



Tan Slowly To Avoid Blistering

By MARIE ELLIOTT
Associate Director
of Health Services

From opinions that I have heard expressed it seems that young adults accept advice from friends more than from any other source. If this is true, then I certainly wish that I could be considered your best friend right now.

The reason is that it will soon be sun-tan season. I have some important advice about sunburn and how to avoid severe burn while getting the desired tan.

Sunburn is undesirable because it can be very painful. No one wants to see a friend suffer pain. Sunburn is also undesirable because, according to an American Cancer Society film, it could cause skin cancer.

That film pointed out that most skin cancer occurred among people who work outdoors and that most of these cancers were on the face or other exposed skin areas. Now who would want a friend to have cancer?

The best way to get a good sun-tan that will last all summer is to begin very slowly. Begin with a very few minutes on each side the first day. Then add a few minutes to the exposure time each day until you have a nice tan.

The middle of the day is not a good time to begin your tan. Morning or later in the afternoon is better.

If you do get a sunburn with blisters you will have to wait for the area to heal and then start your slow tanning process all over. So do be careful.

A good commercial product can help you in obtaining a good tan safely. Be sure to use the correct one for your needs. Your pharmacist can best advise you about that.

Now do get a nice tan, slowly, so that you can enjoy a trip to the beach later without fear of getting a terrible sunburn. Return and tell me about the fun.



MORE HONORS -- Dr. Bruce E. Whitaker admires framed copy of resolution by the Murfreesboro Chamber of Commerce noting his 25 years of service to the college. Mrs. Kay Ditt, executive secretary who participated in the presentation, stands at left. (Staff Photo)

Spring Festival Plans Going Forward Rapidly

By EMMA GILES

Preparations for the annual Spring Festival-Parent's Day are well under way.

During the past few months, different organizations, clubs and committees along with the Student Government Association, have devoted much time and energy toward planning activities for the upcoming Spring Festival-Parent's Day on April 24.

Beginning at 9:45 a.m., there will be a registration for parents which students are encouraged to register and attend along with their parents. The registration will take place on Pine Walk, followed by a reception on the lawn of the President's home. In case of rain, the registration and reception will be in McDowell Columns.

Immediately following the reception, Colin Steele, director of student activities, is sponsoring a Campus carnival in Squirrel Park. The Carnival will consist of many different student-oriented activities and a demonstration of the potter's wheel by art students. For the musically inclined, music will be provided by Vic Clairborn and the Sound Masters.

Also during this time, Steele has arranged for a "Gravitational Earthball"

competition. Prizes will be awarded to the individual who succeeds in standing on top of the earthball the longest length of time while being hosed with water, said Steele.

We're looking forward to Spring "Fest" and are expecting a lot of student participation to make it all possible. With your help, we're going to make this the best Spring Festival yet," Steele promised.

Between the hours of 10 a.m. and 1 p.m., there will be an exhibition of art in the Daniel Hall Art Gallery and a photography exhibition in McSweeney Hall, sponsored by Chowan's art photography students.

Bill Shelton, president of the SGA, will then speak in recognition of outstanding community leaders and businesses that have been a tremendous help in Chowan's growth and maturation.

Following community recognition, faculty members have allotted time for parent-teacher conferences, beginning at 10:30 a.m. and lasting till 1 p.m.

After lunch, Dr. James Chamblee and Bob Brown will present the Spring Concert which will consist of the Chowan College Choir, the Alumni Choir and the Stage Band.

Ice cream will be served in the park between 2:45 and 3:45, compliments of the SGA, immediately preceding the main event of the day -- the coronation of the Spring Queen by President Bruce E. Whitaker.

"The election of Queen and Princess will be conducted in a different fashion than in previous years," according to Ms. Sylvia Nicks, director of Counseling and Career Development. This year, the queen and princess will be elected on the basis of personality, beauty, and poise and not on the basis of the popular vote as has been in the past.

The contestants will be rated by five judges and can acquire a total of 10 points in each category. The contestants receiving the highest total scores will then be declared Queen and Princess.

According to Yolanda White, social co-chairperson for women, preparations for the spring court and coronation are going along smoothly. Ms. White is also helping schedule band appearances. Tuesday, April 20, the band, Staircase, is scheduled to perform from 8 p.m. till midnight.

Following the banquet at 6 p.m. for members of the Spring Festival Court, their escorts and parents in the president's dining room, the SGA will top off the eventful day by sponsoring a semi-formal dance in the Lakeside Student Center. The dance will feature the band, Mainstream, also performing from 8 p.m. to midnight.

