

Emancipation celebration set for United Cornerstone Missionary

SPECIAL TO THE CHRONICLE

The Winston-Salem/Forsyth County Emancipation Association will sponsor its annual celebration of the Emancipation Proclamation signing on Jan. 1 at 11 a.m. at United Cornerstone Missionary Baptist Church, 2745 Patria St. The church is located two blocks off South Main Street on Patria and Wright streets.

The general public is cordially invited to attend and share in this significant celebration. Dr. John Mendez, the pastor of Emmanuel Baptist Church, will be the keynote speaker for the celebration.

A native of New York City, the Rev. Dr. Mendez has pastored Emmanuel Baptist Church in Winston-Salem for the past 15 years after leaving the congregation at Pleasant Grove Baptist Church in Wendell, N.C., where he served from 1977 to 1983.

Dr. Mendez is a graduate of Shaw University in Raleigh and Southeastern Baptist Theological Seminary in Wake Forest. He also attended Interdenominational Theological Center in Atlanta, Ga.

He is a recent graduate from the Post Graduate Center of Mental Health in New York City

in pastoral counseling psychoanalysis and psychotherapy. He also received a certificate of participation in a pilot project on the Black Church's Economic Responsibility for a New Urban Agenda at Harvard University Divinity School.

Dr. Mendez serves on several boards: chairperson of the Home Mission Board of the Progressive National Baptist Convention, Racial Justice Working Group of the National Council of Churches, Urban Rural Committee of the World Council of Churches, Black Theology Project, Human Rights Commission of the Baptist World Alliance, North Carolina Psychology Board, Forsyth Tech Advisory Committee.

He also served as an honorary member of the All Africa Conference of Churches in Nairobi, Kenya, and was the first black pastor in the United States to be invited to address the General Board in Madagascar. He helped

organize a Progressive National Baptist Convention and Baptist Church movement in London and Wolverhampton England.

His lecture experiences include serving as lecturer and preacher for various Martin Luther King Jr. Day Celebrations: North Carolina State University for the Society Of Afro-American Students; Citywide King Day Observance in Tulsa, Okla.; King Day Observance at N.C. Central University; King Day Observance Breakfast for the Ministers' Alliance in Raleigh; King Day Observance in Winston Salem.

He has lectured at the following colleges and universities for African American History Month: Delaware State University, Campbell University, Appalachian State University, Elon College, Livingston College, University of North Carolina-Greensboro for the Conference on St. Clair Drake, Winston-Salem State University for African American Religious and Cultural Experience Course, Shaw University for the Paul Robeson Festival Conference and Religious Emphasis Week, Wake Forest University Year of Religion Observance.

He was the keynote preacher

for the Thomas Dorsey National Convention of Gospel Choirs and Choruses. In 1993, he was the keynote preacher at the Progressive National Baptist Convention Freedom Night. In 1986, he delivered a paper at the second Martin Luther King Jr. Theological Conference and preached in several churches in Havana, Cuba.

Noted for his contributions to civil and human rights, Dr. Mendez has served as a consultant on many fact-finding missions: the Hawaiian Land Rights issues sponsored by the Racial Justice Working Group of the National Council of Churches, Puerto Rican Vegas Island pollution issues, investigated U.S. war crimes in Nicaragua and El Salvador, peace initiative in Angola, African American Church Leaders Environmental Racism/Injustice fact-finding mission in Louisiana, Mt. Graham Apache sacred site issue, and the Black Hills Lakota issue, etc.

Dr. Mendez is the facilitator and founding member of the Citizens United for Justice that successfully led the community in obtaining a citizens police review board.

His accolades range from Who's Who In American Col-

leges and Universities in 1971 to the Winston-Salem Chronicle's 1994 Man of the Year Award. Dr. Mendez has received the President's Award for the Progressive National Baptist Convention, the Alpha Award of Merit by Omicron Gamma Lunda Chapter of Alpha Phi Fraternity, the Wendell-Wake County NAACP Humanitarian Award, the Achievement Award from the Winston-Salem Urban League Board of Directors, 1989 Presidents Award of the NAACP in Winston-Salem, Award for Honorary Keeper of the Constitution by the State of North Carolina Department of Secretary of State.

