



Advisor To Governor For Policy, Budget And Technology To be PSU Convocation Speaker

Jane Smith Patterson, advisor to the Governor for policy, budget and technology, will be the speaker for the annual Pembroke State University Fall Convocation Wednesday, Sept. 22, at 10:15 in PSU's Givens Performing Arts Center. The Public is invited free of charge to attend.

During the convocation there will also be remarks from the leadership of the PSU faculty, student body, and Board of Trustees.

The faculty will be attired in their academic regalia for this always colorful occasion that is a highlight of the fall semester.

PSU Chancellor Oxendine said Ms. Patterson's "role in policy development for information technology is particularly important to PSU in view of our pending inclusion in the network of the Microelectronics Center of North Carolina (MCNC)." She has been involved in policy development of MCNC, the N.C. Biotechnology Center, and the N.C. Technological Development Authority.

Ms. Patterson served as Secretary of Administration for North Carolina from 1979-85.

Before becoming Advisor to the Governor for Policy, Budget and Technology in January, she was an administrator at UNC-Wilmington, serving in 1992 as vice chancellor for public service and extended education and in 1991 as interim vice chancellor for university advancement.

She has an extensive background as an executive in private industry, state government and the educational sector. Her experience includes general management, corporate relations, development and management of public policy issues, marketing, sales and contract administration, negotiation and mediation, applications and proposal engineering, cost pricing, productivity improvements and strategic planning. She also has major international experience with bilingual skills.

A native of Tabor City, Patterson earned her A.B. at UNC-Chapel Hill in 1961 and is completing her Master

of Arts in the liberal studies program at N.C. State University. She attended the John F. Kennedy School of Government Executives Program in 1982, the Government Executives Institute (GEI) at the UNC-Chapel Hill School of Business in 1978, and the N.C. Realtors Institute as part of the GEI at UNC-Chapel Hill in 1972.

Her many honors include her receiving the Distinguished Alumna Award of UNC-Chapel Hill in 1983 when she was the "University Day" speaker, the N.C. Association of Women Attorneys' Award in '83, the Governor's Award in 1984, the Distinguished Women of North Carolina Award in 1985, and the N.C. Council of Women's Organization's Women of Distinction Award in 1991.

Along with being a trustee for the Z. Smith Reynolds Foundation and the Ruth Z. Fleishman Foundation, she has served as board vice chair of the Research Triangle World Trade Center Foundation, and as a member of the UNC Foundation for Public Television, the UNC Alumnae Association Board of Directors, the Foundation Board of the N.C. High School for Science and Mathematics, and the N.C. Medical Institute. She is a member of the UNC-Chapel Hill Chancellor's Club.

Ms. Patterson is

a former officer and/or board member of the advisory board of the Branch Bank and Trust Company in Raleigh and the Raleigh Rotary Club.

Her publications include an article entitled "State Responsibility in support of Research and Development," published by the Journal of Policy Analysis and Management by Harvard University in 1982.

Ms. Patterson is married to Hank Patterson, an attorney in Raleigh. They are the parents of two sons: Pat, who is in the joint Law and Master of Business Administration program at UNC-Chapel Hill, and Braxton, who recently graduated from N.C. State University.

Fred George Named Chamber's President-Elect

Fred George, a member of the

PSU Board of Trustees, has been named 1994 president-elect of the Laurinburg/Scotland County Area Chamber of Commerce Board of Directors.

George, vice president of manufacturing for the Eastern Zone of Campbell Soup Company, is also vice chairman of the PSU Foundation Board.

New PSU Admissions Brochure Draw Appraise From Trustees

PSU has a couple of very attractive admissions brochures just off the presses. They were designed by former PSU admissions counselor Johnna Wilson, who is now assistant director of admissions at UNC-Charlotte.

Very colorful and informative, the publications were applauded by the PSU Board of Trustees at their recent meeting.

"These are dynamite", explained Marion Bass, chairman of the trustees.

Trustees David Weinstein commented, "These publications are very well done, and I am impressed with them."

Total Gift Income To PSU Was \$442,242 During Past Year

As reported to the PSU Board of Trustees, the total gift income to PSU at the end of the 1992-93 fiscal year was \$442,242.94.

