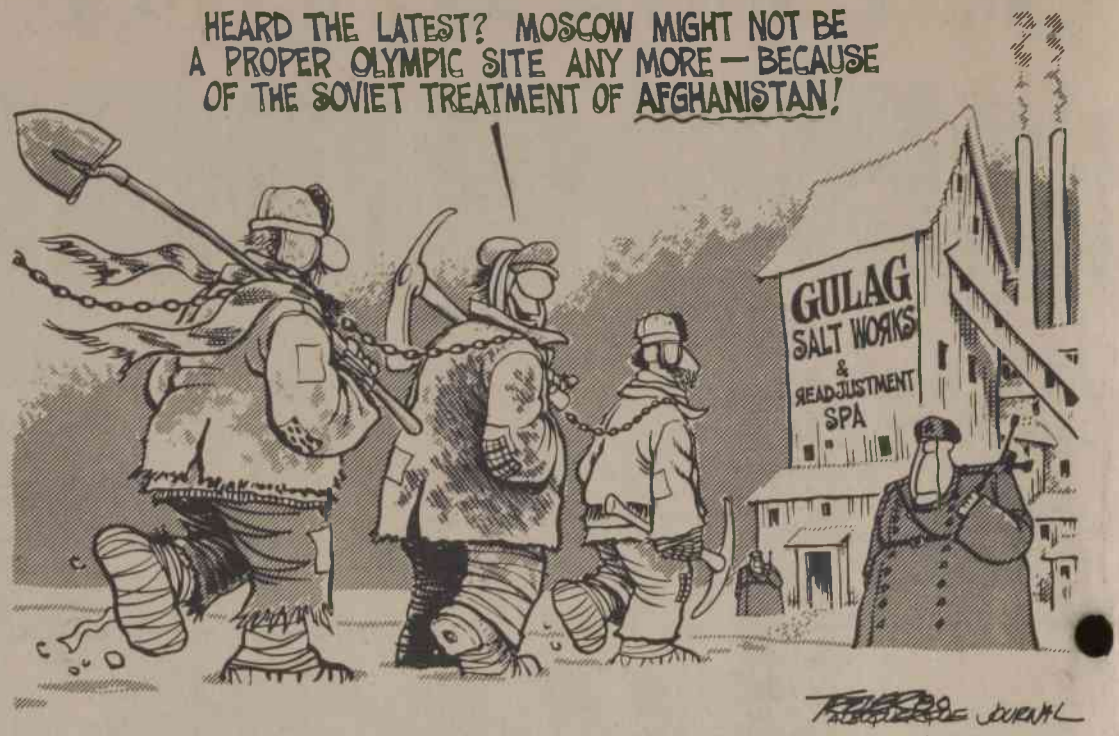


College Press Service



EDITORIAL OPINION

Old Gym Proposal Good

The proposal to adapt the old gym for use as a student recreation center is undoubtedly one of the best ideas to come around in quite a while. In recent years, Chowan College has lacked two key ingredients in the recipe for a well-equipped college — a good physical activities center and a good student recreation center.

With the completion of the new gymnasium, a facility that will unquestionably make us one of the proudest two-year institutions in America, the recipe can finally be fulfilled. Chowan will have a showplace for sports and will also have a building ideal for the ultimate student recreation center.

Students are currently in need of a place where they can go on a regular basis and meet other students. The elements that will be offered under the recreation center's plans will assure that students can get together in a comfortable, informal setting and have a good time while learning about others.

Students will be able to enjoy a game of basketball, work out in a weight room, play a variety of machine games, do their laundry, pick up their mail, watch television, lounge on a patio and check out a canoe for a paddle on the lake — all from one facility.

The old gym would be the perfect place for the SGA dances as well as other school affairs that would require a lot of space. The building is already wired with a 600 amp outlet, which provides enough power for any musical band. The ceiling is scheduled for re-insulation. With a little paint and some good ideas, the ceiling could be decorated in almost any fashion the students want.

Placement of the post office, in an improved and expanded format in the student center will force the students to go there daily. People will become accustomed to visiting the center, thus increasing its effectiveness.

Cries of boredom from the student body should decrease with the opening of the student recreation center and the new gymnasium. Whatever costs are necessary to refurbish the old gym should be disbursed without hesitation since its benefits will be tremendous to the entire college. It will improve the college's image, be of aid in recruiting, demonstrate the ingenuity of the administration and students and most importantly, it will help to improve the attitude of Chowan's students.

