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completing requirements for an associate degree he had thought before was beyond his reach.  
Henke, in his own words, has been attempting "to do the best I can do," which, in academic terms, has translated into 20 A's and a grade point average that was better than 3.9 on a 4.0 scale.  
His effort has not gone unnoticed either.

Education has taken on a new meaning.  
"I find today a lot of young people still want to quit school and to go work, make that money," Henke said. "My nephews are the same way. I tell them they need an education first; the money won't always last."  
"You have to have at the least a high school education. Maybe more."  
Other students selected to Who's Who include: *Bladenboro*-Nanette Lennon (Secretarial-Executive), Brenda H. Smith (Associate Degree Nursing).

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Former High School Drop Out  
*Changes Perspective On Education*  
Education wasn't exactly the most important thing on Harvey Henke's mind 24 years ago when he quit high school at 17 to join the Navy. "I thought I was one of the smart ones," said Henke, 42. "I thought I'd go out and make that money. I didn't think I needed an education."  
Henke found out differently but not until after he retired from the military and tried to enroll in the two-year industrial maintenance technology program at Robeson Technical College. That's when he found out he needed a high school diploma.  
"My first thought when

they told me I needed a diploma was, 'well, that's that,'" said Henke, a Wisconsin native who settled in Lumberton with his wife and three children after retiring from the Navy in 1984. "But I kept thinking about it and talked it over with my wife. Then I found out the VA (Veterans Administration) would pay for me to get my high school diploma."  
Henke went on to enroll in RTC's Learning Lab program where students work primarily on their own and at their own speed and earned his high school diploma in less than seven months. That was February, 1985.  
Now almost two years later, Henke is within six months of

He served as graduation marshal during this past year's commencement exercise and was notified last week of his selection to Who's Who Among Students in American Junior Colleges. Henke was one of 42 RTC students honored.  
"When they told me first about the nomination, I didn't know what it was," he said. "I thought maybe it was just for the local area, but then I found out students from colleges across the nation are selected."  
"I felt proud, like I had accomplished something," Shaffer Smith, one of Henke's instructors, says Henke is deserving of the award.  
"In my class, he was the lead man and when I assigned him a job, you could bet your last dollar it would be done right," Smith said. "You didn't have to worry about following up."  
"Ninety percent of the people in this profession are followers; Henke's in the 10 percent who leads."  
It hasn't all been so easy, says Henke, who had problems early on with math while

Bladenboro-Alicia Floyd (Business Computer Programming), Forest G. Floyd (Industrial Maintenance Technology), Timothy D. Lewis (IMT), Gina Scott (ADN).  
*Fayetteville*-Jane F. Dunn (IMT).  
*Florence, SC*-Wanda C. Huffman (ADN).  
*Elizabethtown*-James W. Dove (ADN).  
*Lumber Bridge*-James D. Chason (IMT).  
*Lons, SC*-Sandra Stroud (ADN).  
*Lumberton*-Shirley

D'Agostino (Business Administration), Larry Haley (BA), Jean Harris (ADN), Harvey Henke, Jr. (IMT), Connie E. Hunt (General Office), William T. Jones (IMT), Glenda Lewis (ADN), Judith N. Lewis (BA), Gayle Locklear (Accounting), Lorraine Lowery (BA), Alice Stankwyth (ACCT), Denise Thompson (BA), Mark Whitlock (BCP), Judith White-nour (ADN).  
*Mason*-Debra Ensminger (ACCT), Vickey B. Locklear (BA), William Lossman (BA), Christopher Lowry (IMT), Genette Oxendine (BA).  
*Orram*-Nancy Johnson (BCP).  
*Parkton*-Amanda Horne (BCP).  
*Pembroke*-David L. Jones (IMT), Burnice Smith, (BA) (IMT), Carol Wilbur (BA) (Red Springs), Bobby Hill (BA).  
*Rowland*-Robert Lewis (IMT).  
*Savannah*-Cassie Henderson (ADN).  
*St. Pauls*-Fred L. Blackburn, Jr. (IMT), Thomas Newton (IMT), Glenda Smith (SEC-EXE), Floyd Norton (Law Enforcement Technology).

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**Health News ...**

### RECURRING SHOULDER PAIN CALLS FOR ACTION NOW

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

Shoulder pain, as a symptom, is easily recognized but seldom understood. Earlier, less acute symptoms provide the tip-off. What often results in the aching, throbbing shoulder is a condition that began as stiff and tender "shawl" muscles across the top of the shoulders.

Left untreated that stiffness and tenderness can progress over a period of weeks to ultimately reach an intensity that is almost unbearable. Burning ache of shoulder can and often does extend into the neck and head.

Obviously, neck and shoulder movement then becomes increasingly difficult and painful. The first serious interest in correction frequently follows the frustration a person has who attempts to shave or comb the hair or shampoo it, as that action can cause an increase in sharpness of pain down the arm and tingling in the fingers.

Ultimately weakness and fatigue, tremor of the arm accompanies the pain and the muscles across the chest may become tender. The symptoms then are all the more recognizable and

**DOCTOR OF CHIROPRACTIC**

made more severe by coughing or sneezing. Ultimately, nature responds to the incessant pain with varying degrees of immobility.

Shoulder and arm pain constitutes the most frequently recognized symptom of structural defects in the lower neck and upper spine.

Abnormally small or distorted nerve openings in the upper spine serve to irritate the nerves which pass through them to supply the shoulder, neck, arm, upper back and chest muscles. It follows that muscles supplied by irritated nerves themselves become tense, painful, and lose their normal elasticity and ability to relax.

The shoulder pain, tingling, and pain across the chest can be only the first of many problems. Upper back aches, headaches, pain and tenderness of the forearm, all are pieces of the composite pie.

Experience has shown that shoulder and arm pain respond to the specialized care offered by the Doctor of Chiropractic.

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