Students Urged To Help Fight In Aid Reduction

By C.S. COLLINS
Director of Financial Aid

The editor of the Smoke Signals requested that I write an article on the effects the federal budget cuts will have on financial aid. I am unable to write such an article because I do not know what the cuts will be.

The federal budget for 1982 has not been completed. Therefore, we do not know how much will be available in 1982-83.

The president has presented to Congress his budget request for 1983 (school year 1983-84). The president's request would reduce student financial aid by 50% in 1983-84. The reductions for 1982-83 would be approximately 15%.

You can have an effect on the cuts. The budgets are not in place. If you must have financial assistance to attend college, you should write your con-

gressman and senators and urge them to put financial aid in the budget at this year's amount.

Tell them how much you receive. Tell them what your family's income is. Tell them how many people are dependent upon your parent's income. ONLY YOU CAN KEEP FINANCIAL AID FUNDS FROM BEING REDUCED.

Encourage your congressman and senators to get on with the 1982 budget. Colleges will not know how much money they have for 1982-83 until the 1982 budget is passed. Neither can the Pell (Basic) Grant payment schedule be produced without a budget. Guaranteed Student Loan (VELA, CFT, etc.) applications cannot be printed before the budget is finalized.

It is time for you to think about ways you can help yourself in 1982-83.

Find a summer job. Don't wait, start looking now.

Go to the library and look at the reference books on financial aid to see if you can get a scholarship or grant. File your FFS.

You must do more for yourself!!

Less Words Imply More, Poet Feels

By JENNIFER WICKER

An intense desire to communicate well drives poet Don Alspaugh to write.

"I feel that it is very difficult to communicate well, and poetry to me is using the least amount of words to imply the most," Alspaugh remarked after his reading in the Marks Hall Auditorium February 16.

He feels that we have an inflation of words and that we should exercise an economy of words when we write or speak, adding that newspapers and badly written literature are the worst culprits.

Alspaugh is a graduate of Virginia Commonwealth University, and he holds a degree in English.

"I was booted out of several schools before I sort of settled into VCU. I never wanted to be anything really, but just here, and sometimes I didn't want to exist at all," he confessed.

"I've always had a feeling of being trapped in my own mind, and my book, Everything Dark is a Doorway, tries to convey that feeling and it is a statement of man's will to overcome that which is dark," he added.

He likes to give poetry readings, stating that, "I was read to when I was little, and I see it as a kind of love and sharing."

Alspaugh often uses extremely clear images of violence in his poetry, and his reasons for this are "to make the beautiful seem even more beautiful, I purposefully create extremes."

GUEST PERSPECTIVE

By JANE ROUSSY
Columns Resident Director

There's nothing to do! How many times have you heard this around campus?

The sad part of it all is that there are so many educational and social events being presented every week by your very own Dorm. Every semester each Dorm is responsible for at least one Weekend Activity, a Monday Night Series, and Anything Goes.

The Dorm in charge goes through the trouble and time of presenting an event they feel most College students would enjoy but find out differently about Chowan College students.

Is it that you don't feel you need to better yourself by attending the educational activities or is it that you don't like the other students so you don't try to socialize?

Just what is the problem? Please speak out to your Resident Director or Dorm Council on what you want to see and do here at Chowan.

Search

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Winslow conceded that overzealous workers sometimes take it upon themselves to go beyond their actual authority in searching rooms.

"For example, if we had a calculator removed from Marks Hall, room 304, a description would be sent to me along with a roster of students whose rooms, if probable cause were found, might be searched. An overzealous worker might take the list and without probable cause search all the rooms on the list.

"If an employee of the college were to overstep his bounds, that would be grounds for his dismissal at the very worst, but the situation would not go unnoticed, he would definitely be disciplined. However, I don't think this would occur on campus," Winslow declared.

"I've never faced that situation. In other words, I don't think anybody in our situation would take it upon himself to start searching rooms; and if something illegal were found, I don't know what would happen. The entire situation would have to be considered."

SGA Spring Movies

Mar. 3 The Trial of Billy Jack Lakeside Center
Mar. 17 Body Heat Col. Aud.
Mar. 31 The Rose Col. Aud.

\$1.00 without I.D.
.50 with I.D.

All movies will be shown at 7:00 and 8:15 except for Stripes, which will be shown only at 8:00.

SMOKE SIGNALS

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EDITORS
Lynette Farrell and Jennifer Wicker

ASSOCIATE EDITOR
Wanda Bishop

NEWS STAFF

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