



Staff photo by Pat O'Malley

A librarian is a professional ... pumpkin

What other sort of entry would win in a library-sponsored pumpkin decorating contest? Staffers in the Special Collections Section at the Sterling C. Evans Library designed "The Professional." Seventeen other library sections also entered the contest.

Bad habits hurt dieters

By SALLY J. DREYFUS
Battalion Reporter

It's late at night and you have the munchies. If you don't get a M&M and a Coke soon, you think you'll make it. Oh no, you've started your new diet today. Well, here's always tomorrow.

Another diet? We usually think of diet as something to go off only when you've lost the weight you've gained. Often, people will "slip up" and go off their diet anyway.

Is it just lack of will power that makes you blow your diet? If you're one of the 40 to 80 million people in America who are obese, probably not.

Obesity has its basis in unresolved emotional problems. Overeating serves as a substitute for other satisfactions, says Norman Kiell in the Psychology of Obesity.

Many times, when people are anxious, nervous, excited or scared, they will turn to food as a means of soothing their emotions.

"Food has been connected with many irrelevant things," says Dr. Perry Hope, a counseling psychologist for the Texas A&M University Personal Counseling Service. "From the time you're 2 years old, you associate feelings with food and the cues begin to snowball."

As an example, consider one TV commercial: "Let a Bundt cake do the talking. Let a Bundt cake say I love you."

Walking into the movies, the strong smell of popcorn hits you in the face.

"People aren't going to a movie

craving something to eat," says Mark Schulman, theater manager, "but the desire for something to munch on is there."

Schulman's Campus Theater averages \$10,000 to \$12,000 yearly in concessions, he said.

Another problem is that some people go on binges and later feel guilty for eating.

"Fat guilt is an endless circle," says George F. Christians, author of "The Compulsive Overeater." "Because I feel guilty, I eat because eating kills the pain. And because I have overeaten, I feel guilty. So I overeat. Round and round. And rounder I go."

Hope said, "Overeating is partly an emotional problem and partly a behavioral problem. You can unlearn unhealthy eating patterns if you know how to set up the right reinforcers."

Many people see dieting as a means of losing weight, but it doesn't always work.

"Dieting is a seasonal endeavor," Peter Wyden says in "The Overweight Society." "Sales of diet products increase in January and February, when dieters suffer post-Christmas guilt, and in May and June when they strain to attain respectable bathing suit figures."

Many people have dieted away a lot of pounds, only to find when they start eating "normally" again, they gain the weight back.

Currently, the most successful way of dealing with overeating is behavior modification, which operates on the premise that all behavior is learned, and that which is learned can be unlearned.

"Daily counseling is the key to our whole program," Curry said, "because you need daily encouragement."

Hope said, "It takes a personal decision and a healthily directed anger to want to change."

Entry deadline Monday

Miss A&M to be selected

By KATHLEEN A. WAKEFIELD
Battalion Reporter

Aggies who think they can pick a perfect 10 should compare their notes to the judges' ballots in the selection of Miss A&M University.

The Second Annual Miss A&M pageant, hosted by the MSC Hospitality Committee, is scheduled for February 1981, says Kim Lawrence, pageant director.

The woman chosen as Miss A&M may eventually go to the Miss America pageant in Atlantic City next summer. Deadline for entries is 5 p.m. Monday.

Applicants will be screened Nov. 8 and 9 to determine 20 finalists and 5 alternates.

Lawrence said two modeling seminars, one each in December and February, are scheduled. The seminars will aid participants in every aspect of the pageant from makeup to costumes.

"After the seminars, it will be difficult to tell who really isn't a model because they all will look 100 percent professional," Lawrence said.

Three officials from the University and two from the Miss Texas pageant will judge. The judges will grade on the standard pageant trials such as swimsuit, talent, evening gown and interview.

Prizes for the winner include a \$1,000 scholarship, a \$1,000 wardrobe allowance, a 14 karat gold necklace, the use of a 1981 Cadillac

Seville and various other gifts from local businesses.

All the women who participate in the contest, Lawrence said, gain an educational experience that can be valuable.

"Any woman who competes in a pageant benefits in many ways: She gains friends, poise, learns about the University and most of all gains confidence in herself."

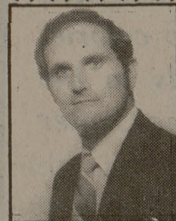
Lawrence said the contest is not only for the entrants but also for the student body.

