

WSSU professor writes guide on African-American history

SPECIAL TO THE CHRONICLE

Dr. Lenwood G. Davis, professor of history at Winston-Salem State University and renowned historian, author and biographer, has published a teacher's how-to guide on infusing African-American history into their teaching of U.S. history.

The book is titled "The Infusion of African-American History in United States History: A Teacher's Guide."

"Many teachers do not know the many contributions that African Americans made to the building and development of America, and since traditional history textbooks, usually omit contributions African Americans made to American and world societies, this book will help fill that void," said

Davis.

The volume includes such topics as the American Revolution, Westward movement, slavery, Reconstruction, post-Reconstruction, World War II, post-World War II, the 1960s, and Vietnam War.

The work also discusses: "Tips for Teachers"; "Student Activities"; "African-American Inventions"; "Suggested Readings for African-American History"; "Myths, Half-Truths and Misunderstandings about Black History"; and "Black Newspaper Articles 1778-1870."

Davis is the author of 22 books and has published more than 150 articles, essays, bibliographies and book reviews. Some of the historian's books include: "I Have a Dream: the Life and Times of Martin Luther King Jr."; "Malcolm X: A Selected Bibliography"; "A Paul Robeson Handbook: Everything You Want to Know About Paul Robeson"; "A Travel Guide to Black Historical Sites and Landmarks in North Carolina"; and most recently, "A Pictorial History of African-Americans in Winston-Salem/Forsyth County," co-authored with Dr. William J. Rice and Dr. James McLaughlin.

Davis is working on several other publications, including "A Malcolm X Handbook," "1,000 African-American Firsts in North Carolina" and "North Carolina Inventors."

Davis received both his B.A. and M.A. in history from N.C. Central University in Durham and his Ph.D. in history from Carnegie-Mellon University in Pittsburgh, Pa.

Queens of Olympic Chapter 620 has annual banquet

SPECIAL TO THE CHRONICLE

Queens of Olympic Chapter #620 O.E.S. hosted its annual banquet on Dec. 3 at the Comfort Inn, 531 Akron Drive.

The banquet was well attended by grand officers from the 30th District, chapter members, members of the 30 District from other chapters, family and friends. Sister Sarah Barge, A.M., served as mistress of ceremonies. Opening selection: "Lift Every Voice and Sing" with invocation by Brother Harry Smith. A.P. Sister Lenner Jef-

feries, P.M., introduced dais guests and gave greetings. The response was given by Sister Areatha Broadway, PDDGM.

Before enjoying a delicious meal, all in attendance were blessed by a reading of "Praise God" by Mrs. Yetter Cain.

In the absence of Sister Larn Dillard, DDGM, the speaker was introduced by Sister Barbara P. Martin, assistant DDGM. Before the message and at intervals throughout the program, inspirational selections were rendered by Willard Tan-

ner. The audience also joined in the singing of Christmas carols.

Rev. Dr. Sir Walter Mack Jr. delivered an inspirational message. He reminded us that we should be committed to carrying out our mission. A profound statement was, "If you have gone out of business, you ought to take down the sign."

Remarks were given by DDGM Brother Samuel J. Tatum, Asst. DDGM Sister Barbara P. Martin, W. P. Brother John Hawkins and W.M. Sister Delories Wilson.

David R. Plyler appointed to national steering committee

SPECIAL TO THE CHRONICLE

WASHINGTON, D.C. - Forsyth County Commissioner David R. Plyler has recently been named a member of the National Association of Counties' (NACo) Community and Economic Development Steering Committee by NACo President Jane Hague.

NACo's 11 steering committees form the policy-making arm of the association. Each commit-

tee is comprised of about 60-90 county officials who meet several times during the year to examine issues critical to local government.

The Community and Economic Development Steering Committee focuses on general community development and redevelopment; residential, commercial, and industrial development; housing programs; building and housing programs; building and housing codes; subdivi-

sion regulation; and public works and economic development.

The steering committee's recommendations on legislative policies and goals are presented to NACo's membership during the association's annual conference. If approved, the recommendations become part of the American County Platform, which is the basis of NACo's efforts in representing counties before Congress and the White House.

Observe the solar eclipse

SPECIAL TO THE CHRONICLE

Join Forsyth Astronomical Society and the crowd at SciWorks Science Center on Christmas Day to see the last Dec. 25th eclipse for more than 300 years! The event will take place from 10:26 a.m. to 2:43 p.m. with greatest eclipse at 12:34 p.m., weather permitting. At the time of greatest eclipse the moon will cover about 48 percent of the sun's disk.

Forsyth Astronomical Soci-

ety and SciWorks will provide telescopes with special filters that allow the eclipse to be viewed safely. Sunspots should be visible at dark patches on the sun's surface - each larger than the Earth! We will also see the sun's image projected, visible through pinhole viewers, and visible through a #14 welders glass.

