

# WSF makes promotions, appointments

SPECIAL TO THE CHRONICLE

The Winston-Salem Foundation is pleased to announce the following appointments and promotions:

• Steven M. Eastman has joined the foundation's staff as director of information systems and technology. He is a graduate of Mississippi State University and has been a resident of Winston-Salem since 1995. Eastman worked for Wachovia Corp. as a senior computer analyst for five years. He is an active member of the Piedmont Flyers Bicycle Club, which is involved in advocacy for cycling-related issues.

• Jeffrey Alan Coppage will be joining the foundation on Feb. 19 as a program associate, working with nonprofit agencies and donor advised funds. Coppage holds an M.A. in religion from Wake Forest University, and an M. Divinity

from the Southeastern Baptist Theological Seminary.



Coppage

ter.

• B. Thomas Lawson Jr. was promoted to executive vice president of donor services. He has served as vice president of donor services since 1997. He is responsible for all facets of the foundation's gifts and stewardship program. Lawson is on the board of the Ronald McDonald House and the Arts Council



Lawson

Board Development Committee. He was recognized as one of the Triad's "40 Leaders Under 40" in 1999 by the Greensboro Jaycees.

• James Delvin Gore was promoted to a program officer. He has served as a program associate since 1997, working with nonprofit agencies. He is a 1996 graduate of Yale University, holding a B.A. in political science. Gore is on the board of Big Brothers/Big Sisters and Neighbors for Better Neighborhoods, an organization that provides technical assistance to neighborhood associations.



Gore

The Winston-Salem Foundation is a community foundation celebrating its 82nd anniversary this year. It was founded in 1919 by Colonel Francis Fries with a \$1,000 gift and now has total custodial assets of more than \$220 million. In 2000, it distributed more than \$13 million in grants for charitable causes.

# Dudley Products announces top sales managers for 2000

SPECIAL TO THE CHRONICLE

Dudley Products Inc., the Kernersville manufacturer of hair care and cosmetic products, recently announced its top sales managers at the company's sales conference. The conference was held at Dudley's headquarters on Jan. 21-22.

The top sales manager for the year 2000 was Sam Battle, who works the New York City market. Battle has spent his entire 38-year career with the company servicing customers in the New York City area. Battle began his sales career with Fuller Products, where he worked with Joe L. Dudley Sr., now chairman of Dudley Products Inc.

Finishing in second place for

the year 2000 was Marvin Dawson, who works the North Florida/South Georgia market for Dudley Products Inc. Dawson has been with the company for nine years and continues to improve his sales and ranking with the company each year.

Finishing in third place was Marcus Eldridge. Additionally, Eldridge was named Dudley's number one sales manager for North Carolina. Eldridge is a sales manager at Dudley headquarters in Kernersville. Eldridge, a 27-year veteran with the company, is a native of Winston-Salem and a North Forsyth High School graduate. Eldridge has worked and opened up several markets for the company during his career. He is well known in the Triad area for his work with his church and with the youths of the community.

The remaining top 10 sales managers for 2000 were: fourth place, Wendell Lockhart, Baltimore, Md.; fifth place, Rudy Artis, Virginia Beach, Va.; sixth place, Raymond Terry, New England; seventh place, Wayne Smith, Orlando, Fla.; eighth place, Robert McCullough; ninth place, Eddie Lewis; 10th place, Mrs. Willie Mae Humphrey, all of Dudley's Kernersville headquarters.

Dudley Products Inc. manufactures and sells its lines of hair care and cosmetics products expressly to cosmetologists, beauticians and barbers. Dudley Products Inc. also operates Dudley Cosmetology University in Kernersville with branches in Charlotte, Durham and Greensboro. Additionally they have schools in Chicago, Ill., and Washington, D.C.

## Subway

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ries will cause weight reduction and exercising is an important part too. Try to put in 30 minutes to 60 minutes a day of aerobics such as walking, riding a bicycle, swimming.

"Watch the portion sizes; keep it low in fat. Sometimes what can help you do this is eating lots of vegetables and fruits. They are typically lower in calories. They can fill that hunger void and not a lot of calories."

Miller said, "The food that you're eating (at Subway) is not harmful at all. People find it tasty. There's not a lot of variety. Eating a variety is important to make sure that you get nutrients necessary."

If someone really wants to try the Subway Diet, Miller recommends a modified approach: "If they really like Subway sandwiches, have a Subway sandwich once a day or a couple times a week, then supplement it with other foods."

