

Pembroke State University

BY GENE WARREN



FIFTEEN TEACHERS FROM PSU ARE "TEACHERS OF THE YEAR"

The list is incomplete, but our latest clipping service shows that 14 teachers who graduated or attended Pembroke State University have been named "Teachers of the Year" at their various schools or school systems. Many have gone on to earn their Master's Degrees in Education at PSU.

It again shows what a tremendous service Pembroke State University renders to this state...and particularly this area.

In alphabetical order the "Teachers of the Year" and where they were chosen are as follows: Kathy Biggs, Union Chapel; Ruby D. Buchanan, Pemboke Elementary; Aggie G. Deese, Prospect; Mazie S. Gibson, Oxendine Elementary; James Monroe Hunt, Piney Grove Elemen-

tary; Mildred Johnson, Fairmont City Schools; Josephine Lecklear, South Robeson High; Mrs. Clyde McKee, Lumberton City Schools; Deana Revels, Magnolia; Elizabeth Dickey Spencer, Parkton; Celena Schmallegger, Long Branch; Sandra Strickland, Robeson County Schools; Mary Moore Williams, Bladen County Schools and Elaine Wilson, Ashley Chapel School in Richmond County.

Congratulations to all of these fine teachers!

FINE TRIBUTE TO EX-PSU PROFESSOR

Miss Mae Walker, PSU professor of English from 1965-73 at Pembroke State, was treated royally when she was inducted recently into the Literary Hall of Fame at Lincoln Memorial University of Harrogate, Tenn.

Each inductee was honored with a small plaque on the

wall of the "Literary Hall of Fame", located in the LMU Library. The plaque included a photograph and biographical sketch of the honoree. The inductees were also honored during the alumni banquet and presented a "Literary Hall of Fame" scroll. This "Hall of Fame" will contain all available works of the various authors.

DIRECTOR OF ADMISSIONS COMPLETES NORTHERN TRIP

In an effort to recruit more students from the greater Washington, D.C. area, Dr. Robert Reising, PSU's acting Director of Admissions, recently took a five-day trip to that region. He visited schools in Virginia, Washington, D.C. and Maryland.

Assisting him on his visits were Woody Hunt of Falls Church, Va., W.J. Strickland of Alexandria, Va. and Dr. Tommy Swartz of Upper

Marlboro, Md. Both Strickland and Swartz are PSU alumni, while Hunt, although not a PSU graduate, is a member of the PSU Alumni Association. Swartz formerly played basketball for the Braves.

"All were extremely helpful," said Reising. "They drove me around and helped me to set up appointments."

Dr. Reising plans to visit the New York and New Jersey area in the spring. "We know precious little about that area. We need to develop consistency there and visibility," he said.

"NIGERIAN DAY" HELD THURSDAY

Along with Thursday's "College Day" on the PSU campus and the special PSU musical concert that night dedicated to Ira Pate Lowry, one of the University's greatest benefactors, Thursday also saw another important observance at the University.

It was "Nigerian Day," sponsored by PSU's International Students Club. A special program was held in the lecture room in Classroom North with PSU's Nigerian students wearing native costumes, having speakers, and treating visitors to Nigerian refreshments.

LOREN BUTLER TO BE CHANCELLOR'S RADIO GUEST

Loren Butler, the long-time history professor who has formed such colorful units as the Garibaldi Guard which fires old-time muskets, will be the radio guest of Chancellor Paul Givens on the weekly program, "From the Chancellor's Office," Sunday at 10:45 a.m. over WAGR in Lumberton.

STUDENT ADMISSIONS CORPS ELECTS NEW OFFICERS

The Student Admissions Corps at PSU, which helps to show prospective students around the University campus and does many other things to help student recruitment, had a recognition banquet Monday night at Sheff's Seafood in Pembroke.

The new slate of officers elected were: president-Priscilla Jacobs, sophomore, daughter of Mr. and Mrs. Tommy

Jacobs of Lumberton; vice president-Beverly Stephenson, junior, daughter of Mr. and Mrs. Joseph M. Stephenson of Conway, NC; and secretary-treasurer and Marie Long, sophomore, daughter of Mr. and Mrs. James C. Long of Fayetteville.

