

# Insanity

## Main Theme in Chowan's Fall Production

On November 20-22 the Chowan College Fine Arts Department Presents HOW GREEN WAS MY BROWNIE a three act comedy by Jack Sharkey. Direction by Duane Sidden with stage production by Lini Knight and set construction by Mark Romulas.

Insanity runs rampant in this production about a New York business man and his family plunked down in the heart of superstition ridden Tarrytown, New York. And just who is crazy? Is it Winifred Flinder, (Kathy Franklin) supposedly just out of the hospital, who insists she actually spent the two weeks living it up in Paris? Is it Addison Flinder, (Peter Cheney) her husband, who thinks his wife plans to go into a convent? Is it Bonnie (Jo Alice Bragg) their daughter, who suspects both her parents are a bit nuts? Or is it nurse Maxine Threadgill, (Kathy Breiner), who thinks the neighboring piano teacher is a great pediatric surgeon—or gynecologist Phillip Morgan, (Steve Batten) who gratefully accepts

payment for an operation he may not have performed—or Nora Larkin, (Java Davis) housekeeper, who expects at any moment to be murdered in her bed?

Perhaps it is Lorelei Gullock, (Vicki Jones) a neighbor whose purse contains anything from crowbars to teddy bears, or her nephew Tony Metzel, (Alan D. Smick) who thinks he can psychoanalyze a person in a roomful of people with no one being the wiser, or Henri Marnier, (Michael Oliver Reed) a Frenchman who hopes to parley garlic, oregano and Roquefort into the latest rage in mens toiletries. Maybe it is Waldo Lennimer, (Nelson Nichols) a Doctor of Musicology who blames his ill fortune on neglecting to leave the brownies a saucer of milk.

Place this group of characters in Washington Irving's land of headless horsemen and mythical creatures and anything can happen—and eventually does.



Director — Duane Sidden



Peter Cheney as Addison Flinder and Steve Batten as Philip Morgan

## Exams Again!!!

# How to Improve Your Reading Skills

How to Improve Your Reading Skills is from Publishers Student Service.

Reading is the most important learning skill one can acquire for success and enjoyment throughout life. It is an integral part of our personal and working lives. Consider how much time every day is spent reading newspapers, letters, books, menus, directions or signs! Eighty-five percent of college work, for example, involves reading. The better you read, the more you will succeed in study or work, and enjoy the time you spend with books.

Reading is basically the understanding of words and the association between them. To improve reading skills you must increase your ability to see and understand grouping of words, or ideas, at a speed and in a manner that is comfortable to you. To be a good reader you must concentrate on what you are doing and learn to use your eyes to the best of your ability. Move them at a rate that allows your brain to absorb the main ideas printed on a page.

## Value of Old Age

By DONNA BAINES

There is a time in every man's life that age creeps into his present instead of his future. It is a process that may possess psychological effects, such as insecurity or fear. Often insecurity means that there is a lack of confidence in knowing how he as an individual operates. Furthermore, fear may be an indication that he is avoiding himself. Frequently, man believes his old age has made him useless to himself and especially to youth. It is with this opinion that some consideration should be given.

Old age occupies the most special, invaluable gift that all men seek—it is the gift of

wisdom. There is no greater education nor way to knowledge than through an older man's wisdom. His wisdom consists of his life's experiences that have been nourished into knowledgeable facts pertained to what he has learned. As the years pass, he then reminisces and through his memory flows this invaluable wisdom. Because wisdom is gained through time, man should realize how priceless life is at an old age. It is then that man can be a great asset to society, especially youth, with his words that enhance a richer wisdom for his listeners. His listeners will grow in mind and soul at his knowledge and understanding, even to the deep essences of both man and God.

Train your eyes to increase their span by taking in more than one word at a time. You can make your eye fix on related words, phrases, or short lines in one brief stop. Don't allow your eyes to go

### EVALUATE YOUR READING HABITS

Analyze your present reading habits so that you know where to improve your skills:

1. Do you use your lips, throat or mind to "vocalize" words? — You are probably still using the childhood habit of sounding out each word. This slows you down.
2. Do strange words constantly stop your progress? — Your vocabulary needs improving.

### USE YOUR EYES EFFICIENTLY

It is the eyes that see printed words and transmit them to the brain. Understand how they work and give them the opportunity to perform well. Eyes perceive words only when they stop moving, or make what is called a "fixation". It is during this pause that the brain records what the eyes see. Depending upon your "eye span" you will perceive one, two or more words in each fixation. The average college student, for example, has a span of 1.1 words and makes four fixations per second.

Vocalizing words impedes reading progress. Poor readers are inclined to whisper, use their lips, enunciate silently in their throat, or visualize the words in their mind. If you have any of these bad habits they should be broken because they slow down understanding. Learn to move your eyes continually forward at a pace that allows the brain to understand.

