

Pembroke State University

BY GENE WARREN



program, "From the Chancellor's Office," scheduled at 10:45 a.m. Sunday over WAGE in Lumberton. Lee, who also introduced Jim Valvano at Tuesday's fund raising dinner, begins his basketball season Friday with a home game against Methodist at 9 p.m. The PSU women's team hosts Radford in the preliminary at 7 p.m.

JIM VALVANO WOVES HIS AUDIENCE

Jim Valvano, the N.C. State head basketball coach, was everything that advance notices said he would be as a speaker Tuesday night at PSU's fundraising dinner. "He's the best we've had," said one observer. "Really great!" said another.

This was the reaction heard from everyone as Valvano, a transplanted New Yorker, delighted the audience with a multiplicity of jokes, played a tremendous tape with which N.C. State should recruit just about any basketball player, and closed with a serious, challenging note about the importance of motivation.

The official report was that 276 were fed at the dinner. This compares with 219 the year before. Ticket sales, however, numbered 324 for a total of \$16,200. This was a fine showing. PSU has already soared over the \$56,000 mark in blazing toward its Annual Giving goal of \$100,000 during this academic year.

The audience was a "Who's Who" of Robeson County, including newly elected State Senator David Parnell, Rep. Sidney Locks and Rep. Pete Hasty. Rev. E.B. Turner, a member of the UNC Board of Governors and recently elected to two state posts, gave the invocation.

Chancellor Paul Givens of PSU thanked the audience not only for its financial support but also "for caring about this fine University."

Valvano, who had spoken earlier Tuesday for a YMCA fund raiser in the Raleigh area, said "motivated people can accomplish anything. There is nothing a motivated person can't do."

He talked about the importance of "having a dream and having enthusiasm." Valvano explained that his father is 70 and has dreams of what he'd like to do the rest of his lifetime. "Motivated people are enthusiastic by nature," he added.

He said a person should: (1) reach for his potential; (2) lead a life that brings respect and admiration; and (3) contribute back to the community in which one lives.

"It is always a pleasure to speak to groups like this who are helping people," he said. "People who want to reach out and touch somebody. I

have no doubt that you will reach that \$100,000 goal you've set for yourself."

Valvano won the audience quickly at the start by jokingly refusing to permit the photographer to take pictures of his profile. "When you have a nose like mine, you want pictures taken only directly from the front," he smiled. The audience loved it-- and much, much more followed.

Especially enjoyable was the tape he played in which he was a N.C. State recruit to the corner of the Keynote Coliseum court and has the music from "Chariots of Fire" playing as a radio announcer projects over the loud speaker about how that player will succeed with the Wolfpack.

Valvano who stresses motivation so strongly, said he even has a practice session of his players lifting him to cut down the nets after N.C. State has won a future national championship. "I want us to do it right when the time comes," he said happily and with enthusiasm. It was a great evening--and PSU thanks all of its supporters who backed the University by being there.

PSU PHONE-A-THON WELL UNDERWAY

The second annual PSU Phone-A-Thon, in which the University telephones at night its alumni over a two week period, began Monday and Tuesday with \$1,028 being pledged for the Annual Giving Campaign. A total of 387 calls were made from the Sampson Hall Administration Building at PSU.

Working with the group making the calls are Dr. Matt Morrison, PSU director of radio, tv & communications, and Walter Ozandine, PSU director of alumni affairs.

Telephone calls will be made Nov. 15-18 between 6:30-9:30 p.m.

170 PINTS OF BLOOD DONATED AT PSU

It was reported by the PSU Student Affairs Office that 170 pints of blood were donated during the American Red Cross's Bloodmobile visit Tuesday. Tau Kappa Epsilon was the sponsoring fraternity.

BILLY LEE TO BE RADIO GUEST SUNDAY

Billy Lee, who has coached PSU to two successive Carolinas Conference basketball championships, will be the radio guest of Chancellor Paul Givens for the weekly



Jim Valvano, right, N.C. State's head basketball coach, is shown at PSU's fund raising banquet with PSU Chancellor Paul Givens, left, and PSU basketball coach Billy Lee, center. Ticket sales to the dinner numbered 324 for a total of \$16,200 at last count. (Bill Hunt photos)



This is part of the 276 people who attended PSU's annual kickoff dinner to its Annual Giving Campaign Tuesday night. They packed the Auxiliary Gym at PSU's Jones Center.