Broken down, there was \$199,347.88 in gifts to PSU, \$152,362.68 to the PSU Endowment Fund, and \$70,442.38 to the PSU Foundation, Inc. Gifts in kind totaled \$20,090, making the final figure of \$442,242.94.

"In comparison to the five-year average of cash gift income, last year's total was nearly \$103,000 higher," the trustees were informed. They were also told that "a goal of at least \$500,000 in cash in projected for next year."

The report of the Development and University Relations Office also stated that Dr. Joseph Sandlin, PSU executive-in-residence, has accepted responsibilities in major donor fundraising in the Development Office. Sandlin is also teaching part-time in the PSU Department of Business Administration and Economics.



Jane Patterson

Pembroke Kiwanis Report

Program Chairman Mark Locklear presented Miss Lumbee, Natascha Wagner. Daughter of Mrs. Nyra Wagner residents of Pembroke. Natascha is a 1991 graduate of Purnell Swett High School and is a junior majoring in Psychology at Campbell University.

"Very proud to represent the 39,000 Lumbees of the area at the USA Indian National Pageant in Washington, D.C. in November." And she showed exceptional talent in singing the piece she used in winning her title. "Change of Heart".

The social problems she is interested in are the child advocacy against abuse and help for the homeless. She also plans to speak at many schools for a drug free society. She has a very busy itinere set up to go. Kiwanis members enjoyed asking many questions and received very intelligent answers. We wish Miss Lumbee fine success in the Miss Indian USA Pageant. She has everything going for her, beauty and personality.

Presiding, Bill Oxendine; Invocation and song, Ed Teets; Program, Mark Locklear; Reporter, Ken Johnson.

Cameron Reports

What an irony. The last game at Durham Athletic Park, made famous by the movie, "Bull Durham," was a true rain out. It won't be made up. Ever.

Where's Crash "Let's Play Two!" Davis when you need him most?

For those of you who don't share Jerry Richardson's enthusiasm for the name, "Carolina Panthers", here's what that "other" franchise on the Chesapeake is thinking. Baltimore Rhinos? As in Rhinoseros? The image of a rhino is perfect for football-big, strong, fast, an animal with built-in shoulder pads who loves to charge. A walking can opener. And if fans put on hog noses in Washington, I'm sure rhino horns aren't far away in Baltimore.

I guess I'm a traditionalist, though. I like nicknames with some kind of natural tie to the area. Cowboys in Dallas, Gators in Florida, and Zips in Akron.

When the Baltimore Sun ran a contest for a team name, Baltimore Ravens, in honor of Edgar Allan Poe, was the top vote getter. Bombers, Bays, Cobras and Stallions were down the list. I'd like to see Baltimore and Charlotte win the two NFL franchises. But you can keep your Rhinos and Panthers—Crabs and Cougars will suit me just fine. Save your sports stuff. A baseball glove, signed by the 1993 San Francisco Giants, went for \$1,700 at a charity auction. Not even a basketball with Michael Jordan and Scottie Pipen's autographs did as well—a mere \$550.

Oh yeah, the auction was at Candlestick Park. After winning four straight Winston Cup races, Mark Martin tried to explain his under-the-hood success: "There's no rocket booster, although we'd like to be able to say we found something."

Health Clipboard



ALCOHOL/ALCOHOLISM

Before I get to the issue at hand, a little about my family and me. My wife, Feletus Oxendine and I have lived in many areas of the United States now, between education and career moves. Feletus and I both work at the Phoenix Indian Medical Center in Phoenix, AZ, "The Valley of the Sun." It is alright in Phoenix, but we haven't figured out the big deal why so many people move our here. I really miss the tress, the rain, the swamp, the air back home in North Carolina. I miss fishing with my buddies in the Lumber River (Drowning Creek).

