Waldo's World

by Waldo Tuttle

Waldo's World is a new addition to the Smoke Signals. This column will feature musings and opinions of our special feature writer, Waldo Tuttle. Any comments or ideas for subjects to be covered in this column are welcomed. Submit to campus box number 770 and address to Waldo's World.

Parking on campus will be a problem anywhere you go to school. No parking here, no spaces over there. It can get to be a real pain. One thing that has caught my eye lately is getting tickets. It has also caught my wallet. The problem stems from a place that is not even marked as a no parking zone. This favorite ticketing zone is the curb on the back side of Mixon and West Hall. There are no signs or yellow markings on the curb, it is not even in the way of traffic. Still though, campus security tries to save us from impending doom by giving us the five dollar parking tickets. Why? The money they receive doesn't seem to go back into driving and parking areas. Parking lot spaces are barely obvious to the human eye. Stop signs on the pavement seem to be nothing more than a blur. Here's a wild idea, why don't they take the money from the tickets and repaint the parking spaces, the stop signs, and even make a parking area for the curb? It would seem only fair. How can you be charged for a crime when it is not even a

Well, it's holiday time again and everyone is in good cheer. Wrong. Winter always reminds you of two things; holidays and hunting. Hunting can be a worthwhile sport, if you use the food. One thing that erks me to no end is spotlighting. Its not enough that a pack of dogs chase a deer through the woods so some hopeless hunter from some club can shoot it, noooo, some people take highpowered lights to stun an animal and shoot it. Great sport guys. I know, raise some quail for the season next year, tranquilize them, and have a buddy throw them in the air and shoot them like traps. Gee, aren't we having fun now? Not all hunters spotlight, and I praise them. I went deerhunting once and the only part I liked about it was the pint of Jack Daniels I drank so I would not freeze my lower extremeties off. Hey guys, next time you want to go spotlighting, try something different. Take your guns to the zoo, it might even be more exciting.

By the way, have a Merry Christmas.



New Tradition

By Keith Slaughter

As Christmas rolls in again here at Chowan College, so does a new tradition. On December 1st, the First Annual Christmas Tree Lighting was born.

This historic event was organized by Mrs. Davis and took place in front of Whitaker Library with SGA president Mike Fisher presiding over the festivities. As Chowan's own Dr. Bruce E. Whitaker turned on the lights, the band and choir filled the air with the sounds of Christmas.

Thanks to Mrs. Davis for organization, maintenance for a great job of putting the lights on the nearly 30 foot tree, and for all those who participated, Chowan now has a new tradition. If you missed out on the festivities this December, don't worry, there's always next year!

Library Hours During Exams

Friday, December 12 7:30 a.m. - 5:00 p.m.

Saturday, December 13 7:30 a.m. - 12:00 Noon

Sunday, December 14 2:00 p.m. - 5:00 p.m. 6:00 p.m. - 10:00 p.m.

Monday, December 15 7:30 a.m. - 5:00 p.m. 6:00 p.m. - 10:00 p.m.

Tuesday, December 16 7:30 a.m. - 5:00 p.m. 6:00 p.m. - 10:00 p.m.

Wednesday, December 17 7:30 a.m. - 5:00 p.m. 6:00 p.m. - 10:00 p.m.

Thursday, December 18 7:30 a.m. - 1:00 p.m.

The Library will be closed for Christmas holidays:
Thursday, December 18, 1:00 p.m.
Monday, January 12, 8:00 a.m.

