

People

Community Calendar, Close-Up, Social Notes, Community News

Close-Up

'Women admire nice physiques'

By AUDREY L. WILLIAMS
Chronicle Staff Writer

Whenever a shirtless Alfred Adams begins to cut the lawn in front of his home, he says it's not long afterwards that his wife will call him inside and hand him a shirt.

"Women admire guys with nice physiques," says the muscular 34-year-old, part-time, weightlifter. "They don't try to make passes at you. They just admire you."

Adams is an optional education teacher with the Forsyth County Detention Center and on Mondays, Wednesdays and Fridays after a full day's work, its off to the Patterson YMCA. That's where he, Arthur Sprinkle, Michael Shepherd and the Rev. Glen Johnson, grunt, groan, yell and push their bodies to the limit, hoisting weights up to 300 pounds in the basement Fitness Center.

Robust and he-man looking, these members of the 5:15 p.m. weight-training team are strict believers in keeping fit and healthy, but there's another dimension of fitness they all enjoy.

"Everywhere you go people stop you," says the 38-year-old Sprinkle, who commands the same degree of attention the television character, the "Incredible Hulk," once did. "I've been pumping iron off and on about 25 years," he says. "It's just one of my loves."

All four say they use the Patterson Y facilities because of the congenial atmosphere and the convenience it provides them. Additionally, they say it offers an environment they know they can feel at home in.

"I can identify with the Patterson Y," says the

Rev. Johnson, who is an associate minister at the Ambassadors for Christ Cathedral. "I don't think there's very many (black) people who've lived in Winston-Salem and not come through the Patterson Y."

"It's a good, Christian atmosphere," he says.

Being in a Christian-like surrounding only nurtures their religious beliefs, the men say, especially since they all proclaim to be "born-again."

Adams, who works as a part-time recreational organizer at the Y, says he drives nine miles from his home on Danby Drive on workout days just to be in the company of friends and fellow health buffs.

"I had a free membership at a spa that's not far from my house," Adams says. "I never went."

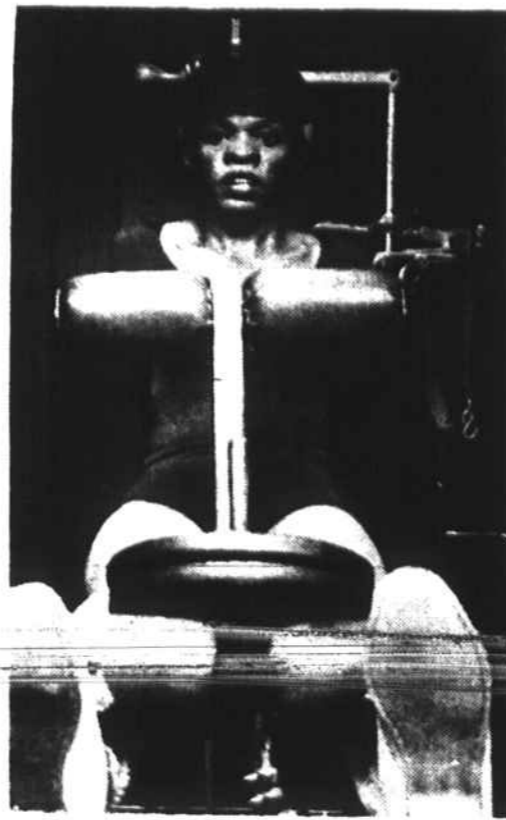
"The atmosphere here is a lot better," he says.

Instead of comparing their muscles in rivalry, their afternoon workouts consist of ego boosting and support for one another.

