

# Hills food stores

THE HILLS NEAREST YOU  
Union Chapel Road  
PEMBROKE, N.C.

# Hills and PARKERS

## THE TEAM FOR YOU!

NOW that Hills and Parkers have joined forces, you can expect a significant reduction in your total grocery costs. The joining together of Hills and Parkers enables us to serve all our 38 stores from two large, modern distribution warehouses. We've cut out the middle man so the food you need

comes direct from the manufacturer to you. This means better grocery prices to all the 300,000 customers who shop Hills and Parkers every week. So now, more than ever, when you come into Hills . . . and Parkers, you'll come out ahead.



# Pembroke State University SPORTS

Gary Spittler  
Sports Information Director



Harold Ellen is the new NAAIA Baseball Coaches Association President for 1984-86. He is baseball coach at PSU.

### HAROLD ELLEN IS PRESIDENT OF NAAIA ASSOCIATION

Harold Ellen, head coach at PSU since 1968 has been elected as President of the NAAIA Baseball Coaches Association for a two-year term. He assumed this position in August.

"It is a big honor for me as the membership votes on officers every two years," commented Ellen who owns a 305-240-6 coaching mark at PSU. "It's a big honor to be selected by your peers to lead for a two year period and it is good recognition for PSU."

Ellen continued, "This gives me the opportunity to do some things for the sport of baseball that I have not been able to do previously."

There are over 500 baseball playing schools which are members of the NAAIA and Ellen is the first Pembroke State coach to hold a position as high as this.

Other officers elected to assist Ellen were: Pat Ricci of Western New England, Mass., First Vice President; Dick Naylor of Hanover, Ind. as Second Vice President; and Doug Minnis of Western Missouri State College as Secretary.

Ellen has served on many committees and services for the NAAIA during the past four years including being on the playoff procedures committee, the national rules committee, hospitality committee, clinic committee, editorial and publication committee and he presently serves as a member of the national executive committee of the American Baseball Coaches Association representing all NAAIA, NCAA and junior colleges for baseball.

Ellen is also a member of the U.S. Baseball Federation and he recently served as a member of the baseball Olympic Selection Committee for South Carolina and Southeastern North Carolina.

Ellen has led the Braves four NAAIA District 26 championship titles and last season won his 300th career game. His best seasons have been in 1968 (28-7), 1972 (24-8), 1973 (28-10), and 1979 (23-12).

His duties as the NAAIA Coaches Association President is to make all appointments for 20 standing committees plus direct the baseball program for the NAAIA according to the guidelines set by the national office and the coaches association.

He and his wife, Patsy, reside in Lumberton where she is a teacher for gifted and talented students at Lumberton Junior High School. They are the proud parents of three sons: David, credit manager at Wachovia in Fayetteville; Rick, a freshman at PSU; and Rodney, a junior at Lumberton Senior High.

**WOMEN'S TENNIS TEAM ENDS UP UNDEFEATED**  
PSU women's tennis coach Ann Webb has been smiling a lot lately and it is no wonder as her women's tennis team has posted a perfect 5-0 record.

It marks the first time of being undefeated in the fall season and gives the Lady Braves the push possibly needed to post the best record in school history this spring when they complete their 1984-85 schedule.

"It has been a real team effort and all the girls have been playing well," elated Coach Webb. "The key to our success has been that the team has pulled out the tough matches. I believe that the experience of our players has

paid off and the players are playing with confidence."

While Coach Webb said it was hard to single out any one player, all have been doing well. Yvonne Holder, played No. 4 singles, posted an undefeated 4-0 fall record in leading the Lady Braves. All-District performer Monica Hamm went 3-2 in the fall.

Pembroke State downed UNC-Wilmington, Atlantic Christian twice, Methodist, and Campbell to post their perfect mark.

The best season ever in women's tennis came in 1979 when the Lady Braves were 10-7. Last season, the Lady Braves were 10-9, only the second time in school history to win 10 matches, the record for wins in a single season. The sport began at PSU in 1974 so this being the 12th year of the sport could break all the records.

### BASKETBALL GAMES TO BE BROADCAST

PSU basketball fans can once again tune in to their local radio station for PSU men's basketball action in 1984-85. A 21-game broadcast schedule will be handled by WTSB AM (580 on the dial) in Lumberton.

Announcement was made today by PSU Sports Information Director Gary Spittler.

"We are pleased to have our games once again broadcast to our many alumni, friends and supporters of PSU. We hope that this year's broadcast will become the first of many years of working together," Spittler commented.

A schedule of 21 games will be broadcast. These will include all 13 home games and all the Carolinas Conference away games, that's games at Atlantic Christian, Catawba, Elon, Guilford, High Point, Lenoir Rhyne, Pfeiffer and Wingate. All these games will be broadcast live or on a tape delay basis.

Henry Hoot, President and General Manager of the station commented: "WTSB covers all of Robeson County and beyond. We are excited about doing the PSU basketball broadcasts in 1984-85 and truly hope that this season will be the first of many years of broadcasting the games."

