

EDITORIAL OPINION

Let Us Hear From You

The staff of Smoke Signals extends a cordial welcome to all new students. We sincerely hope that you enjoy this special edition of Smoke Signals, which is designed just for you, in hopes that you may be more familiarized with the campus community, its activities, organizations and functions.

Smoke Signals is edited and published every three weeks by students in the Graphic Communications Department. We feel that Smoke Signals is a quality college publication. The staff encourages all prospective students to get involved in the "Chowan Experience" because only you can make the news.

Our objective is to serve you, the student, staff and administration, as accurately and as informatively as possible. We hope that you also find Smoke Signals, during the course of the year, to be a means of entertainment on those dull, lonesome evenings.

We urge all readers to submit letters to the editor involving the campus community. Should you see ways to improve certain areas on campus, or ways that you see which could improve the journalistic qualities of Smoke Signals, we suggest that you voice your opinion. We advise, however, that all suggestions be of good taste, and rid of all vulgarity; such crude expressions will not be published.

As you've noticed on the front page, we have an "Interesting People on Campus" feature, which we publish each issue. Should you have any suggestions pertaining to a member of the student body, faculty or staff whom you find interesting, get in touch with a Smoke Signals staffer, so that we can all share an interesting adventure or hobby.

We think you'll enjoy Chowan if you become involved in extracurricular activities, hit the books every evening, become friends with all members of this small community — including faculty and staff — and read every issue of Smoke Signals.

Have a good year, all!!! — HARRY PICKETT

It's a Year-Long Job

I would like to address all returning students who complained about the yearbook last spring.

I don't think any of you realize how much there is to putting such a publication together.

I have worked on the Chowanoka staff for two years (76-77, 78-79). At the beginning of each year there were many interested students. But when it comes down to doing the actual work only a handful of these help.

I would like to give all or you an idea of the type of help that is needed. We start with an editor and associate editor. From there we need section editors who need the help of several photographers, copy writers and layout persons.

Last year I took on the responsibility of the departmental section with the help of a co-editor. The majority of the photography I did myself. The rest I obtained from the files in Graphic Arts, many of which were taken during the summer or at the very beginning of the year.

All copy was written by either my co-editor or me. All layouts were done by us.

Now you say, that is only one section. I reply that the class section was put together by two people, one of whom was not even a member of the staff. The organizational section, by the choice of only one staff member, was put together in four weeks time. This should have been done two months before this. These are examples of only two sections, but the others were done in much the same way.

I have heard complaints about mistakes in printing. Due to the lack of help the layouts were turned in late, leaving a very short time for Graphic Arts to print it.

Having read this, I hope that you may have some understanding of the work involved with providing you a yearbook.

I only have one other thing to ask. Do not promise your help to editor Scott White when you know you will not fill this obligation. — CINDY LEE

Resident Assistants Are Here When You Need Them

Realizing to what extent one's living conditions can affect every other aspect of one's life, residence halls are staffed by personnel who are available to assist you when you arrive on campus, whether you are a returning student or entering Chowan College for the first time. Each residence hall is operated by a Residence Director, who is assisted by a team of Resident Assistants, better known as R. A.s.

By necessity, residence hall personnel are caring persons, who attempt to deal with as many different kinds of situations as there are residents on their halls. They care about you, as an individual. Among the many roles they try to fill are those of administrator, friend, counselor, educator, and regulator. They will be available to share your happiness, sorrow, frustrations, problems, or whatever — if you let them.

Your R. A. will be located on your hall. We encourage him/her to get to know you and every other resident on his/her hall as soon as possible; to welcome you and to make you and to make you feel that you "belong" at Chowan College.

During your two years at Chowan, we challenge you to work with the resident hall staff to make your residence hall as much a "home away from home" as possible. We believe that a sense of pride in the place where you live is necessary for success in every phase of your life while at Chowan, whether it be social, intellectual, physical, or spiritual.

On behalf of your residence Director and Resident Assistant, we welcome you to the Chowan College campus.

Alice D. Vann
Director of Residence Life

Dorm RA Closest For Help

By DONNA SWICEGOOD

The Resident Assistant on each dormitory floor may well be the person new students will see the most. The Resident Assistants, commonly referred to as RA's, are students who are there to help the individual student with his minor problems.

The resident assistants are selected for their maturity, leadership, experience, scholarship, and desire to help others realize their potential for self-development. The people who serve as resident assistants are trained to assist residents with personal, social and academic problems and to interpret college philosophy and residence hall policies and procedures.

Resident Assistants are assigned to each floor in each dormitory. There is usually one RA per floor although some dormitories may have two per floor.

Resident Assistants are encouraged to fill the following roles, to the best of their ability: to be a friend, a counselor, an educator, an administrator, and a regulator, according to Mrs. Alice Vann, Director of Residence Hall Life.