A solar eclipse occurs when the moon passes between the Earth and the sun, blocking part

or the sun's entire disk from view. Solar eclipses are much more rare than lunar eclipses and cover a much smaller area of the Earth. The last solar eclipse in Winston-Salem was in 1993.

Caution! Never look directly at the sun without the appropriate equipment. Pinhole viewers are meant to be used to project the sun's image onto a piece of paper or cardboard, not to look at the sun directly!

Foundation helps Wake Forest Divinity School

SPECIAL TO THE CHRONICLE

The Wake Forest University Divinity School is using a grant from the Tannenbaum-Sternberger Foundation of Greensboro to establish a new urban ministry study program.

The \$50,000 grant will support a partnership between the divinity school and Greensboro Urban Ministry, a nonprofit organization that provides food, clothing, counseling and shelter to people in crisis in Guilford County.

Beginning in the summer of 2001, second-year divinity school students will begin internships at Greensboro Urban Ministry sites to learn about pastoral care in a diverse ministry setting. Activities will include leading worship services and support groups, and providing opportunities for personal counseling.

"We are delighted that the foundation is helping us develop a partnership with Greensboro Urban Ministry," said Bill Leonard, the dean of the divinity

school. "This encourages us in our efforts to link the new divinity school with ministries throughout the Piedmont area of North Carolina."

During the following academic year, the urban ministry internship program will expand to include a regular-term course, "The Art of Ministry," combined with a 10-hour per week internship.

The final phase of the partnership will allow students to engage in full-time supervised ministry for an academic year as part of their divinity school course of study. No time has been set for this phase to begin.

"We're excited about this partnership with Wake Forest because it will allow students to gain critical exposure to the homeless and the poor, and families in crisis," said Mike Aiken, executive director of Greensboro Urban Ministry. "Spiritual support is so important to the increasing numbers of these people, and the students will witness the immediate and lasting effects of their work."

Aiken also said that his organization's interfaith focus will help the students learn to work in an ecumenical setting.

At the end of a five-year pilot period, the divinity school and the Greensboro Urban Ministry will evaluate the effectiveness of the program. If the program is approved, it will become a permanent course of study within the divinity school and will become a priority during the annual fund-raising for the school.

The Wake Forest Divinity School began its second year this fall. The new class has 28 full-time students. Fourteen students are men and 14 are women. There were 24 people in the founding class - five men and 19 women.

Sigmund Sternberger, a former director of Cone Mills, founded what became the Tannenbaum-Sternberger Foundation before his death in 1964. He was an active member of Temple Emanuel in Greensboro and served as treasurer there for 47 years.



BestHealth
Wake Forest University Baptist Medical Center

JANUARY SEMINARS, WORKSHOPS & CLASSES

Events are held at BestHealth in Hanes Mall and require registration unless otherwise indicated. To register for an event, please call our health information line, **Health On-Call**, at 716-2255 or register online at www.besthealth.com

BestHealth and BestHealth55 are programs of Wake Forest University Baptist Medical Center (WFUBMC)

2/TUE - WEIGHT MANAGEMENT PROGRAM

6 p.m. Learn more about the WFUBMC Dept. of Family & Community Medicine's 14-week intensive weight control program. ☎

4/THU - WEIGHT LOSS SERIES

6 p.m. 6-week series through Feb. 8. Topics include nutrition, exercise and stress management. Cost: \$25 per person for the series, with a \$10 refund for perfect attendance or a weight loss of 5 lbs. ☎

8/MON - TAKE IT TO HEART

5:30 p.m. Learn ways to be heart healthier during this 2-hour program. ☎

9/TUE - NEW YEAR - NEW LOOK ON LIFE

11 a.m. Dr. Patricia Suggs of the WFUBMC J. Paul Sticht Center will offer tips on having a positive outlook. *BestHealth55 members only.* ☎

11/THU - ENERGIZE YOUR EXERCISE

11 a.m. Learn ways to add energy to your life while building muscle and increasing movement. *BestHealth55 members only.* ☎

11/THU - WARM UP WITH HOT STEWS

2 p.m. Featuring WFUBMC Executive Chef, Chris Smith. ☎

13/SAT - BREASTFEEDING BASICS

11 a.m. Laurie Cox, RN, of Brenner Children's Hospital, will offer advice for successful breastfeeding. ☎

15/MON - DIABETES SUPPORT GROUP

10 a.m. ☎

15/MON - CAREGIVER SUPPORT GROUP

1 p.m. Cosponsored with Hospice & Palliative Care Center. ☎

15/MON - COPING WITH THE DEATH OF A LOVED ONE

2:30 p.m. Support group. Cosponsored with Hospice & Palliative Care Center. ☎

16/TUE - FREE CHOLESTEROL SCREENING

2 to 5 p.m. No appointment necessary.

