

PLANNING AHEAD

College Fair attracts hundreds of students

BY LAYLA FARMER
THE CHRONICLE

Individual voices were lost in the din at the College Fair and Post Secondary Opportunity Session at the Benton Convention Center Monday night.

A sea of more than 1,500 local high school students made their way through the maze of tables in the North Main Hall. Representatives from nearly 130 colleges and universities fielded questions from parents and students, explaining enrollment policies and indicating selling points in glossy brochures.

The Winston-Salem/Forsyth County School System has hosted the annual fair for more than a decade, in an effort to guide students through the difficult and sometimes daunting process of choosing the school that is right for them.

"It's an important decision for a student to choose a college ... We want [students] to be aware of the opportunities that are out there," Assistant Superintendent Kenneth Simington commented. "It's just a convenient way to do this process of applying to college."

In addition to hosting representatives from a variety of public and private institutions in North Carolina and beyond, the fair included workshops for prospective college students.

Admissions Counselor Nikol Withrow of Converse College, a school for women in Spartanburg, S.C., was among those in attendance.

"We have a large alumnae base in this area," explained Withrow. "That made it important for us to come."

"We've had a great response here," she added. "A lot of the young ladies are thrilled to know that there are still women's colleges."

The annual fair makes the job of helping students prepare for college much easier, says Guidance Counselor Kristin Virkler of Carver High School.

"Most of our students really enjoy it; they feel like



A student and her mother listen to carefully.



Nikol Withrow

they really have a wide variety of options," commented Virkler, one of several high school guidance counselors who were on hand to aid the students at the fair.

"I love seeing the kids come and get excited about their college choices," she added. "It's really great to see them excited about their future."

About 25 students from Carver showed up for the fair. It was an excellent number for the school, which had its homecoming game the same night, says College Advisor DeWhitney Upchurch.

The fair reiterates the points she and the guidance counselors at Carver and

Atkins Academic and Technology High School — where Upchurch spends half her time — try to get across to students, she says.

"For those who are really interested (in going to college) I think it really opens up their eyes to schools and opportunities they didn't know were there," she remarked.

Crosby Scholars Director Mona Lovett requires all her students to attend a college fair at some point during the scholars' program, which serves students in grades 6-12.

"We encourage it because it gets them out exploring and asking questions," said Lovett. "I think it broadens their horizons."

Jennifer Calloway attended the fair with her grandchildren Brittany and Xavier Sloan, both of whom are seniors at West Forsyth this year.

"This environment is very impressive," said Calloway, who recently moved to the Twin City from Atlanta, Georgia. "I think it's very good for the students."

Granddaughter Brittany Sloan, 17, said she is looking forward to college. She hopes to attend Appalachian State University next fall, and obtain a degree in chemistry.

"My mom works on a college campus so she's been preparing us for this all our lives," she said.



Jennifer Calloway with her grandkids, Xavier and Brittany Sloan.

Winston Lake offers free exercise classes

CHRONICLE STAFF REPORT

The Winston Lake Family YMCA is offering free classes this month as part of its "Try the Y" promotion. Men and women can take part in free exercise classes, including the popular Boot Camp and Zumba workouts.

Boot Camp is a high intensity cardiovascular workout, while Zumba is a calorie-burning exercise class that incorporates hip-hop and Latin dance moves. Boot Camp classes will be held on Oct. 5 and 19 and Zumba will be held on Oct. 12 and 26.

"We invite everyone to come out, bring a friend and try these classes," said Jolyn Roberts, Membership Director at Winston Lake Family YMCA. "We know you're going to have a great time and that you'll experience how fun exercise can be. Do something good for yourself."

The Winston Lake Family YMCA is located at 901 Waterworks Road. For class schedules or other questions, call 336-724-9205.



Photos by Layla Farmer

Mona Lovett (third from right) poses with students from Winston-Salem Preparatory Academy.

BestHealth

Wake Forest University Baptist Medical Center

In partnership with MedCost

October 2008 Events

Events are held at BestHealth in Hanes Mall or other locations, as noted.

☎ = registration required. Call Health On-Call® at 336-716-2255 or visit www.besthealth.com. To become a BestHealth member, call 336-765-8804 or visit our web site.