Lillian Rogers, admissions office counselor who is leaving that position because of getting married, was also honored at the banquet. She received a plaque presented by Chancellor Paul Givens.

DR. BEATTY RECEIVES TO STATE APPOINTMENTS

Dr. Ray Von Beatty, PSU director of counseling and testing, has received two state appointments: (1) to serve on the Counselor Licensure Committee of the N.C. Personnel and Guidance Assn.'s Executive Council; and (2) appointed membership chair man of the N.C. Assn. of Specialists in Group Work.

PSU ARTISTS COMPLETING MURAL IN RED SPRINGS

Paul Van Zandt, chairman of the PSU Art Department, and two members of the art faculty, Ralph Steeds and Stanley Jenkins, are painting a Red Springs town mural. It is on the side wall of the downtown area--and is almost complete. It depicts the old Red Springs Hotel. Several PSU art students have assisted them in the work.

They used as a model a photograph enlarged from an old postcard of the hotel.

YOUNGER GRADES SHOULD PLAN FOR SCIENCE FAIR

When PSU has its third annual Southeastern Regional Science Fair next April 1, the younger grades from the fourth up will be able to participate. The fair had been for junior high and senior high students in previous years.



Renita Parsons, PSU student from Pembroke, took part in PSU's recent two-week "Phon-A-Thon" to alumni. A total of \$9,455 was pledged through the effort with 47 percent of those reached making pledges.



The new officers of PSU's Student Admissions Corps receive congratulations from Monday's recognition banquet at Sheff's Seafood in Pembroke. Left to right, the officers are: Priscilla Jacobs, president; Beverly Stephenson, vice president; and Marie Long, secretary-treasurer.

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Letters To The Editor

TO MIKE ON THANKSGIVING

You weren't with us today, Mike
For our Thanksgiving Feast
Oh, how we missed and thought of you
To the point where some didn't eat

We cried and cried
And still wonder why
They had to kill you
Why you had to die

Why didn't they just beat you up
And then go on their way
Or shoot you in the arm or leg
So with us you could have stayed.

Why didn't someone, somewhere say
The words there in that court
That would have set the record straight
And given justice of a sort.

We've wondered and we've questioned
And Mike, its just not fair
Because the Holidays are especially hard
Knowing you won't be there.

But we realize it was in God's plan
And He will help us through
We realize that He'll be there
To call on-when we miss you.

And we're God's people and must forgive
We know their wrongs they'll meet
So we hope they had a very good day
And their Thanksgiving meal could eat.
Felicia

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Health News . . .

"Tell Me, Doctor - What Is A 'Pinched' Nerve?"

BY DR. ROGER R. ROFF
Doctor of Chiropractic

On varying occasions I'll read of "neurothipsia" - it's a common topic of conversation among Doctors in general and Chiropractors in particular.

However, the average person doesn't know the condition by its "formal" name; you'd probably recognize its "nickname:" the pinched nerve.

It's unfortunate that so few know of the neurothipsia syndrome and are aware of the condition. The 'pinched nerve' gets bantered around in on-the-job or cocktail conversation, but very few people actually relate themselves to it.

What are the symptoms? The list is almost too long to enumerate. That's not to say an individual must have them all or at the same time. I don't think I've ever met anyone that sick. But if a person is affected by one of the major 'pinched nerve' symptoms he (or she) should consider it a glaring danger sign that signals the need for prompt and effective treatment.

Usually a pinched nerve or neurothipsia manifests itself through nervousness and irritability. Frequently headaches are involved. There is often dizziness or an inability to think clearly or to concentrate.

As for the pain, it can be, literally, in the neck, or in the shoulders, arms, back or legs. Sometimes there is a tightness in the chest or pain between the shoulders



Dr. Roger R. Roff

when you take a deep breath. A nervous stomach can be the warning signal.

There are other signs and symptoms, but those mentioned are the most common.

If you suffer from the symptoms seek immediate treatment; let the symptoms be your inspiration to seek effective correction of the problem.

FEEL FREE TO CALL ME AT 738-9883 AND TALK OVER YOUR PROBLEM.

ROFF
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