Walk committee. The walk is believed the first such program initiated in any prison. CROP stands for Christian Rural Overseas Program.

"Many of these men really want to make a positive contribution to society," said Quinlan. "Unfortu-

nately, there aren't many opportunities available....

"So they looked onto the idea of walking, just like community members will be doing, to raise money for both local and international hunger-fighting agencies."

Sunday will be the day of the Buncombe County CROP Hunger Walk, an effort that raised some \$11,500 last year. Funds raised by volunteers on this year's walk will be used to combat hunger both locally and at the international level.

Twenty-five percent of funds contributed during the prison walk and the Buncombe County walk will go to local organizations — the

Asheville-Buncombe Community Christian Ministry, the ABBCCM-East, Meals on Wheels, The North Buncombe-CCM and Skyland-Arden-Fletcher Emergency.

The remaining funds are used in the international hunger efforts of the Christian Rural Overseas Program, a self-development program of the Church World Service.

The CROP program has been described as a "hand-up, not a hand-out program." The program was initiated in 1947 by a group of Midwest farmers to aid refugees with food following World War II. The church-community-oriented program was established in North Carolina in the mid 1970s.

Community volunteers will be forming around the prison yard and sponsors for their walk are being sought from the community, Quinlan said.

Checks may be made out to CROP and sent to Post Office Box 8274, Asheville, N.C. 28818, with "Craggy Walk" noted on the check. Persons seeking more information may call Quinlan at 253-4552.

"We have had pretty good response so far, and we're working to get more," Quinlan said. "It's important for the men out there to know that when they do something good, that there is support from the community."