



Margaret Claud is "Miss Winston" for car races all over the country. The Elon College senior travels for R. J. Reynolds. Photo by R.N. Masser, Jr.

## Student enjoys Nascar racing

By Janet Spoon

Margaret Claud, a senior at Elon College, represents the R.J. Reynolds Tobacco Company as "Miss Winston" at car races all over the United States.

Miss Claud travels to major speedways throughout the country including the Daytona 500, the Talladega in Alabama, and the World 600 in Charlotte.

As "Miss Winston," she presents trophies to the winner of the race, participates in the victory lane ceremonies and works with the media in their coverage of Nascar Winston Cup racing.

Margaret was interviewed for the job after she had begun classes at the Marylin

Green Modeling Agency in Greensboro last April and was then recommended to R.J. Reynolds.

Before every race "Miss Winston" heads the parade lap on the Winston Show Car around the race track. "Some race-car fans are really crazy," says Margaret. In their excitement, "some of them even begin taking their clothes off at the races," she says.

During the races she meets all the crew members and hands out Winston cigarettes. Her picture at the races has been in newspapers all over the country. She even made the cover of *Stock Car Racing* in September and was in the July

## Health Hints

# Anorexia nervosa may be deadly

By Mildred B. Lynch

A few weeks ago this column was addressed to those who want to lose weight. Diet and exercise were stressed.

However, not everyone who desires to lose weight really needs to lose weight.

Anorexia nervosa is a serious, and sometimes deadly, disorder that may result from a distorted image of one's body.

The October issue of *MD Magazine*, in an article titled "Inner Mirror," says that anorexia is a "rejection of adulthood and a refusal to accept the inevitability of becoming sexually mature."

The article further explains that early attitudes toward, or expectations about the body may be traced to parental influence. Negative messages, such as parents' reluctance to talk about, or expressions of distaste towards certain body parts and body functions, or the censoring of vocabulary may cause irrational notions and inaccuracy in making

judgements relating to the body.

Another medical journal, *Practical Gastroenterology*, in its September 1980 issue describes the behavior of an anorectic person. People who are overly anxious about losing weight will drastically reduce their food intake thereby decreasing the amount of needed energy producing nutrients such as carbohydrates and fats.

An anorectic person will refuse to eat and may also exercise. This will dangerously deplete the body's potassium level. If the person does eat, he or she will induce vomiting to lose the food and lose weight.

There are several difficulties in treating the condition. If the person goes to a physician, he or she may deny their eating habits, making it difficult for the physician to diagnose it as anorexia. The person may also deny having an appetite when in reality he does and is simply avoiding contact with food for fear of gaining weight. Close observation may reveal that the person is actually hoarding candy bars which may be eaten when no one is around. Or he may clip recipes and save them; this indicates a preoccupation with food.

If forced to eat in public, these persons may sit at the table and play with the food cutting it into small pieces and rearranging it on the table.

This condition occurs more frequently among young women and may initially manifest itself in a disturbance in the menstrual



cycle. This may be the symptom that causes one to seek a physician.

Varying degrees of the disorder range from one that will spontaneously recover without treatment to a condition that results in death from complications of starvation.

Medical treatment is needed as soon as possible to begin a weight restoration program and to minister to the psychological needs of the sufferer.

If you or anyone you know is anorectic, get them to a physician, with the facts, as soon as possible, or report your suspicions to someone who may be able to persuade them to seek help. Their life may be at stake.

issue of *Sports Illustrated*.

"I really enjoy my job as "Miss Winston" and the opportunity to travel and meet so many people," Margaret says. She will be "Miss Winston" again when another NASCAR racing season begins in February.

## Joyce leaving Elon College Jan. 1

David C. Joyce, assistant dean of student affairs, has resigned effective at the end of this semester, to accept a position as a counselor at Hyde Health Clinic, in Swan Quarter on the coast of North Carolina.

"I would like for everybody to know that my leaving does not mean that I dislike the students or the administration of Elon College. I am leaving because my first love is counseling, and that is what I really want to get back to doing."

Dean Joyce said that he is doing counseling here, but he spend most of his day not doing what he is trained to do.

Dean Joyce came to Elon in 1978 as a residence counselor for Harper Center complex. He started the synergy which incorporates living and learning into a unique experience. In 1979 Dean Joyce was promoted to his present position. His

duties include personal counseling, and coordinating work of residence counselors.

Leaving the big suburbs of Elon, Dean Joyce and his family will be living in a rural area in Swan Quarter.

David will be leaving at the end of the semester, so he and Susan can complete their teaching obligations. "I

## English starts honor society

by Mari Behrend

Fred Chappell, professor of English at UNC-G, spoke at the first meeting of the new English honor society, Sigma Tau Delta. The program and induction of members was held Nov. 11.

Mr. Chappell is the author of four novels. Besides previous volumes of *Mldquest*, he has also published a group of poems, *The World Between The Eyes*. Twice he has won the Roanoke-Chowan poetry prize.

The program began

feel that psychiatric counseling will be both an experience and a challenge. The program at Hyde Center," said David, "is new and I get the chance to design and develop something that will work."

At this time no replacement has been named to the assistant dean position.

with a reception from 5-6 p.m. in the large lounge of Long Student Center with dinner and the induction followed from 6-7 p.m. in McEwen Dining Hall, second floor.

Student nominees inducted were Paul Aiello, Mark Atkins, Joan Blanchard, Nancy Crutchfield, Stephen Fishel, Wendy Ford, Joy Hamilton, Joan Jenkins, Mildred Lunch, Sherri Nunn, Lydia Tickle, Susan Troxler, Charlotte Alford, and Alison Joyce.



ARA baked this cake to congratulate Representative Tim McDowell upon his victory last week. Staff Photo.