16 THU - Your Face, Only Better
6 p.m. WFUBMC otolaryngologist Dr. Neal Goldman discusses surgical and non-surgical options that may improve your appearance. ☎

21 TUE - Heart to Heart
5:30 p.m. WFUBMC Women's Heart Health Outreach Coordinator Susan Butler, RN, presents the signs of heart disease in women, ways to prevent it and treatments for female heart patients. ☎

22 WED - Medicating High Cholesterol
11 a.m. Genetics and lifestyle factors play a role in elevating cholesterol levels. WFUBMC pharmacist Monty Yoder explains the types of medications used to treat high cholesterol, including side effects and benefits. For BestHealth members only. ☎

22 WED - The Healing Touch
6 to 7:30 p.m. Deborah Larrimore, RN, of the WFUBMC Complementary and Integrative Medicine Program presents "Healing Touch," an energy-based therapy that promotes health and healing. Learn how this innovative practice changes lives by supplementing traditional medical treatments. ☎

23 THU - Advance Directives
1 p.m. Learn how advance directives, such as a living will and healthcare power of attorney, can ensure your wishes will be met. Carol Ford of the Hospice & Palliative Care Center explains the terminology and procedures. Documents notarized free of charge. ☎

23 THU - The Alexander Technique
6 to 8 p.m. Join Ethan Kind to learn about this non-intrusive, proactive approach to teaching your body to identify and change poor body habits that cause physical pain, muscle tension and fatigue. This aids in enhancing creativity and improving everyday activities. Fee: \$20 for a two-hour session. ☎

24 FRI - Health Information on the Internet
2 p.m. The Web is full of health information, but how credible is it? Julie James of the WFUBMC Carpenter Library explains how to find important, credible and current health information for you and your family. ☎

28 TUE - Colds, Flu, Sniffles, and Sneezes
3:30 p.m. Connie Paladenech, respiratory therapist with WFUBMC's Cardiac and Pulmonary Rehabilitation Program, explains how to tell the difference between a cold and the flu and when to seek treatment. ☎

28 TUE - Breast Lumps: When Should I Worry?
5:30 p.m. Hear from Sally Hauser, APRN, of the WFUBMC Breast Care Center, about how to detect breast lumps, the benefits of preventive breast care and the connection between breast lumps and breast cancer. ☎

29 WED - Get the Skinny on Trans Fat
1:30 p.m. BestHealth registered dietitian Amy Fanjoy explains the different fats consumed in your diet, including risks and benefits. Learn how to identify foods that contain trans fat, despite nutrition label loopholes. ☎

29 WED - Acupuncture: Not Just Pins and Needles
6 p.m. The Chinese medical practice of acupuncture is used to alleviate pain and treat a variety of medical conditions. Naturopathic physician Keoni Teta discusses acupuncture, how it's used and how it may benefit you. ☎

30 THU - A Fatty Heart Attack
1 p.m. Dr. Zingzhong Ding of WFUBMC Gerontology explains how the distribution of fat can determine a person's likelihood of severe heart disease as they age. For BestHealth members only. ☎

30 THU - Snacks and Treats for Kids
5:30 to 7 p.m. The tendency to have a sweet tooth develops at an early age. Chef Nikki Miller-Ka demonstrates how you can start your kids off right with flavorful treats and snacks that are nutritious and not loaded with sugar and calories. Recipes and samples provided. ☎



31 FRI - Brain Tumors: Advances in Treatment
4 p.m. Dr. Kevin McMullen of WFUBMC Radiation Oncology presents the latest technology and medical knowledge that guides current treatments for brain tumors, improving patient prognosis and outcomes. ☎

Other Locations

22 WED - Living Well With Diabetes
6 p.m. Sonya Henderson of the WFUBMC Diabetes Care Center provides an overview of diabetes self-management, with a focus on preventive strategies for successfully living with diabetes. Topics include foot care, eye care, heart attack and stroke, and care of the kidneys. Held at the Gateway YWCA, 1300 S. Main Sr., Winston-Salem. ☎

☎ To register for events, receive general health care information, or to schedule a physician appointment, call: Health On-Call® at 716-2255 or 800-446-2255.

Unless otherwise stated, BestHealth programs are for adults; no children under age 12, please.