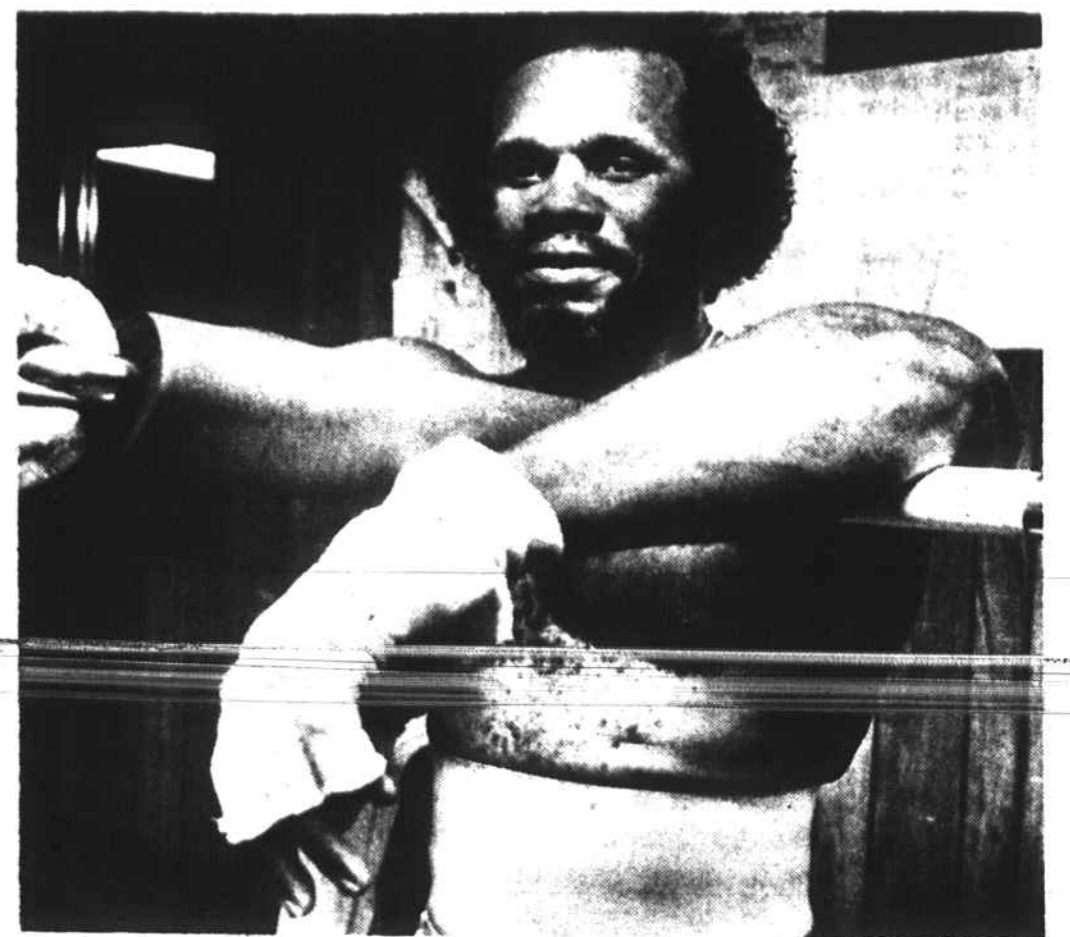
Sprinkle, the largest of the four, bench presses at 350 pounds. He weighs in at a solid 208, boasts a chest size of 44 inches and an arm width of 18 inches. But Sprinkle doesn't have to come to the Y for his body building regimen. In the basement of his home, he says, he has all the makings of a full-fledged nautilus.

"If I tried to work out at home when I get off from work," he says, "I never would. I'd start watching TV. I do everything but workout."

Thirty-four-year-old Michael Shepherd, a first-shift inspector with R.J. Reynolds Tobacco Company, started working out with his friends at the Patterson Y eight months ago. He says he started the workout routine at the Y after picking up a con-



As the men step aside, Betsy Reid from the aerobics class warms up on the leg weights in the Patterson Y's Fitness Center (photo by James Parker).



Instead of working out at home, Arthur Sprinkle perfs the company of friends at the Patterson Avenue YMCA to work out with (photo by James Parker).

siderable amount of excess weight. Boredom was another factor that he says added to his weight gain.

"A lot of people notice you once you start lifting weights," Shepherd says, "but really, I come here because of the fellas. It's easier for me to come from work to here."

To maintain their routine and fraternize at the Y, the four men and the others who work out in the Fitness Center pay a \$175 a year fee or a \$12.50 a month premium.

Besides the recreational outlet the Patterson Y provides them, the admiring glances, whistles and looks of awe they get when they flex their muscles have a lot to do with why they work out.

"We don't want no big bellies hanging down our shirts," Sprinkle says.

And the Rev. Johnson, who says he built his first weights from bricks, also likes the idea of dispelling myths about ministers.

"Most people think ministers are big-bellied and like to eat a lot of chicken and grease," Johnson says, "and sit back between services and wait for the next Sunday to preach."

But, he says, "I believe that ministers and all Christians should maintain a good physical body, which the Bible tells us is God's temple."

Sprinkle adds, "I advise anybody who wants to keep their wife to stay in shape."

Social Notes

Black elected Wachovia vice president

Veronica C. Black and Sheila A. Fulton have been elected vice presidents in the Personnel Group at Wachovia Bank and

Trust in Winston-Salem.

Mrs. Black is personnel officer in charge of the data processing and systems area in the Personnel Group. She has responsibility for exempt employees and Wachovia service employees. She had 12 years experience with Wachovia's Piedmont Operations Center prior to 1981, when she assumed her current position. She was elected operations officer in 1976 and assistant vice president in 1979.

A native of Winston-Salem, Mrs. Black is a graduate of Livingston College in Salisbury.

Ms. Fulton joined Wachovia in 1969 and served in the Retail Banking area and in Wachovia Services prior to 1977 when she transferred to the Personnel Group. She was elected assistant vice president in 1980 and was named manager of employee relations in 1982.

Ms. Fulton, a native of Kansas City, Mo., is a graduate of Wake Forest University.



Veronica C. Black



Virginia Adams

Adams visits Ft. Bragg

Mrs. Virginia Adams, assistant director of the Division of Nursing at Winston-Salem State University, was among several professors and deans of nursing who recently visited Ft. Bragg to observe nursing students and other cadets in training.