—GREG BASSETT

Faculty Letter

Editor, Smoke Signals:
Urie Bronfenbrenner in "Another World of Children" says that children in the Soviet Union are less likely to engage in antisocial behavior (lying, cheating and stealing) and more likely to take the initiative in correcting social problems than children in the United States of America. The only country

where children are more anti-social in their behavior than in the U.S.A. is in England.
The reason Mr. Bronfenbrenner gives for this difference is more moral education in the schools and more direct parental involvement in child rearing in the U.S.S.R.
Dr. John W. Gosnell

Keep Torso, Head Warm In Jogging

By SARAH G. WRIGHT
Director of Health Services
How to dress while jogging could also apply when thermostats are turned down.
If you are a jogger or your room is cold, you may be interested in the following information which is distributed as a public service by the North Carolina Medical Society, entitled, Health Watch.

HEALTH WATCH
If one of your New Year's resolutions was to start jogging, don't be deterred by the cold weather. While it may seem unpleasant, cold weather is not too much of a problem and can even be enjoyable if you take the right precautions.

The biggest problem to avoid is the tendency to overdress. As the temperature falls you might feel the need to throw on an extra sweatshirt, heavy gloves, and just about anything else to ward off the cold. All these extra garments will do is weight you down and make your running more difficult and uncomfortable.

Actually, the key to winter running is to wear just enough to keep you comfortable. You might feel chilly at first, but as you warm up you will be surprised at how much heat your body will generate during exercise. As an example, a study by Canada's National Research Council showed that the amount of clothing needed to keep a resting person comfortable at 70 degrees will keep a runner comfortable at temperatures well below freezing.

Understanding the body's heating priorities will give you the best clue as to how to dress for cold weather running. Its first priorities are to keep the head and torso warm. Should these areas begin to cool, extra heat is directed there by the body's regulating mechanisms. If the head and torso continue to cool, shivering begins — the body's way of forcing the muscles to work and create heat.

On the other hand, if the head and torso are kept warm, excess heat is available to send elsewhere, like to fingers and toes. The important thing then is to wear a warm hat and enough clothes to protect your chest, stomach, and back and you will be as comfortable in winter as you are in the spring.

It is also beneficial to take a little extra time to do stretching and warm-up exercises before running in cold weather. Since these can be done indoors you can get a head start on stoking the internal furnace.

Bite The Bullet

By KATHY FISHER
Spring, that beautiful, magical season is almost here. As a matter of fact we have already had a taste of it in the recent warm weather. A taste that left most of us wanting more and gave us a restless feeling when we had to sit in class while other more lucky people were out playing in Squirrel Park.

With the coming of spring there is a definite change on the Chowan campus. The students become more visible. Everywhere one looks there are students engaged in some sort of activity. These activities include sports such as softball, cycling and playing frisbee and less strenuous things like lying in the sun, fishing or just spending some quiet times with a loved one. This last statement is especially true of spring time because they say this season does something to a "young man's fancy," whatever that's supposed to mean. What I am really trying to point out is that the sight of a couple holding hands, sitting together in Squirrel Park or whatever becomes very common around here in the spring.

But spring not only means the beginning of many love affairs, it also marks the beginning of the end of the school year. For the class of 1980 this spring marks the beginning of a period of great joy and great sorrow. Great joy

Student Forum

Editor:
I am writing in response to Mr. Greg Kaserman's letter to the editor in the last issue of the Smoke Signals. First of all, let me congratulate Mr. Kaserman on the fine job he is doing as SGA Social Co-chairperson for men this year. His great skill is evident by the number of people who choose to remain on campus for all of the exciting weekend activities and events scheduled by Mr. Kaserman and his crew. Chowan's reputation as a "suitcase college" has tripled under Mr. Kaserman's direction this year. I've spent some weekends here and I understand why the students are so happy to leave. I have vowed never to spend another weekend here. What has Mr. Kaserman been doing? Not a thing as far as I, and many, many others are concerned.

Secondly, Mr. Kaserman seems to believe that the story involving our beloved SGA President (?), Mike Burke, was grossly inaccurate and filled with nothing more than lies. Why are you so protective of Burke, Mr. Kaserman? Are all of these "rumors" true? How could the paper get away with printing mere rumors? As far as I know, these "rumors" are indeed true. I wouldn't trust Burke or Kaserman with anything.

I think the editor (Harry Pickett) is doing his job and doing it very well. I think we deserve to know just how childish our president is acting and how ineffectively he is doing his job, along with Mr. Kaserman. I can't believe that my SGA president can act in such a way. I am pleased that I won't have to rely on Kaserman or Burke next year. Instead of firing Harry Pickett, why not get rid of someone who has completely failed in doing his job, someone such as Mr. Kaserman.