"We are involving every part of the student body we can in the show; after all, the pageant is for the whole of the University." The Singing Cadets, the Aggiezingers and All University Variety Show winner Mike Higgins will provide the entertainment. Master of Ceremonies is Danny Fordyce, a professional singer and dancer.

Last year's winner, junior educa-

tion major Kelly McElroy from Humble, will crown her successor Feb. 21 in Rudder Auditorium after the evening gown and swimming portion of the contest.

The MSC Hospitality Committee is still accepting applications for the contest which are available in the Hospitality Committee cubicle, Room 216 MSC.



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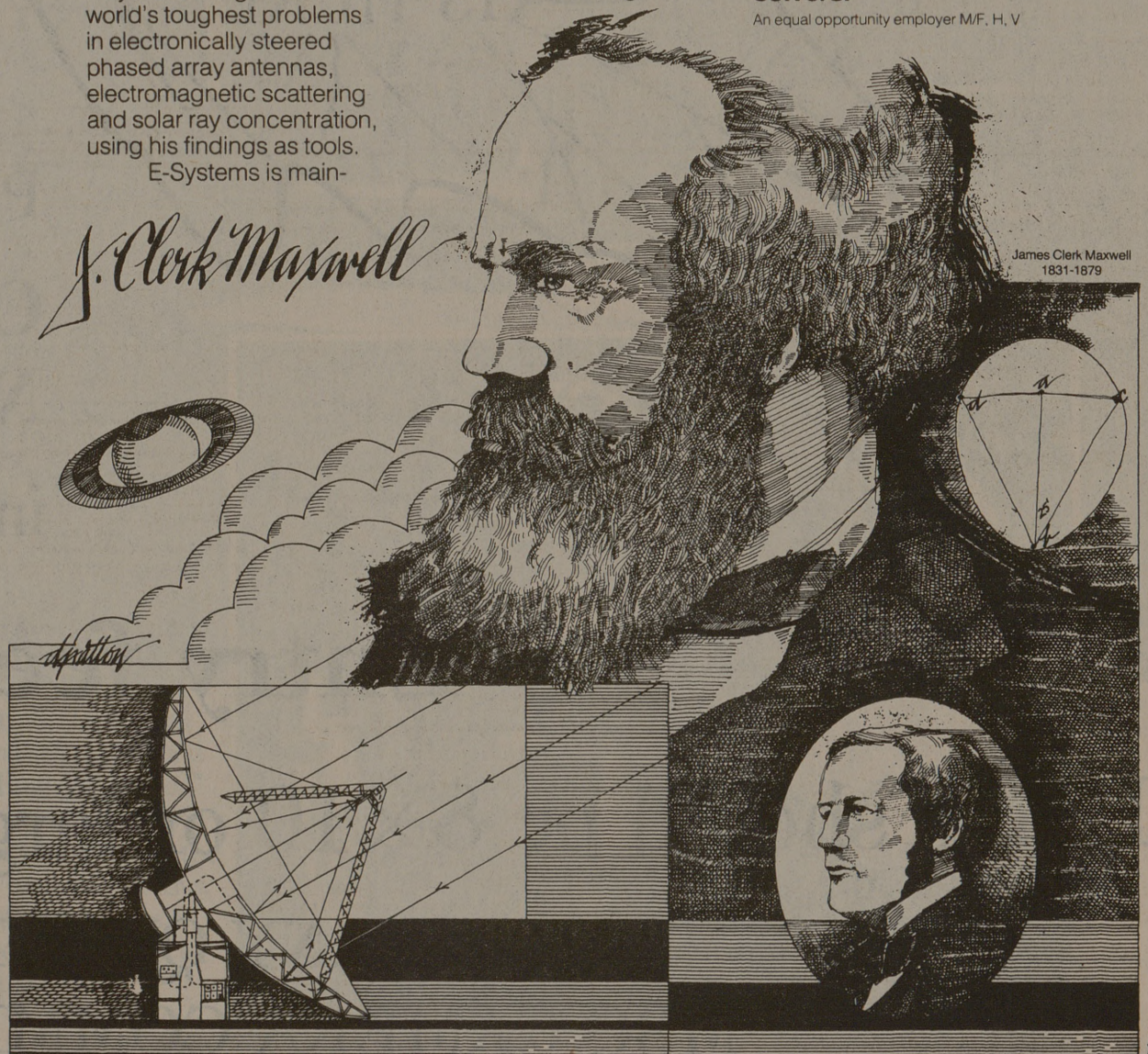
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