



## EDITORIAL OPINION

### Not All in Spotlight

The Chowan campus should be proud of its wrestling team, not only for its fine performance, but for the effort that went behind it.

The beginning of the season did start out slow. It was hard getting into the routine of practice everyday of the week. But the team members did it, (including 8 o'clock practice on Saturday morning), and they worked hard and improved.

Wrestling is more than meets the eye. There are a lot of long, hard hours put into wrestling and a lot of missed meals. Each wrestler is put into a weight class and has to meet that weight in order to wrestle in a match or tournament.

There is a lot to losing weight for a match. A prime example is Andy Galarza. At the beginning of the season he weighed 160 pounds. Andy sweated and starved himself down to 120 pounds so he could wrestle lightweight.

And contrary to popular belief, wrestling is not only an individual sport. Yes, on the mat there is one-on-one wrestling. But there is a team effort before, during and after the mat workout.

Before each match the members go through unreal practices. They not only work hard for themselves, but they are constantly helping each other out.

Then comes the time to go out on the mat, but not entirely alone. One has to be sitting with the team to feel the train of tension and excitement, and the cheers and directions being screamed out on to the mat. The wrestler cannot help but feel the full force of the team with him as he meets his opponent.

Then, win or lose the wrestler always has the congratulations or heartfelt sympathies of his teammates.

Also, against popular belief, the team is not made up solely of Charles McCook, Doug Saunders, Mike Ferrara, Joe Morgan, Roger Randall, Mike Neilands or Steve Miltsakakis. There are also James Baker, Andy Galarza, Tim Edwards, Scott Brumley and Ricky Griggs. These guys did just as good a job, in their own right, as the others. They worked just as hard, gave up just as much and practiced just as long.

It should be realized that the entire team deserves recognition and congratulations. It was a team effort that gave us our fine season record. — J.B.

### Our Tenth Year

This eleventh issue of Smoke Signals marks completion of the paper's tenth year, a year which the staff feels has been one of the most successful papers in the school's history.

We feel that the publication has made great strides over the course of the year. Last year's staff was able to publish only six papers; we almost doubled that total this year. We would like to be able to increase this number even more next year. In order to accomplish this feat, however, you, the student body, faculty and administration must be on your toes in 1979-80!

Smoke Signals editor Susan Pate and news staff writer Allen Davis graduate this month. Their contributions to the staff and college community is a lengthy string of honorable deeds. Their loss will be felt. We wish them well as they leave Chowan and enter the "real world".

Farewell all, until we meet again. Congratulations, sophomores; rest up, freshmen and be ready to tackle the Chowan Experience head-on in the fall. — H.P.



Edited, printed and published by students at Chowan College for students, faculty and staff of Chowan College

Susan Pate — Editor  
Harry Pickett — Associate Editor

#### News Staff

Daniel Bender	Kathy Fisher	Cindy Lee
Jane Bridgforth	Charles Hitchcock	Fran Morrison
Allen Davis	William Hobson	Sandra Perry
Tim Elliott	Paul Kelly	Donna Swicegood

## Dos & Don'ts On Dosages

By SARAH G. WRIGHT  
Director of Health Services

Some Dos and Don'ts when taking medicine should be observed. When certain medications are taken after eating, one may not receive the full benefit of the drug, or the desired effect may not be reached.

To help one avoid some unwanted effects the following advice is being given.

**Erythromycin** — Take one hour before meals or three hours after meals. Do not take with carbonated drinks or fruit juices; this makes the drug decompose prematurely.

**Tylenol (acetaminophen)** — If taken with carbohydrates, this will slow down the rate of absorption. So if this were being taken to lower temperature the process would be delayed.

**Tetracycline** — Do not take with milk or any dairy product, this prevents absorption of the drug. It is best to take Tetracycline one hour after meals. The long range use of Tetracycline in the last half of pregnancy and in infancy to age 8 years may cause permanent discoloration of teeth. Sunburn is more likely when taking Tetracycline.

**Lincomycin** — No food or beverage one hour before taking or two hours after taking. Only water may be used during this one-to-two-hour period. The drug will not be absorbed properly when consumed with food or beverage.

**Penicillin** — Should be taken with water on an empty stomach. When taken with acidic fruit juices or beverages the drug decomposes too soon.

**Aspirin** — When taken in excess can cause abnormal bleeding in the stomach and leads to stomach ulcers. Chewing the Aspirin before swallowing will keep the tablet from sticking to the wall of the esophagus or stomach.

**Iron** — Should not be taken with milk, eggs or cereal. The benefiting effect will not be achieved. When iron is taken with citrus fruit juices, the iron is absorbed too quickly and may cause nausea and vomiting.

When your doctor gives you a prescription, tell him if you are taking other medication. Ask if you should expect any reaction or side effects. Mention any chronic condition you might have such as diabetes, high blood pressure and be sure to mention any allergy you may have.