Train your eyes to increase their span by taking in more than one word at a time. You can make your eye fix on related words, phrases, or short lines in one brief stop. Don't allow your eyes to go

back over words. Think about what you are seeing and keep going at a speed that is fast enough to remember at the end what you read at the beginning. Faster reading, with no retracing, helps comprehension.

Many people need glasses to read well. Blurred words, continual eye fatigue, or itching and stinging eyes might mean you need glasses. If you think your eyes need correction, have them examined by an eye doctor. If glasses are prescribed, do not hesitate to buy and wear them. Make sure they are always free of dirt and scratches.

Do you go back over what you have read? — You are not paying attention. Good concentration means good comprehension.

Do you always read at the same speed? — Speed should vary depending on the material and your purpose for reading, e.g. fiction, newspapers, textbooks. Has your reading speed and comprehension remained static for a number of years? — Skillful reading is an art and needs continual practice. The more you read, the more you will enjoy and remember.

### CONTINUE TO BROADEN YOUR VOCABULARY

The person with a good grasp of words is usually a good reader and a good student. Words are the basis of human communication and enable people to convey their thoughts and emotions to each other. This is why the first word uttered by a child is proof positive that this little being has the ability to communicate as a human.

Vocabulary should grow as you mature. At every grade level, and stage of life, it is necessary to increase the number and understanding of words. Get to know their structure, that they are composed of roots, prefixes and suffixes, each of which has its own definition.

Knowing the origin of words helps in understanding new ones. Most English words derive from Latin or Greek. This is why some knowledge of these languages is helpful. If you know the derivation of a word's parts then you will be able to analyze its meaning.

Always have a dictionary nearby whether you are reading for pleasure or for work. When you are reading textbooks or technical books, familiarize yourself with the glossary that is sometimes printed in the back to define special words. Use it whenever necessary.

Graphic material can help reading comprehension. Do not overlook the importance of tables, maps, graphs, drawings and photographs which are included in reinforce your understanding of the text.

### ADAPT YOUR SPEED SO YOU UNDERSTAND THE MATERIAL

A good reader must learn to balance speed with accuracy. Don't expect to read everything at the same rate. Like a well-tuned car, your eyes must adapt to the terrain. Above all, you must understand and remember what you are reading.

Read with a purpose, be aware of what you are reading and why. Your speed should be adjusted to the type of material. Don't expect to whiz through a chapter of biology at the same rate as a chapter of a novel.

Scanning material first can be helpful in nearly all types of reading. Get in the habit of surveying headlines, chapter headings and subheads first. Look for the main ideas. Next you will want to know the important

details that support them. Read carefully the first and last paragraphs which should state the most important facts and conclusions. You should read the straight material in between as a faster rate that allows you to understand the matter in as much depth as you want. Just remember to keep your eyes moving forward.

If you are reading for enjoyment you can skim more easily over the lines, paragraphs and pages. It is not important that you take in every word or sentence in depth. As in most writing, each paragraph usually has one main idea supported by details in which you may or may not be interested. Try to span as many words as possible with a continuous rhythm of eye movements or fixations.

### When you read a newspaper or magazine, or non-fiction, you want to grasp the highlights and some details. This kind of reading is for general information. It differs from your leisure reading because the material is more serious, not as light or as easy to comprehend as fiction, for example. But it still might not be necessary to take in every word or every sentence completely.

When reading a text first survey the entire book. Look over the table of contents, chapter headings and subheads. Get an overview of the author's objectives by reading the introduction and preface. Studying requires close reading because you will need to remember more of the details to support the main ideas. Read each chapter for the important concepts and as many details as necessary to comprehend the material. Underline major points and make margin notes to highlight your observations. After you have finished reading, question yourself, review the summary if there is one, and then look back to see if you have understood the material.

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### PRACTICE ON A REGULAR BASIS

Like any skill, reading requires practice. In order to develop the habit of good reading you must train your eyes and mind to perform well together. You don't have to take a speed reading course. The rewards will be most worthwhile if you take the time and persevere.

Set aside 15 to 30 minutes every day to practice reading, much as a pianist, typist or golfer would. Start off your exercises with light material, such as Reader's Digest, that has uniform page length and short articles. Your objective is to read with understanding at your best speed.

Compare your speed to established norms. The speeds generally accepted for average readers are: easy or light material, 250-350 words per minute (wpm); medium to difficult material, 200-250 wpm; and difficult material at 100-150 wpm. Time yourself exactly for two

pages with a clock that has a second hand. Calculate the minutes and seconds and divide the time into the number of words on the page. This will tell you what your current reading speed is in words per minute. You can get the average number of words on a page by taking the average per line and multiplying it by the number of lines, omitting headings.

Ask yourself questions on the material and review it to see if you are correct. If you miss important details your speed is probably too fast for your present reading ability. Don't get discouraged, just keep practicing.

