

## FEATURES

# Rivers Enjoys Coaching Cheerleaders

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News Editor

It's 6:45 a.m., in the middle of the August heat. Fifteen young men and women stumble down to the practice field at Winston Salem State University to endure in a one mile run and a strenuous exercise practice before breakfast. Everyone is dragging their feet and not too many words are said between them, except for the happy few that have never done it before. (However it will not be long before they to will be as quiet as mice.) In the background, a very insistent voice calls out, "Let's go! Let's hit that mile." In the back of everyone's mind the words, "You must really love this or you sure are crazy," flash through a few times. "Oh, it's not that bad," says the voice. "Just think when you put those uniforms on, you will be so proud of yourselves and so will I."

This voice that called out to those 15 young men and women belongs to the WSSU's cheerleading coach, Debra L. Rivers, a 1976 Business Administration graduate. She is now a process manager at Brown and Williamson Tobacco Company.

"I love it. I have been the cheerleading coach for the past 13 years and I love it," said Rivers. "The

cheerleaders had to go through long hours at practice over the summer. They attended four practice sessions a day, two of which I attended. Now, they practice at least two hours and half each day."

Rivers decided to attend WSSU after a visiting her sister. "My sister attended WSSU and when I came to visit I knew this was a place where I could discover my abilities," said Rivers. "I was involved in cheerleading and became a member of Zeta Phi Beta Sorority, Inc., I pledged at WSSU," said Rivers.

After graduating from WSSU, she decided to become the cheerleading coach. She felt it was the perfect way to give back to WSSU.

"I wish there were more alumna like Ms. Rivers, that would remember their roots and give back to the school they attended," said Heather Zimmerman, a junior education major, from Raleigh.

Rivers' standards are set high and they must follow them or suffer the consequences. She feels cheerleading is similar to a job because, "you have to be on time for practice and games and must follow the guide lines that have been set."

"She's well orientated, dedicated and professional. She's stern and her rules sometimes makes you feel like giving up but in the long run everything she does is

only to make us better people," said Tina Brumfield, a senior nursing major from Fayetteville. "Ms. Rivers is one person that I will always cherish. No matter how bad things are she is always there for her squad," said Brumfield.

Rivers and her past squads, have worked hard to achieve the reputation that follows WSSU cheerleaders everywhere they go. When selecting her squads she looks for the best. "Basically I look for people that will represent WSSU well and will uphold the tradition that past squads have worked so diligently to attain," said Rivers. If a person knows how to cheer, will follow the standards and has a good attitude then he or she has a good chance at becoming a WSSU cheerleader.

"She's great! Since Ms. Rivers has been the coach at WSSU, she expects nothing but the best squad to represent her and the school. That in itself says a lot about the kind of woman she is," said one of the squad's captains Terrica Miller, a senior nursing major from Charlotte. "She's a woman that is well respected by those that know her. Ms. Rivers is a strong, black woman and a positive role model to any young black sister."

What has kept Rivers coaching for 13 WSSU cheerleaders years?

"I stayed because I love cheerleading

and I have met some wonderful students. When they graduate and return for Homecoming or call to inform me of their successes it is all a great big reward. It just let's me know that I am doing something worthwhile," said Rivers.

Rivers feels that being a coach not only has the job of being stern and establishing rules but it also means being a listening ear for her squad.

"She's a great coach, even though we are younger, she treats us as her equal. That makes us feel comfortable with her. She takes a lot of time out her schedule just for us. Ms. Rivers is certainly like a second mom to me," said sophomore Sekina Arnold, a nursing major from Raleigh.

Rivers received the feeling of family from WSSU and in turn she feels that same feeling on her squad is beneficial. "Once you achieve that step of becoming one in that specific setting then its much easier to get things done," said Rivers.

"I always want the best for my students and encourage them in any way that I can. I always tell them to set their goals higher than what they think they can reach. Then when they reach that particular goal, they will know that there is nothing that they can't achieve," said Rivers

## Cooking With Rico!!

Hey All of you Ram Cooks! Welcome Back To Cooking With Rico!! Here's the second installment of those mouth-watering, "make-you-want-to smack somebody" recipes.

### Chicken-Macaroni Casserole

1 1/2 cup of uncooked elbow macaroni  
1 cup shredded cheddar cheese  
1 1/2 cup of diced cooked chicken  
1 can of mushroom stems and pieces  
1/4 cup of chopped pimientos  
1 can of condensed cream of chicken soup  
1 cup of milk  
1/2 teaspoon of salt  
1/2 teaspoon curry powder

### Chicken Casserole Deluxe

1 package of Noodles Romanoff (5.5 ounces)  
1 can of condensed cream of mushroom soup (10.5 ounces)  
2 cups of cut-up cooked chicken  
1 package of frozen chopped broccoli, thawed and drained  
1/2 cup of ripe olives, cut into wedges

Heat oven to 350 degrees. Prepare Noodles Romanoff as directed on package except use 3/4 cup of milk. Stir in soup,

chicken, broccoli and olives. Pour into an ungreased, 2 quart casserole dish. Cover; bake 25 to 30 minutes or until broccoli is tender.

### Three-Bean Casserole

1 package of frozen lima beans (10 ounce)  
3 cans of baked beans(6 cups)  
3 cans of kidney beans, drained (5 cups)  
1 pound of Italian link or pork link sausages  
1/2 pound cooked ham, cut into cubes  
1 medium onion, chopped  
1 can of tomato sauce(8 ounce)  
1/2 cup of ketchup  
1/4 cup of brown sugar(packed)  
1 tablespoon of salt  
1/2 teaspoon of pepper  
1/2 teaspoon of dry mustard

Heat oven at 400 degrees. Cook lima beans as directed on package; drain. Put into 4 1/2 quart casserole dish. Add baked beans and kidney beans in a covered skillet. Simmer sausage in a small amount of water for 5 minutes. Drain the liquid from the skillet and fry the sausages until brown on all sides. Cut each sausage into 2 or 3 pieces. Add sausage pieces and ham to the beans. Stir together the remaining ingredients; pour over beans and gently mix. Bake uncovered for 1 hour.

If you have recipes that you would like to share with our readers please submit them to this column. Please print or type them (be sure to include your name), then drop them off at the News Argus Office, 318 Hall-Patterson Bldg.