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# Chowan's Trainers

By Waldo Tuttle

When you're playing sports and you get hurt or hot and thirsty, who do you call. Why, the trainers of course. Most people think of a trainer as somebody who sits on a bench with a medical kit waiting for someone to get hurt. This is true, but it is only one of the trainers many functions. A trainer is a person who engages in the prevention, treatment, care and rehabilitation of athletic injuries.

One of the major concerns of athletic trainers is to prevent heat illness. Just imagine how hot it can get on a Satur-

The trainers this season are: VOLLEYBALL

HEAD ATHLETIC TRAINER Bob Casmus, M.S.ATC

HEAD STUDENT TRAINER
Doug Kreimer

STUDENT TRAINERS Chris Cello Alice Hyatt

Susan Williams

day afternoon under the beaming sun while you are covered in pads and a football uniform, or even after you have just played a stoking hot set point? Heat exhaustion, heat stroke and heat frostration can greatly endanger anyone in athletics.

Medical trainers are equally important, if not more, before practices and games as well as during them. The trainers are responsible for taping ankles, wrists, and the like, so the players get more support in the areas they need.

FOOTBALL
HEAD STUDENT TRAINERS
Jim Thompson
Bill Ranson
STUDENT TRAINERS
Scott Cassell
Niel French
Chad Grube
Chad Lowe
Mike Quillen
Mario Thornton

#### College Scholarship Finders

Computerized Financial Aid Search

Students who believe a higher education is quickly becoming a privilege that only the rich can afford should think again. Despite federal cuts in student aid, a substantial amount of financial aid is still available for the college bound from private sources. Civic organizations, corporations, professional associations and religious groups award over \$3 billion in grants, loans and scholarships each year.

Thousands of scholarships are available but information about them is not widely publicized. As a result more than \$145 million in student aid went unused last year.

An organization called College

Scholarship Finders is helping students find sources of financial aid for their college education. CSF uses a computer system to link students with specific aid after they fill out a dataform which asks for such information as family background, academic achievements and after school activities.

The goal of CSF is to ensure that these scholarships reach the students who need them. Information is available to high school juniors, seniors, college freshmen and sophomores. For more information write to: College Scholarship Finders, Box 6100, Long Island City, NY 11106

# **Eating Pretty**

Doctors used to believe that certain foods could ruin a complexion. Teenagers were on warning to steer clear of chocolate and greasy foods because it was thought that they caused acne. Today, most dermatologists agree that these foods won't bring on a breakout, but they also believe eating a balanced diet can keep a complexion health, and improve the condition of your hair and nails.

An important study, which refuted the chocolate/acne connection, was conducted at the University of Pennsylvania, where acne patients were divided into two groups and fed two different types of candy bars that looked identical. One group received bars that contained no chocolate, while the other group ate bars enriched with ten times as much chocolate as an ordinary one would contain. None of the chocolate/eaters experienced any

change in their acne condition.

Greasy foods have also been cited as acne promoters. But according to Calfornia dermatologist Alan Gaynor, M.D., clinical instructor at Children's Hospital in San Francisco, while applying greasy substance directly to your

face can clog pores, consuming greas foods will not affect your skin.

Although nothing you eat will actually cause acne, there are foods that may improve your complexion. According to Francis Iacobellis, M. D., attending clinical professor at New York Hospital-Cornell, "You get a new layer of skin every month, so to insure proper turnover, you must have a well-balanced diet to get all the vitamins you need. "For example, if you're getting very little vitamin C, your skin will bruise more easily.

During the winter you may find that your skin is prone to dryness. This can be remedied by increasing your fat intake. "You can also prevent dryness by getting adequate amounts of A, D and E vitamins," says University of Minnesota Nutritional Biochemist Karen Owens. "A diet rich in fruits, vegetables, meats and dairy products will keep your skin looking healthy."

Finally, calcium, phosphorus and vitamin D will promote growth of your hair and nails, so be sure to eat plenty of dairy foods, green vegetables and meat, all of which will provide you with these vital nutrients.

### Lakeside Student Center

by Donna Smith and Wendy Jo

The Lakeside Student Center is a place where students can go to relax and get their mind of classes. Also at the Student Center one can wash and dry his clothes for it has six washers and eight driers, which use tokens puchased from either the college bookstore or the snackbar.

In the recreation department Lakeside consists of four pool tables, two ping-pong tables, eight video games and a TV room. Also for recreation one can rent roller skates for fifty cents. Music is played for everyone to relax by. To get away from the dorm because of noiseness one can use the tables upstairs to study. Lakeside also has a soda machine, a vending machine, a pay telephone and restrooms.

Two college officials have offices located in Lakeside. They are Coach Anthony and Pam Riddle. The SGA office, Coordinator's office, and conference offices are also located inside Lakeside. All students visit Lakeside at least once a day just to check their mail at the post office which is located there also.

On a nice, hot, calm day students find it relaxing to use the two canoes that Lakeside has available for their use during the times available which are from 1:00 pm - 6:45 pm.

Through the work-study program 31 students are employed at Lakeside Center. They help keep the student center clean and give

The Lakeside center has an equipment booth where you can check out the equipment you need to play ping- pong and pool (so long as you have your college I.D. card). You can also get change for the video machines and the pool tables at the equipment booth. The student center is for Chowan students and their guests. The faculty and staff are also allowed to bring their famalies and guests.

The Lakeside Center is open from 8:00 am till 11:00pm on weekdays but the equipment booth does not open until 1:00 pm. The center does not open until 2:00 pm on Saturday and Sunday. Don't forget that the Center is closed on holidays observed by Chowan College.

So next time you are bored and have nothing else to do why not stop by the Lakeside Student Center and see what it has to offer?

