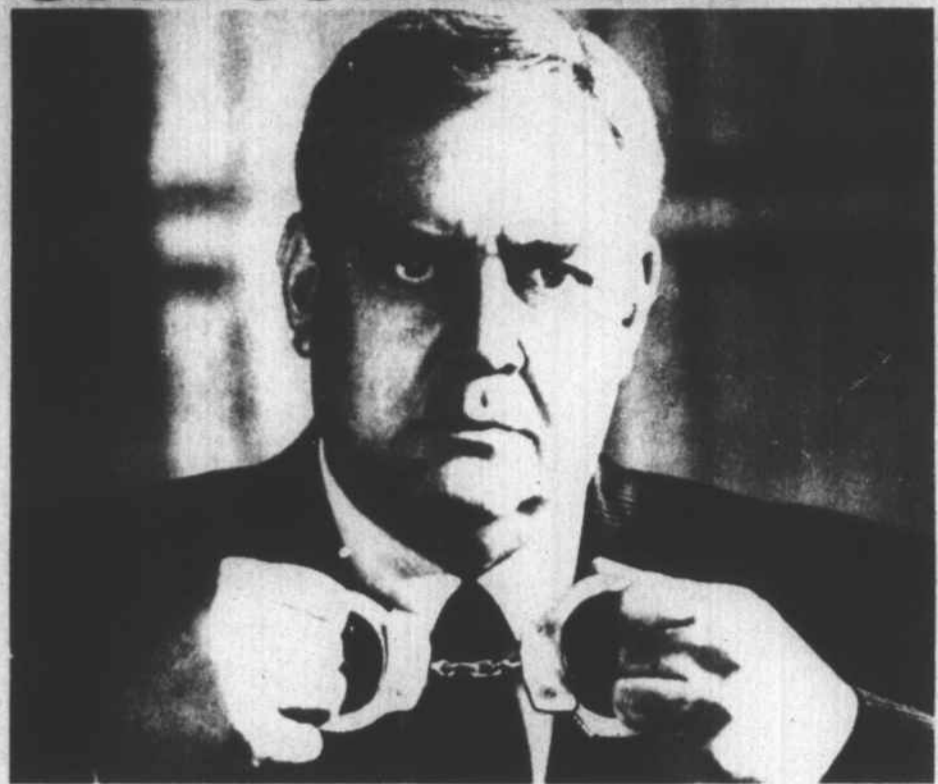


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An Interview on ...

## Troublesome Backaches



... With Dr. Harvey C. Schultz, Jr. D.C.

DOCTOR OF CHIROPRACTIC

What does it mean when you yawn or stretch and suddenly get a sharp pain in the back?

That question was put to Dr. Schultz, of the Schultz Chiropractic Center. And according to the Doctor, that crick or catch, or call it what you like, is a danger signal not to be ignored.

"What happens," says Dr. Schultz, "is that the person is experiencing a rib popping out of position. Usually the individual can work it back into place by doubling up and pulling his arms crossways across his body. However," he adds, "it's a sure-fire indication that the individual has a misplaced vertebrae in his upper back."

"And it's a somber portent of things to come," Dr. Schultz continues. "The most common of the complications of a popping rib are neuritis and neuralgia. The popping rib can easily cause bursitis. And one of the most serious complications is shingles."

"Consider shingles, for example," says Dr. Schultz. "Once a rib pops out ... unless the misaligned vertebrae is cor-

rected ... it will most surely happen again. Each recurrence weakens the muscle structure and it takes progressively less and less effort for the rib to pop out again.

"With each incident of the popped rib the nerves in the affected area become over-extended and damaged.

Just as the rib pops out easier, the nerve can be over-extended to the point that a virus attack follows. Pimples then rise over the affected area causing a severe itching accompanied by severe pain."

"Incidentally, this is not a nightmarish condition that affects only an unfortunate few. It is a common, most painful condition that requires correction at the source of the difficulty ... that misaligned vertebrae.

"And the person who believes he can always self-correct a popped rib is on a one-way street to serious difficulty," says Dr. Schultz. "Remember, as the wise man once said, 'a little learning is a dangerous thing'. It's enough that the person read the danger signal properly and to seek immediate correction of the problem."

For Further Information Call or Contact

## Schultz Chiropractic Center

4902 Fayetteville Rd., Lumberton, N.C.  
Phone: 739-0693

## Pembroke State University

BY GENE WARREN

### PSU REACHES \$150,000 GOAL IN ANNUAL GIVING CAMPAIGN

The good news continues at Pembroke State University! When the books were closed on the 1983-84 PSU Annual Giving Campaign (which lasted from July 1, 1983 to June 30, 1984), Pembroke State had reached—and surpassed its goal of \$150,000.