The first game to hit the airways will be the PSU vs. Methodist games scheduled on Nov. 26 at Pembroke State.

## THE COACH'S CORNER

Ken Johnson

### SPORTS 20-20 HINDSIGHT

"If I had or if we had of done different we would of won." How often we hear this comment. It is true- 20-20 hindsight. If the fly ball had been caught, if the putt had not been missed, if the tennis player had not doubt faulted, if we had made that lay up, if I had to do it over again it would be different. But that is the nature of sports. Games are lost most of the time and not won. A change in strategy. Failure to press on defense, failure to rush the passer in football, a missed bunt in baseball, 97 miles an hour pitches by Gossage in the World Series and Parrish of Detroit dug in and blasted it out of the park. The Jets & Marino stopped in the first half simply by rushing him but in the second half he had all day to pass. Apparently they had changed and hoped to cover the receiver better but it didn't work. The game of life is like that too, sad to say.

We all win some and lose some but life has to go on. We have to take the good with the bad and keep smiling if possible and not blow it.

-Ken Johnson

"Highest Quality" Whole Rib Eyes  
LB. **2.99**

"Highest Quality" Sirloin Steaks  
T-Bone Steaks LB. **2.19**  
LB. **2.49**

Firm & Ripe Large Florida Tomatoes  
LB. **59¢**

Parkers or Hills Sliced Bacon  
REG. OR THICK LB. **99¢**

Colony Farms Turkeys  
12 - 14 LB. AVG.  
LB. **79¢**

New Crop Florida Oranges  
LIMIT 2 PLEASE  
4-LB. BAG **99¢**

**Hills** Finest Meats  
Sizzle Lean Sausage Reg. & Beef 12-OZ. **1.29**  
Brown & Serve Sausage Ctry. Beef, Reg. 8-OZ. **1.19**  
Thorn Apple Valley Cheese Franks or Beef Eaters LB. **1.59**  
Thorn Apple Valley Sausage Patties LB. **1.59**  
Thorn Apple Valley Smoked Sausage Beef, Hot, Polish, Reg. LB. **1.99**

Farmers Choice Turkey Breast LB. **1.69**  
House of Raeford Turkey Bologna LB. **69¢**  
House of Raeford Buffet Hams LB. **1.29**  
Fresh Frozen Ducks LB. **99¢**  
Royal Crown Smoked Ham LB. **99¢**  
Red Rind Cheese LB. **2.19**

**Hills** Fresh Produce  
Locally Grown Fresh & Crisp Broccoli LARGE BUNCH **99¢**  
Dry Yellow Globe Onions MEDIUM SIZE 3-LB. BAG **69¢**  
Locally Grown Purple Top Turnips LARGE BUNCH **89¢**  
Hormel Canned Hams 3-LB. CAN **5.99**  
Gold 'um Grillems LB. **89¢**

Showdrift Shortening  
3-LB. CAN  
**1.69**  
LIMIT 1 WITH \$10 MIN. PURCHASE

Perfection Long Grain Rice  
3-LB. BAG  
**59¢**  
LIMIT 1 WITH \$10 MIN. PURCHASE

Hunt's Ketchup  
32 OZ.  
**69¢**  
LIMIT 1 WITH \$10 MIN. PURCHASE

Pet Fruit Blackberry Cobbler 26-OZ. **1.49**  
Pet Whip Topping 8-OZ. **59¢**  
Ortega Taco Shells 4-OZ. **79¢**  
Skinner Macaroni OR SPAGHETTI 7-OZ. **4/99¢**  
Swiss Miss Hot Cocoa Mix 12-OZ. **89¢**  
Banquet Chicken Platters 7-OZ. **99¢**  
Wizard Dry Deodorant Spray 5-OZ. **99¢**  
Coke, Tab, Sundrop 2-LITER **1.19**

**Hills** Grocery Items  
Luck's Pinto Beans 29-OZ. **79¢**  
Swiss Miss Pudding Pops 12-CT. **1.99**  
Mrs. Smith's Frozen Pies 26-OZ. **1.69**  
White Cloud Bathroom Tissue 6-ROLL **1.69**  
Sunsweet Prune Juice 40-OZ. **1.29**  
Tide Detergent 84-OZ. **3.29**  
Crisco Oil 32-OZ. **1.69**  
Viva Towels ROLL **69¢**  
Safeguard Soap 4 BATH **1.99**

Premium Saltines 1-LB. **99¢**  
Light and Lively Yogurt 6-OZ. **3/1.00**  
Luzianne Tea Bags 100-CT. **1.79**  
Hefty Kitchen Bags TALL / 15-CT. **99¢**  
Glad Handle & Tie Trash Bags 10-PK. **1.29**  
Glad Handle & Tie Garbage Bags 10-PK. **79¢**  
Duncan Hines Cookies ALL FLAVORS / 12-OZ. **1.49**  
Kraft Cheese Singles 12-OZ. **1.49**

1/2 Liter COKE  
Returnable Bottles  
**\$1.79**  
8-Pack

All Flavors Ma's Drinks  
2 LT. **59¢**

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