

Lew Hege



Henderson Gets 'A' In Summer School

David Henderson, the former Norlina and Warren County star, who surprised many by cracking Duke's starting lineup as a freshman last year, has achieved another milestone in his basketball career.

The 6-5 guard-forward helped the South team to the championship in the National Sports Festival tournament in Colorado Springs, Colo. Blue Devil coach Mike Krzyzewski coached the South to the title and praised the play of Henderson.

"The most pleasing thing was that David was consistent throughout the Festival," Krzyzewski said. "He's a good complementary player. He averaged about 10 points, played smart basketball, and played excellent defense," added Krzyzewski.

Krzyzewski's assessment of David's play in the Festival sounds like a summary of Henderson's freshman season with the Blue Devils, when the Manson native averaged nearly 10 points per game and was the Duke's top defender.

While Henderson was competing in the Festival, a couple other Blue Devils were starring in the World University Games in Edmonton, Alberta. Forward Dan Meagher, the fireplug of the Duke team, paced the host Canada team to a surprise win in the tourney, scoring 15 points and grabbing 10 rebounds in the title game, a win over Yugoslavia. Guard Johnny Dawkins played on the American team that finished a disappointing third and won the bronze medal.

Forward Mark Alarie will join fellow ACC stars Matt Doherty, Sam Perkins, and Michael Jordan of North Carolina, and Mark Price of Georgia Tech in other international competition this month. Alarie and Doherty will be on the U. S. Select team that will play in tournaments in Korea, Kusala Lumpur, and Japan.

Perkins, Jordan, and Price will play for the U. S. in the Pan American Games. Also on that squad are Vern Fleming from Final Four team Georgia, and Michael Brown of George Washington University.

Henderson and his Iron Duke teammates must also bone up on their French, as the entire Duke team will tour France for two weeks in August.

THE "SUMMER CLASSIC:" Did you join the hundreds of other rabid football fans who tuned to the USFL championship game last Sunday night? The league's first title game featured the Philadelphia Stars and the Michigan Panthers. I contacted our resident football guru, Fearless Forecaster, prior to this sports classic — to see if he had a prediction on the game's outcome.

"Stars and panthers, I ain't no astrologer and I don't mess with politics either," was the reply from Fearless, who seemed to be more concerned with his fishing. Fearless, who admitted he's getting "worked up" over the approaching college gridiron season, did have one observation about the new league.

"Herschel Walker should have been the MVP. Kelvin Bryant had a good year, and his team went 15-3, but look at the statistics. Walker was first in all of 'em, and the Generals didn't even have a quarterback ranked in the top 14 in the league. That makes running real tough," added Fearless.

Just for the record, Bryant rushed for 1,442 yards and caught 53 passes for 410 yards, a total of 1,852. The Tarboro native also scored 16 touchdowns.

Walker played on a weaker New Jersey (6-12 record) team. The Heisman Trophy winner rushed for 1,812 yards and caught 53 passes for 489 yards, a total of 2,301 yards, one of the best in the history of football. The Georgia native scored 17 touchdowns. His rushing and touchdown totals led the USFL. Only a handful of backs have ever topped the 2,000-yard total in pro football.

With Walker the lone threat, New Jersey finished fourth in offense among the 12 league teams. Philadelphia was ninth offensively.

EARLY COLLEGE FORECAST: The Sporting News has tabbed Notre Dame as the top college football team in the country in its early forecast. Despite the mediocre 11-10 record of Irish coach Gerry Faust, the tabloid is banking on Notre Dame's outstanding recruiting season to boost them to the top of the pack. This is a fool hearty pick by TSN, and the Irish will be fortunate under Faust to finish better than 8-3 in any season! Not until Faust is gone will Notre Dame have the opportunity to return to its former pedestal of superiority among college teams.

Carolina and Clemson again will be hovering around the top ten or fifteen teams in the country. The Tar Heels have a magnificently easy schedule again, while Clemson's biggest chore will be Georgia — but they meet the Dawgs at Clemson this year, and the Big Dawg (Walker) won't be in uniform, so Clemson is favored.

SMU Is Top Team In Football Recruiting

By LEW HEGE

The Sporting News has tabbed Notre Dame as the preseason favorite to win the NCAA football championship next season, figuring the Irish recruiting class will propel them to the top of the polls.

While the Fighting Irish did land three of the country's "Top 30" recruits, the team that did the best was the new kid on the block, Southern Methodist.

The Mustangs have emerged as the top team in the Southwest the last two seasons, and have pushed traditional power Texas into the number two spot among teams from that region. This season, SMU signed four of the Top 30 in the land, to just one for the Longhorns.