"We actually have \$151,936 in the bank," said Dr. Richard Pisano, PSU dean of institutional advancement who coordinated the effort. "We reached our goal again."

A goal of \$150,000 was unheard of for PSU a few years ago. PSU's giving campaign did not start until Dr. Paul Givens was named chancellor in 1979.

In 1980, the first campaign began and \$56,000 was raised. In 1981, that amount grew to \$71,676. In 1982, \$108,261 was taken in. And during the past year, the sum of \$151,936 was reached. Each time PSU surpassed its goals, which were \$50,000 in 1980, \$60,000 in 1981, \$100,000 in 1982, and \$150,000 during the past year.

For the last three years Joe Sandlin, president of Southern National Bank, has co-chaired the campaign. Sharing the chairmanship with him in 1981 was James A. [Pete] Jacobs, then mayor of Pembroke. Sandlin's co-chairman for the last two years has been Ira Pate Lowry, a member of the PSU Board of Trustees.

A breakdown on the private giving during this 1983-84 campaign was as follows: Friends of PSU \$46,861; Business and Industry \$37,415; Private Foundations \$37,394; Alumni Loyalty \$12,891; Pembroke State University Community \$8,251; Civic Organizations \$8,121; and Gift in Kind \$1,000.

"To those of you who volunteer to join our winning team each year, a special thanks," said Dr. Pisano.

### \$8,000 GRANT FROM MARCH OF DIMES

Pembroke State's telecommunications project has received confirmation of an \$8,000 grant from the March of Dimes' Birth Defects Foundation in White Plains, N.Y.

The purpose of the grant will be to provide "on-going health education programs with an emphasis on prenatal care among high-risk groups."

The grant is for a one-year period from July 1, 1984, through June 30, 1985.

"Robeson County is far above average in infant mortalities," says Dr. Oscar Patterson, director of PSU's telecommunications project who wrote the grant proposal.

"In 1982, Robeson County had 16.4 fetal deaths per thousand from live births. The national average was 11.7. Fetal deaths among white families in Robeson County were 9.2 per thousand, while in non-white families the rate was 19.3 per thousand," he

said. This grant would provide funds for PSU's TV station to produce and bring in programs on prenatal care to help particularly low-income families.

### ADOLPH DIAL GOING TO MANTEO

Adolph Dial, chairman of PSU's American Indian Studies Department whose views of the fate of the "Lost Colony" were featured in last week's "U.S. News and World Report," will be at Manteo Wednesday through Friday of this week as Princess Anne of England visits. This begins the celebration of the 400th anniversary of efforts to establish an English colony there.

Dial's article was entitled: "'Lost Colony'—A Mystery Now Solved?" It states there is evidence that the colonists at Roanoke Island "joined friendly Indians and eventually intermarried with them. Those Indians, now called Lumbees, are centered in what is now southeastern North Carolina."

Dial's article in "U.S. News and World Report" has prompted people from all over the nation to write him. He has received letters from California, Indiana, Missouri, Tennessee, Mississippi, New York, Washington, D.C., and South Carolina.

Dial was interviewed by a Charlotte TV station which visited the campus this week.

### SEED MONEY FOR McMILLAN STATUE

The committee leading a \$25,000 campaign to erect a memorial to Hamilton McMillan at Pembroke State says it already has \$3,000 in seed money. McMillan was the state legislator from Red Springs who sponsored a bill in 1887 which established a normal school for Indians in Robeson County—the beginning of Pembroke State University.

The present idea is to erect a statue at the front of the

campus and have it completed by PSU's centennial celebration in 1987. Those wishing to contribute to the fund should make check payable to: Hamilton McMillan Memorial Fund and mail them to Dr. Dalton Brooks, Old Main, Pembroke State University, Pembroke, N.C. 28372.

### THOMAS JONES NEW CP&L HEAD

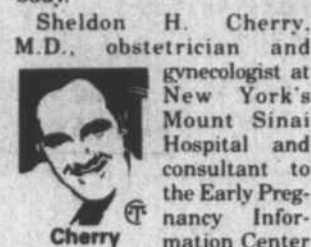
Thomas Jones, a native of Maxton who received his B.S. in accounting from Pembroke State, is the new area manager of Carolina Power and Light Co. in Elizabethtown. He supervises employees who provide electric service to customers in the communities of Elizabethtown, Clarkton, White Lake, Garland, Bladenboro, and Dublin.

