

Studying or Spending Time Together, Spring Is Here



Spring Events Scheduled

Many activities and special events are scheduled for the student body during the spring semester.

Movies sponsored by the SGA and shown in Columns auditorium are:

April 21, 22 - "Seduction"; and May 5, 6, 8 - "Taps."

The Broadway play, "Guys and Dolls," will be presented by the Chowan Players March 22-26 in Columns Auditorium. Religious Emphasis Week is March 28-April 1.

Easter holidays will begin at the close of classes on April 1. Classes resume April 11. Spring Festival is scheduled for April 23. During the week, two bands will perform in Lakeside Center, "Voltage Brothers" on April 19 and "Lightstreet" on April 23. A talent show will be presented on April 20 in Columns Auditorium. All students are invited to participate by Bob Brown, the director.

On April 21, the Fourth Annual High School Choir and Stage Band Festival will be presented during the morning and afternoon in Columns Auditorium. That evening, the United States Naval Academy Band will present a free concert in Helms Center.

Honors Day will be held April 29 in Helms Center. Examinations will be held May 6-12, with graduation May 15, concluding Chowan's 135th year.

During the semester, Chowan athletes will compete in men's and women's basketball, wrestling, baseball, golf, and tennis.

Pakistani Likes Chowan

Ansari A. Hameed is the only student from Pakistan to attend Chowan since 1976. Other things also set him apart.

Not yet 18, Ansari has attained an A average in high school and a B average in a junior college. It is hard to imagine a student just 18 with two years of college already behind him, but Ansari explained that in his country an elementary education only goes up to grade ten. Students then go on to college. Ansari is also ahead of most people his age because he skipped grades three and four.



Homeed

After finishing high school, Hameed took two six month courses in Office Management and Business Writing, sponsored by the Pakistan-American Cultural Center. He has also received a two-year diploma in English there.

Hameed attended the University of Karachi which is affiliated with the University of California. There he took courses in Financial Accounting and Business Communications. He has also acquired a certificate in Hotel Management and Public Relations at Allama Iqbal Open University of Islamabad. Hameed is enrolled in the Business Administration curriculum at Chowan. He would like to attend the University of North Carolina at Chapel Hill.

Ansari cannot return home for five years. He has a one way visa which enables him to stay in the U.S. as long as he does not return home during the five year period.

Being the youngest of three boys and two girls, Hameed misses home very much. A one minute phone call cost him \$15.00. So far he has spent over \$100.00 on phone calls.

He says Americans like to wear cotton clothing and Pakistani's like to wear polyester. He explained that cotton was very expensive where he lived. It is usually only worn in their national dress wardrobe.

The food is also different here to him. Since he's been at Chowan he has eaten a lot of chicken. Chicken is very expensive in Pakistan. It cost about twelve dollars for a pound and a half.

As far as the people are concerned, Hameed has found them to be very nice. "I did not expect them to be as friendly, since they are not as friendly in my country," he said. Hameed has been especially grateful to Special Services and the help they have given him with his studies.

Student Stress Epidemic Widens Nationally

By David Gaede (CPS)—College counselors report another epidemic of students stress this year as more and more students worry themselves into depression over the sluggish economy, depressed job market, and mounting academic pressure.

Counselors first noticed last year that money and career related worries were contributing to a dramatic increase in the numbers of students using campus counseling centers.

The same worries pushed campus fighting, drug and alcohol abuse, and even suicide statistics up to record levels.

While it's too early to assemble statistics for this year yet, counselors across the country say the pattern has continued into the fall of 1982. But the patterns are changing subtly, they say. Some even see hope that increasing student political activism may signal better campus mental health in the near future.

"We are indeed seeing more stress again this year," says Susan Bowling, president of the American Personnel and Guidance Association's college counseling division.

"With the continuing increase in employment and more and more com-

petition both school and in the job market, students are realizing that a college degree doesn't necessarily give them more stability in life," she explains.

"Students are seeing their friends, neighbors and even their parents out of work," she adds. "They see more and more that it can happen to them."

"Things are a little heavier and a little tougher this year," confirms Don Kees, director of the University of Idaho counseling center. "We've had funding cuts, raised student fees, and we have 600 more students."

"It's like jamming a few more pounds into the pressure cooker."

At Yale, Counseling and Placement Director Ed Noyse is seeing more "frantic" students and thinks "this is going to be a particularly tough year for students."

And after a dramatic increase in counseling visits last year, University of Wisconsin-Madison Dean of Students Paul Ginsburg doesn't "see any diminishing of student stress this year."

"Our services are being used to the max and taxed to their limits," he reports. "Tuition has gone up, jobs are very hard to get, and there are fewer student loans available."

At Arizona State, "we're seeing about

2000 people a year, and we expect that to go up this term," says Thomas Cummings, counseling center director.

"We're seeing more depression and frustration. Students are walking up to the fact that just getting a degree isn't enough any more. They see very clearly that they can't just go to class, but must come out knowing something."

UCLA counselors have "also seen a big increase in the numbers of students reporting physical side effects from stress: high blood pressure, headaches, stomach problems and a lot of psychomatic problems," says counselor Bill Hessel.

Indeed, violence among students continues to increase as tempers shorten and anxiety builds, counselors report.

Bowling has even noted students show "a greater intolerance of diversity. The pressure and frustration seem to be causing some students to resent minorities, who they feel get special treatment through affirmative action programs."

On the other hand are students who Bowling says essentially deny stress.