Kelly Reynolds

Editor:
I was disturbed and angered by some of the Letters to the Editor in the most recent edition of Smoke Signals. One letter particularly stood out in my mind, this letter being the one written by Greg Kaserman concerning an article about Mike Burke in a previous Smoke Signals.

I think Kaserman has done his share of "flagrant namecalling" too. I don't think he did his share of research before he went and opened his distinguished mouth. Harry Pickett

Kaserman Letter Draws Responses

did not print any lies about Mike Burke. He printed the truth and that is what the press is there to do.

I don't care if Burke was in the panty raid, he is only human and the raid wasn't Pickett's concern anyway. Pickett's concern was in the fact that Burke lied to someone in the administration. In his supposed role as "model student" Burke probably shouldn't have taken part in the panty raid and then later denied his actions in it.

Concerning Pickett's being paid \$600 a year as editor, he probably deserves it. His name is throughout the paper and I doubt it's by his choice. A person with his obvious responsibility deserves the money and if Kaserman doesn't think it takes a lot of work he's crazy.

Kaserman also forgot to mention he gets paid quite a lot for being a resident assistant. It seems that everytime I've needed a R.A. this year, neither an amateur like Kaserman or any of his colleagues have been around. Maybe the students should decide if they would rather pay Pickett to turn out a good paper or spend money on an amateur R.A. Besides, I've always had the understanding that the newspaper editor, as well as the yearbook editor, gets paid a scholarship, while the R.A.'s get paid cash.

Kaserman should clean up his own house before he starts to criticize Pickett's house. I don't always agree with Harry Pickett but in matters concerning the SGA and its members, this year Pickett's reports have been ac-

curate. From what I can gather through conversations around campus, the often childish SGA meetings have happened just the way it says in the newspaper.

As a freshman I can only hope that the SGA officials elected for next year can learn a lesson from what has happened this year.

Drew Kilbourne

Editor:
I am writing in response to a letter I read in the last issue of Smoke Signals. I do not understand how Greg Kaserman, the egocentric SGA Social co-chairperson can talk about the Smoke Signal's editor doing a slack job when he is doing a slack job himself.

I am a former member of the SGA and am very glad that I quit the organization. I didn't care for the way it is run. Half of the legislative body didn't know or care anything about the school.

If Harry Pickett thinks it's the school's business to know about our great SGA President and some of his actions, there's nothing wrong with that. I would think that would be a part of his job. The only reason Kaserman can protest the article on Burke is because Kaserman is one of his best friends.

Let's not fire Harry Pickett for doing a good job, but let's fire Greg Kaserman and all the other SGA executive members just like him.

Sincerely,
John Bennett

Campus Paperback Bestsellers

1. **Lauren Bacall by Myself**, by Lauren Bacall (Ballantine, \$2.75.) Life with "Bogie" and on her own.
2. **Good as Gold**, by Joseph Heller. (Pocket, \$2.95.) Aspirations and struggles of Jewish-American professor: fiction.
3. **The Stand**, by Stephen King. (NAL/Signet, \$2.95.) Widespread disease followed by unknown terror: fiction.
4. **How to Prosper During the Coming Bad Years**, by Howard J. Ruff. (Warner, \$2.75.) Investment techniques.
5. **The World According to Garp**, by John Irving. (Pocket, \$2.75.) Adventures of a son of a famous, feminist mother.
6. **The Complete Scarsdale Medical Diet**, by Dr. Herman Tarnower & Samm S. Baker (Bantam, \$2.75.)
7. **How to Eat Like a Child**, by Delia Ephron. (Ballantine, \$3.95.) And other lessons in not being grown-up.
8. **The Americans**, by John Jakes. (Jove, \$2.95.) Kent family chronicles, Vol. VIII: fiction.
9. **Mary Ellen's Best of Helpful Hints**, by Mary Ellen Pinkham and Pearl Higginbotham. (Warner, \$3.95.) Solving household problems
10. **Dragondrums**, by Anne McCaffrey. (Bantam, \$2.25.) Third volume of science fiction trilogy.

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New & Recommended

Mozart, by Marcia Davenport. (Avon/Discus, \$3.50.) New edition of definitive biography.

The Coup, by John Updike. (Fawcett/Crest, \$2.75.) African dictator vs. Ugly Americans: fiction.

The Good Word and Other Words, by Wilfrid Sheed. (Penguin, \$3.95.) Collection of essays.

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