

## AKA contributes to Crisis Control

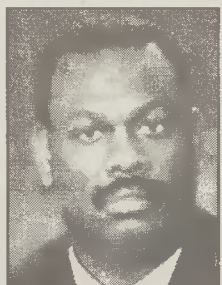


Left to right are: Soror Marie Burney, committee member; Loretta Shaw, director of volunteer and client services; Soror Clara Gaines, committee chairman; Margaret P. Elliott, executive director, Crisis Control. The committee is shown presenting its donation of underwear and socks. This donation is one of the dire needs of Crisis Control. This Crisis Control contribution is one of the four annual AKA service projects sponsored during the Christmas season. Soror Maurice Jackson is the local president of Alpha Kappa Alpha Sorority. Other committee members are Rita Kilgore, co-chr., Mattie Clarke, Deidra Brown, Norma Drayton, Bernice Davenport, Nataya Johnson, Donna Hairston and Virginia Wiseman.

## Labor Department veteran to head San Francisco office

SPECIAL TO THE CHRONICLE

George Friday Jr., a 31-year veteran of the U.S. Labor Department, has been appointed as San Francisco regional administrator for the department's Wage and Hour Division, Bernard E. Anderson, assistant secretary of the Employment Standards Administration, announced.



Friday

"George Friday has spent his entire career enforcing the complex laws that cover millions of working Americans," said Anderson. "His exceptional experience and ability will be put to good use in the San Francisco office, which handles a number of tough issues, including farm labor and sweatshops both here and in Saipan.

After leading the department's first nationwide child labor strike force in 1991, Friday started task

force initiatives against sweatshops in Florida and California and subsequently served as liaison in the anti-sweatshop Targeted Industries Partnership Program in 1998. Beginning in 1974, Friday headed several task forces enforcing farm labor laws in the Carolinas, Florida, Tennessee and California.

A native of the Charlotte, N.C. area, Friday grew up and attended public schools in Winston-Salem. He began his career as a wage and hour investigator in Charlotte following his graduation from North Carolina A&T State University in 1968. Ten years later he was appointed assistant district director for the wage and hour office in Montgomery, Ala., and in 1987 held the same position for the Columbia, S.C., office.

In 1989 Friday was named quality adviser for the Atlanta regional office and in 1991 he was named the deputy regional administrator in San Francisco. During the past 15 months, he has served as acting regional administrator for the San Francisco Region.

Since 1974, Friday has served as an instructor and coordinator

of basic training for wage and hour investigators. He also organized management training for 400 department employees from eight Southeastern states.

Throughout his career, Friday has been recognized for his public service, receiving the department's Distinguished Career Service Award, the Hammer Award by the National Performance Review and a Ford Foundation Award for Innovations in American Government. Friday is married to the former Wilhelmina Moore and they have two children, Derek and Dana.

The San Francisco Wage and Hour Division covers California, Alaska, Washington, Oregon, Arizona, Nevada, Idaho, Hawaii, Guam and Saipan. As regional wage and hour administrator, Friday will oversee civil and criminal enforcement of minimum wage, overtime and child labor laws, migrant workers' wages and housing, the Family Medical Leave Act and laws covering wages and benefits for construction companies under contract with the federal government.



ESR customer Shonnetta Neal (third from left) looks on as her children, Meria (left) and Deanthony (right), try out new bikes for Christmas. Wanda Hallums, the ESR case planner who coordinated the donations, is also shown. The bikes, along with other toys and goods, were donated by R.J. Reynolds Tobacco.

## Organizations assist ESR in providing food, and toys

SPECIAL TO THE CHRONICLE

The Experiment in Self-Reliance, the local Community Action Agency and a United Way Agency, has been assisted by various organizations in Winston-Salem/Forsyth County in providing food and toys to its clients and their families during this holiday season.

Approximately 50 ESR households received donations for the holidays, thanks to the generosity of Center Grove Baptist Church, Invesco, R.J. Reynolds Tobacco, St. Leo's Catholic Church and the U.S. Marine Corps' Toys for Tots program.

ESR's mission is reducing poverty in the community, an objective that assists those living in and trying to move out of poverty, as well as improving life for the

community in general. On an ongoing basis, ESR case planners work with their clients to assist them in establishing and pursuing goals over the long term that will raise them above the poverty income line, enable them to move off of public assistance, and allow them to progress along a continuum toward greater economic self-sufficiency.

During the holidays, ESR solicits local businesses, congregations and other organizations to donate food, toys and other items to enable various clients and their families to experience a more special holiday.

"We want to thank all of these groups that helped our families this year," said Wanda Hallums, the ESR case planner who organized the drive. "These donations mean that many of our clients can

have a more merry Christmas.

"It's especially joyful to see the faces of the children when they get their toys. Without this generosity, they might not have any toys at all for Christmas," Hallums said.

ESR Executive Director Twana Wellman added, "These gifts from the community provide encouragement and hope to our clients at this special time of year, enabling them to maintain their case plan and continue on their path toward greater self-sufficiency."

The Chronicle's e-mail address is: [wschron@netunlimited.net](mailto:wschron@netunlimited.net)

# Best Health

WAKE FOREST UNIVERSITY BAPTIST MEDICAL CENTER

When choosing the best means the most.

### SEMINARS, WORKSHOPS & CLASSES

All seminars and screenings are held at BestHealth in Hanes Mall and require pre-registration unless otherwise indicated. To learn more about BestHealth or BestHealth55 or to register for any of the following, please call our health information line, Health On-Call, at 716-2255.