caloriescalories

Food	Weight or (Calories	Food	Weight or Measure	Calories
			milk, coconut,	1.75	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
3			milk, coconut, milk, dry, whole	1 cup	60 515
jam, blackberry jelly, blackberry,	1 tbsp	55 50	milk, dry, whole	l tbsp.	39
jelly, sranberry,	1 tosp	35	milk, dry, whole, reconstituted milk, dry, nonfat,	1 cup	160
jelly, grape,	1 tbsp	55	milk, dry, nonfat,	l cup l tbsp.	290
jelly, orange marmalade, jam,-plum,	l thap	9006 60	milk, dry, nonfat, reconstituted,	1 cup	85
julii, strawberry.	1 tbsp.	55"	milk, goat's milk top	1 cup	164
juice, apple, fresh or canned,	1 cup	125	milkshake with ice cream	10 ounces	400
jujce, cramberry, juice, grape,	1 cup	165	mint, chopped, multins, blueberry,	1 thsp.	1 2
juice, grapefruit.	1 cup	85	multins, blueberry, multins, bran,	1 small	125 105
juice, grapefruit, canned, unsweetened, juice, grapefruit, canned sweetened.	l cup	95 120	mulfins, corn,	1 medium	105
juice, lemon,	l cup	60	muffins, date, muffins, egg	1 medium	140
juice, lime,	1 cup	65	muffins, English,	1 medium	100 125
juice, nectarine,	l cup	105	muffins, raisin,	1 medium	130
juice, orange, juice, orange, canned, unsweetened,	i cup	110	multins, whole wheat mushrooms	1 medium	120
juice, orange, canned, sweetened,	I cup	135	mushrooms	1 cup 4 large	25 10
juice, orange, frozen, diluted,	1 cup	105	aushrooms, sauteed	7 small	78
juice, pineapple, canned, juice, prune, canned,	1 cup	170	mussels mustard, prepared	6 medium	75
juice, tomato, canned,	1 cup	50	mutton, lean and fat,	1 tbsp.	10 320
juice, vegetable, canned.	l cup	120	mutton, lean only,	3 ounces	205
juice, V-8,	1 Cuy	100			
			N		
			nectarines	2 medium	60
K	1 cup	50	noodles, egg, cooked,	1 cup	200 365
kale, cooked kidneys, beef or yeal,	3 ounces	120	noodles, fried, nuts, mixed	8 to 12	95
hidneys, lamb.	3 ounces	90	3-4, -4	- I dist	
kidneys, pork,	3 ounces	100	0		
kohirabi, cooked, kumquats	5 or 6	65	oil, codliver,	1 tbsp.	100
whurd na 13			oil, corn,	1 tbsp.	124
			oil, cottonseed,	1 tbsp.	124
Like			oil, mineral, oil, olive,	1 tbsp.	5 124
lamb chops, cooked, lean and fat	3.6 ounces	450	oil, peanut,	1 tbsp.	124
lamb chops, cooked, lean only,	2.4 ounces 3 ounces	130 355	oil, salad,	1 thsp.	124
lamb chops, cooked, rib, no bone, lamb chops, cooked, sirloin, lean,	3 ounces	110	olives, green, olives, green, stuffed,	10 large 3 medium	65 35
lamb, roast leg, lean and fat,	3 nunces	265	olives, ripe or black.	10 large	85
lamb, roast leg, lean only,	2.3 ounces	120 300	onions, raw,	1 medium	50
lamb, roast shoulder, lean and fat, lamb, shoulder, lean only.	3 ounces 2.3 ounces	125	onions, raw, chopped,	1 tbsp. 1 cup	80
lamb shish kebab	4 pieces	340	onions, cooked, onions, dehydrated,	2 thsp.	25
lard	l tbsp. 3 medium	125 40	onions, french fried rings,	20	50