16/TUE - PLASTIC SURGERY FOR CHILDREN

6 p.m. WFUBMC plastic surgeon Dr. Lisa David will discuss options for children who need head or facial reconstructive surgery. ☎

17/WED - STROKE PREVENTION

10 a.m. WFUBMC neurologist Dr. Charles Tegeler will discuss strokes and ways to help prevent them. *BestHealth55 members only.* ☎

17/WED - WANT TO STOP SMOKING?

7 p.m. Mary Martha Smoak, patient educator with the WFUBMC Dept. of Family & Community Medicine, will lead this class. Continues Jan. 22, 24 and 29. Cost: \$20 per person for the series, with a \$10 refund for perfect attendance. ☎

18/THU - POSTURE & FLEXIBILITY

11 a.m. WFUBMC physical therapist will discuss ways to improve posture. *BestHealth55 members only.* ☎

19/FRI - THE AGING HEART

10 a.m. WFUBMC cardiologist Dr. David will discuss the effects of aging on the heart system. *BestHealth55 members only.*

23/TUE - FUNDAMENTALS OF FINANCIAL PLANNING

11 a.m. Linsey Mills of Integrated Financial will discuss investment strategies. *BestHealth55 members only.* ☎

23/TUE - HEALTHY EATING FOR THE NEW YEAR

4 p.m. With Chef Billy Seay of Lucky's, will discuss healthy eating for the new year. ☎

23/TUE - INVISIBLE BRACES

6 p.m. Dr. Sarah Shoaf of University of North Carolina will discuss adult orthodontics, including Invisalign braces. ☎

24/WED - CHOLESTEROL-FREE COOKING

2 p.m. WFUBMC geriatrician Dr. Jerry will provide tips on cutting cholesterol. *BestHealth55 members only.* ☎

25/THU - HIP REPLACEMENT

1 p.m. WFUBMC orthopaedic surgeon Dr. Kilgus will discuss advances in hip surgery. *BestHealth55 members only.* ☎

27/SAT - BREASTFEEDING: PRACTICAL ASPECTS

11 a.m. Laurie Cox, RN, of Brenner Children's Hospital, will offer practical solutions to common breastfeeding problems. ☎

29/MON - HYPERTENSION

10 a.m. Dr. Ronald Smith of the WFUBMC Hypertension Center will discuss the latest in high blood pressure. ☎

30/TUE - MAKING SENSE OF DIABETES

10 a.m. WFUBMC diabetes educators Dr. Lynn Campbell will discuss diabetes and healthy lifestyle changes. *BestHealth55 members only.* ☎

30/TUE - FREE CPR CLASS

1 p.m. This 4-hour class covers cardiopulmonary resuscitation for adults, children and infants. ☎

31/WED - FREE HEARING SCREENING

3 p.m. Sponsored by the WFUBMC Audiology and Speech Dept. Appointment required. ☎

31/WED - HEART TRANSPLANTATION

6 p.m. WFUBMC cardiothoracic surgeon Mike Hines will discuss development of heart transplants. ☎

JANUARY OTHER EVENTS

Note location of event.

27/MON - FREE SCREENINGS

2 to 4 p.m. Free cholesterol and glucose screenings at Wellspring Whole Foods Market, 41 Miller St. Sponsored by the WFUBMC Heart Center. ☎

SOUND MEDICINE



Get information about health care breakthroughs on "Sound Medicine," a radio news service of Wake Forest University Baptist Medical Center.

- Thursdays, January 4, 11, 18 and 25 at 5:35 p.m. on 90.5 WSNF-FM
- Saturdays, January 6, 13, 20 and 27 at 3 p.m. on 1500 WSMX-AM

FOR YOUR BESTHEALTH



Tune in to Winston-Salem County's CAT-TV - call Mondays at 7 p.m. for information from the Wake Forest University Baptist Medical Center. Videotapes from programs are available at BestHealth.

1/MON - PSORIASIS UPDATE

7 p.m. Featuring WFUBMC dermatologist Dr. Steve Feldman.

8/MON - POST-TRAUMATIC STRESS DISORDER

7 p.m. Featuring WFUBMC psychologist Dr. Deirdre Johnston.

15/MON - THYROID DISORDER

7 p.m. Featuring WFUBMC endocrinologist Dr. K. Patrick Ober.

22/MON - MIGRAINE HEADACHE

7 p.m. Featuring WFUBMC neurologist Dr. B. Todd Troost.

29/MON - LIVING WITH ARTHRITIS

7 p.m. Featuring WFUBMC rheumatologist Dr. Paul Sutej.



Wake Forest University Baptist MEDICAL CENTER

☎ To register for events, receive general health care information, or to schedule a physician appointment, call **Health On-Call** at 716-2255 or toll-free 800-446-2255. Or register online at www.besthealth.com