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

#### JANUARY

### 4/TUE - STRESS REDUCTION FOR THE NEW YEAR

8:45 a.m. MallWalkers monthly meeting in North Center Court (near Belk) at Hanes Mall. Join licensed professional counselor Catherine Jourdan of the WFUBMC Dept. of Family and Community Medicine for a discussion of how stress affects your life and what you can do to cope with it. Mall-Walkers is sponsored by WFUBMC, Hanes Mall, Winston-Salem Recreation and Parks Dept. and NewsChannel 12. Registration not required.

### 4/TUE - WEIGHT MANAGEMENT PROGRAM

12 noon & 7 p.m. Hear how lifestyle changes and healthy food choices can result in safe, long-term weight control, and learn more about the WFUBMC Dept. of Family and Community Medicine's 14-week intensive program. Call 716-4982 to register.

### 6/THU - PIEDMONT PLUS SENIOR GAMES

10 a.m. Edith Bailey of the Winston-Salem Recreation and Parks Dept. will discuss how you can get involved with this annual competition just for seniors! For BestHealth55 members only.

### 10/MON - WEIGHT LOSS SERIES

2 p.m. Topics include eating on the run, shopping for good health, developing an exercise program and managing stress. This six-week series continues on Jan. 17, 24, and 31 and Feb. 7 and 14. Cost per person is \$25 for the series, with a \$10 refund for perfect attendance or a weight loss of 5 lbs.

### 11/TUE - MOVE TO THE BEAT

6:30 p.m. BestHealth Kids program, North Center Court (near Belk) at Hanes Mall. Aerobics instructor Julie Buker will get you on your feet and moving to the beat. For ages 12 and under, sponsored by Brenner Children's Hospital & Health Services, Hanes Mall and NewsChannel 12. Registration not required.

### 12/WED - SPIRITUALITY

10 a.m. Dr. Patricia Suggs of the J. Paul Sicht Center will discuss how spirituality impacts health. For BestHealth55 members only.

### 12/WED - HOT SOUPS FOR COLD DAYS

12:30 p.m. Chris Smith, WFUBMC Executive Chef, will demonstrate the preparation of hot soups to warm you on those cold winter days. Recipes provided.

### 12/WED - HEARTY SOUPS

5:30 p.m. Join Chef Don McMillan of Simple Elegance Catering as he shares recipes for delicious soups. For BestHealth55 members only.

### 13/THU - JOINT PAIN

10 a.m. Dr. Douglas Kilgus, WFUBMC orthopaedic surgeon, will discuss causes and treatment options for joint pain.

### 13/THU - HEARING & SPEECH SCREENING FOR CHILDREN

3 to 5 p.m. Have your child's hearing and speech screened by the WFUBMC Dept. of Hearing & Speech. Children must be 5 years of age or older. Space is limited and registration is required.

### 14/FRI - YOGA

12 noon. Join Deb Lazer for a yoga demonstration and a discussion of its benefits. If you want to try some of these positions (instead of just watching), wear comfortable clothing and easily removable shoes and socks.

### 15/SAT - LASIK SURGERY— WILL IT WORK FOR YOU?

10:30 a.m. Dr. Keith Walter, an ophthalmologist with the Wake Forest University Eye Center, will discuss LASIK, an outpatient procedure that corrects nearsightedness, astigmatism and farsightedness.

### OTHER EVENTS

Note location of event.

#### JANUARY

### 10/MON - SAVING THE BEST FOR FIRST

10 a.m. Attorney Mike Wells will discuss setting priorities and keeping a positive outlook on life by focusing on things that matter. West Forsyth YMCA, Peachaven Rd., Clemmons. Call 716-2255 to register. For BestHealth55 members only.

### 11/TUE - THE IMPACT OF MEDICARE/ MEDICAID ON YOUR RETIREMENT

11:30 a.m. Linsey Mills of Integrated Financial Services will discuss how Medicare and Medicaid affect your retirement plan. Kernersville YMC, 1113 W. Mountain St. Call 716-2255 to register. For BestHealth55 members only.



FOR YOUR BESTHEALTH TV  
Tune in to Winston-Salem/Forsyth County's CAT-TV—cable channel 6—for a half hour of health care information from the experts at Wake Forest University Baptist Medical Center. Videotapes from previous programs are available at BestHealth.

#### JANUARY

### 3/MON - PROSTATE CANCER RESEARCH

7 p.m. WFUBMC urologist Dr. Craig Hall and Nadine Shelton, RN. WS/FC cable channel 6.

### 10/MON - HIP AND KNEE REPLACEMENT

7 p.m. WFUBMC orthopaedic surgeon Dr. D. Kilgus. WS/FC cable channel 6.



### SOUND MEDICINE

Get information about tomorrow's health care breakthroughs today on "Sound Medicine," a radio news service of Wake Forest University Baptist Medical Center, Thursdays at 5:35 p.m. on 90.5 WSNC-FM and Saturdays at 3 p.m. on 1500 WSMX-AM.

#### JANUARY

### 6/THU NEW TREATMENT & OPTIONS FOR 8/SAT - PARKINSON'S DISEASE

Learn about a new method of treating tremors from WFUBMC neurosurgeon Dr. Stephen B. Tatter.

### 13/THU BRAIN TUMORS: & THE LATEST TECHNOLOGY 15/SAT - FOR A CURE

WFUBMC neurosurgeon Dr. Stephen B. Tatter describe the gamma knife and research program underway to more effectively treat brain tumors.



Wake Forest University Baptist MEDICAL CENTER

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