The 39-year-old Jones was formerly administrative assistant to CP&L's district manager in Wilmington. He received his M.A. in business management from Central Michigan University.

In Wilmington he served as a member of the Mayor's Economic Development Task Force and chairman of the Cape Fear Area Opportunities Industrialization Center, a self-help facility for the unemployed.

### Pregnant? Doctor Recommends Early Prenatal Care

News of the "future addition" is often kept a secret during the early months of pregnancy. Outwardly the mother-to-be looks the same ... but important changes are taking place within her body.



Sheldon H. Cherry, M.D., obstetrician and gynecologist at New York's Mount Sinai Hospital and consultant to the Early Pregnancy Information Center (e.p.i.c.), explains, "It's critical that women confirm pregnancy as early as possible, from a doctor or by using a home test like new e.p.t. Plus, to help ensure proper development during the important early months of pregnancy."

Unlike any other home pregnancy test, e.p.t. Plus simply changes color to tell a woman if she is pregnant and can also withstand motion, allowing portability during the two-hour time period when the reaction is taking place.

If you receive a positive result on a home test or suspect pregnancy for any other reason, Dr. Cherry recommends that you:

- Schedule an appointment with your physician to obtain proper medical care.
  - Ask your doctor if genetic counseling is indicated, especially if you are over 35 or have a family history of genetic disorders.
  - Stop drinking alcoholic beverages entirely.
  - Consult your doctor before taking any prescription or over-the-counter drugs.
  - Quit smoking.
  - Follow a well-balanced diet, including ample calcium, iron, protein and B vitamins.
  - Exercise moderately, if your doctor agrees.
- For more information on early prenatal care, write to: e.p.i.c., P.O. Box 548, Morris Plains, NJ 07950.

### PEMBROKE STATE'S SID WINS AWARDS

Gary Spitzer, whom we hired as PSU's Sports Information Director six years ago, continues to be a blessing to the PSU athletic staff. He just learned of his third place finish in Division B of the General Recruiting Brochures competition conducted by the College Sports Information Directors of America.

He had earlier won second place in the Special Publications (Books) division. Altogether, Gary has won 19 national brochure awards in six years.



Danford Groves of the North Carolina Commission of Indian Affairs and conference coordinator of the 5th annual Indian Youth Unity Conference, is shown above as he presents outstanding youth awards to members of the North Carolina Native American Youth Organization during the awards banquet at Pembroke State University, held June 20-22, 1984.

"Whatever profits one man profits others as well as himself."—Marcus Aurelius

# FAMILY DOLLAR

**84¢ qt.** Quaker State Oil  
Reg. 1.03. Regular 30 or HD30 motor oil. Limit 5.

**Super Summer Clearance!**

**\$5 Ea.** Ladies' elastic or banded waist skirts, fashion tops, terry or poly cotton short sets and novelty skirt sets. Solids, stripes & prints in regular sizes. Not all styles available in all stores.

**\$1** 42 Oz. Punch  
Reg. 1.49. Heavy duty detergent. Limit 2.

**3 \$1** Bars Aloe And Lanolin  
Buy 3, Get 1! From Mfg. 3.5 oz. Jergens soap. Limit 6.

**\$5** Canvas Or Mesh Pr. Shoes  
Compare At 8.99. Girls' and ladies' colorful canvas casuals and men's stylish mesh or canvas shoes.

**\$5** Men's Summer Ea. Shirts  
Men's short sleeve solid dress, plaid sport or solid and striped collar knit shirts in sizes 14½-17 and S,M,L,XL.

**2.49** Ea. Noxzema Or Listerine  
Reg. 2.99. 14 ounce Noxzema or 32 ounce Listerine.

Prices Good At All Family Dollar Stores Through This Weekend While Quantities Last. Quantities Limited On Some Merchandise. No Sales To Dealers.

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TO INNER SPACE ...

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CORDLESS TOOLS CAN BE VERY HANDY IN DIFFICULT SPACES SUCH AS CAR INTERIORS OR FOR PLUMBING JOBS. YET THE DRILL IS POWERFUL ENOUGH TO DRILL INTO MASONRY, AND THE CORDLESS JIG-SAW CAN PLUNGE-CUT THROUGH A 2x4. THERE'S A BATTERY PACK - HARGER THAT WORKS OFF REGULAR HOUSEHOLD CURRENT AND ANOTHER MODEL THAT CAN JUST BE PLUGGED INTO AN AUTOMOBILE CIGARETTE LIGHTER OUTLET.