The company "is pretty reserved" on the claims they make, he said.

According to Subway, Jared Fogle started his diet in mid-March 1998 at a weight of 425 pounds and ended the diet in March 1999. A statistics sheet lists his current weight at 190 pounds.

"Fogle got the idea for his diet when he saw a sign at a local Subway shop promoting 'Seven Under 6 Grams of Fat,' a company news

release says. "It was a far cry from the fat-laden, fast-food burgers and pizza that were formerly mainstays of his diet."

"At the time a 22-year-old student at Indiana University, Fogle says his Subway diet consisted of little else. Fogle ate a 6-inch turkey sub for lunch and a foot-long veggie sub for dinner. He enjoyed a small bag of baked potato chips with lunch and permitted himself diet soft drinks throughout the day. He skipped breakfast and held the cheese and mayonnaise for a diet that totaled less than 10 grams of fat and about 1,000 calories per day....

"Fogle loaded his sandwiches with tons of lettuce, green peppers, banana peppers, jalapeno peppers, and pickles, topped with a bit of spicy mustard. 'It felt a little like feasting, rather than totally depriving myself,' he said."

The news release continues: "Dietitian Tina Ruggiero, of New York City, describes this dieting approach as 'portion control.' "Describing weight-loss strategies in the November 1999 issue of Men's Health, she says that by eating predictable portions, dieters need not bother with counting calories. She also says that including lots of fiber as part of a reduced-calorie diet can help by making dieters feel full."

"Fogle admits his diet was extreme and explains that he did speak to a physician before starting

his diet," the news release says. "He also makes it clear that he combined his diet with a walking program, as doctors recommended."

The news release says of Fogle's diet: "This is not a strategy that would work in just any fast-food restaurant. For example, eating one quarter-pound hamburger and one larger hamburger each day at another leading fast-food restaurant would have weighed down Fogle with 62 grams of fat. Bad press for greasy fast-food burgers has convinced many consumers that it's practically impossible to eat well when eating convenience foods."

According to Subway, after Fogle lost more than 200 pounds, he started eating other foods. Today he chooses foods with low fat but eats a lot more calories (about 2,400 per day). He drinks only diet drinks, little liquor or beer and walks whenever he can.

What about the the "Friends of Jared" - the five people Subway selected for its recent advertising campaign?

According to a Subway news release, Zoe Germelli lost the most weight of the group (147 pounds). "When she heard about Jared, then saw the commercials, she realized that eating at Subway could easily be a part of her self-proclaimed diet and exercise program. Her father had died of a heart attack at a young age, and Zoe realized at 305 pounds she

was on a perilous course. In addition to eating at Subway, she started biking for exercise and has become an avid biker, rarely missing a day...."

The news release says of Sean O'Kane, who lost 98 pounds: "After losing the first 80 pounds, Sean's childhood dream came true - he was hired as a firefighter in Danville, Ill. He also works part time as a police (officer) and paramedic. Sean now runs in 5K races and still eats at Subway faithfully."

The news release says Kimberly Johnson has lost 103 pounds since last February. Her husband has also lost 55 pounds. "Kimberly, mother of two young children, does Tae-Bo for exercise, as well as walking every day."

Toby Norman lost 91 pounds eating at Subway every day for four months, the news release says. "In fact, in addition to lunch and dinner, he modified Jared's diet by eating breakfast at Subway too."

The news release says Pam Blake-man, who has lost 60 pounds, "didn't copy Jared's diet exactly - she added more vegetables, and one meal a week she ate whatever she wanted."

# NICL to continue classes

SPECIAL TO THE CHRONICLE

Neighborhood leaders in Winston-Salem have been given an opportunity to broaden their scope of training through courses offered in community leadership and organizational development. The institute has also provided an atmosphere where neighborhood leaders across the city of Winston-Salem can come together to share experiences and address issues that are important to their community.

The Neighborhood Institute for Community Leadership (NICL) will begin its second semester on Feb. 10 from 9 a.m. to 2 p.m. All classes will

be held in the educational building of St. Paul United Methodist Church, 2400 Dellabrook Road, Winston-Salem. The classes are open to all neighborhood associations, community development corporations and faith-based organizations in Winston-Salem and Forsyth County.

The goal of the institute is to educate neighborhood stakeholders to strengthen their community-based organizations and to enhance the local community development industry.

