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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 off classes. Also at the Student Center one can wash and dry his clothes for it has six washers and eight driers, which use tokens purchased 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 noisiness 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 out equipment.

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 families 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?

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 journeys 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!

All library books are due Dec. 3rd!

All obligations to Whitaker library must be cleared before a student is admitted to final examinations.

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-

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 frustration 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.

The trainers this season are:

VOLLEYBALL
HEAD ATHLETIC TRAINER
Bob Casmus, M.S.A.T.C

HEAD STUDENT TRAINER
Doug Kreimer

STUDENT TRAINERS
Chris Cello
Alice Hyatt
Susan Williams

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

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 healthy, 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 California 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 greasy 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.

New Committee Appointments

Class Absence Committee

Heather Smith
Chris Pittman

Library Committee

Donald Holloman
Martin Clemons
Brenda Knowles

Graduation Committee

Ann Howard
Martin Clemons
Karen Howard

Hospitality Committee

Bill Moyes
Kyle Wimmer
Tanya Shearin

Student Activities Committee

Pam Mullins
Teresa Sherrrod

Financial Aid Committee

Chris Campbell

Beth Hawk

Scholarship Committee

Tammy Brunner
Beth Hawk
Wendy Matney

Athletics Committee

William McLean
Teresa Sherrrod
Kyle Wimmer

Intramurals Committee

Chris Atkinson
Tara Westbrook
Chris Pittman

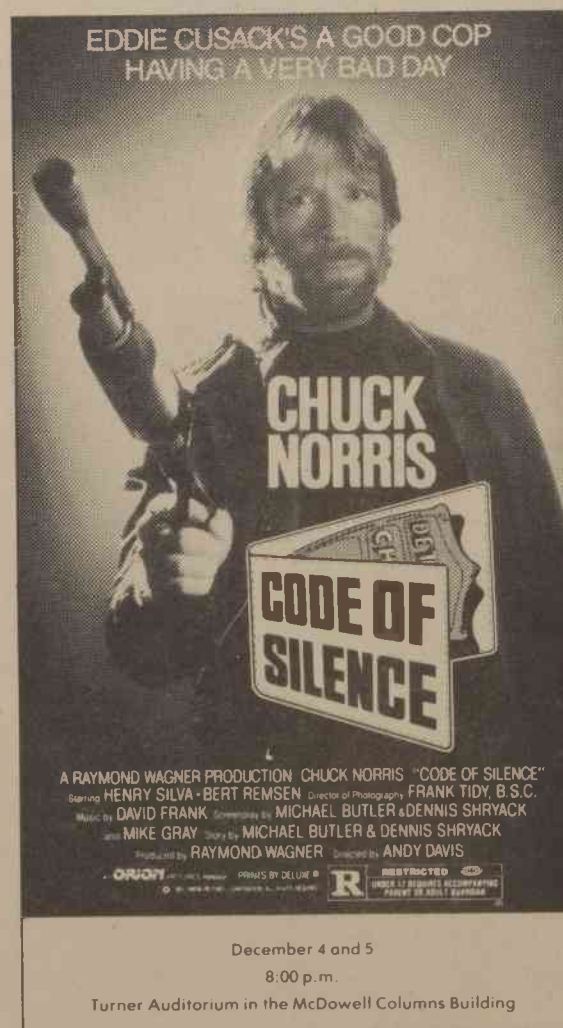
Health Committee

JoHelen Perry
Danny Gin
Shannon Willis

Faculty Student Relations Committee

Kyle Wimmer
Karen Howard
Tony Clark

EDDIE CUSACK'S A GOOD COP
HAVING A VERY BAD DAY



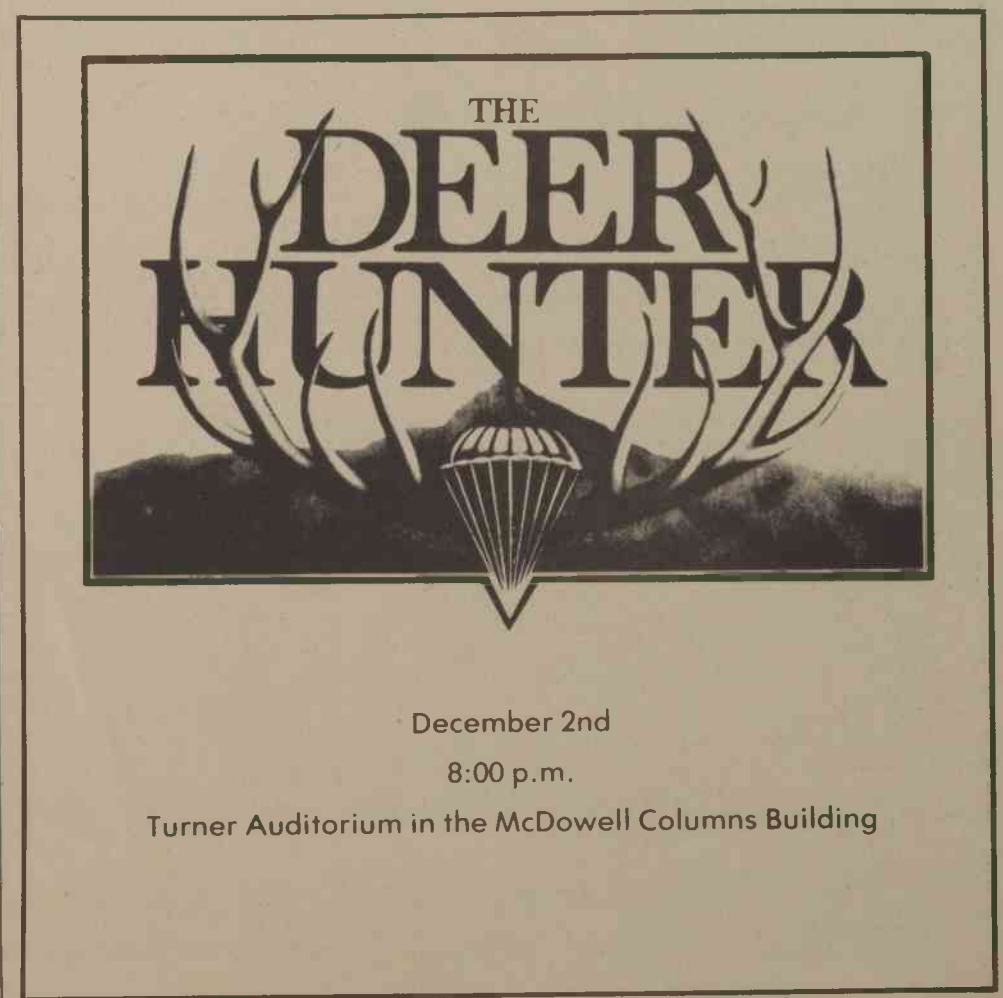
CHUCK NORRIS

CODE OF SILENCE

A RAYMOND WAGNER PRODUCTION CHUCK NORRIS "CODE OF SILENCE"
Starring HENRY SILVA - BERT REMSEN Director of Photography FRANK TIDY B.S.C.
Music by DAVID FRANK Screenplay by MICHAEL BUTLER & DENNIS SHRYACK
and MIKE GRAY Story by MICHAEL BUTLER & DENNIS SHRYACK
Produced by RAYMOND WAGNER Directed by ANDY DAVIS

December 4 and 5
8:00 p.m.
Turner Auditorium in the McDowell Columns Building

THE
DEER HUNTER



December 2nd
8:00 p.m.
Turner Auditorium in the McDowell Columns Building