



Former star player hired to coach at WSSU

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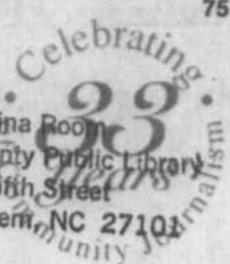
Astronauts visit WSSU to recall glory days

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Beloved 'Ms. Mami' turns 66

North Carolina Room Forsyth County Public Library 660 West Fifth Street Winston-Salem, NC 27101



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THURSDAY, October 4, 2007

Liberians praise God, President Bush

U.S. residency extension granted, for now

BY TODD LUCK THE CHRONICLE

Three months ago, Liberians made a plea for prayer and action at Goler Memorial A.M.E. Zion Church.

At the time, their future in this country was uncertain. The Temporary Protected Status (TPS) that has allowed thousands of Liberians to live in the United States for the past decade was coming to an end.

Their prayers were answered two weeks ago - but only temporarily.

President Bush authorized an additional 18-month TPS extension, giving nearly 4,000 Liberians residency here until March 31, 2009.

Members of the local Liberian community were back at Goler Sunday, again thanking God and Goler members for supporting the cause.

David Flomo, the former president of the Liberian Organization of the Piedmont (LOP) and member of the board of directors of the Union for Liberian



Larley

directors

See Liberians on A11

WSSU among best HBCUs in the nation

Magazine rankings include several N.C. schools

BY LAYLA FARMER THE CHRONICLE

North Carolina is home to some of America's best Historically Black Colleges and Universities (HBCUs), according to a recent study of "America's Best Black Colleges" by "U.S. News & World Report" magazine. The report was published in the magazine's Oct. 8 edition, which hit stands Monday. Six N.C. schools were listed among the top 20, more than any other high-ranking state. Johnson C. Smith ranked highest among N.C. institutions, coming in at number 10. Winston-Salem State was just below, at number 12; and three North Carolina schools - Elizabeth City State, North Carolina Central and North Carolina A&T State - tied for 16th place. Fayetteville State came in at number 34, as did Bluefield State College in West Virginia; Miles College in Birmingham, Ala.; and Norfolk State University in Virginia.

Each institution was evaluated on peer assessments, graduation and retention rates, faculty resources, student selectivity, financial resources and alumni-giving rates. This is the first time in history that the magazine has compiled a list of outstanding HBCUs. "They're a very interesting section of the higher education community that doesn't really get necessarily the brightest spotlight in our best college rankings," Deputy Assistant



Reaves

See HBCUs on A13

Photo by Todd Luck

David Flomo addresses the congregation at Goler Memorial on Sunday.



BURN BABY BURN

Fitness enthusiast makes shedding pounds fun

BY LAYLA FARMER THE CHRONICLE

The music pumped though massive speakers as Cortney Wilson stepped onto the polished floor and began dancing furiously to the pulsating beat.

Though she donned a wireless mic to make her voice float out over the music, Wilson is not a recording artist. Her business is fitness and her job, she says, is making getting into shape fun and effortless.

Wilson, an exercise instructor and owner of the FiF (Fitness is Fun) Element company, has led everything from kickboxing to step aerobics classes. She is currently riding the wave of the latest fitness craze to sweep the nation - Zumba.

"I was looking for something that wasn't traditional aerobics," explained Wilson, who has been leading work-



Cortney Wilson leads a recent Zumba class.

Photo by Lee Adams

outs since 2002. "It's fresh, it's not really something that's competitive; they just really come to have a good time, and it delivers."

Inspired by Colombian fitness guru Beto Perez, Zumba has gained a loyal following with more than 9,000 instructors teaching the art in 30 countries worldwide.

"Zumba is a Latin-infused

dance style aerobics," Wilson said. "It's really spicy, it's sexy, it's fun, it's invigorating ... so instead of you feeling like you're working out for a whole hour, you're really dancing for a whole hour, and before you know it, the time is up."

Though traditional Zumba is rooted in Latin music, such as salsa and meringue, Wilson

says she likes to include her own touches in the routine, adding elements of the hip hop and soul music that she loves.

"Zumba instructors are different; some people might add a little pop to it, some might add a little country, depending on what their likings are," she commented.

Wilson is getting others hooked on Zumba. She leads

classes at the Central YMCA, Women's Wellness & Fitness and the new Gateway YWCA, where she leads the FiF Element Zumba courses on Wednesday nights.

Fitness buff Sandy Wrench is a regular in Wilson's classes. She says she has fallen in love with Zumba.

"I discovered Zumba back

See Zumba on A6

Dialogue between blacks, Hispanics continues

BY LAYLA FARMER THE CHRONICLE

The city celebrated its annual Race Equality Week Sept. 24-29, with a series of events designed to celebrate diversity and promote racial tolerance.

To this end, the city's Human Resources Department has hosted six interracial forums over the past few years. Dubbed "Beyond Soul and Salsa," the forums focus chiefly on building positive relationships among local Hispanics and African-American.

"We found that as Hispanic immigration grew in Forsyth County, a lot of immigrants were moving into traditionally African American neighborhoods," explained Wanda Allen-Abraha, director of the city's Human Relations Commission, which sponsors the forums. "You had a lot of conflict and a lot of the conflict was based on



Abraha

misinformation and stereotypes ... We thought that it would be a wonderful idea to provide a venue for these two groups to get together to discuss a common ground and some other things that were going on that were unique to their communities."

In addition to "Beyond Soul



Garzon

and Salsa," the city held a student race relations forum at Carver High School on Sept. 25, and helped to sponsor the Hispanic League of the Triad's Fiesta 2007 celebration Sept. 29.

This year's forum was held last Thursday evening at Union Baptist Church, where a panel of speakers focused on two



Hairston

major issues - education and immigration.

"The idea is for folks to come in and address the issues that's affecting the African American community and the Latino community and what we can do as community leaders to make a difference," stated Juan

See Forum on A13

FACELESS VICTIMS

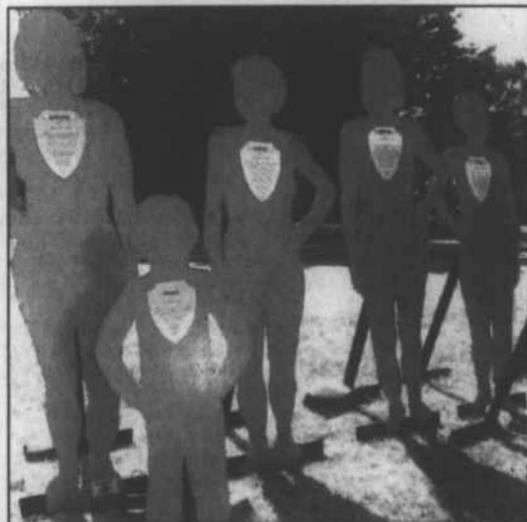


Photo by Layla Farmer

In honor of Domestic Violence Awareness Month, more than 30 red "Silent Witnesses" silhouettes dot the lawn outside of Family Services, Inc. Each figure represents a Forsyth County resident who lost his or her life due to domestic violence. See page A6 for the full story.



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822 Carl Russell Ave. (at Martin Luther King Dr.) Winston-Salem, NC 27101 (336) 722-3459 Fax (336) 631-8268 rusfhome@bellsouth.net