Resident Assistants for the 1979-80 academic year are as follows:

Parker Hall
Basement: Charles Buie
1st Floor: Jimmy Estelle
2nd Floor: Greg Kaserman
3rd Floor: Steve Whittemore
4th Floor: Allen Poston
6th Floor: Scott White
7th Floor: Bernard Miller
8th Floor: Deitrich Ricks

West Hall
1st Floor North: Mike Bosch
2nd Floor South: Dennis Loan
2nd Floor North: Kenneth Benjamin
2nd Floor South: Tony Byrd
3rd Floor North: Steve Harrison

East Hall
1st Floor: Randy Stogner
2nd Floor: Mark Strickland
3rd Floor: Chris Crestwell

Mixon Hall
1st Floor: Deno White
2nd Floor: unassigned

Belk Hall
1st Floor North: Denise Martin
1st Floor South: Renee Lambert
2nd Floor North: Pat Csigi
2nd Floor South: Hannah Harper
3rd Floor North: Nancy Loy
3rd Floor South: LeAnn Barlow

Jenkins Hall
1st Floor North: Andrea Tillet
1st Floor South: Kelly Keenan
2nd Floor North: Janet Whitaker
2nd Floor South: Jackie Bass

The 5th floor of Parker Hall and the south side of 3rd floor of West Hall are reserved for the associate head residents of those dorms.

A resident assistant is a student who shares responsibility with other residence hall staff members to create and maintain an environment in his/her hall or wing that contributes to both the academic and personal growth of students. Resident Assistants have primary concern for general supervision of small living groups of students in a way that encourages individual responsibility and decreases feelings of loneliness and alienation.

LOWE

(Continued from Page 1)

and Schools. All faculty members keep office hours. These are the students' hours, times when faculty members will see you on an individual basis. Further, each member of the full-time faculty serves as an academic adviser to a group of students. You are urged to attend all scheduled meetings with your adviser, and also to consult with your adviser periodically on an individual basis.

Whitaker Library is a modern, comfortable facility in which to study and do research. Early in your academic career you will want to get acquainted with it and what it has to offer you. The library staff is well qualified and eager to assist you with your needs. Currently, the book collection is approximately 63,000, exclusive of microfilm, government depository items, bound periodicals, recordings, and the like.

With the exception of the gymnasium, all academic facilities and supporting equipment are of good quality and designed to provide an environment conducive to the educational process. While the current gymnasium is admittedly less than desirable, a new gymnasium/physical education center is under construction, and hopefully will be ready for use early in the spring semester of this year.

While the college has made extensive provisions for your academic welfare, to include the expenditure for educational purposes of a far greater portion of the budget than required by our accrediting agency, all of this is beneficial only to the extent that you, our students, take advantage of it. Budget your time wisely; allow adequate time for your studies; and then find time for your other activities.

We are pleased to have each of you at Chowan College, and it is our sincere wish that this will be a year of personal fulfillment and happiness.

B. Franklin Lowe Jr.
Dean of the College



BIG SMILE, NOW — This scene will be repeated many times this year as students sit for ID card photographs. Mike Gosnell takes a break in the lengthy task last fall while Mrs. Marianne Jackson mans the camera in the Graphic Communications Department.

Rest, Food, Exercise Needed for Good Health

By SARAH G. WRIGHT
Director of Health Services

So you have gone away to college? No one will tell you when to go to bed, when to get up, or what to eat. Great! How good will you be as the "Keeper of your body?"

Often times the student seen in the infirmary is simply exhausted. You can not expect to stay up until two or three o'clock and make it to an eight o'clock class feeling alert. As you become more exhausted your body becomes more susceptible to diseases. Also recovery from an illness will take longer.

How about your choice of food when you go through the cafeteria line? The cafeteria does serve good food and well balanced meals. If you hope to be fat by the end of your first year in college eat all the desserts, bread and drink lots of coke. Don't forget all those late night snacks of candy bars, potato chips and perhaps a hamburger before going to bed. This couldn't be the way you want to see yourself the next spring when it's time to put on the old swim suit!

Walking is great exercise, so take advantage of the campus and walk everywhere. Don't ride from the dorm to the cafeteria or to classes. You will feel more alert after walking in the fresh air. More calories will be burned while walking. Exercise helps improve circulation and you will have a healthier, prettier body. Years can be added to your life by eating wisely, getting enough exercise and a proper amount of sleep.

Penny Infirmary Information

(1) Nurses are on duty 24 hours daily in Penny Infirmary. A registered nurse is on duty from 7:30 A.M. to 4:00 P.M. daily, Monday through Friday. A licensed practical nurse is on duty at night, Monday through Friday and on call during weekends.

There are twenty-five beds in Penny Infirmary. Students too ill to attend classes or to go to the cafeteria for meals should remain in the infirmary.

