

Ballinger exercises brains with activity

BY LENO A. MOODY

Everyday, people see Ms. Nancy Ballinger running, swimming, dancing or breathing into the mouth of a dummy with students following her actions. Ballinger teaches ballet, aerobics, First Aid, CPR and swimming classes at Brevard College. A recent interview with Ballinger, gave an in depth look at her life and classes.

Ballinger spent seven years in Europe, due to her father's Air Force career. During her time in Europe, she visited and lived in places like Paris.

Currently, Ballinger resides in Pisgah Forest with her husband,

daughter and son. Her children attended Brevard College in the last three years. One graduated with a B.A. in Environmental Studies and the other in Wilderness Leadership. "Their experience at Brevard College was overall enjoyable," said Ballinger.

Ballinger has resided in Brevard 26 years. When she first arrived in the state, she taught at the public school. "Public schools tell you what and how you must teach," said Ballinger. She left the public school to take a job as a PE instructor at Brevard College, preferring college teaching because of the personal freedom in the classroom.

"I have enjoyed teaching at the college; however, there is one change I would make." She be-

lieves students need to become more involved and motivated in classes and activities. "Students are apathetic about government, issues, campus issues, caring for others and themselves," she said, "Students need more respect and faith in themselves and their abilities."

With students studying and working a majority of the time, physical activity reinstates the balance between mind and body, added Ballinger. "If anyone is considering taking one of my classes they should do it to help relive stress and have fun."

Jaime Holbrook, an aerobics' students, thinks other students would enjoy Ballinger's classes for their entertainment.

"Ballinger's teaching techniques are fun and energetic," said Holbrook.

Many students have taken Ballinger's classes during her 18 years



of teaching at Brevard. When students like Holbrook talk about Ballinger, they remark she is a "helpful and considerate" person. With Ballinger's teaching techniques and personality, she may continue to be one of Brevard finest instructors.

Happy Holidays

To All Of Our Brevard Family