In 1991 he was bestowed the honorary doctoral degree of ministry from Shaw University. He recently received the Scholar of Distinction Award by the Ministers' Conference of Winston-Salem.

Dr. Mendez is married to the former Sarah Lee Howard, who is a client liaison coordinator in information services at N.C. Baptist Hospital. The couple have two siblings: Sekou, 23, who is a student at A&T State University; and Jamila, 21, who is a student at N.C. Central.

Dr. J. Ray Butler, the host

pastor and a board member of the Emancipation Association, will be the master of ceremonies for the annual celebration of the Emancipation Proclamation signing. Other board members participating are Evelena Claybon, Alma Barber, Harold Kennedy, Mildred Griffin, Mary Person and the president, Robert Long. United Cornerstone Missionary Baptist Church will render music.

The amounts and number of scholarships presented each year is determined by the money collected from such membership fees and contributions.

This year we will remember all deceased members of the association.

The purposes of the Emancipation Association are "to take united action to bring about, to encourage and create a desire for all to be fully emancipated to the extent that all people of the United States will have the same rights and privileges without regard to race, creed, color, religion or gender."

Attending this celebration, joining the association and contributing to its purposes are great ways to start the year 2000. We invite all to celebrate with us Jan 1.



Mendez

New Year's casualty: Recovering from hangover takes time

BY PAUL COLLINS THE CHRONICLE

With New Year's parties approaching, here are some tips for preventing or recovering from a hangover.

John Andrews, substance abuse counselor for Guilford County Drug Service, said, staying away from alcohol or drinking with moderation are the best choices. But if you do drink too much, he said, "nothing works any better than one Alka Selzer and two ibuprofen with a glass of water."

Repeat four hours later if you don't feel better.

"You've really got a serious problem if you don't feel better after ... eight hours," Andrews said.

One official said, if possible, "stay where you are and sleep it off."

Another official suggested drinking a lot of water and taking a pain killer before going to sleep. Drinking water helps prevent dehydration.

Men's Health Magazine said hangovers are easier to prevent than cure. At the party, choose white wines and clear liquors over red wines and colored liquors, which contain headache-causing substances. And for every alcoholic drink you have, drink a

glass of water. Also, eat fruit and cheese.

The magazine says before going to bed to have a glass of water and a couple saltine crackers to help rehydrate you and replace some of the salt you've lost, and to take a multivitamin. The next day, aspirin or ibuprofen will help ease the pain and ease the inflammation of blood vessels surrounding the brain that have become distended and irritated. Avoid acetaminophen (Tylenol), the magazine says. A cup of coffee and a dose of Pepto-Bismol will help. Caffeine helps constrict the dilated blood vessels.

Charles Johnson, a certified

substance abuse counselor for Step One Substance Abuse Services, said people should plan ahead for parties. If you have a pattern of drinking to the point you are legally presumed impaired (0.08 percent blood alcohol), don't think, "I won't drink that much tonight." Instead, accept the fact that you probably will drink as much as you usually do. So have a designated driver or make arrangements for a cab ride home, Johnson said.

Eat a balanced meal just before you drink, which will slow down the absorption of alcohol into your body, Johnson said.

Set a limit for how much you

will drink and space out your drinks, Johnson said. For a 145-160-pound person, it takes the body about an hour to metabolize one ounce of 100 proof whiskey. If you weigh less, the alcohol will have greater effects on you body.

Johnson gave this example of spacing out your drinks. If you drink two beers quickly, as you start drinking your third beer, you're probably getting close to the impaired level of 0.08 percent blood alcohol. However, if you wait an hour or so before starting your third beer, your body will have probably metabolized one of the beers you have already drunk. Johnson said he doesn't think

most "remedies" for a hangover really help.

"Some things work for some people. I don't know of anything that works for all people," he said.

Johnson said some people say that coffee, various juices and milk help them recover from hangovers, but he believes that the natural process the body goes through to metabolize the alcohol is probably responsible for people recovering from a hangover.

If you get a hangover, it's normal to have an upset stomach, headache and trembling, Johnson said. His best advice is don't drink alcohol and don't use drugs.

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