The second semester will last from Feb. 10 to June 9.

Enrollment is open to any neigh-

borhood association member, those interested in reorganizing an old organization, faith-based groups interested in neighborhood development, organizations interested in forming a community development corporation, existing community development corporations and other nonprofit organizations whose activities positively impact neighborhoods.

Anyone interested in attending NICL may call the office at 631-9407, or e-mail, [nicl@bellsouth.net](mailto:nicl@bellsouth.net) to request an application packet. The classes will begin Feb. 10. Deadline for application is Feb. 7.

# Get Ready Winston-Salem "Papa C.W. Brown" Is Coming To Town And He's Headed Right For Old Salem! "Papa" Will Make You Laugh And He'll Make You Cry!

A Play About What Happened to the Black Moravians in "Old Salem."

Papa C.W. Brown and the Black Moravians

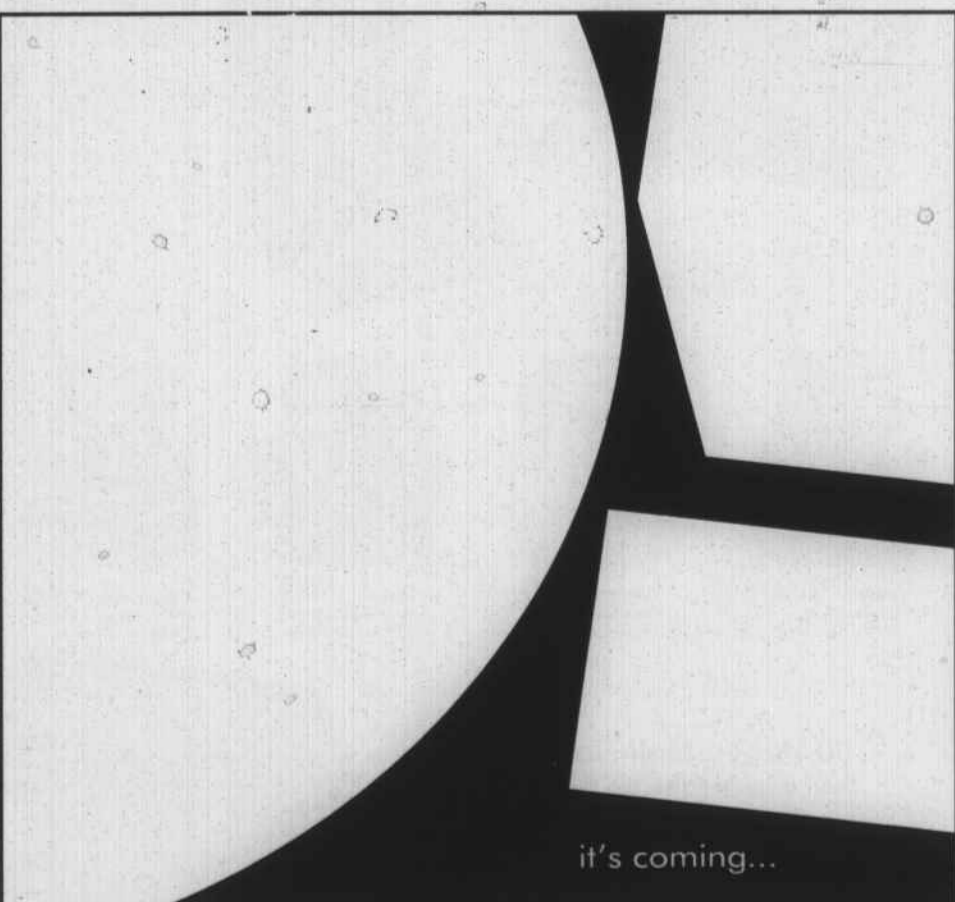
Written, Directed & Starring Larry Leon Hamlin Arts Council Theatre 610 Coliseum Drive, Winston-Salem

8pm Feb. 23-24 & March 2 & 3 3pm Feb. 25 & March 4

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2001 National Black Theatre Festival July 30th - August 4th Hollywood Gala Awards Dinner \$200 per ticket Purchase Tickets Now for Guaranteed VIP Seating Call 723-2266

The North Carolina Black Repertory Co. Is a Funded Member of the Winston-Salem/Forsyth County Arts Council and receives funding from the North Carolina Arts Council and the National Endowment of the Arts.



it's coming...