They also discussed the perspectives of military nursing training with the Commander of the First ROTC Region, Brigadier General Curtis F. Hoglan, and with the Chief of Nursing of the Region, Major Patricia L. Curry.



Local members of the Johnson-Gees-Edwards-Jackson family prepare to go to Connecticut for their annual family reunion (photo by James Parker).

Johnson-Gees-Edwards-Jackson family reunion

The Johnson, Gees, Edwards and Jackson family reunion was held Aug. 4-5 at the Sheraton Hotel in Connecticut.

An all-day picnic was held Sunday, Aug. 5 at the Mountainside Resort

The oldest family members honored were Colon Johnson of New York; Adelle Thompson of Baltimore, Md.; Willie G. Burke of Winston-Salem and Leon Ed-

wards of Winston-Salem.

Frances J. Jackson coordinated the reunion. Committee members were Freddie Jackson, Jane Johnson and Michelle Jackson.

Next year's reunion will be held Aug. 2-4 in Winston-Salem. Willie Lee Burke and Willye M. Crews of Winston-Salem will serve as chairperson and secretary, respectively.

Family members from Winston-Salem attending the Connecticut reunion were Curtis and Carol Smith; Willie L. Burke; Bobby Howell; Scoop Jackson; Kevin Gee; Leon Edwards and family; Fannie McWayne; Ruby Byrd; Diane Ross, her two daughters and grandson; Vera Mae Edwards; Bernard Byrd; Brenda Byrd; Tonja Byrd; Maryland and Jerry Thacker; John Edwards and Pat Jarrett.

Noah Staplefoote clan gather for reunion

The Noah Staplefoote clan recently held its annual reunion at Tanglewood Park.

About 100 family members attended.

Several great-grandchildren of Noah Staplefoote, under the direction of Alberta Cuthrell, presented "Focusing on Our Roots." The presentation of the

family tree and a brief biographical sketch of the family was given.

The Goodwill Baptist Church community of Arcadia Township in Davidson County was the location of the original homesite for the family group.

Activities for the evening also included a business session, a

dinner prepared by Myrene Staplefoote, a baseball game and fellowship.

William Reeves was re-elected president and Virginia Cuthrell was elected secretary.

The reunion ended with worship service at Emmanuel Baptist Church and dinner at K&W Cafeteria.

Atkins High Class of '56 sponsors reunion

The Atkins High Class of 1956 will be celebrating its 28th class reunion Aug. 10-12, beginning with registration at noon at the Holiday Inn at Cherry-Marshall streets.

This year's theme is Luau/Hawaiian.

Weekend activities will include

tours of R.J. Reynolds Tobacco Co. and Atkins High School on Friday, Aug. 10 at 3 p.m. At 7 p.m., class members will meet back at the Holiday Inn for a showing of class films and a hospitality gathering.

On Saturday, a sports-a-rama for the entire family will be held at Bloom Park at 11 a.m.

Worship service will be held at Dellabrook Presbyterian Church at 10:30 a.m., where the Rev. Carlton A.G. Eversley is the pastor.

For more information contact reunion president Shirley Gore at 765-5545, Betty Dillard at 767-7118 or Hubert Stanback at 788-8734.

COMMUNITY CALENDAR

THURSDAY, AUGUST 9

•The Atkins High School Class of 1943 is planning a reunion. All interested class members are urged to meet at St. Paul United Methodist Church on the corner of Dellabrook and New Walkertown roads at 7 p.m.

SATURDAY, AUGUST 11

•The Alpha Kappa Alpha Sorority Inc. will sponsor a yard and bake sale at the East Winston Shopping Center from 9 a.m. to 6 p.m. Funds raised will benefit contestants competing for the title of Miss Fashionette, scheduled for Nov. 9 in the Kenneth R. Williams Auditorium at Winston-Salem State University.

•The National Physique Committee and American Federation of Women Bodybuilders will co-sponsor the Mr. and Ms. Triad and North Carolina Senior and Teenage Bodybuilding Championship at the Walter Williams High School Auditorium in Burlington at 8 p.m.

SUNDAY, AUGUST 12

•The Pfafftown Jaycee Flea Market will be held at the West Central Community Center on Yadkinville Road (Old Highway 421 West) in Pfafftown. Prime dealer spaces will be available. Public admission is free. For more information call 924-9916.

TUESDAY, AUGUST 14

•The East Winston Restoration Association will hold a community meeting at United Progressive Baptist Church at 1122 N. Jackson Ave. at 7 p.m. All residents are urged to attend.

•Entry forms are being accepted for the 4th annual 1984 Miss North Carolina Dream Girl Pageant scheduled to be held September 21-22. Age divisions are 4-6, 7-9, 10-12, 13-16, 17-24. Entry forms can be sent for by mail or by calling 919-294-0295. Send a self addressed, stamped envelope to Miss N.C. American Dream Girl Pageant at P.O. Box 5432, Greensboro, N.C. 27435 or 20432.