



SMOKE

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Happy birthday, Charlie Brown



In celebration of the fortieth birthday of the vulnerable and venerable Charlie Brown, the Chowan Players are delighted to bring the peanuts gang to the Turner stage for a few hours on March 27-31, 1990.

Auditions on February 1 resulted in the casting of the following roles. Munro Parker will play the title role of Charlie Brown and Amy Thompson will play Lucy. The character of Snoopy will be played by Rebekah Todd. Other cast members include Justin Cox as Linus, and Lisa Sampson as Patty. John Underwood, Jenny Mowry, Chris Glasby, Ron Rogers and Luisa Urea round out the cast.

Matinee performances are scheduled for Tuesday, March 27 at 10:00 a.m. and Wednesday, March 28 at 1:00 p.m. Evening performances at 8:00 p.m. are scheduled for Thursday through Saturday, March 29-31.

Chowan College Students will receive free tickets upon presentation of their i.d. in the fine arts office the week of March 26-31. Ticket prices for the public will be \$5.00 for adults and \$2.00 for students. Group reservations will be handled by the fine arts office (398-4101, ext. 236)

Overcoming the gottas

By Dr. Robert J. Krieger

Editors note: Robert J. Krieger, Ph.D. — best selling author, former All-American athlete, and mental coach for Olympic and world class athletes — lectures and consults with major corporations worldwide on peak performance, leadership and strategies for dealing with change.

The alarm sounds. "6 a.m. I've really gotta hustle. I've gotta finish that outline, talk to Professor Jones, stop by the lab, read 100 pages for my noon psych class and be at work at 3 p.m."

Today's college campuses are pressure cookers. In fact, the Nuprin Pain Report, the first national study on pain in America, documented that more people 18-24 suffer from stress and pain than any adult age group.

As I've toured the country visiting college campuses, students tell me the most common causes of their stress are: too much to do, too little time; exams; money; relationships; interviews; family and career choices.

So, get rid of stress. Right? Wrong. Stress is neither good nor bad. How you handle it can be. Learning to make stress work for you can help you concentrate better and think more clearly under pressure, have more energy, be more creative and make college more enjoyable.

But many of us handle stress poorly.

Some people panic and work too fast under stress. Others procrastinate. Neither response is productive and both are caused by what I call "sabotage thinking" — common reactions to stressful situations that work against rather than for you.

Two common types of sabotage thinking are: "the gottas" and "the can'ts."

Let's look at the gottas and methods to overcome them.

The gottas usually occur when you think you have too much to do and too little time to do it: "I gotta study for two exams. . . I gotta read two chapters. . . I gotta call financial aid about my loan. . . I gotta get a date for Friday night. . ."

The gottas make everything seem harder than it really is. You get into

the panic zone, rushing to get it all done. You walk too fast, talk too fast, think too fast, write too fast, eat too fast. You can't concentrate or think clearly. You make careless mistakes, blank out on exams and forget things you already know. Everything seems like a life or death proposition.

I was talking to a junior at U-C Berkeley who had a bad case of the gottas about a forthcoming exam. "I gotta get an A," he said. I asked what would happen if he didn't.

"If I don't get an A, I won't keep up my 4.0 average. Then I'll never get into a really good graduate school, and then I won't get a top job, and then I'll never make a lot of money. . ."

By the end of his discourse, not getting an A on this test was akin to his life being ruined.

