

EDITORIAL OPINION

Great Day for All

The dedication of the Jesse Helms Center on September 1 was indeed a great day in the life of Chowan College. It was a day when the college revealed itself to be a progressive and respected institution with a capable staff and considerate student body.

A college is only as good as the students who attend it and the staff that runs it. The attitude of the Chowan students this year has proven that they deserve a physical education complex as fine as Helms Center. Not many colleges could expect 1,000 of their students to sit through a long dedication ceremony in 95-degree heat and still respond in such a spirited way. The new gym so far has received a tremendous amount of use from the student body and has not been looked upon in an apathetic manner, as some had feared.

The administration has shown its devotion to the school as well as its competence. Dr. Whitaker, and others must have spent many long hours trying to find the necessary funds for so large a project as the \$2.75 million gymnasium. The fact that they were able to obtain such a vast amount of money in the relatively short period of four years says something about the respect there is for Chowan and the administration. People do not donate their money to institutions that they have mixed emotions about.

During the dedication ceremonies, it was the students who were the most impressive. The speeches from the politicians were all very typical, but the student response was not. Dr. Whitaker noted in a faculty memo that the senators were "overjoyed with the favorable response of our students." He also said that never before had he been "prouder" of Chowan Students.

The cheering for the Star-Spangled Banner, the ovations for Whitaker, Helms and Byrd, the patriotic approval of Byrd's distrust of the Russians, and the well-mannered conduct of the students throughout the day are all signs that Chowan is becoming an institution for knowledgeable and respectful people.

We students should be proud of our administration for working so hard to get us a complex like the Jesse Helms Center, but most of all, we should be proud of ourselves for deserving it.

GREG BASSETT

Good Year Forecast

Those of us sophomores will remember that last year was a rather excited and tumultuous year for the Student Government Association here at Chowan. It was a year which saw continued backstabbing between the SGA's executive officers, fights and walkouts at almost every meeting, and clashes between the student newspaper and the SGA president.

Hopefully, this year's SGA and its executive officers can look back on last year's happenings and prevent the same things from occurring.

Sharee Atkinson should prove a very considerate, mature and able president, willing to perform in the best interest of the students at all times. Sharee has demonstrated her potential as an excellent president time and time again, and we look forward to a good year with her as the chief executive.

Darlene Keene, serving as vice president, should prove a valuable member of the executive branch. Ann Kellam, serving as secretary, treasurer Diane Le Breaux, social co-chairperson Beverly Price, and historian Kathy DeHart should all prove able in their tasks.

The executive branch's only male members, auditor Freddie Davis and social co-chairperson for men John Hipp should prove effective in their positions.

If the 1980-81 SGA can remember to keep the interests of the students first on their minds, not their own self-interests, this could be one of the most beneficial years in the school's history.

We believe this will be an excellent SGA and look forward to working with it, as always, in the best interest of the students.

GREG BASSETT

Get That Good Start

This one is for those who came to Chowan seeking freedom, not expecting to have to work for it, seeking party-hearty-live-it-up times without forethought to the responsibilities college life involves, seeking grades and an education without expectations of attending classes and putting forth effort.

If we'd known this time last year what we know now, many of Chowan's returning students would not have to carry the burden of pulling up their QP and GPA. We would not have to worry about ineligibility for graduation this coming spring, resulting from failing courses and falling too far behind in the curriculum to complete requirements.

As freshmen, we weren't going to be bothered with getting up early to get ready for class or missing party time to study or go to lab. For what? It didn't matter — we'd work hard next year. Right?

Now next year is here. And, we've got some well-meant advice to those who "never put off until tomorrow what they can do the day after." Apply yourselves! Put some extra effort into making it to classes and studying. What could be a better motive than your entire future?

NANCY KEEN

Dos & Dont's On Dosages Cautioned

By SARAH G. WRIGHT
Director of Health Services

Some Do's and Dont's 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 (Acetaminaphen) — 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 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 benefitting 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.



"PARDON ME, I'M RONALD REAGAN AND I'M RUNNING AGAINST JIMMY CARTER — DO YOU WANT TO SEE FOUR MORE YEARS OF INEPT BUMBLING?"

GUEST PERSPECTIVE

By SHAREE ATKINSON
SGA President

The Student Government Association welcomes the incoming freshmen and returning sophomores. The SGA legislation, executive officers and I need your support and cooperation to make this an enjoyable and successful year.

The officers for this year are Darlene Keene, vice-president; Ann Kellam, secretary; Diane LeBreaux, treasurer; Kathy DeHart, historian; John Hipp and Beverly Price, social chairpersons for men and women, and Freddy Davis, auditor. Please feel free to make any suggestions or discuss ideas with any member of the SGA.

I am very proud to have represented the student body for the dedication ceremony of the Jesse Helms Physical Education Center. President Whitaker and several other faculty members

and friends, expressed their gratitude and thanks for the participation of the students in the program.

There is always something to do, if you just look around and get involved in the Chowan Experience. The intramural sports have started and everyone is greatly urged to participate. The student center and the new gym is open, so everyone can take advantage of them during the week. There is also a movie weekly and some weekend outings being planned for the near future.

Keep in mind the following dates: September 24, Bill Clary the magician will be performing; and October 3 through the 5 is Homecoming. Each of these events will be put on the Campus Calendar. You can pick up a copy at the cafeteria.

I'm looking forward to representing the student body this year. If I can be of any assistance, please feel free to see me.



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Club Notes

Circle K

Circle K is sponsored by the Kiwanis Club. Its purpose is to help college students develop leadership, lead more meaningful lives, and form a service consciousness by making an active contribution to the welfare and happiness of their fellow man. This branch of Circle K is advised by Mr. George Hazelton. The club officers are as follows:

President: Nikki Goss
Vice-President: Linda Rigsbee
Secretary and Treasurer: Dan Revell
Circle K meets Tuesday nights in Camp 318 at 7:30 p.m.

Science Club

Do you ever wonder what makes you tick or how food becomes a part of you? Are you curious about why things happen when they do?

If so the Science Club is just the thing for you. We may not be able to answer all of your questions, but you will be given the opportunity to solve some for yourself. We plan to take a few trips to observe science at work. So join us and make the Science World a part of yours. - Darlene Keene

BSU/CCF

BSU/CCF is a Christian organization open to anyone who wishes to learn more about God and his word or just to enjoy fellowship with other Christians. It is known to many as the Baptist Student Union (BSU).

This does not limit the club to Baptists. It is open to all regardless of race, color, or creed. The title of BSU is given because it is affiliated with North Carolina Baptist State Convention. The group meets every Tuesday night at 8:30 in Daniel 201. - Darlene Keene



SMOKE SIGNALS

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1980-81 Staff
Belinda Elmore — Editor
Greg Bassett — News/Layout Editor

NEWS STAFF

Sharon Alexander	Earlyne Collette	Scott Godwin
Amy Boyd	Lynette Farrell	Nancy Keen
Mindy Coburn	Emma Giles	Kathy Trammell

PHOTO STAFF

Dave Fletcher	Doug Miller	Katie Weir
J. P. Leong		Bill Williamson