

EDITORIAL OPINION

Student Input Needed

It's time that the students start making some suggestions about how they want their money spent.

In past years, Chowan's Student Government Association has made all of the decisions concerning spending for student activities. Of course, SGA representatives' views are supposed to reflect the views of those they represent, but few people, unfortunately, have any knowledge or concern about what goes on in the SGA.

Although the SGA has always done a fairly good job of supporting activities in the best interest of the students, student government tends to support only very traditional, very acceptable, and very customary projects and events. The problem with "typical" activities is that they are often very boring.

Now is the time for those new and liberal ideas from the student body. Because of apparent unconcern by SGA members, there has been a noticeable lack of fresh ideas this year. Attendance at the meetings is deplorable, to say the least, and the SGA legislative branch does not seem to know what its duties and responsibilities are.

There is a slight chance that the SGA will have money left in its budget at the end of the first semester. The association will have spent nearly \$12,000 toward student activities, yet many students will tell you that they feel SGA has done nothing to benefit them.

Movies and dances simply are not enough. The SGA members must start taking their positions as representatives seriously and come up with some ideas to benefit Chowan students. Finding and creating activities is no easy job, but with a concentrated cooperative effort, it is indeed possible.

Students can do their part by keeping watch on the SGA and noting how their money is spent. Students have the responsibility of seeing that money is being spent wisely, and their ideas are being sufficiently heard.

With a budget of \$24,000 a year, the students of Chowan could finance a world of activities for themselves. With thoughtful, concerned planning, and good insight into the needs and wants of the student body, the 1980-81 SGA could be the best and most successful ever. — GREG BASSETT

Support the Teams

A talented and hard-working group of young men and women take to the court as the 1980-81 Braves Basketball season gets underway. But talent and hardwork alone can't ensure a team's success.

Support from the student body is needed in order for victory to be achieved and support does not mean just sitting in the stands and watching. Support means encouragement; encouragement to out-hustle and out-play the opposing team. Support means enthusiasm for your team when it's ahead and continuing that enthusiasm even when it's behind.

To some people, supporting a team means being a fair-weather fan, cheering only when your team is ahead, and suddenly falling silent when the opposite team has the upper hand.

But being a fair-weather fan is not the answer. Support should be shown when your players enter and leave the court, when they score a goal, and when they prevent the opposition from scoring a goal. Even if your team encounters a few obstacles in the form of losses, continue to support it in the hopes of keeping the enthusiasm that is sometimes nowhere to be found if a team is experiencing a sub-par season.

Finally, support means equality. Equality in the sense of being equally supportive of both the men's and women's teams. For some odd reason, the men's basketball team often has more in attendance than does the women's team.

It would be unfair to say this is discrimination; in all probability, it is a lack of interest. Be fair. Give the women's team as much support as is given the men's team. And most of all, give both teams more support.

Remember, success is achieved only through hard work, effort, and above all, support. So get out and support the men's and women's basketball teams. They deserve your help as much as they work to give Chowan a good name. — BELINDA ELMORE

The Time Is Now

The end of this semester is near and a lot of students are still trying to pull up their grades. There is little time for that now but one thing may help pull up that final grade.

Exams are coming up and, to most students, that means trouble. There is one way to solve that problem. By studying now, students will do better later. Nothing is accomplished by cramming a complete semester into one night.

It is a proven fact that gradual studying is better than cramming for an exam. If students start now and study about thirty minutes a night for each class, they will learn more in the long run. Then, the night before the exam, read over the material a couple of times and get a good night's rest.

By using these studying habits, the material is stored in what is called the long term memory. It's better to get the brain familiar with something than to overload it.

In the end, things will work out for the best on the final grade card. It will also save a lot of time and frustration. Try it, maybe it will help. After all, what will it hurt to try.

— BELINDA ELMORE

Rich Foods Can Pile On Poundage

By SARAH G. WRIGHT
Director of Health Services

The holiday season is fast approaching. During this time of year you will find rich foods tempting and pounds of extra weight added rapidly.

Why not begin now to lose any extra weight you might have so the holidays can be more enjoyable.

Since you need 15 calories per pound of body weight to maintain your present weight, you can use this as a formula to figure your individual calorie need.

To maintain a weight of 120 pounds, multiply this by 15, which will give you 1800 calories per day.

One pound may be lost each week by leaving off 500 calories each day. So if you are in the habit of eating a candy bar each day, try leaving it off. This will make a big portion of the 500 calories.

The following tips came from Health Watch which is distributed by the North Carolina Medical Society as a public service.