leeks lemon	1 medium	20	onions, green onions, scalloped,	6 small	25 145
lemonade, frozen, diluted,	1 cup	75	orange, fresh,	1 large	103
tentils	± cup 1 compact head	100	orange, fresh,	1 medium	75
lettuce lettuce	1 loose head	32	orange, fresh, sections,	1 small 1 cup	50 87
lettuce	4 small leaves	5	oyster stew with milk	1 сер	210
lichee nuts	6 1 medium	45 20	oyster stew with cream	1 cup	250
lime lemeode, frozen, dulut ed	1 cup	75	oysters, raw, oysters, fried,	1 cup	160 300
liver, beef, fried	2 ounces	120	oysters, scalloped,	6	355
liver, calves,	3 ounces 3 ounces,	120			
liver, chicken, liver, chicken,	1 medium	75	P		
liver, chicken, chopped,	3 ounces	155	pancakes, buckwheat,	14-inch cake	47
liver, lamb,	3 ounces 3 ounces	115	pancakes, wheat, parsley, chooped,	14-inch cake	60
liver, pork, liver Inst	1 slice	160	parsiey, chooped,	1 thsp. 3 dounces	1 78
liverworst	2 ounces	150	parsnips, cooked,	1 cup	95
lobster, fresh	average	88 310	pastries, apple turnover,	2 ounces	170
lobster, baked or broiled, lobster, broiled,	1 African tail	175	pastries, apple turnover, pastries, cream puff,		275 295
lobster, canned,	3 ounces	80	pastres, Danish,	1 small	200
lobster, creamed.	tup tup meat, 2 tbsp. sa	150 uce 115	pastries, strudel, peaches, fresh,	l medium	200 35
lobster cocktail, lobster Newburgh	t Cup	185	peaches, fresh, slices	1 cup	65
lobster Thermidor	1	400	peaches, canned with syrup,	1 cup	185
lox	3 ounces 1 ounce	285 80	peaches, canned, with syrup, peaches, canned with water,	2 halves 1 cup	80
luncheon meat			peaches, canned low calorie,	l cup	65 54
M		10.8	peanurbutter	1 tbsp.	90
macaroni, cooked 8 to 10 minutes,	l cup i cup	190 155	peanuts, halves, peanuts, Spanish,	1 cup	840 240
macaroni, cooked till tender, macaroni and cheese	1 cup	475	pears, fresh	1	95
mackerel, broiled	3 ounces	200	pears, fresh quarters,	1 cup	120
mackerel, canned with liquid,	3 ounces 4 ounces	155 300	pears, canned with syrup pears, canned, water pack with liqu	l cup	175 75
mackerel, salt, mackerel, smoked,	+ fish	250	pears, canned low calorie,	2 halves	33
mackerel, smoked, maited milk powder	1 tbsp.	50	peas, fresh, cooked,	1 cup	110
Mango	l medium 1 tbsp	87 00	peas, canned with liquid, peas, canned, strained	l cup	170
margarine	1 tbsp 1 pat	50	peas, frozen,	+ cab	75
margarine meat loaf, beef-pork,	1 slice	264	pecans, whole,	6	104
meatball	1	150 160	peppers, green, peppers, red,	1 medium	15 20
melon balls, frozen.	1 cup	37	peppers, red, persian melon	1 medium 1 wedge	50 50
meringue milk, whole	1 сыр	165	persimmons	1 medium	95
milk, slum, nonfat	1 cup	87 86	pheasant meat	+ cup	150 100
milk, buttermilk	1 cup	345	pheasant, roasted pickle relish	4 ounces 1 tbsp.	14
milk, canned, evaporated	1 tbsp	22	pickles, cucumber,	6 shces	30
ally second sweetened condensed.	1 cup	985	pickles, dill,	1 large	15

