

PEMBROKE STATE UNIVERSITY

By Gene Warren
Director of Public Information



PSU History Professor to Lead Educators to Egypt
The U.S. Department of Education has awarded Dr. Jerome McDuffie, associate professor of PSU's Department of History, a grant of approximately \$60,000 to lead a group of 14 college and public school educators to Egypt this summer for an exchange of educational information.

in conducting what is described as a Fulbright Hays Group Project, the American educators will be in Egypt for six weeks from July 2-Aug. 14.

Lectures will be delivered to the American group by officials of the Egyptian government, United Nations, and American embassy. The two-and-a-half week series of lectures will be conducted in Cairo. The American group will be going into the field, visiting farms to see the extent of the Egyptian technology there and also into the villages to examine life there.



Dr. Jerome McDuffie

"One of the main purposes of this study is to examine the modernization process in Egypt and compare it with what has been taking place in southeastern

North Carolina," said McDuffie, 47, a native of Lumberton who has seen first hand modernization has affected this region of the state.

"We want to see modernization's impact on the religion, education and culture of the people of Egypt," pointed out McDuffie. "How have the Egyptians faced the changes brought by modernization and how have they tried to resolve them? Perhaps we can learn from them—and they from us."

McDuffie reflected on the changes in the last 35 years in southeastern North Carolina. "The radio used to be the main means of communication, there were few cars, and society and the political systems were different. In those years, you lived close to where you worked. It was unheard of for a person to drive from Lumberton to Fayetteville to work—or vice versa."

He said southeastern North Carolina can relate to what is happening in Egypt because "we have been much like them—we have not been part of mainstream America. We have been mostly agriculture, not industrial, and many of our young people have moved away from where they grew up."

McDuffie said his group wants to make contacts with educators in the Egyptian public schools, colleges and universities and "build up some exchange programs—in the way of information, letters and faculty exchange." The PSU Department of History is working on similar exchange programs with Pakistan, India, South Korea, and Australia, said McDuffie.

The American educators will visit the pyramids, travel down the Nile River, and visit Alexandria as part of the trip, but McDuffie emphasized, "This is not a sight seeing trip; it is a working trip." Because of the grant, the total expenses for each person going will be \$425, said McDuffie.

Followup sessions will be held as the group improves the scope of Near East studies in southeastern North Carolina. "We will be going into the public schools and making presentations, such as slide programs," said McDuffie. "We will also be available to talk with civic clubs, book clubs, church groups, and university classes at various places."

This is the sixth trip led by McDuffie. He has taken groups on two trips to India, two to Pakistan, and one to South Korea.

PSU professors going include: *Grace Gibson*, who will be working in the area of communicative arts; *Dr. Rudy Williams*, who will focus on literature; *Dr. Jeff Geller*, whose emphasis will be philosophy and religion; and *Terry Hutchins*, who will be discussing business law.

"It will be a trip in which the Egyptians and ourselves will be sharing a lot of information about our two countries," concluded McDuffie.

Pembroke Magazine Featured in *UNC Board of Governors Quarterly*
The new issue of the UNC Board of Governors Quarterly features a full page on "Pembroke Magazine," founded by the late *Norman Macleod* in 1969. The 18th issue of the magazine, which is published annually, is

newly off the press.

The article about the magazine is written by *Sam Ragan* of Southern Pines, poet laureate of North Carolina and a good friend of Macleod, who was professor emeritus of communicative arts for PSU.

Macleod's picture is displayed in the Board of Governors publication, and Ragan writes: "One critic has ranked 'Pembroke Magazine' among the best literary periodicals in North Carolina and among the top 10 in the country."

Speaking of the present editor of the magazine, PSU professor *Dr. Shelby Stephenson*, Ragan writes: "Since becoming editor in 1979, Stephenson has continued to keep 'Pembroke Magazine' in the main stream of American literary magazines, gathering the best from writers and artists throughout the world while expanding the contributions of North Carolinians."

Two PSU Graduates at Gift Presentation
When the Belk Foundation, Inc., last week presented a gift of \$100,000 to PSU for establishing an endowed Belk Chair of Business and Economics, two PSU graduates were invited to take part in the proceedings at Fayetteville's Cross Creek Mall.

They were *John Nicholson* manager of the Belk store in Lumberton's Biggs Park Mall, and *Kathy Gooden*, who is in charge of visual merchandising for Belk at Cross Creek Mall.

Nicholson, a native of Rockingham, graduated from PSU in '72 with a B.S. in business, while Miss Gooden, "Miss PSU" in '82, graduated from PSU in '85 with a B.A. in art.

THE COACH'S CORNER

Ken Johnson

Swimming-Developing Breathing Control

So many experienced swimmers hold their breath while swimming four or five strokes, then turn their head, blow the air out and get air in. Sometimes they get a mouthful of water, simply because they have not learned how to expel the air into the water before they turn their head to get air in. They don't have time to get the air out and in, in one turning of the head before they must take another stroke, or they interrupt their rhythm of their swimming stroke. The swimmer must learn how to expel the air before he or she turns the head to get the new air in. You learn rhythmic breathing in the shallow water standing up, bend your knees, go under and force the air out through tight lips, get all of the air out before you come back up out of the water. Do this drill many times until you have control of it and do not get a mouth full of water simply because you are not controlling the complete expelling of all of your air under water. You must get rid of all of the air before you come back up because if you do not, you still are expelling air above the water and then immediately taking new air in, this will destroy your rhythmic breathing. Coordinate with your arm stroke. You should practice expelling air out on every stroke cycle, then on

every two arm strokes, three, four and five depending on how fast or slow you want or need to breathe. For long distance you need to breathe on every stroke, for sprints you could swim the whole length of the pool on one breath grabbing air just before you do your flip

turn—you are flipping in your arms. This is real breath control. Beginners need to learn breath control from the start, plus learning to level off in deep water preferable on your back, by getting your ears under, kick your feet and swim away. Learn to level off on your front by using the "dog paddle stroke." Don't go off the diving board until you learn to level off from the perpendicular as you are not

displacing water and you cannot get your breath in this position. People drown when they panic and cannot breathe under water.

BY KEN JOHNSON



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