# New Committee Appointments

Class Absence Committee

Heather Smith Chris Pittman

Library Committee

Donald Holloman Martin Clemons Brenda Knowles

**Graduation** Commitee

Ann Howard Martin Clemons Karen Howard

**Hospitality Committee** 

Bill Moyes Kyle Wimmer Tanya Shearin

**Student Activities Committee** 

Pam Mullins Teresa Sherrod

Financial Aid Committee

Chris Campbell

Beth Hawk

Scholarship Committee

Tammy Brunner Beth Hawk Wendy Matney

**Athletics Committee** 

William McLean Teresa Sherrod Kyle Wimmer

Intramurals Commitee

Chris Atkinson Tara Westbrook Chris Pittman

Health Committee

JoHelen Perry Danny Gin Shannon Willis

FacultyStudent Relations Committee

Kyle Wimmer Karen Howard Tony Clark

## Chamblee's Choirs

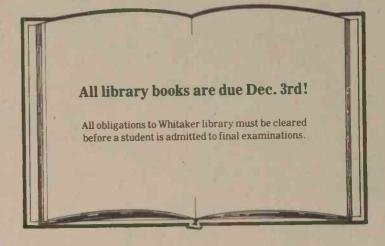
by Martin Clemons

Dr. Chamblee, the director of the Chowan College choir since 1959 informs us that the requirements of the choir are as follows: The campus choir consists of all interested comers. The touring choir though, must be auditioned for and generally contains 16-20 hand selected persons.

Our campus choir performs twice a year in addition to any special programs. Whereas the touring choir travels at great lengths, sometimes as far as Maryland and Florida. Already they have been to Oxford to sing for

some of the school's sponsors and also to Morehead City. They look forward to many more exciting journies as the year progresses. The finale of the touring choir comes though at the end of the spring semester when they will go on a one week tour of North and South Carolina. The choir will be singing in various cities within 100 miles of each other. Dr. Chamblee says, "I like for them to have fun while they travel," and thus allows time for site seeing during the tour.

Sounds like bundles of fun!



# Student Loans Still Available For 1986-87

RALEIGH--Despite new federal regulations that slowed the processing of financial aid applications for college students, an official at North Carolina's central lender for student loans says money still is available for the 1986-87 school year.

"We started with more than \$66 million in available loan money," explains D. L. Paul, president of Raleigh-based College Foundation Inc. (CFI) "We will have adequate loan funds for North Carolina students at undergraduate and graduate levels used at accredited colleges, universities, vocational and technical schools, in or out of state."

CFI's sole purpose is providing financial assistance specifically for North Carolina students.

New regulations from the Department of Education has required a vast increase in the amount of paperwork for college financial aid officers, often delaying the distribution.

One regulation now requires campuses to verify at least half of the income statements of all aid applications. Another new requirement forces all students applying for a Guaranteed Student Loan to first apply for a Pell Grant, even if they don't qualify. Pell Grants are awarded to the neediest students, those whose parents earn less than \$28,000 per year.

"In theory, the new regulations are good," Paul says. "They were designed to make sure only qualified students receive federal money. But the regulations have tremendously increased the paperwork of college financial aid officers. In addition, the timing of the new regulations have resulted in some students having to wait until they're in school to find out if they were approved for a loan. Many schools advised students to report as

scheduled. Financial aid offices-and our offices-are still handling applications and questions.

"Once loan applications are received at CFI, we process them as quickly as possible," Paul adds. "We are very sensitive of the time factor involved for the students applying for loans."

Loan funds are provided annually by the state's full-service banks and are administered by CFI. Of the 63 North Carolina banks, 46-or 73 percenteither have participated or are participating in funding the educational loan program administered by CFI.

Chartered by Gov. Luther Hodges in 1955, CFI continues as the central lender for the NC Insured Student Loan Program and the NC PLUS Loan Program for parents. The federally backed student loans are at eight percent interest. Most borrowers of student loans qualify for the federal government to pay the interest during enrollment and until repayment which begins six month after a student leaves college or drops below half-time enrollment.

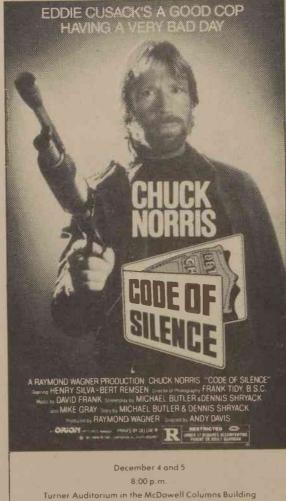
"We encourage those students who still may need financial assistance during this school year to immediately contact CFI or college financial aid offices. "Stoots and parents should apply for loans as soon as possible." I worker.

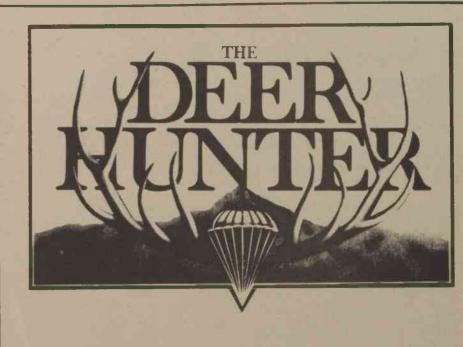
CFI also administers the NC Student

Incentive Grant Program and student financial assistance programs of various foundations, including the Broyhill Foundation, Byrum-Mansfield Memorial Fund and James E. And Mary Z. Bryan Foundation.

College Foundation Inc is located at

College Foundation Inc is located at 1307 Glenwood Ave., Raleigh, NC 27605. The phone number is (919)821-4777.





December 2nd

8:00 p.m.

Turner Auditorium in the McDowell Columns Building