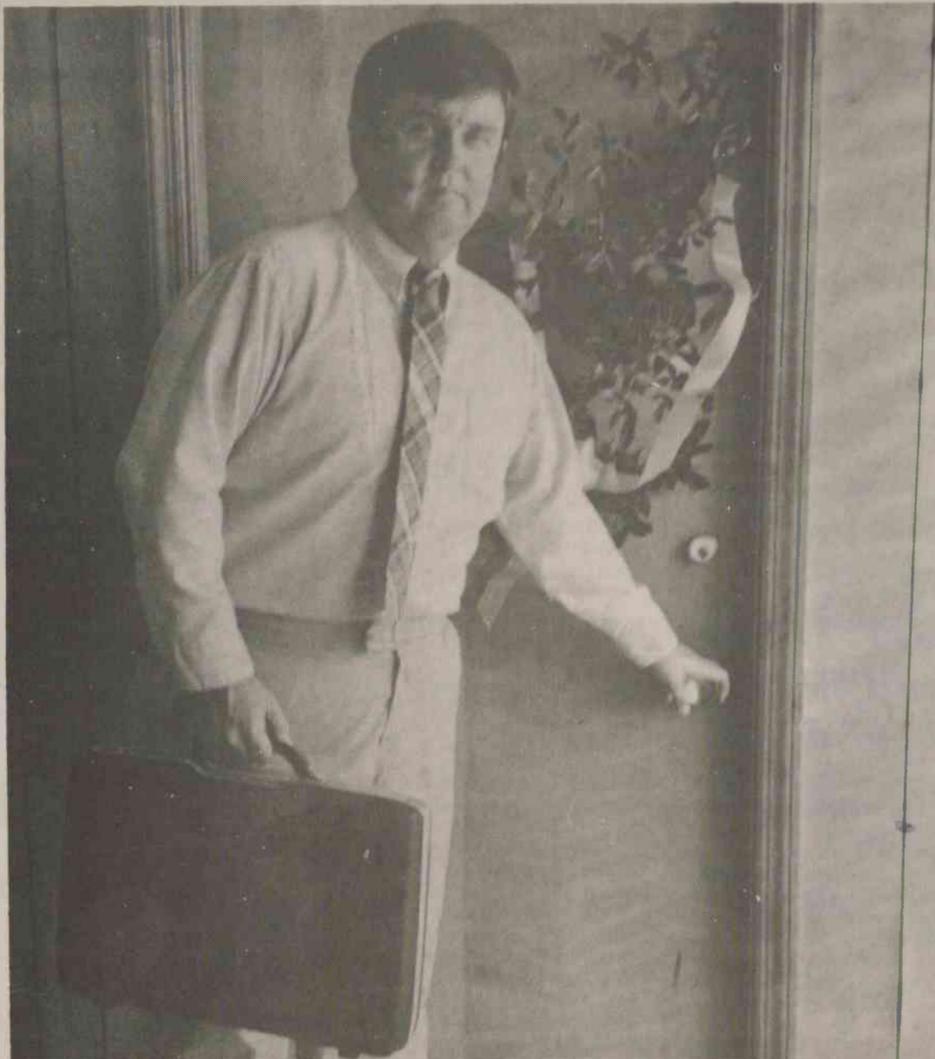
When he stopped and thought about what he'd just said — that if he didn't ace this test his life would be down the tubes — he started laughing, "I must be crazy."

He was not crazy, just not thinking clearly or realistically. Many of us get that way under pressure. This type of desperation thinking makes us overreact and causes panic. The cure is to shift from irrational to rational thinking. Do a reality check. When you get the gottas take deep breath, exhale slowly and ask yourself, "What is the worst thing that could possibly happen?" and "How likely is that to happen?"

This type of reality thinking puts the gottas in perspective. Sure, not getting an A would be a drag, but it wouldn't be the end of the world nor would it land this A student in the ranks of the homeless.

Looking at past wins helps, too. After all, he already had a 4.0 average, and had done well on difficult exams before. Reminding himself of his past success on similar exams helped him relax and restored his confidence.

Learning this early in life will be invaluable in the future, because no matter what you do or where you do it, there's always going to be things you gotta do.



James Earl Dilday, Associate Dean of Students

Dilday helps students solve problems

By Jennifer Allen

Dean Dilday first came to Chowan in 1969, just out of graduate school and interested in Education Administration. He became the Dean of men for six years and then the Federal program director for the following five years and then the assistant director of athletics until 1984 when he became Associate Dean of Students. The Dean says he likes to work with students and their problems and

especially likes to see them overcome those problems. Before coming to Chowan, Dean Dilday taught and coached at the high school level, which he really enjoyed and that experience has been one of his best teachers. Much of what he has learned from his coaching days has been a benefit to understanding and helping to solve the problems of college students.

The Dean teaches one class each semester and says he enjoys teaching

and feels that to be an important aspect of college life, for the student as well as the teacher is learning to get along with people. The Dean's advice to the student body, "Pursue academics seriously, instill good self discipline, and always follow the golden rule!"

Dean Dilday can be located in Penny Hall 103 and is willing to help with any problems or just talk with anyone, so feel free to stop by and talk to him.

First Wachovia Corporation releases N.C. business statistics

Business activity in North Carolina increased 0.6 percent in the fourth quarter of 1989, according to the First Wachovia North Carolina Business Index. Over the past year the index has risen 1.8 percent.

Two of the index's four components improved during the quarter. Non-agricultural employment was up 0.6 percent, and the value of building permits, which reflect construction plans, rose 1.6 percent. The average manufacturing workweek decreased slightly to 40.5 hours. Initial claims for unemployment benefits increased 3.6 percent.

Nationally, non-agricultural em-

ployment was up 0.4 percent for the quarter. Over the past year non-agricultural employment has grown 1.9 percent in both North Carolina and the nation.

North Carolina manufacturing employment was off 0.1 percent for the quarter. Employment was higher in the chemical, non-electrical machinery, lumber and food processing sectors. Lower employment was reported in furniture, apparel, textiles and electrical machinery.

Non-manufacturing employment in the state increased 0.9 percent during the quarter. Higher employment was

reported in wholesale and retail trade, government, services and construction.

North Carolina's seasonally adjusted unemployment rate for the quarter was 3.0 percent, down 0.7 percentage point from the previous quarter. The national rate was 5.3 percent, up 0.1 percentage point from the previous quarter.