## Chamblee's Bach Article Published

Dr. James Chamblee, chairman of Chowan College's Fine Arts Department, is the author of an article that appears in the current April-May issue of *The American Music Teacher*.

The magazine is the official journal of the Music Teachers National Association. The title of Chamblee's article is "The Vocal Music of Carl Philipp Emanuel Bach."

Chamblee's doctoral dissertation at the University of North Carolina at Chapel Hill was Emanuel Bach's cantatas and oratorios.

Chamblee explained that Emanuel Bach is "known primarily for his contribution to the development of the piano sonata." He said very little is available concerning vocal music, which includes solos and choral selections.

Chamblee noted that Bach, the second musical son of Johann Sebastian Bach, wrote about 300 solo songs, most of which were published in his day in the mid 18th century. Bach published six collections of his songs.

But after his death, his vocal works were more or less forgotten, while his instrumental music rose to the forefront, Chamblee explained.

Chamblee said the only modern edition of Bach songs, numbering 30, was published in 1921.

The fine arts chairman believes it's time for a revival of interest in Emanuel Bach's vocal music. "For the most part his songs are not overly difficult and would be a good source for young singers."

## Study Plan For Finals Outlined

By WILHELMENIA L. WILCOX  
Guidance Counselor

Have you begun studying for your final exams? If your response is "No", why are you putting it off? CRAMMING may get you into academic trouble. If you wish to begin early reviews for your final exams, I'd like to suggest the following Study Plan.

### 1. START WITH AN OVERVIEW OF REMAINING TASKS — SCHEDULE YOUR TIME ACCORDINGLY.

a. Overview all materials for each course. Evaluate and list priorities among remaining study tasks and estimate time needed for each. How do the notes, the text, the supplementary reading relate? How much weight will be given on each exam? How will you therefore apportion time among unfinished reading, reviewing reading and notes, identifying major themes and issues, etc.?

b. Then sketch a rough calendar of the weeks, days, hours remaining before each exam and plot a chart of the hours actually available for study. Objectively and realistically apportion your remaining tasks into these hours, taking into consideration these tips for scheduling:

Break large tasks into more workable sub-goals and apportion specific time for each.

Allow longer study periods for grasping total relationships and concepts; use shorter time intervals for review, self-testing, reinforcement; routinely use odd moments (waiting in the lunch lines, walking to the library, etc.) for periodic recall and review.

Do difficult tasks first, then reward yourself with easier ones.

Take brief breaks; don't study all the time. Daily physical exercise is especially important.

Vary tasks and topics during lengthy study periods. Rework notes, then read; alternate history with math, etc.

Find a special place to study and use it only for that. Make it become a stimulus just to study; if you're daydreaming and not studying, then walk away for a few minutes.

Stick as much as possible to your own regular study and work hours. Adhere to your own biological clock of peak study times rather than adopting someone else's bizarre schedule.

c. In essence, avoid the "escape" syndrome of fretting and talking more about studying than actually studying. Simply make a realistic appraisal of priorities re: What's got to be done, how much time there is to do it, and when it will be done. Then DO IT.

### 2. PLAN EFFICIENTLY WITH UNREAD MATERIAL

a. Shortly after you have gathered all material for the course together and plotted the overall organization you should dig into the unfinished reading. You'll have a much better perspective from which to approach it.

b. Preview the material. Divide it into realistic parts and sub-goals. Set time limits for each part and begin.

c. Read — holding yourself to the time you've set even if you must skim key sentences only. It's better to get some information than none. Pace yourself by moving a card or pencil down the page as you read.

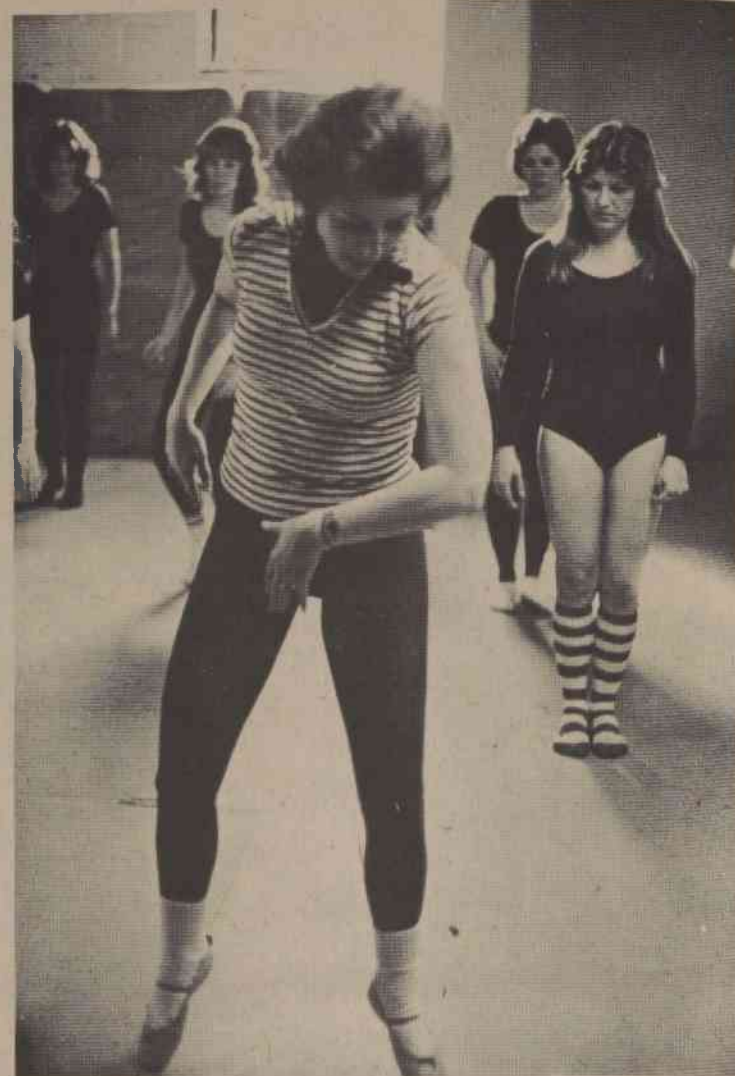
d. Recall the material by immediately self-testing at the end of each page or part. This enhances retention even without later review.