Consultation Hours in Infirmary
Weekdays
(Monday through Friday)

7:30 — 9:30 a.m.
10:30 — 11:30 a.m.
1:30 — 3 p.m.
6 — 7:30 p.m.

(2) After consultation hours at night and on weekends: The nurse on duty will not unlock the doors to the infirmary unless the student, head resident or resident assistant calls before leaving the dormitory.

(3) DO NOT KNOCK OR BANG on

Men's Basketball 1979-80 Schedule

Nov. 16-17 Doubleheader Home	7:00
Newport News	9:00
Smithdeal Massey Craven	
Nov. 19-20 Tip Off Tourn. Home	7:00
Mt. Olive	9:00
Louisburg Southeastern	
Nov. 26 Ferrum Home	7:30
Nov. 30 Smithdeal Massey Home	8:00
Dec. 3 N.C. Wesleyan Home	8:00
Dec. 4 Duke J.V. Away	7:00
Dec. 8 Smithdeal Massey Away	7:30
Dec. 10 Newport News Away	7:30
Jan. 11-12 Newport News Away	7:00
Tournament	9:00
Jan. 16 Louisburg Away	7:30
Jan. 19 Southeastern Away	8:00
Jan. 22 Richard Bland Away	7:30
Jan. 24 N.C. Wesleyan Away	7:30
Jan. 26 Lenior Comm. Col. Home	8:00
Jan. 28 Mount Olive Home	8:00
Jan. 30 Frederick Home	8:00
Feb. 2 Newport News Home	8:00
Feb. 4 Ferrum Away	7:30
Feb. 9 Louisburg Home	8:00
Feb. 13 Richard Bland Home	8:00
Feb. 16 Lenior Comm. Col. Away	8:00
Feb. 18 Frederick Military Away	7:00
Feb. 21 Mount Olive Away	8:00
Feb. 23 Southeastern Home	8:00

SGA Head Asks Ideas



BURKE

The Student Government Association would like to welcome all the new freshmen and the returning sophomores.

The SGA, along with Mrs. Alice Vann (the SGA advisor) and Dean R. Clayton Lewis (dean of students) has many plans to make this school a more enjoyable place to live and learn.

The SGA officers who will serve you this year are: Mike Burke, president; Nancy Loy, vice president; Terri Arnold, secretary; Steve Whittemore, treasurer, and Greg Kaserman and Patricia Csigi, social co-chairpersons for men and women.

If anyone has any suggestions which could help in this cause, please make them to any of the SGA officers. The SGA cannot promise that these suggestions will become valid, but they will be debated.

If any person has an interest or skill which the school or any department could use, please contact me. I feel sure we could use you.

Mike Burke
SGA President

the outside doors. This can be very upsetting to ill people in bed in the infirmary.

(4) Doctors in Murfreesboro:

Dr. A. A. McLean, 220 Wynn Street
Monday through Friday 9 a.m.-12 noon and 2 p.m.-5 p.m.

Saturday and Wednesday 9 a.m.-12 noon.

Dr. Roy D. Flood, Beechwood Blvd.

Dr. Melvin L. Clayton, Beechwood Blvd.

Monday through Friday 9 a.m.-12 noon and 2 p.m.-5 p.m.

Thursday and Saturday 9 a.m.-12 noon

(5) Emergencies at night are treated at Roanoke Chowan Hospital in Ahoskie. The student is responsible for all doctor bills unless accident related. Prescriptions may be filled at the three local drug stores at the student's expense.

(6) Excused absences for illness:

The student must come to the infirmary before the beginning of class from which he is seeking an excuse.

If he is at the doctor's office and misses a class, he may bring a note from the doctor's office and an excuse will be written.

The infirmary will not write an excuse for classes when a student sleeps through the class.

(7) First Aid treatment, cold medicines, etc. are furnished by the infirmary.

The infirmary telephone:

DAY NURSE
8 a.m. to 4 p.m. 398-4101 Ext. 248
7:30 a.m. to 4 p.m. 398-9655

NIGHT NURSE
4 p.m. to 7:30 a.m. 398-4357 or 398-9655

Chowanoka

Get Involved!

Freshmen and Sophomores interested in working on the yearbook staff can sign up in the office of the Department of Graphic Communications immediately. Positions available are:

Paid
Associate Editor

Non-paid

Photographers	Writers
Artists	Copy Editors
Cartoonist	Photo Editor
Organizations Editor	Graphics Editor
Office Manager	Sports Editor
Class Section Editors	Society Editor
Features Editor	

Note: Applications for Associate Editor will be accepted in the Department of Graphic Communications office until 5:00 p.m. September 5. Organizational Meeting will be held September 10, 7:00 p.m. in Marks Hall Auditorium.

— Scott White —
Editor Chowanoka



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

1978-79 Staff
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