Veronica Hunt, left, of Pembroke and Will Thornton of Clinton were among those contributing blood Tuesday during a Red Cross Bloodmobile visit to PSU. A total of 170 pints were reported donated.

CHANCELLOR GIVENS ATTENDS CONFERENCES

Dr. Paul Givens recently attended the annual meeting of the American Assn. of State Colleges and Universities, meeting in Nashville, Tenn., and also the N.C. Association of Colleges and Universities at Winston Salem. Dr. Leon Reed, PSU vice chancellor for academic affairs, joined him at Winston Salem.

MARY LIVERMORE LIBRARY EXHIBIT ON ARAB WORLD NOV. 14-20

An exciting photographic exhibit entitled "Unity and Diversity in the Arab World," sponsored by the League of Arab States, will be presented at PSU's Mary Livermore Library Nov. 14-20. The 40 color photographs will be displayed in the lobby of the PSU Performing Arts Center. An opening reception is set Sunday from 3-5 p.m.

RED BALLOON SERIES RESUMES NOV. 20

On Saturday, Nov. 20, the second Red Balloon Children's Series attraction of this academic year is scheduled at 7 p.m. in the PSU Performing Arts Center. It is a puppet show about "The Legend of Sleepy Hollow" and "The Sorcerer's Apprentice." Ticket price is \$3.

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PEMBROKE STATE SPORTS

By Gary Spittler
Sports Information Director

PSU LADY BRAVES BASKETBALL SEASON LOOKS TO BE ONE OF HIGH HOPES

"I have been the most pleased during pre-season practice that I have ever been before."

PSU women's basketball Coach Linda Robinson feels that the Lady Braves could have one of the best years ever when they open the 1982-83 women's cage schedule hosting Radford on Nov. 19.

"Our maturity has been showing in practice and the team has been working hard," continued Coach Robinson. "If they continue working hard, we'll have a successful season."

Coach Robinson continued, "We will have to cut down on our mistakes, but depth is going to be a definite advantage."

And that it is. The Lady Braves return 10 lettermen and return all five starters to a team which finished last season with a perfect 10-0 home record, 7-0 regular season Carolinas Conference mark, and a 16-9 overall 'ogsheet.

"Our players have been fitting into the offense and the defense has been coming into play," added Coach Robinson. "Our players are fitting into the system real well. It is fun coaching them. We will be involved in a tough conference and district race, but we find it a real challenge."

Assistant Coach Lalor Jones is equally as pleased with the only newcomer to the team being 5-8 freshman forward Leslie Malichi of Connersville, Indiana.

Two seniors will lead the attack for the Lady Braves in 5-11 senior center Donna Moody of Fayetteville and 5-4 senior guard Sheila Stephens of Orrum. Last season, Moody was All-Carolinas Conference and All-State in the AIAW. She also led the team in scoring with an 18.8 scoring average and pulled down an average of 7.9 rebounds per contest.

Four juniors will provide the back up leadership. Returnees include 5-11 forward Monica Tyner of Fayetteville,

5-9 guard Lisa Mason of Fayetteville, 5-11 center-forward Sandra McClenny of Pikeville and 5-11 forward Lisa Griffin of Vass.

Equally, four sophomores return for the Lady Braves in 6-0 all-conference center Barbara Green of Chocowinity, 5-8 forward Sylvia Tart of Dunn, 5-7 guard forward Dee Major of Fayetteville, and 5-9 forward Tracey Williams of Salemburg.

The Lady Braves will open their schedule playing two doubleheader games before the men's contests. The dates are Nov. 19 vs. Radford and Nov. 22 vs. Catawba.

The complete 1982 basketball schedule is: Nov. 19--RADFORD; 22--CATAWBA; 19--at Wngate. Dec. 2--FRANCIS marion; 4--GARDNER WEBB; 6--pfeiffer; 8--HIGH POINT; 11--ELON. Jan. 8--CAMPBELL; 12--WESTERN CAROLINA; 15--GUILFORD; 17--At Catawba; 20--WINGATE; 24--ATLANTIC CHRISTIAN; 27--FAYETTAVILLE STATE; 29--at Guilford; 31--at UNC Wilmington. Feb. 3--At Elon College; 7--at Atlantic Christian; 9--at Coastal Carolina; 12--PFEIFFER COLLEGE (Homecoming 1983); 15--UNC WILMINGTON; 17--at High Point; 19--at N.C. A & T; and 21--at Campbell.

