

# COMMUNITY

SECTION B

Also Sports, Religion, Obituaries and Classifieds

JULY 30, 2009



## Community Calendar

### National Night Out

National Night Out in East Winston will be held on Tuesday, Aug. 4 from 6 - 9 p.m. at Harambee Park at 14th Street and Jackson Avenue. The free event will feature Ghanaian drummers, young poets, free food and a chance to meet candidates running for the City Council.

### Trip to WSSU game in NYC

A trip is being planned to the WSSU/Morgan State game at New York's Giants Stadium. The Urban League Football Classic will be on Sept. 19. Trip-goers will spend three days, two nights in NYC. Call 336-749-1192 or 336-722-9668 or email [triadtravelers-group@gmail.com](mailto:triadtravelers-group@gmail.com) for more information.

### Food and clothing giveaway

Phalanx Fraternity will host a hot dog dinner and clothing giveaway on Saturday, Aug. 1 at the corner of Patterson Avenue and Northwest Boulevard from 11 a.m. to 2 p.m. The organization is inviting candidates seeking office to come out and support the effort and help serve. For more information, call Ronnie Sockwell at 336-416-7270 or e-mail [rsockwell@bell-south.net](mailto:rsockwell@bell-south.net).

### Kindergarten kick-off

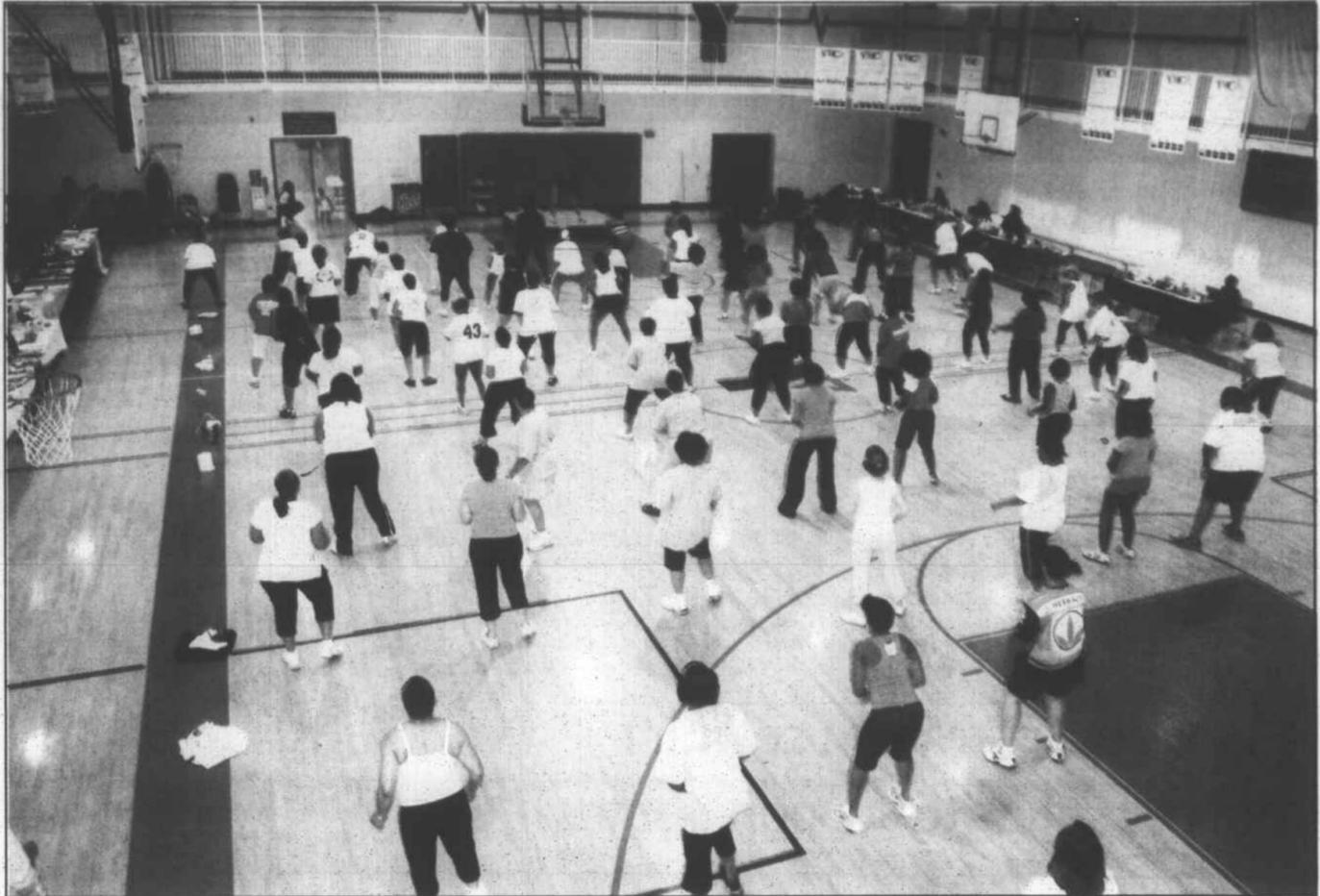
The Children's Museum of Winston-Salem will host Kick-off to Kindergarten on Saturday, Aug. 15 from 11 a.m. - 2 p.m. The fun event will help kids fight off anxiety about starting kindergarten by offering a day of fun. This event is included in the \$7 cost of admission or free with Museum membership. The museum is at the corner of Liberty Street and Brookstown Avenue.