After SMU's four, Notre Dame and Southern California each got three of the elite group, as did national champion Penn State. Pac-10 power Washington and SEC championship Georgia each

signed two from this list.

Texas was not the only long time power to have a lean year. Oklahoma, UCLA, Ohio State, Pittsburgh, and Stanford — schools that usually get several top players — managed just one each from the cream-of-the-crop. But that was better than teams like Arkansas, Clemson, Arizona State, Alabama, and Michigan, who were shut out this year.

Among the top players in this area, North Carolina and Wake Forest each signed one from the list. The Tar Heels got All-American QB Mark Maye of Charlotte, and didn't have to use an athletic scholarship to sign him. Maye will attend UNC on a Morehead scholarship. The Demon Deacons got WR James Brim of Mt. Airy, whom Carolina wanted badly. Brim is rated one of the two top receivers this year.

Among the trio of players Penn State got was RB D. J. Dozier of Virginia Beach, who chose the Nit-

tany Lions over UNC and Georgia. Notre Dame got Virginia's other "blue chipper," inking DL Robert Banks of Hampton.

The only other players on the roster from the ACC area were two Georgians, LB Steve Boswell and LB Henry Harris, rated as the top defensive player in the country. Both signed with Georgia.

The retirement and death of Alabama legend Bear Bryant caused a crack in the Tide's recruiting. The state's top player, DL Curt Jarvis, signed with Oklahoma. The Tide did outrecruit rival Auburn, coached by former ECU boss Pat Dye; but Auburn has been picked in the top five in the preseason polls.

In the ACC, North Carolina was easily the top team in recruiting. The Heels got Maye and a host of top talent within the state.

NEXT WEEK: A REVIEW OF RECRUITING BY ACC SCHOOLS.



Resident Superior Court Judge of the 9th Judicial District Robert Hobgood (left) is shown administering the oath of office to two new members of the Vance-Granville Community College Board of Trustees. They are (left to right) Mrs. Elizabeth T.

Currin of Oxford and Mrs. Ellen P. Stainback of Henderson. John K. Nelms (right) of Oxford, board vice chairman, was reappointed for another eight-year term.

Two Women Installed On VGCC Board

Two women, one a Vance County resident and the other from Granville County, were sworn in as members of the Vance-Granville Community College Board of Trustees at the monthly meeting of the board Monday.

Judge Robert H. Hobgood of Louisburg, resident Superior Court Judge of the 9th Judicial District, administered the oaths to Mrs. Ellen P. Stainback of Henderson and Mrs. Elizabeth T. Currin of Oxford. John K. Nelms of Oxford was reappointed for an eight-year term.

Mrs. Stainback was named by the Vance County Board of Education to replace George T. Wilson, former board chairman who did not seek reappointment. Mrs. Currin was appointed by Gov. James B. Hunt to replace Mrs. Michele B. Scott, also of Oxford, whose term expired June 30. All terms on the board are for eight years.

For her long-time service and leadership on the board, Mrs. Scott was presented a service plaque in appreciation for her work and contributions to the college. During her tenure, she had served on a number of committees and was chairman of long-range planning at the time her term expired.

The board also approved the hiring of four new persons, two of whom will serve in new positions. New positions will be filled by Brenda Louis Dunn, history and social studies instructor, and by Helen Cotten, nursing instructor.

Dr. David V. Martin was named new chairman of the college transfer department, and Robert A. Miller will be student placement coordinator.

Local Teachers Named Writing Fellows

Five Warrenton area teachers have been named fellows in the Capital Area Writing Project now underway at North Carolina State University. They are among 23 teachers in the three-week workshop sponsored by NCSU and Peace College. The workshop began July 6 and goes through July 27.

The Warrenton area teachers are Betsy Clark, eighth grade teacher at Norlina Middle School; Rebecca Corbett, seventh and eighth grade teacher at John Graham Middle School; Janest D. Honeycutt, high school teacher at Warren County High School; Lois Eddy Welker, 3rd grade teacher at Mariam Boyd Elementary school; and Bertadean Baker, kindergarten teacher at Mariam Boyd Elementary School.

The workshop provides stipends from the North Carolina Department of Public Instruction to the fellows, all

public school teachers who use writing in grades ranging from kindergarten through high school. This program, modeled after the highly successful National Writing Project, is one of the nine North Carolina projects aimed at improving writing statewide.

The project operates on two assumptions — that the best teacher of teachers is another teacher and that writing teachers must write themselves. In the intense, residential workshop the fellows make presentations illustrating their own successful writing activities as well as write, critique and edit their own work. They are also attending sessions on topics such as the evaluation of writing, use of computers in teaching writing, and the relationship between reading and writing.