DEE MAJOR HONORED IN VOLLEYBALL AT PSU

Dee Major, a sophomore at PSU* has gained several honors now at the conclusion of the 1982 volleyball season.

Major has been named All-Carolinas Conference and honorable mention All-NAIA District 26 for her efforts during the 1982 volleyball season. It was because of Major's contributions that the Lady Braves posted the first 20-win season in volleyball since 1976 going 21-11 on the year.

"Dee is an outstanding young lady as well as an outstanding athlete," state PSU Coach Tommy Thompson. "We are very proud of her and she is very deserving. She leads by example and has tremendous desire and dedi-

tion." Coach Thompson continued, "As captain of next year's team, we look to her for continued leadership, hard work, and the same display of enthusiasm she had this year."

Major also plays basketball at PSU, so she will be back in a PSU uniform on Nov. 19 when the Lady Braves open the 1982-83 cage schedule hosting Radford at 7 p.m.

Half-Time Cooking

Many hostesses are finding that creating a party around a televised game not only helps beat the "sports widow" blues, but can also be a great way to entertain. Here are some "half-time" cooking and entertaining hints for the big game.



To create a festive mood for a sports-watching party, choose fitting decorations, such as baseball or football memorabilia. Cut down on your cooking time with a versatile toaster oven.

• Include foods that you can prepare in advance and which can be served cold or heated up or even assembled by the guests themselves, such as tacos, English muffin pizzas or stuffed pita breads. Concentrate on finger foods and casseroles, avoiding things that are awkward to handle.

• Perhaps among the best helpers for busy hostesses are countertop appliances that make "half-time" cooking a reality. For example, finger foods, dips, sandwiches and more can be prepared in a General Electric Toaster-Oven™ broiler, which not only toasts, but also bakes, broils and top browns.

• When serving buffet style, remember to provide something for the guests to rest plates and utensils on. Nobody likes to balance these on their knee. Card tables and TV trays can be helpful.

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Philadelphia, Pennsylvania	8.79	Perisacola, Florida	6.00
Pittsburgh, Pennsylvania	8.39	Birmingham, Alabama	5.90
Hartford, Connecticut	8.36	CP&L	5.73
Cleveland, Ohio	7.72	Gulfport, Mississippi	5.67
St. Petersburg, Florida	7.28	Wheeling, West Virginia	5.46
Tampa, Florida	6.79	Fairmont, West Virginia	5.41
Miami, Florida	6.74	Atlanta, Georgia	5.31
Savannah, Georgia	6.74	Cincinnati, Ohio	5.27
Washington, DC	6.52	Charlotte, North Carolina	5.01
Baltimore, Maryland	6.48	Roanoke, Virginia	4.98

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Spotlight on HEALTH

Home Remedies Add To Sodium Content

The American Medical Association and the Food and Drug Administration (FDA) are encouraging food processors to include sodium content information on food packaging labels.

In a recent issue of the *Journal of the AMA*, the FDA's Commissioner, Arthur H. Hayes, Jr., MD, states that "many patients with mild high blood pressure show a significant reduction in their blood pressure with a reduced sodium intake."

Watching your salt intake often presents a problem because of the "hidden salt" in processed foods, fast foods, canned and frozen foods, bakery products and a number of non-prescription medications purchased in drug stores or supermarkets.

The FDA has proposed that definitions be established for the terms "sodium free," "low sodium," and "reduced sodium," and that manufacturers may elect to use them for labeling purposes.

Ayerst Laboratories is one of the companies that has been listing the sodium content for its antacids Riopan and Riopan Plus on their packaging for some time. Because the content is so low, Riopan and Riopan Plus antacids are considered dietetically "sodium free" in accordance with the FDA proposal.

Consumers who are careful about reading food labels sometimes forget that common medications such as antacids, which they may use regularly, may contain a great amount of sodium, and when adding up the total amount of sodium consumed in a single day, these products should also be included.