### B-PAL gala honoring Burke

On August 22, 2009, B-PAL will celebrate its 30th anniversary by honoring Dr. Vivian H. Burke. The gala will be held at the Benton Convention Center, beginning with a meet-and-greet at 5 p.m. The gala starts at 6 p.m. Tickets are \$30 and available at Special Occasion, TES Engraving, the LaDeara Crest Community Center Office, the Delta Arts Center and Ervin's Beauty Salon. For more information, contact Naomi Jones at 336-724-3759 or Evelyn W. Sanders at 336-785-4272.

### Substance abuse help

If you or a family member is struggling with substance abuse, HELP is a phone call away. The Twin City Area Narcotics Anonymous Helpline can be reached at 800-365-1035 or online at [www.tcana.org](http://www.tcana.org). For meeting schedules and additional information for this 12-step Recovery Program, please call the number or visit the Web site.



Photos by Kevin Walker

Dozens of women were on hand for the recent event.

## FOR LADIES ONLY

### Marathon health event gains in popularity

BY T. KEVIN WALKER  
THE CHRONICLE

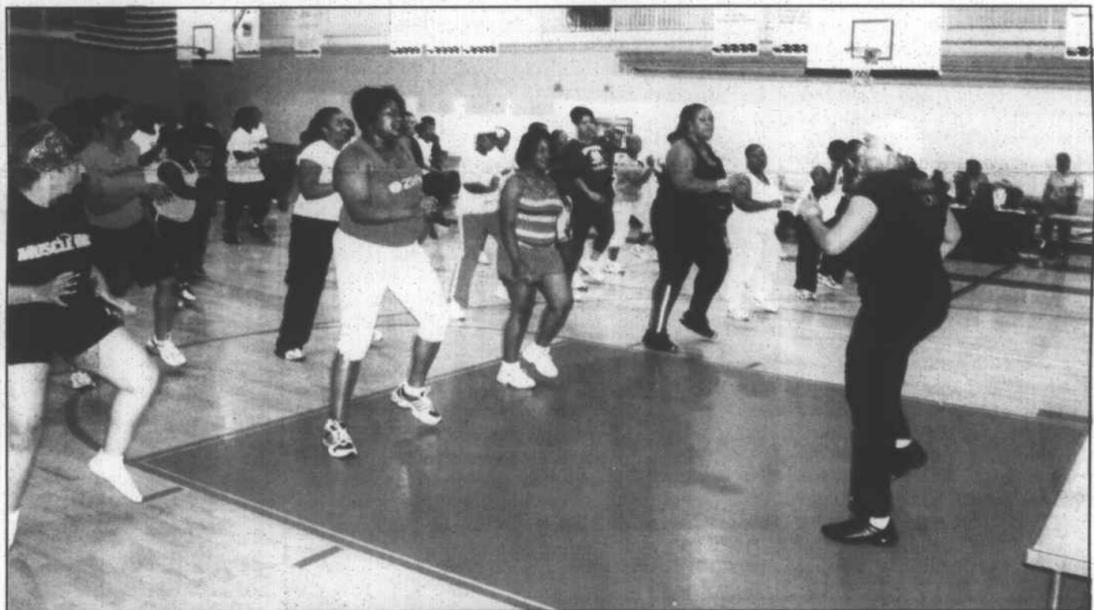
Forgoing dinner and movie for a Friday night of sweat-triggering exercise?

The notion may seem like utter lunacy to most folks, but those who took part in the recent Ladies Night Out at the Winston Lake Family YMCA say "don't knock it, 'til you try it."

The July 17 event began at 9 p.m. By 9:30, space on the floor of the Y's gymnasium was meager as more than 75 women twisted, lunged and shimmied to the sound of infectious music pulsating through the sound system. For the next four hours, the scene would remain virtually unchanged - save a few breaks for water and snacks.

The women also got a break to hear from Dana Suggs, owner of the Body and Soul boutique on Trade Street, who provided words of inspiration and encouragement during her keynote address. When the event ended at 1 a.m., attendees had a chance to fellowship over breakfast.

"It is almost like being at a club because you really don't feel like you are exercising," said Fleurette Gregory-Phillips, a Y fitness instructor who led some of



Above: Fleurette Gregory-Phillips leads a workout session.

Right: Janet Novas-Jones hawks Herbalife.

the routines during Ladies Night Out.

Gregory-Phillips is also one of the creators of Ladies Night Out, which has gained a loyal following since it made its debut earlier this summer at the Fulton Family YMCA branch.

"Before we can get

See Ladies on B8



Left: Little Ralasia Douglas was one of the youngest who took part in Ladies Night Out. She attended with her mother, Demika.

Right: Tamisha Clark rushes to get a sip of water before the start of the next workout routine.