"It's what's been called 'the Titanic Effect'" she says. "We have some students saying, 'Yes, the world's gone to hell, but I won't. I'll survive.' They under-react, which can be just as bad

as over-reacting. In essence, they've built for themselves a first-class cabin on the Titanic."

Other students cope by staying home longer, a phenomenon Bowling calls "extended adolescence." More students "are living with mom and dad all the way through college."

Student suicides have also increased dramatically in the last several years. Campus counselors worry that the stress epidemic could push the suicide rate higher.

"Changing family situations, pressures to achieve, increased mobility and a lack of intimate contacts" all contribute to suicidal impulses, says Julie Perlman, head of the American Association of Suicidology in Denver. Therefore, college students make almost perfect suicide candidates.

"We've haven't had a serious increase in suicides this year," reports Murray DeArmond, student health services director at Arizona, "but we're averaging about two or two or three a year."

An Arizona suicide early this fall, notes Dean of Students William Foster, "made everyone a little more sensitive to the problem, and caused us to be extra watchful for depressed and suicidal students."

Second Freeman Scholarship Set

Mr. and Mrs. G. H. Singleton of Raleigh have established the second scholarship to aid students from Northeastern North Carolina at Chowan College in memory of Lecausey P. and Lula Harmon Freeman, Mrs. Singleton's late parents.

The first scholarship was established in 1979. Mrs. Ruth Singleton received degrees from Chowan College, Class of 1921, and the University of North Carolina at Chapel Hill. She taught on the secondary educational level for three years.

Singleton, who retired in 1960 as manager of the former Wake Farmer's Cooperative, taught in the public schools for eleven years. He received his B. S. from Clemson University and M.S. from Rutgers. He attended both schools on educational scholarships.

Chowan President Bruce E. Whitaker stated, "This second scholarship in memory of Lecausey P. and Lula Freeman will benefit young people particularly through Christian higher education here at Chowan Col-

lege. We are grateful to Mr. and Mrs. Singleton for the good which will come from their thoughtfulness in giving to help future generations."

Lecausey Freeman served as a member on Chowan's Board of trustees from 1913-19. He was a leader in education, and in his church and community. He was a pioneer leader in Mars Hill Baptist Church. The Freemans were survived by 13 children; as a deacon at Mars Hill Baptist Church five daughters graduated from Chowan and taught in North Carolina public schools.

The recipient of the Freeman Memorial Scholarship Fund scholarship is chosen by the college's Scholarship Committee on the basis of scholastic ability, leadership, character, integrity and financial need. The scholarship is reserved from residents of Hertford, Bertie, Northampton and Gates County. A one-year award, the scholarship may be continued for a second year on the recommendation of the Scholarship Committee.



Sears provides unrestricted grant

Chowan has received a \$600 unrestricted grant from the Sears-Roebuck Foundation, as one of over 30 privately supported colleges and universities in North Carolina to receive such grants totaling more than \$43,000. The check was presented to Dr. Bruce E. Whitaker, right, by Foundation spokesman, John Boston of Roanoke Rapids and Doug Cox of Murfreesboro. The North Carolina colleges and universities are among 946 private accredited two and four year institutions across the country which are sharing in \$1,565,000 in Sears Foundation funds for the 1982-83 academic year. Funds may be used as the colleges and universities deem necessary.

Dates To Remember

Have things piled in on you yet? Well, here are some dates to jot down between now and the end of the semester that are of importance.

Spring Break starts at the close of classes of April 1 and runs through April 10.

The American Red Cross Bloodmobile will be here on April 12.

Spring Festival is April 23rd.

Honors Day is May 2nd.

Spring Semester Exams begin on May 6.

Baccalaureate Service and Graduation Exercises are set for May 15th.

Lingard Wins Talent Show

Sophomore Judy Lingard of Oviedo, Fla. won the Chowan College Spring Festival talent show competition in McDowell Columns auditorium Mar. 1. A pre-education major, Judy, Miss Belk Hall, sang "Don't Throw It All Away." She was co-captain of the volleyball team and named to the Regional All-Tournament team.

cond and third respectively.

Miss West Hall, Marian is a secretarial administration major. She performed a baton routine to "Let's Go Dancing" by Kool and the Gang.

Alison, a clerical administration major and Miss Mixon Hall, performed a ballet dance.

freshman princess during Spring Festival Saturday, April 23.

Judges were Howard Hunter, Jr. and Craig Laughton of Murfreesboro; and Kae Aycock, Mrs. Dorothy Pouk and Vivian Flythe of Ahsokie.

Spring Festival activities are sponsored by the Student Government Association. Last year's queen of spring, Yvonne Elliott of Richmond, was present to assist with the naming of the winners.

Poet/Novelist Coming

The award-winning North Carolina writer Fred Chappell will be on campus to discuss his art on Monday, 18 April.

Mr. Chappell is the author of fourteen volumes of poetry and fiction which, according to "Who's Who in America," have won him the Prix de Meilleur Des Lettres Etranger, North Carolina's Award in Literature, and Rockefeller and National Academy of Arts and Letters fellowships.

While his visit allows students and

would-be writers to hear his insights into the art of writing, it also provides them with the opportunity of meeting and talking with a successful, published, author who is, as we like authors to be, an interesting man.

Mr. Chappell will discuss his writing at 11:00 and 2:00, then will read from his work at the monthly meeting of the Lyceum (which is open to everyone). The discussions and the reading will be in Marks Hall Auditorium.

Two other sophomores, Marian Leigh George of White Stone, Va. and Alison Roberts of Richmond, Va., placed se-

The talent show is included among the competition leading to the naming of the sophomore queen of spring and