caloriescalories

Food	Weight or Measure	Calories	Food	Weight or Measure	Calories
	- 1 CO. 9 -				
pig's feet, boiled,	4 oueces	100	soup, celery cream.	l cup	200
pig's feet pickled,	4 ounces	185	soup, chicken, regular.	1 cup	75
pimiento, canned,	1 medium	10	soup, chicken, broth,	1 cup	50
pineappie, fresh, diced.	1 cup	75	soup, chicken noodle,	1 cup	100
pineapple, canned with syrup, pineapple, canned, crashed	1 large slice	95	soup, chicken rice, soup, chicken vegetable	1 cup	100
pineapple, canned, low calorie.	1 cup	200	soup, clam chowder, milk,	1 cup	57 200
pistachio nuts	30	88	soup, consomme	1 cup	10
pizza pie plums, fresh,	sverage piece	245	soup, corn chowder	1 cup	210
popcorn, no butter	l medium l cup	30 54	soup, fish chowder, milk, soup, green pea,	1 cup	210 140
popcorn, candied	+ cup	100	soup, lentil,	1 cup	130
portichop, lean and fat,	2.4 ounces	200	Soup, mushroom cream,	1 cup	200
porkchop, lean anly, pork, roast, lean and fat,	1.6 ounces 3 ounces	120 340	soup, onion, soup, onion, French,	1 cup	64 125
pork, roast, lean only.	2.2 ounces	160	soup, potato	l cup	185
pork, spearibs,	3 medium ribs	125	soup, spinach, cream,	1 cup	200
pork, tenderloin, potato chips	3-y ounces 8 to 10	240	soup, split pea, soup, tomato, clear,	1 cup	200 90
potato pancakes	1	110 110	soup, vegetable	1 cup	80
potato, baked,	1 medium	97	spaghetti, cooked.	1 cup	155
potato, boiled,	1 medium	97	spaghetti, canned, spinach, raw,	1 cup 4 ounces	240 20
potato, French fried,	th cup 8 pieces	116 160	spinach, cooked,	1 cup	45
potato, French fried, frozen,	10 pieces	95	souash, hubbard or winter, baked,	1 сыр	97
potato, mashed with milk	1 cup	145	mussh, summer, boiled, squash, summer, canned, strained	1 cup	34
potato, masked with milk and butte potato, sweet, baked.	r 1 cup	230 155	squash, summer, canned, strained stew beef and vegetables	1 oz 1 cup	10 250
potato, sweet, boiled,	1	170	strawberries, fresh,	1 cup	55
potato, candied,	-1 small	315	stuffing, bread,	t cup	290
pretzels prunes	1 very large 4 medium	135	sugar, brown, sugar, confectioner's	l thap.	50 30
	- would	73	sugar, granulated	1 thsp.	48
Q			sugar, granulated,	1 lamp	27
quail, broiled	1	145	swordfish, broiled,	3 ounces	150
quince	1 medum	35			
			T		
R			tangerine	1 medium	40
/adishes	4 small	10	tea with I teaspoon lemon	1 cup	2
raisins	1 cup	460	teast, Holland rusk	1	53
raspberries, black raspberries, red	1 cup	100 70	toast, melba,	1 slice	25
rhubarb, fresh, diced	1 cup	19	tomato, fresh, tomato, fresh,	1 medium 1 small	30 22
rhubarb, cooked, sweetened,	1 cup	385	tomato, canned,	1 cup	45
rice, brown, cooked,	1 cop	137	tomato puree, canned.	1 cup	90
rice, fried, rice, white, cooked,	1 cup	258 170	tomato, stewed, tripe, boiled	1 cup 1 medium piece	50 85
rice, wild, cooked,	1 cup	135	tena, fresh	3 ounces	150
rice. Spanish	+ cup	130 150	tans, canned, drained	3 ounces	170
rolls, hamburger rolls, hard		160	turkey, roasted, turnip greens, cooked,	4 ounces 1 cup	300 43
rolls, frankfurter,	. i	160	turnip greens, coonea,	1 cup	10
rolls, French,	1 10 7	100			
rolls, onion, rolls, Parker House		150 125	4		
rolls, plain	i	118	V		
rolls, sweet	1	180	vanilla extract	+ teaspoon	3
			veal chop, lean, veal cutlet, cooked.	1 medium 3 ounces	185 185
S			veal cutlet, breaded,	1 medium	220
salad dressing, blue choose,) then.	90	venison, roasted,	4 ounces	225
salad dressing, mayonaise	1 thap.	58			
salad dressing, French	1 thap.	60	W		
salad dressing, Roquefort salad dressing, Russian	i thsp.	100 106		F 2.2.	
salad, colesiaw	1 cup	102	waffles walnuts, English,	1 medium 8 to 15 halve	216 105
salad, chicken with culery,	t cup	200	walnuts, English, chopped,	1 than	50
Balad, crab with celory Balad, gelatin with fruit,	3 thap. 1 square	160 140	watermolon	l wedge	120
halad, golatin with vegetables,	I square	115	white fish, steamed white fish smoked,	4 ounces	115 180
salad, lettuce and tomato	1 serving	35			
salad, lobster, salad, potato with emons,	3 ounces	175 184			
salad, salmon with colory.	+ cup	195	Y		
seled, tuna,	± cue	150		7	
salami, salami, broiled or baked,	+ inch slice 1 steek	130 205	yeast yogart, skim milk,	1 cake 1 cap	22 120
salmon, loaf,	1 slice	250	yours, said min,	100	
sardines, canned, natural pack,	3 ounces	170			
sauce, A-1,	1 thus.	15			
lauce, fudge,	1 msp.	65 85	Z		
lauce, hard,	1 tosp.	100	zucchini, cooked	1 cup	40
lauce, soy,	1 thsp.	10	zwieback	1 slice	35
sauce, tartar,	l thep.	95 40			
lauce worcestershire	1 thsp.	10			
sauerkraut, drained	l cup	30			
lausage, polish, lausage, pork,	1 slice 4 ounces	83 510			
scallops	4 punces	90			
icallops, broiled,	4 ounces	175			
lesame seeds, ihad	1 ounce 4 eunces	162 190			
thrimp, fresh,	4 to 6	64			
brimp, fried,	3 jumbo	250	L - DL		
thrimp cocktail with sauce	t cup 2 small	100			
melt, fried	2 84081	250			
ole, filet,	4 eurces	100			
out, barley,	1 cup	117			