Feletus works in the medical lab general part 1-2 days a week and in the HIV (AIDS) Research lab the rest of the week. I am a mid level practitioner in the Emergency Department of PIMC. There I see and treat patients from many different tribes. That is the best thing about fulfilling Feletus and my IHS pay back in Arizona. The experience is invaluable. PIMC affords me the experience of treating a wide variety of medical problems and patients. I have education and training in Radiology, Optomology, and Medicine (general and emergency medicine). I am a commissioned officer in the USPHS, Director of Quality Assurance for the PIMC Emergency Department, Chairperson of USPHAPA, implemented a quality improvement plan for the emergency department on the diagnosis and treatment and follow up of STD patients and am currently working on a plan for better instruction between the lab and emergency department to decrease the waiting time of patients. The Lord has also blessed me with the opportunity to receive two outstanding service awards.

ALCOHOL MYTHS AND TRUTHS: First it is true that women get more intoxicated than men from the same amount of alcohol. Next 11/2 ounces of 80 proof vodka or alcohol, and five of wine have the same alcohol amount as a 12 oz. can of beer. It is also true, thanks be to God, that Americans are drinking less alcohol in general. This also accounts for a decrease in the alcohol related deaths by motor vehicle; down from 57% to 49%, which is related to all states have now a minimum drinking age of 21, and the legally impaired level has dropped to 0.08 instead of .10. The bad news is that alcohol cost less now so it is easy to obtain. Also more bad news is alcohol is alive and well in the Native American communities across the United States. Even if less people use alcohol now it is rare that alcohol's presence is not felt in a person's life in our society. Greater than 100,000 death occur every year that are alcohol related.

Alcohol and your body. Studies show that the above statement about women is true. Women become more intoxicated than a man from the same amount of alcohol. This is because alcohol is more soluble in water than fat. Since women tend to be smaller than men and have more fatty tissue and less body water than men, the alcohol concentration will be higher for women of the same sex. Also women lack the stomach enzymes to breakdown alcohol before it enters the blood stream. Pregnant women should not drink due to the high risk to their babies of having fetal alcohol syndrome. Dr. Joey Bell has explained in his article about fetal alcohol syndrome. Alcohol passes into breast milk in small amounts, yet is enough to inhibit motor development in an infant.

Alcohol is absorbed into the bloodstream faster on an empty stomach. Aspirin in the stomach also speeds up this alcohol absorption. The body requires two hours to burn one half ounce of alcohol. You can not run it off, swim it off or reduce the alcohol in the bloodstream with coffee. The less body fat one has the leaner or larger body framed people are affected less by the same amount of alcohol as smaller people or ones with more fatty tissue. Alcohol jumbles your thoughts, judgement, memory, insights are dulled. Alcohol also adversely affects sexual performance. The physical problems are caused by drinking too much alcohol and not from "mixing" brinks or drinking "cheap alcohol" and no remedy has been found for hangovers.

Your Heart and Alcohol: Yes, moderate amounts of alcohol lower the risk of heart disease by increasing the good HDL cholesterol. Red wine is the one which appears to be protective. The problem is that most people can not use alcohol in moderate amounts; therefore it is usually not recommended to start drinking to protect your heart.

Long term excessive use of alcohol can damage almost every organ and function of the body. Alcohol irritates the stomach which decreases the nutrients, minerals and vitamins that the body needs to be healthy. Alcohol causes fatty liver tissue and cirrhosis of the liver which is often fatal. High blood pressure and alcohol abuse go hand in hand, this and the alcohol itself damage the heart muscle. The brain is directly affected and can lead to psychosis and unconsciousness. Alcohol also appears to play a role in producing cancer of the stomach, colon region, esophagus and liver.

Alcoholism is treatable but is hard to recognize. Professional people with good jobs can be alcoholics. There are many different approaches to the treatment of alcoholism' example Alcoholics Anonymous' 12 step program' IHS has a 12 step program outline' groups or individual psychotherapy; detoxification centers and other methods are available. There are groups for the family members to attend and individual therapy for family members. The important thing to remember is there is help for the alcoholic and the family. Please, if you or someone you know has alcoholism as a problem, you should get help; for it is obtainable in almost every community. First the drinker must recognize they have a problem and then seek the treatment they and their family needs. Alcoholism is not a single victim disease/illness.

Well, it is time to say "I'll see you later" and let the dog in from the 109 degree yard. Ayo from the Valley of the Sun.

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