- Drinking warm beverages 15-20 minutes before meals will reduce the amount of food you eat and slow down your speed in eating.

- Take a few moments to relax before your meals. Although this is not generally stressed in diets, it is a proven medical fact that anger and anxiety stimulate your nervous system, thereby increasing your appetite.

- Chew slowly! Weight-watchers recommends chewing between 20-50 times per mouthful to slow down the amount of food you consume.

- Try "resting" throughout your meal. Get involved in a conversation or, if you eat alone, put your fork or spoon down frequently during your meal. This will slow down your eating and curb your intake as well.

- Another trick to eating less is serving the sweet or starchy foods first. Tasting sweets or starches more quickly satisfies the "craving" people have for food. Also, by using a small serving of these more fattening foods, you unconsciously serve less.

- Write down everything you eat for two weeks. Try to record the time you ate and your frame of mind as well. This will let you see exactly how many calories you consume and will help you break bad habits while reducing your weight.

- Try to eat ONLY when you are hungry. If possible, don't eat your last meal after 7 p.m.; your metabolism slows in the evening hours and calories aren't burned up as fast. The result is added weight. This is also the reason doctors and dieticians discourage eating before bedtime.



GUEST PERSPECTIVE

By JEFF PISHNER
Parker Hall President

It is a great privilege for me this year to serve as President of Parker Hall. So far it has been a trying, but very successful year for me and the rest of the 280 residents of Parker Hall.

I am proud to say that Parker Hall has achieved some of the highest honors a dorm could win so far this year. Parker Hall captured the dorm decoration contest for Homecoming for the first time in the nine years it has been in existence. The Homecoming contest showed a great amount of participation by the residents. If it wasn't for the participation of so many, this feat could not have been accomplished. A great many hours went into the preparation and painting of the lobby and making the banners, it was a lot of time consuming hours. Two days before Homecoming, the campus wide room decoration competition was held. There were some 20 rooms entered into the contest by Parker Hall, with Derrick Stoneham and Drew Kilbourne coming away the winners in Room 708. Out of 144 rooms in Parker, about 50 have been painted by residents of their respective rooms. I need say, Mr. Hassell and Chowan College, we at Parker Hall have tried to do our own share to save the college money on painting rooms.

The championship intramural team was from the great 7th Floor, known as the "Wild Bunch" with an 11-0 record. Two of the other top four teams came from Parker Hall. The other two teams are the very tough 8th Floor and the Basement/1st Floor. They both fought their way to the semi-finals and cham-



ampionship respectively. Participation in the intramurals program was very impressive by Parker Hall residents.

Parker Hall's improvements have not come only in intramurals. Participation in general has improved a great deal. Parker has not been noted in the last couple of years for great spirit and dorm participation, but so far this year I would say we put that theory into the ground. The spirit this year is a complete turnaround from last year. The freshmen of Parker Hall have shown great enthusiasm, spirit, and participation this year and look to be a very promising group of young men.

My dorm council consists of Vice President James Tillis, Secretary-Treasurer George Jarrett, freshman social co-chairperson Dean Singletary,

and social co-chairperson for sophomores, Colin Heinritz. We have performed together quite well this year and do not expect to let up.

Sure, people always say they don't want to live in Parker because it's so far away from the other dorms and Squirrel Park, but with the new Jesse Helms Center open now, my fellow students, we feel a lot closer to campus than the rest of you. We at Parker are surrounded by the athletic fields, the tennis courts, and beautiful Lake Vann with its natural surroundings. Parker Hall wins out in the long run. Many of the residents at Parker Hall serve on many of the varsity athletic teams, which makes Parker that much more special to live in.

Parker Hall has held two very successful open dorms this year and we are planning many more. Our grand Activities Weekend, held on November 14 was a tremendous success. We held a dance, showed a movie, and had numerous other activities suitable for everyone. I foresee the rest of the year to be a very good one.

Also, we have a good chance of winning the coveted President's Cup this year and will be fighting to the very end to get it.

I hope the other dorms on campus will enjoy their dorm as much as we at Parker Hall have this year. Parker Hall has made a great change in its identity as a place to live for the better of each individual at Chowan College. Hopefully, this is the start of a dynasty for us at Parker, and we are going to do everything in our power to keep it that way.

Oregon St. Halts KAOS As Harmful

CORVALLIS, OR (CPS) — Oregon State's Student Activities Committee voted recently to stop the playing of the game K.A.O.S. (Killing As an Organizing Sport) because it was "potentially harmful" to the student body and the rest of the community.