During the next school year the teachers will act as consultants for the schools in

their districts by sharing with their colleagues what they learned at the workshop.

Co-directors of the Capital Area Writing

Project are Dr. Ruie Jane Pritchard, assistant professor of curriculum and instruction at NCSU, and Dr. Sally Buckner, coordinator of English Studies at Peace College.

Industrial Group Move Is Planned

The Warren Industrial Commission, which for years has shared an office with the Warren County manager in the Johnson Building on North Main Street, is to have an office of its own.

Monroe Gardner, chairman of the Industrial Commission, said Monday that the commission had obtained a lease on offices in the Johnson Building formerly occupied by the Farmers Home Administration. These two offices will be used by Jim Whitley as industrial director and Mrs. Betty Jean Capps as receptionist and secretary.

Until a recent decision to have a full time industrial director, Whitley had served as an assistant to Glen Newsome, county manager and Mrs. Capps has served as secretary and receptionist in the joint office.

In announcing the lease of office for the Industrial Commission, chairman Gardner remarked that Whitley is doing an excellent job as full-time director. Whitley said that he and his assistant would move into their new offices as soon as the offices can be painted and carpeting installed.



"I want to see how you manage to use every utensil in the kitchen to heat a can of beans."

COMMUNITY HYPERTENSION PROGRAM

Sponsored by Warren County Health Department



There are several ways to cut down on salt (sodium) in cooking. The following are suggestions:

Pie crust & yeast breads — Follow the recipe and leave out the salt.

Biscuits & cornbread — Follow the recipe and leave out the salt. Use plain flour in place of self-rising. (You will still get some sodium from the baking powder.)

Salad dressing — Follow a cookbook recipe. Use an unsalted oil and leave out the salt. You may want to use more of the other spices to make up for the missing salt.

Meats — Buy fresh, uncured and unprocessed meats. Buy chicken or fresh or frozen fish that has not been breaded. Do not add salt in the cooking. If your calories or fat are not limited, you may want to fry meat, chicken, or fish. Bread foods in plain flour or cornmeal and cook them in vegetable oil.

Vegetables — Use fresh or frozen vegetables and dried beans or peas, instead of canned, whenever possible. Season with unsalted meat fat (such as drippings from a hamburger patty), vegetable oil, uncured soup bone, or margarine.

Soup — Make homemade soup with fresh chicken parts, beef soup bone or stew beef. Leave out salt. Use onion, garlic, bay leaf, sage, oregano, pepper or other spices to add to the taste.

Puddings & custards — Make homemade pudding and custards. Leave the salt out of the recipe.

Meat Sauces — Make a homemade meat sauce for spaghetti or chili by using ground beef, onion, garlic, pepper, chili powder, oregano and fresh, peeled tomatoes when in season. Do not add salt. When fresh tomatoes are too costly, used unsalted canned tomatoes, tomato paste or tomato juice whenever possible. When you must use regular canned tomatoes, you will get some sodium, but your sauce will still be much lower in sodium than store-bought sauce. This sauce can be made in large quantities and frozen for later use.

Pork products — Most pork products are cured, smoked, or processed with salt in some way. But lean, fresh pork, such as pork chops, pork roast, or fresh ground pork is no higher in sodium and salt than fresh beef. You can even make your own salt-free sausage by using fresh ground pork, sage, black pepper, and red pepper.

Use more herbs — Bay leaves with meats, soups and stews; chives with vegetables, potatoes and stews; rosemary and sage with meats; marjoram and thyme with vegetables and salads; parsley with anything; lemon juice with vegetables, salads and fish; and vinegar with vegetables and salads.

CALENDAR

Monday, June 6-July 25
Free 8 Week Weigh-In Contest Sponsored by W.A. Miles Hardware Company
Location - Warren Co. Health Department
Time - Between 8:30 am - 5:00 pm at your convenience
Tuesday of Each Week
Blood Pressure Screening and Monitoring
Location - Warren Co. Health Department
Time - 8:45 am - 2:30 pm

from HISTORY'S SCRAPBOOK

DATES AND EVENTS FROM YESTERYEARS

July 21, 1944—Democratic National Convention meeting in Chicago nominates President Franklin D. Roosevelt for an unprecedented 4th term.

July 22, 1964—GM announced 6-month profit of 1.138 billion.

July 23, 1904—Charles E. Menches creates the first ice cream cone.

July 24, 1851—British window tax abolished in effort to encourage homes with windows.

July 25, 1952—Puerto Rico became a commonwealth.

July 26, 1805—Earthquake in Italy claimed 20,000 lives.

July 27, 1866—First messages exchanged over Atlantic cable.