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A CENTURY OF LIFE



Chico Caldwell is the WSSU athletic director.

THE CHICO WAY

*Caldwell seeing results from
workout program he created*

BY COURTNEY GAILLARD
THE CHRONICLE

People around the country are losing inches off their waists thanks to a workout system developed by Winston-Salem State University's very own Percy "Chico" Caldwell. The WSSU athletics director created a muscle-toning regimen more than a decade ago that he calls ChicoMetrics. It is already a huge hit in Iowa, where Caldwell created the program. Caldwell says Iowans have lost 500,000 inches in five years as a result of ChicoMetrics.

'We have people losing as much as three inches after doing (ChicoMetrics) twice.'

— Chico Caldwell

"I actually worked my way through graduate school making money doing (ChicoMetrics)," said Caldwell, who has been at WSSU for four years. Before coming to Winston-Salem, Caldwell was the director of planning and development for the Iowa Valley Community College

See Caldwell on A5



Rev. Sandra L. Thigpen hands a mayoral proclamation to Mary Roberts.

'Ma Mary' strong at 100

BY FELECIA P. McMILLAN, PH.D.
THE CHRONICLE

Church Mother Mary Dobins Roberts sat at the center of the altar prayer line on Sunday morning. The members sang the Moravian birthday hymn "With Your Presence, Lord" to honor Roberts and the 14 church members who have February birthdays.

Ma Roberts, as she is affectionately called, wore a pink tiger lily on the lapel of her brown tweed pantsuit and a white rose on the brim of her black velvet hat. She received a bouquet of pink roses from the members of St. Philips Moravian Church during a reception held in her honor. Conrad Mitchell escorted her to the fellowship hall.

Ma Mary was honored as a virtuous woman who cared not only for her household but for others as well.

According to her friends, Ma Mary's kitchen was well stocked



Mary Dobins Roberts acknowledges the applause from the congregation at St. Philips Moravian Church with a big smile.

See Roberts on A4

Proven fighter battles cancer

*Fund-raiser
planned for Sunday
for Mischi Binkley*

BY T. KEVIN WALKER
THE CHRONICLE

News that Elizabeth Edwards — the wife of former Democratic vice presidential candidate John Edwards — had breast cancer hit close to home for Mischi Binkley.



Binkley

Late last year, at about the same time that Edwards announced her condition, Binkley had discovered a lump in her breast. She had it checked out and learned she had cancer in late November.

Binkley, a local die-hard Democrat and activist, is upbeat, vowing to fight cancer just as she has fought for social justice and peace in years past.

"I am tackling it just like any other thing I would tackle," she said last week. "I am going to be OK. I am determined. I am not just going to sit here and feel sorry for myself."

Binkley is state leader of the Progressive Democrats and always the first person to grab a picket sign or to organize a protest trip to Washington. In 2002, when all indications pointed to a war in Iraq, Binkley was one of the people who helped found Community for Peace. The antiwar group has held several vigils, marches and forums aimed at promoting peace.

See Binkley on A5

Task force tries to curb stop arm violations

BY T. KEVIN WALKER
THE CHRONICLE

The school system is revitalizing a task force that was credited five years ago with reducing the number of school bus stop arm violations.

The task force was created in 1999, soon after a driver sped past a bus stop arm and killed Dalton Folwell, an elementary student. Folwell was the son of state Rep. Dale Folwell, who was then a member of the city-county school board. The task force, which was made up of representatives from local law enforcement agencies and various school system divisions, met regularly to devise ways to reduce the number of stop arm violations. The task force members' efforts paid off. There were 88 violations in Forsyth

County the year that Folwell was killed. In 2000, that number was down to 57. In recent years, the task force has not been as active, and stop-arm violations have increased. Last year, for example, there were 98 violations. A local student was even hit by a car in October. Though the student's



Photo by Kevin Walker

School system transportation director Rhonda Fleming makes a point during a meeting of the task force organized to reduce the number of school bus stop arm violations in the county.

injuries were not fatal, Rhonda Fleming, the school system's transportation manager, said she wanted to reactivate the task force because her heart can't take another tragedy.

"I can't go through (a child being hit)."

See Task Force on A10

Play will serve as NBTF tribute to Ossie Davis

BY T. KEVIN WALKER
THE CHRONICLE

Larry Leon Hamlin said this year's National Black Theatre Festival will pay special tribute to Ossie Davis, the legendary actor of stage and screen. Davis, 87, died Friday in Miami Beach, where he was making a film.

Davis and his wife of more than 50 years, Ruby Dee, have been frequent guests at the biennial National Black Theatre Festival. The couple attended the very first festival in 1989. Davis and Dee served as co-chairs of the 1991 festival. Davis last attended in 2001.

Hamlin said people like Davis made it possible for there to be such a thing as a National Black Theatre Festival.

"All of us in black theater are standing on his shoulders. We have a responsibility to ensure that black theater



Davis

See Ossie on A11



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