The First Wachovia North Carolina Business Index measures the state's economic activity quarterly. Using 1976 as a base of 100, it reflects indicators of the state's economy. Data are adjusted to smooth the effects of historical seasonal fluctuations and other statistical aberrations.

Art Club is busy with Spring plans

By Jennifer Allen

The Chowan College Art Club is busy making plans for their Spring Semester. They have been selling Valentines for a dollar each to raise money for a trip to King's Dominion, which they are planning for sometime in March.

The organizational committee, which consists of Suwana Jenkins, Tony Smith, Tyrone Whitley, and the officers, who are Enid Jenkins, president; Todd Dollar, vice president; Jackie Wilson, treasurer; and William Ratliff, secretary; are planning a Valentine's Day party on the fourteenth of February for Art club members and their guests.

The scrapbook committee which consists of Sean Willis, Jennifer Allen, Marnie Frey, and Holly Blythe, is working on the scrapbook and a T-shirt design for the club's T-shirts.

The members of the Art Club are Enid Jenkins, Jackie Wilson, Todd Dollar, William Ratliff, Reggie Taylor, Marnie Frey, Curtis Quick, Suwana Jenkins, Gary Stanley, Sean Willis, Tyrone Whitley, Tony Smith, and Jennifer Allen, with sponsors Mr. Mitchell, Mr. Eubank, Mr. Parker, and Mrs. Fecho.

When to worry about a fever

Everyone runs a fever at one time or another. Because normal body temperature varies with age and the person, the best reaction to a fever depends on the person's age.

Although infants up to 8 weeks old have a normal body temperature of 100 degrees, a fever of 101 degrees or more is significant. It is hard to tell the difference between a serious and a minor illness in infants, since signs of infection are not clear. Contact with your doctor when an infant runs a fever. Babies between 2 and 6 months old are better able to fight illness, but a temperature over 101 degrees is still cause for concern and merits a call to a doctor.

After age 6 months, a temperature up to 102 degrees can often be evaluated by the doctor over the phone. Signs of infection are easier to identify, and a child can give some idea of how he or she feels. By age 4, a child's normal temperature becomes 98.6 degrees.

When a child has a fever of 102-105 degrees, a doctor should be called. Temperatures over 105 degrees are dangerous for anyone: brain cells start to die at 106 degrees.

Children regularly run higher fevers than adults. Only a temperature over 99.6 degrees is considered a fever in an adult. Call your doctor if you have a fever without symptoms of flu or a head cold, or if your temperature stays above 101 degrees for more than a week.

Fevers usually pass with rest and lots of fluids. However, by knowing when to worry about a fever, you can take care of a serious illness more quickly.

Resolution introduced to cut military spending in half

WASHINGTON, D.C.—"With the funding universities received this year for the research and development of weapons systems, our nation could prevent millions of the world's children from dying of hunger and basic childhood diseases," said Art Simon, President of Bread for the World. "And you have to ask yourself, 'Which investment would really make the world a safer place?'"

Simon made the statement today as Bread for the World, the influential grassroots Christian citizen's movement against hunger, announced

the introduction in Congress of the "Harvest of Peace" Resolution. This resolution calls on the United States and other nations to cut defense spending in half by the end of the decade, and create a more secure world where people are able to meet their basic needs.

The Harvest of Peace Resolution was introduced by Sen. Hatfield (R-Ore.) along with Sen. Dale Bumpers (D-Ark.) in the Senate, and Rep. Matt McHugh (D-N.Y.) along with Rep. Silvio Conte in the House of Representatives. The resolution was

immediately endorsed by the National Students Campaign Against Hunger and Homelessness.

The resolution proposes that the United States take advantage of the historical changes happening in Eastern Europe and in U.S.-Soviet relations to redirect national resources away from excessive military spending and towards programs designed to meet human needs, such as ending hunger for 20 million Americans and one billion people worldwide.

More than 200 colleges and univer-

sities have contracts worth \$1.46 billion with the Department of Defense for military research and development. Seventy percent of all research and development sponsored by the U.S. government is set aside for total is conducted at universities and other non-profit organizations.

"Once a weapons system is planned, it becomes all but impossible to halt its construction," said Simon. "If there is to be an effective reduction in the military budget, it will be necessary to reduce the amount of

research that goes into weapons research and development in the first place." Simon also noted that the United States and the Soviet Union account for 85 percent of all the world's expenditures on military research and development.

According to Simon, common security for all nations needs to be redefined to include not only traditional defense measures, but also the general welfare of the people. "When people are well fed and sheltered, have steady jobs, have access to affordable health care and the

opportunity for education, and can take part in the decisions that affect their lives, then there is less conflict and need for military involvement."

As part of the campaign, Bread for the World's 40,000 members will write letters to Congress, participate in telephone "quicklines" to Congressional offices, and educate their communities on hunger and militarization issues. If you are interested in getting involved in this campaign, write Bread for the World, 802 Rhode Island Avenue NE, Washington DC, 20018.