



Coach Kay Yow, who was responsible for starting Elon's women athletic program has since moved to N.C. State.

## Yow creates women's athletics

by Vicki Blankenship

What started out as several clubs for women in the athletic department has turned into several conference titles, state titles, and winning seasons in intercollegiate athletics. In 1969-70 clubs were started in women's basketball, volleyball, and tennis that gave women athletes a chance to become more competitive in sports other than intramurals.

Coach Kay Yow, now at N.C. State University, started these interests for the women at Elon. The women shared the expenses from their own money and used their own cars when they were lucky enough to travel to other colleges for games. Even though the going was tough at times, interest grew and the women kept pressing to have intercollegiate teams.

### Basketball

In 1971-72 the first intercollegiate basketball team was formed. Although the budget was not a big one, it served its purpose in giving Coach Kay Yow the chance to get women's athletics into a higher competitive level with other colleges. No scholarships were given, but travel money and equipment money helped start the women off. The first season record for the Golden Girls in basketball was 5-11. Although this was not a winning record as far as wins and losses were concerned, it was a winning season in getting a start in intercollegiate sports. The highest hurdle was now behind Coach Yow and the women athletes.

In 1972-73 the record jumped from 5-11, to 13-3. Elon was making its name known at colleges around the state. In 1973-74, Coach Yow led the Golden Girls to a 20-1 record along with the NCAA championship title and the Region 2 AIAW Consolation Championship title. Insufficient funds kept the Golden Girls from competing in the Nationals. The Golden Girls returned in 1974-75 to finish with a 19-4 record. Susan Yow, a forward for the Golden Girls, was chosen as an All American on the Kodak team that year.

Coach Kay Yow left the Golden Girls to become the head coach at N.C. State University in 1975 and was replaced at Elon by Coach Mary Frances Jackson. Coach Yow took many of the

talented girls from the Elon squad to N.C. State. Coach Mary Jackson was left with the task of rebuilding the squad to a competitive level. She began the struggle to build the budget and get funds for the women as well as scholarships for them. She was unsuccessful in her first year in getting scholarships. The record for the Golden Girls in 1975-76 fell to 10-11. This was a good record considering that most of the talent went with Coach Yow to N.C. State. Teddy Ireland and Sandy Partridge made the All Conference team that year.

In 1976-77 Coach Jackson managed to get one full scholarship for the women's basketball team. This scholarship was divided among several players. The record that year was 12-11. The Golden Girls were beginning to build back up to a winning team. Jackie Myers and Caroline Smith were selected as All Conference players. In the 1978-79 season, Coach Jackson was able to get another scholarship for the Golden Girls. Elon raised its winning record to 16-9, and the team placed second in the Conference that year. Vanessa Corbett and Lou Williamson were chosen All Conference players and Vanessa was also chosen as an All State player. So far in the 1979-80 season, Coach Jackson has led the Golden Girls to a 17-2 record. She has gradually built the strength of the Golden Girls back up to a tough, feared team.

**See Volleyball, Softball and Tennis next week.**

## Smoking, cancer on the increase

by Mildred B. Lynch

"There is absolutely no defense for tobacco smoking," said Dr. Lynn Ryals, chairman of the biology department, during a recent interview.

"Nicotine significantly reduces the blood flow by constricting the walls of the blood vessels. This causes the blood pressure to rise," he said.

Dr. Ryal's scientific explanation of the effects of tobacco smoking are backed up by studies by the Department of Health, Education and Welfare (HEW).

HEW statistics show that tobacco smoking affects the central nervous system and the cardiovascular system by increasing the risks of:

- heart attack
- arteriosclerosis
- recurrence of heart attack among survivors of a myocardial infarction
- coronary heart disease
- peripheral vascular disease in people with diabetes mellitus

A person who suffers from hypertension and also smokes has an increased risk of coronary heart disease.

Of particular interest to women are the effects of smoking while taking oral contraceptives. This combination may cause an increased risk of myocardial infarction and subarachnoid hemorrhage.

According to HEW, smoking during pregnancy may have serious effects on the fetus and even on the child after birth.

There is reduced oxygen to the fetus which may result in lower birth weight, retarded

growth which produces overall smaller dimensions of the baby, increased risk of fetal death or premature birth.

A significant finding is that smoking during pregnancy may affect not only physical growth but mental development and behavioral characteristics up to age 11.

Smoking among nursing mothers produces nicotine in the breast milk which is ingested by the infant in direct proportion to the amount of smoking the mother does.

The agents in tobacco, when combined in the human body with other agents such as drugs or contaminants in the environment such as coal dust, asbestos dust and car-

bon monoxide, may have twice the harmful effects of any one of these agents alone.

Contrary to many reports of recent years, lung cancer is on the rise among non-smokers, which, according to the Journal of the National Cancer Institute in April 1979, indicates that factors in addition to personal cigarette smoking have a significant effect on the mortality rate from this disease.

Despite this report on lung cancer, there is still a strong correlation between cigarette smoking and cardiovascular disease and central nervous system disorders. HEW is now proposing a stepped up anti-smoking campaign to counter cigarette advertising.

## Dance cont. from p. 7

and Babs Bayliff. "We encourage members to try new choreography," adds Mrs. Wellford. The company practices at John Walker's studio, on West Haggard in Elon College.

The company is non-profit and part-time. During rehearsal time before a major production they often practice until very late at night. "At first my husband didn't like the rehearsal hours, but then he realized how important dancing is to me," says one member. Usual practice is one to two hours a week. It's only twice a year, for a short period of time, that they keep late hours for rehearsal practices.

The company has three separate ways they obtain costumes for performances. Mrs. Ava N. Stephens is the

company's costume mistress. She must often create the costumes from scratch. The members sometimes purchase their outfits from a costume company. Thirdly, they re-dye and reconstruct old costumes. The first two options are the most prevalent.

The Alamance Civic Dance Company is a branch of the Alamance Arts Council. "We encourage new members to join the company," says Mrs. Wellford. Auditions for spring performance will be held on Feb. 4. For information call John Walker's Studio.

To Beth:

Happy Valentine's  
Day

RWB

## Circus cont. from p. 7

the new edition are Ursula Bottcher and her polar bear act in their triumphant return engagement; the unbelievable Urias Troupe tempting fate in the Glove of Death; the Richter Family presenting classic bareback-riding artistry; the King Charles Unicorn Wizards introducing their first female member;

Karoly Donnert and his tiger display making their debut with the Greatest Show on Earth; Michu, the smallest man in the world riding an

elephant; the Flying Farias and the Flying Segreras providing trapeze thrills, plus a host of other attractions. Scores of clowns contribute to the merriment, led by diminutive funster Prince Paul, and the world's largest menagerie of performing animals adds their quadruped talents.

Tickets are now on sale at the Greensboro Coliseum Box Office, authorized Belk stores, and at Reznick's and Brown's Record Boutique in Winston-Salem.

## Procrastination cont. from p. 5

Now I think procrastination has rubbed off on my friends. One way I have for postponing my homework is to stroll next door to the dorm room of some of my friends for just a "couple of seconds."

I will finish this later.