

# Hattie Jones:

## A life enriched by students

By Karen Uberti

Hattie Jones, a long-time faculty member at Chowan College, as well as a sponsor for the Data Processing Management Association, helped that organization celebrate its anniversary this past fall. Mrs. Jones founded the Chowan DPMA student chapter in 1983. The other sponsors of this computer-related association are Andrea Eason and George Hazelton.

Jones was raised in Bluefield, Virginia, received her B.S. at Concord College, her M.Ed. at Virginia Polytechnic Institute, and also pursues additional graduate study at various other institutions of higher learning.

"When our paths cross, our lives are better," is Jones' motto concerning the students she has encountered throughout the past twenty-five years. She feels that teaching is extremely rewarding because her life is enriched by the students that she comes into contact with. Mrs. Jones, however, once was very content with her job in banking, and is still very interested in mingling with the stock market.

DPMA, she feels, is a tremendous organization. The one drawback which keeps her, as well as the other sponsors, on her toes is the fact that at Chowan the students leave after a period of two years. In turn, Jones



Hattie Jones, a warm friendly person, is one of the sponsors of the Data Processing Management Association. (photo by : Ken Tranio)

would see the development of this two-year institution into a four-year school a plus for her department.

Mrs. Jones is very satisfied with her surroundings at the moment. She plans, upon retirement, to go back

home to the mountains with her husband Bob. Jones would also like to do some more traveling- to Alaska. Other interests are playing the piano, walking, psychology, and possibly taking a course in modern dance.

## Honors Convocation address

# 'It's all in your mind'

(This address was delivered by Dr. Joyce Elliott, Department of Language and Literature, as the convocation address at Honors Convocation, January 15, 1990.)

Good morning! Welcome to Honors Convocation. How fitting to have the opportunity to recognize our honor students on Martin Luther King Day. In *Forward Day by Day* Edmond L. Browning, Presiding Bishop, The Episcopal Church, notes that many people would not be the proud, successful adults they are if Dr. King had not called them to claim their birthright, and many of you young people would not dare to dream at all without the fine example Dr. King left us. We claim as our own the man who refused to accept less than simple justice. Martin Luther King forgave seventy times seventy as we are commanded by Jesus to do, and yet Dr. King stood his ground (78).

Today, then, we honor our "honor" students, students who have achieved academically. The President's List is made up of students who have a 4.0 grade average, straight A's. The Dean's List names students who have a grade average of 3.5 to 3.99, and the Honors List is made up of students with a 3.0 to a 3.49 grade average.

I can sense some of you are not experiencing absolute delight at joining with us for this "honors" convocation. You may feel put out about being required to attend, and although you may not realize it, your response comes from inside you—it's an inside job. It's all in your mind.

Your attitude is one of the fundamental determinants of success, for we have images or pictures of our world inside our minds. These images or mind pictures are like "maps" of the territory of our worlds, and like maps our mind images can be fairly true or grossly distorted.

"Think of your mind as the internal computer that runs your whole person. But just like a computer, it has to be given the right program if it's going to do its job" (Haggai 27).

To begin with, we use only a small portion of our possible brain power. When I spoke with Professor James Dewar, he said in his understanding we use only about 10 to 15 per cent of the available power of our conscious minds. Under use of our mind power is a problem.

Second, we cop out by saying that our minds are laws unto themselves and that imposing control over them is impossible. However, Haggai suggests you can control what goes into your mind just as you can control what goes into your mouth (27)—just as you can choose what you eat to nourish your physical body.

Third, we put our minds on "passive" state and glue ourselves in front of the television screen. According to Robert MacNeil, co-anchor of the MacNeil/Lehrer NewsHour on the Public Broadcasting Service, "If you fit the statistical average, you will have been exposed to at least 20,000 hours of television by the time you are twenty. The only things Americans do more than watch television are work and sleep" (171).

Television discourages concentration. Television operates on the appeal to the short attention span through the use of variety, novelty, action, and movement (MacNeil 172).

Most rewarding things in life require consistent, constructive applied effort (MacNeil 171). Robert MacNeil calculated that the typical college student spends 5,000 hours working on a bachelor's degree. In 10,000 hours you could learn enough to become an astronomer or an engineer. You could walk around the world and write a book about it (171). All of this could be accomplished in just half the time you've spent watching television.