Read 3 or 4 articles each day for two or three weeks. Use the same length and type of material each day. Push yourself but use discretion, making sure you

check your comprehension of the material. Record your speed faithfully each time so you can check your progress.

Then switch to something more difficult in vocabulary, style, and content. Do this for two more weeks, questioning yourself and recording your time. After a total of six weeks you should have increased your reading ability considerably.

Try to get your speed on easy material to about 300 words per minute. Once you have reached this level you will know you can do as well as the average good reader.

Maintain the habit by reading at least a half hour a day. You will be enriched by keeping up with newspapers, magazines and books. You will also enjoy reading more as your proficiency increases.



Smoke Signal's main function, as is any newspapers, is to convey information to its readers, in this case the student body of Chowan College.

If you are a member of a club or organization on campus why not consider letting others on campus know what your group is doing?

It really isn't all that difficult to do. Just drop your story or if nothing else a copy of the clubs minutes. If you have some big event coming up why not let us know in time to have someone cover the event for the paper.

I know you've heard this before, but Smoke Signals is a student newspaper and in order to survive it has to have student support.

Any information you might have for us can be dropped off in the office of the Graphic Arts building.

### CHOWAN COLLEGE Basketball Schedule 1975-76

Month	Day	Opponent	Location	
November	21	Lees-McRae College	Home	
	24	Kings College	Home	
	December	1	Kings College	Away
		5	Lees-McRae College	Away
6		Brevard College	Away	
8-9	F.M.A. Tournament	Away		
		Fork Union, Fredrick, COA, Chowan		
11	Mt. Olive College	Home		
January	12	Wingate College	Away	
	15	College of Albemarle	Away	
	17	Wingate College	Home	
	19	F.M.A.	Home	
	24	Sandhills College	Home	
	26	Ferrum College	Away	
	29	Louisburg College	Home	
31	Ferrum College	Home		
February	2	Mt. Olive College	Away	
	4	F.M.A.	Away	
	7	Louisburg College	Away	
	9	College of Albemarle	Home	
	11	Lenoir Comm. College	Away	
	14	Sandhills College	Away	
	16	Durham College	Home	
	18	Lenoir Comm. College	Home	
	20	Durham College	Away	
	25	Cavalier Tar Heel Tournament	Away	
27-28	CTC SEMI-FINALS FINALS	Away		

All home games at 7:30 p.m.

### DORM PHONE NUMBERS

Belk	398-9480
East	398-9867
Mixon	398-9156
Parker	398-9225 or 398-9489
West	398-9492
Jenkins	398-9424

## WRA Offices 1975-76

Office	Name	Dorm & Room	Box	Phone
President	Lisa Dabney	Belk, 209	41	8-4248
	Kathy Coltrain	Belk, 132	32	8-4570
	Jean Hamlin	Jenkins, 219	144	
	Jinx Bohler	Belk, 296	38	8-4074
Freshman Floor Reps.	Lisa Stallings	Jenkins, 132	129	8-4525
	Cheryl Gant	Jenkins, 216	141	
	Martha Driver	Belk, 104	4	
	Cathy Penfield	Belk, 203	35	8-4735
	Gail Bass	Belk, 332	97	
Sophomores	Kelly Bates	Jenkins, 120	117	8-3248
	Annette Guyton	Jenkins, 215	140	8-3065
	Benita Greene	Belk, 131	31	8-4570
	Sandi White	Belk, 210	42	8-3129
	Gail Lynch	Belk, 307	72	8-3344
Special Events	Susan Ferebee	Belk, 316	36	
	Jane Spyrre	Belk, 307	72	8-3344
	Shirley Spencer	Belk, 221	53	
	Annette Guyton	Jenkins, 215	140	
Intramurals	Sandra Seamons	Belk, 211	43	8-4248
	Terry Jenette	Belk, 216	48	8-4248
Corresponding Secretary	Cindy Ward	Belk, 131	31	8-4570
Varsity Manager	Lynn Miller	Belk, 316	81	
Head Cheerleader	Donna Newsome	Jenkins, 122	119	
Field Supervisor	Kathy Stover	Jenkins, 132	129	8-4525



United States flag presentations are an important part of the Woodmen of the World Life Insurance Society's Fraternal Service Fund which promotes community services. A local W. O. W. unit can make flag presentations to qualifying recipients. Several flag sizes are available. Making a recent presentation to Chowan College was Janie Davis, secretary, Camp 456, W. O. W.,

and Carlton Lewter, member of the W. O. W. field force from Murfreesboro. The flag is flown at all home football games and will be used at other athletic and college-sponsored events, according to a Chowan spokesman. The flag was accepted for Chowan by sophomore Ricky Winstead of Nashville, a graphic arts major and member of the student newspaper staff.