e. Anticipate exam questions and practice answering them under typical test time limits. Waiting for the instructor to raise the questions at the exam does not lead to a well-ordered plan of attack on the content of the course. Choose the questions you would ask if you were planning the exam, then practice synthesizing by pulling together your own answers to these questions. Refer to earlier exams in the course to get an idea of the kind of question that will be asked. Reviewing with others at this point might be helpful if everyone "knows" the material.

**GENERAL SUGGESTION:** Give yourself the advantage of a good head start. Arrive with enough time to arrange your working conditions and build a calm, alert attitude. Avoid getting involved in a last-minute cram session with panicky classmates. Preview the whole test quickly (for format, point distributions, missing pages, etc.) Have instructor clarify any ambiguities in questions before attempting to answer them. Plan a time schedule for each question of section — it's your responsibility to attempt all questions in time allowed. **GOOD LUCK!!! REMEMBER THAT PRAYER IS STILL EFFECTIVE!!!**

### Not the Real Thing

The version of Ron Major's short story "Michelle's Surprise" which was printed in the last issue of Smoke Signals is not the one which was actually sold for publication. A copy of an unedited version was inadvertently received and printed by Smoke Signals.



TUNING UP — Dance instructor Mrs. Marla Hunnings demonstrates a tricky step as her class rehearses for the modern jazz dance recital May 9 at 8 p.m. in Columns Auditorium. Watching are (from left) Sandy Jenette, Bonnie Goodwin, Sandra Howell and Ann Gainey. (Photo by Larry Stukes)

## Phi Theta Kappa Report

During the weekend of February 24, 13 members of Chowan's chapter of Phi Theta Kappa, Iota Delta, travelled to Greenwood, S.C. to attend the annual Carolina's region convention at Piedmont Technical Institute. It was a weekend full of fun, excitement, and fellowship. Several banquets were held and social activities included a disco, a hayride, and fireworks. Iota Delta did not come home empty handed, bringing the travel award and many fond memories of an exciting and meaningful weekend.

Iota Delta held a successful carnation sale for Valentine's Day. Part of the proceeds were presented in the form of flowers to residents of Guardian Care Inc. in Ahoskie by the hardworking PTK'ers. Fraternity members recently held a successful donut sale as a general fund raiser.

The initiation ceremony for new Phi Theta Kappa members was held on April 26th.

Dan Fuchs  
Reporter



OUTSTANDING — Ricky Tharrington receives plaque as outstanding member of the Chowan Science Club from Professor Gilbert Tripp.

## Summer History Course to be Taught

TO: Students Who Are Interested In An Interim Course in History 101

FROM: Dean Lewis

SUBJECT: Interim Classes in History 101, May-June, 1979

#### SCHEDULE:

Classes Begin	Sunday night, May 20
Vacation	May 24-30
Classes Resume	May 31
Classes End	June 9
Take-Home Phase of the Examination Due by	5 p.m. June 13

#### EXPENSES:

\$135 (3 semester hours, History 101)

60\* (Room rent from May 20-June 9)

\$195

\*Students who are not on campus from May 24 through 30 will be refunded \$20.00. To qualify for the refund, students must check in and out through the Office of the Director of Housing. Students will stay in college housing.

CLASSES: Night sessions on occasions for oral reports and filmstrips. Classes will be held on Saturdays. Classes will meet from 9 a.m. until 12 noon and from 2 p.m. until 4 p.m. daily except on Saturdays when there will be no afternoon classes.

MEALS: The college cafeteria will not be open. Students will be responsible for their own meals.

TO: Dean Lewis

I want to take the interim course in Western Civilization 101 which begins May 20 and ends June 9.

Name \_\_\_\_\_

Date \_\_\_\_\_