Discipline your mind imaging to bring benefits to yourself. Proverbs 23:7 in the Old Testament of the Bible tells us, "For as he thinketh in his heart, so is he." You are what you think. It's all in your mind, as our honor students who have achieved high standards of excellence have realized.

Get right with yourself by putting the right program in your mind computer. Leave no room for "garbage" to enter your mind. John Haggai makes three suggestions for a strong mind program.

First, determine what kinds of thoughts you want to dominate your mind. Store them in your memory.



Dr. Joyce Elliott

Use Bible verses such as Philippians 4:13—"I can do all things through Christ which strengtheneth me." (Haggai 31)

"Second, examine your situation and find positive affirmations to suit it," (Haggai 32) such as, Phil. 4:19—"My God shall supply all your need according to His riches in glory by Christ Jesus."

Third, act what you affirm. Do as you think.

Adopt the skills found in the booklet entitled, *About Making the Grade at College*, in order to give your very best to your academic pursuits as a student.

The first skill is to practice self-discipline by keeping a positive attitude, setting goals, working to reach your goals, and learning to avoid distractions (4).

The second skill is to use good study techniques by managing your time and finding a study place. Prepare for class and do your homework (5).

The third skill is to listen actively in class and learn to take good notes (6).

The fourth skill is to budget your time in order to honor your academic requirements and allow time for social life and extracurricular activities (10). All of these are important for your personal growth.

The fifth skill is to maintain good health by eating well, exercising regularly, getting enough sleep, and planning time for recreation (3).

The sixth skill is to maintain good health by eating well, exercising regularly, getting enough sleep, and planning time for recreation (3).

The seventh skill is to make use of the helps available to you on campus (14). The helps are in place here at Chowan College, so let's look at them specifically. All you need to do to use them is to ask for help.

The first help available to you is your academic advisers. Academic advisers provide information about curriculum requirements and credits needed for graduation. Your adviser cares about you personally. Keep in touch.

The second important help is your instructors. Instructors can help you with specific course difficulties you may be experiencing. Seek them out. Each professor has ten office hours a week set aside just for you students.

A third help available is our counselor, Mrs. Tripp, our counselor, is in Penny Hall 202. The counseling office is your home away from home, and Mrs. Tripp will be happy to help you with acquiring study skills and time management know-how.

The fourth help in place for you is our tutorial services. Tutorial services are managed by Mrs. Wooten. Go see her in Camp Hall 101 to find a student tutor to fit your particular course needs.

The fifth valuable help is the librarians. Librarians can familiarize you with resources in the library and help you find what you need. Mrs. Geraldine Harris is head librarian, and

we have able professional librarians to assist you.

So you see, you can use your mind powers negatively by frequenting Sandy Shores Nightclub, drinking alcohol excessively, and using other drugs like acid or coke or crack. However, you can use your mind powers positively by making the most of your God-given talents. You are unique with your own set of gifts or talents.

The choice is yours. Will your choice be mindless or will you engage in disciplined thinking or imaging? The Reverend Jesse Jackson, a close associate of Dr. King's, summarizes these thoughts for us. Mr. Jackson appeared on "Lou Grant," November 20, 1978, on CBS-TV. He spoke at a high school honors ceremony on the program, and unusual for a television dramatic show, the producers asked Mr. Jackson to speak extemporaneously instead of from the lines in a script. Dr. Jackson said, and I quote his words:

Today, we have the distinct privilege to share with you in this honors ceremony, and there are some basic principles that we need to establish very early. One of them is that learning is a personal thing. You really must want to learn.

You must say to yourself, as a student, "I can learn, it is possible. I ought to learn, it is the moral thing to do. It is possible, it is imperative that I learn." A teacher ought to say, "I can teach, I ought to teach, I must teach."

And thus we start with a very attitudinal premise, and we often say that it is not your aptitude but your attitude that determines your altitude, with a little intestinal fortitude.

We must live with the consequences of our decisions. If we spend three hours a night in front of a TV being entertained rather than three hours a night trying to learn how to read, write and think, we will live with the consequences of that decision.

If we become weak and superficial—and use pill power and cop out rather than will power and cope with it—we will live with the consequences of that decision. If we become isolated from the real world rather than insulated from it because we are tough on the inside, it's nothing but a choice.