The committee ruled that the nationally popular fad would be dangerous if allowed to proceed during the fall term.

"We felt that it could scare a lot of people," says Tom Lindstrom, co-chairman of the committee. "People are up in arms around here about it. We've had a lot of rapists and other criminals roaming around. It wouldn't be safe."

OSU's Experimental College had helped organize a K.A.O.S. game on campus, using student funds.

Under the game's rules, students — who are called assassins — are provided with a victim's class schedule and physical description. The victim is usually followed by the assassin who tries to make a "hit," usually with a soft rubber dart. If the hit is made successfully, the victim is knocked out of the game, which proceeds until one assassin is left. That person, of course, is declared the winner.

But when the game was brought up to the committee earlier this month, its members unanimously believed it should not be played until it could be revised. For instance, Lindstrom says, if students could take out the shooting and stalking and instead emphasize the positive elements, it's very likely the game could be permitted during the winter term.

"I told them (some students who organized it) if they could glorify the good things about the game, it could receive a more positive reaction," Lindstrom says.

He adds those positive aspects include the chance for students to meet each other, and become good friends.

"But those things are overshadowed by the test for survival, the shooting, and the bad feelings it leaves. We're a conservative campus and we won't stand for that," he says.

Footnotes

By BILL THWEATT

One weighty subject that we students daily encounter is that of habits.

Habits are patterns of living that may operate beneficially or they may be detrimental to our maturity. Allowing us to perform a significant number of actions, habits require no expressive or conscious effort of thought.

Beginning in the brain's short-term memory, habits enter the brain's long-term storage center after several responses of thought and feeling. All habits are learned, however, and to verify that these traits are inherited is wrong.

Enabling us to learn new things, habits free our minds to respond to new problems and challenges in life. Developing new and more appropriate habits of thinking, acting, and feeling is bound to cultivate our lives.

Once established, however, they lock us into fixed patterns of behavior. As Donald Schroeder of The Plain Truth succinctly admits, "Good habits and bad habits are formed essentially the same way. The brain never totally 'forgets' bad habits, although they may drop out of dominance in one's life through lack of use, or if replaced by another, it is hoped, better habit."

Bad habits are restrictive and crippling and serve as obstructions to our human potentiality and maturity.

Perhaps many of us here at college are captives to bad habits. Breaking these vices take strong character; but it is impossible to change these vices without taking that initiatory step.

Let's Hear It

Smoke Signals encourages all students to submit Letters to the Editor. If you have an issue or idea that you would like to comment on or complain about, just drop your letter by the Graphic Communications office in McSweeney Hall, or give your letter to any member of the Smoke Signals staff.



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Coffee and Doughnuts	Thomas Cafeteria	8 p.m. - 12 m Thursday December 11
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Campus Paperback Bestsellers

- Shogun**, by James Clavell. (Dell, \$3.50.) Englishman's adventures in 16th-century Japan: fiction.
- Sophie's Choice**, by William Styron. (Bantam, \$3.50.) Star-crossed lovers and the nature of evil: fiction.
- Still Life with Woodpecker**, by Tom Robbins. (Bantam, \$6.95.) A sort of a love story: fiction.
- The Dead Zone**, by Stephen King. (NAL/Signet, \$3.50.) Terror tale of a man who sees into the future: fiction.
- Godel, Escher, Bach**, by Douglas R. Hofstadter. (Vintage, \$8.95.) Computer scientist's theory of reality.
- Shibumi**, by Trevanian. (Ballantine, \$2.95.) Intrigues of the perfect assassin and perfect lover: fiction.
- Memories of Another Day**, by Harold Robbins. (Pocket, \$3.50.) Saga of American labor movement: fiction.
- A Woman of Substance**, by Barbara Taylor Bradford. (Avon, \$2.95.) Successful woman & her children: fiction.
- Texas!**, by Dana F. Ross. (Bantam, \$2.75.) Life in Texas prior to statehood: fiction.
- Petals on the Wind**, by V. C. Andrews. (Pocket, \$2.75.) Children take revenge in horror sequel: fiction.

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New & Recommended

Karl Marx, an Intimate Biography, by Saul K. Padover. (NAL/Mentor, \$3.50.) Personal life of the philosopher and political activist.

The 65th Tape, by Frank Ross. (Bantam, \$2.50.) Intrigues of diplomat turned security agent & uses and abuses of power.

The Year of the French, by Thomas Flanagan. (Pocket, \$3.75.) French to the aid of 18th-century Irish uprising.

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