So repeat this after me: "If my mind can conceive it, if my heart can believe it, I know I can achieve it! Because I am somebody! I am Somebody! Respect me! Protect me! Never neglect me! I am Somebody! Down with dope! Up with hope! My mind is a pearl! Nobody will save us, from us, for us, but us! I CAN learn . . . It is moral. I MUST learn. It is imperative. Right on!"

Although these words were said by the Reverend Jesse Jackson eleven years ago, he might very well say them to us here today, now. What will your choice be? It's up to you. "It's all in your mind." God bless you.

### Works Cited

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# Who is Dean Bruce Moore?

By Jennifer Allen

For all students who were not aware, we have a new Dean of Students at Chowan, Dean Bruce Moore. He is a friend of Dr. Jackson's for the latter part of twenty years and is part of a team trying to help improve the overall environment of Chowan College.

Dean Moore was born at Ft. Bragg in Fayetteville N.C. He was raised in fourteen states and in Tokyo, Japan. He attended Campbell University in Buies Creek, N.C., and earned a degree in Religious Education. The

Dean and his wife spent ten years living in Buies Creek both as Resident Directors in girls and guys dorms at Campbell. Of this experience the Dean says, we all are the same in the way we live and the messes we make, the only difference in the general chaos being the anatomy of its occupants.

Dean Moore has been working for the Baptist State Convention of North Carolina. He was an Adult Consultant there, taught at the Southeast Seminary, and was a Religion professor at Cambell. He is currently living in Richmond, Virginia and

commuting to Murfreesboro to serve us at Chowan.

The Dean enjoys basketball, tennis, and backpacking. There are rumors of getting together a coed backpacking club to check out some of the mountain areas, but nothing's official yet.

Dean Moore can be located on the second floor of Penny Hall and he is most eager to sit and talk with anyone about anything so stop by and say hello and welcome our new Dean to Chowan.

## Newspaper Photo Contest Is Announced

This semester, Smoke Signals is sponsoring a photography contest through the student newspaper, Smoke Signals. Judges for the contest will be Mr. Herman Gatewood, Mr. William Sowell and Mr. Mel White.

### The rules are as follows:

- 1) The contest is open to all students attending Chowan College. Day or boarding students.
- 2) Prints must be 5x7 or larger.
- 3) The students name, P.O. box #, dorm and room #, and wheather he or she is freshman or sophmore must be on back of photo(s). Day students should put their name, P.O. box #, and home phone #.
- 4) Photos are to be dropped off at Horner Graphics. There will be a box in the office for the drop off. **All photos must be submitted by Febuary 28, 1990. No late entries will be accepted.**
- 5) The two best photos from each categories will be printed in the April issue of Smoke Signals.
- 6) There will be four (4) catogories divided into a freshman and sophmore division. The catogories will be as follows: Best color photo, best black and white, best scenecic and action shot. The students may enter one or all four catogories as long as they specify which category they want their photo in.
- 7) The winning photos will be awarded certificates of merit and ribbons and will be on display in Horner Graphics. Any questions refering to the contest should be refered to Ken Traino, editor, who can be found in Simons dorm, room 319. **The Smokes Signals staff wishes good luck to everyone!**

## Dear Zoey

Dear Zoey,

There is this girl that I've just gotten to know in the last week. Although I've only really known her a week, we have traveled many miles together and talked a lot. We have a lot in common and get along well together. The only problem is that there has been a lot of pasta slinging going on. What I mean is that we get along good and everything, but I'm not really sure about her feelings and I want to really get to know her better. What should I do?

Strawberry Hill

Dear Strawberry,

It sounds as if you and this girl have really hit it off!! However, if you don't let her know how you feel soon, she may get the impression that you are not interested in pursuing more than a friendship. You seem like a considerate person with good intentions. The best advice I can give you is to follow through with your emotions. However, remember to take things slowly. The best relationships are built on a strong friendship. About the pasta slinging- "Take It As It Comes." I'm positive you can't go wrong.

Zoey

## Smoke Signals Staff

Ken Traino  
(Editor)  
Dee Dee Babb  
Karen Uberti  
Jennifer Allen  
Holly Bradly