



Carver runner going to W. Carolina

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Art helps cancer patients

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Preachers preach the Words of Jesus

Celebrating 34th Anniversary Forsyth County Public Library 660 West Fifth Street Winston-Salem, NC 27101

THE CHRONICLE

Vol. XXXV No. 33

WINSTON-SALEM, N.C.

THURSDAY, April 16, 2009

Y-Chi



William Andrews leads last week's Tai Chi for Arthritis class.

New class helping those who suffer from arthritis and other ailments

BY LAYLA FARMER THE CHRONICLE

No pain, no gain? The old fitness adage couldn't be further from the truth for those taking the new Tai Chi for Arthritis class at the Winston Lake Family YMCA. The harder they work, the less pain they can expect to have from arthritis and other health conditions, according to Instructor William Andrews, who led the hour-long class Friday morning.



Cotton Conrad and Cheryl Jordan take part.

"It's good for what ails you ... movement is your best medicine," Andrews remarked. "(The) Chinese have used tai chi in conjunction with medicine as a preventative program for disease and illness. It's also used now in conjunction with treatment."

Tai chi is an ancient martial art that is often utilized as a method of promoting health and wellness. Considered a "soft style" martial art, its

See Tai chi on A7

City campaign to confront predatory lending

BY LAYLA FARMER THE CHRONICLE

Predatory lending. The phrase may technically have more than four letters, but the connotation of it these days is something like profanity, as the housing crisis that has swept this nation has made certain of that. Though there are other factors that are also to blame for the waves of foreclosures that have left countless Americans on the streets, predatory lending is perhaps one of the most prominent, in part because of its tendency to target disadvantaged buyers.

In honor of Fair Housing Month, observed each April, the city's Human Relations Commission launched a com-

See Lending on A12



Mayor Allen Joines addresses the issue as Council Member Evelyn Terry, right, and HRC Director Wanda Allen-Abraham look on.

Professors share home life, work life

Photo by Layla Farmer Omari and Kami Simmons teach law at Wake Forest University.



BY LAYLA FARMER THE CHRONICLE

Yell out "Professor Simmons" at Wake Forest University Law School, and two heads will turn your way.

Omari and Kami Simmons spend their evenings in their suburban Winston-Salem home with their two little girls and their days at the university, teaching students who are not much younger than they are. They both are assistant professors in the law school and left behind already well-established careers when they joined the school's faculty in 2006.

Kami Chavis Simmons, a Harvard Law School alumna, worked in private practice and served as an Assistant United States Attorney before joining the faculty at Wake Forest. She says her inquisitive nature drew her to law at a young age.

"I'd always thought that I'd be a lawyer," she commented. "I've always been a thinker; I've always been interested in the underlying rationale."

See Professors on A4



Students help a classmate open an account. Allegacy Photo by Bernie Carpenter

Student-run credit union opens at Atkins

BY LAYLA FARMER THE CHRONICLE

A student-run Allegacy Federal Credit Union officially opened at Atkins Academic and Technology High School on Monday.

State Superintendent of Public Instruction June Atkinson and Simona Atkins Allen, a granddaughter of Simon Green Atkins, for whom the school is named, were among the special guests on hand for the ribbon cutting ceremony.

The credit union is designed to promote financial literacy among the students. Under the advisement of a faculty member, students will learn the ins and outs of finance, assisting their peers in opening accounts and navigating the banking process.

"It just seems to be a very timely thing right now," Atkins' Chief Operating Officer Jeffrey Parris commented, noting the financial crisis the nation is currently grappling with. "I think (financial literacy) is pretty much a life skill. We don't do a lot of teaching that, and that's maybe something we need to focus on more."

Nine students are currently in charge of the Atkins Allegacy program.

After the training period, we do not go and stay there - they're, completely on their own," said Belinda Wilson, director of business development for Allegacy.

"(By the end of the year) they can say they have cash handling experience and account opening experience, and they also get marketing experience."

The credit union is open during lunch hours and on designated days when students may need to access their accounts, such as on picture day. Members who join through the student-led union can access full services at any Allegacy branch location.

"Any financial institution should be in partnership with its community," Allegacy's John Williams, vice president of Human Resources and Community Affairs, said of the credit union's motivation to implement the program. "We're a community minded financial institution to the extent that when we help in the community, we help ourselves."

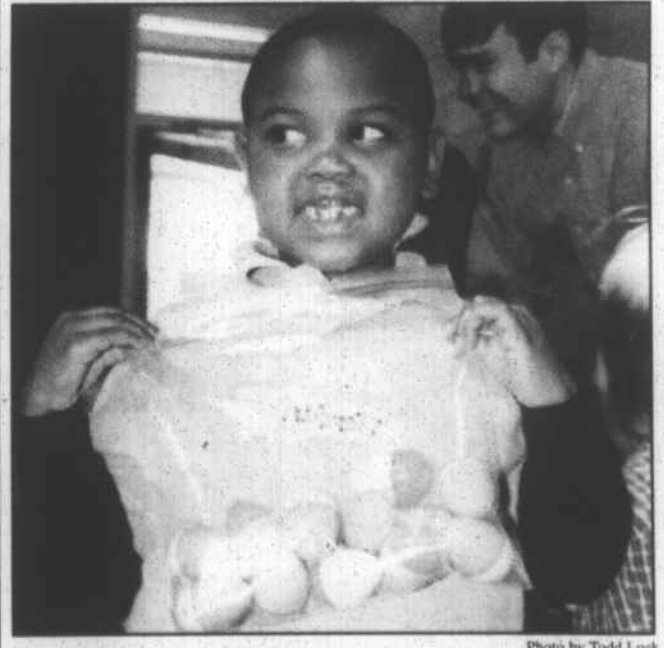
The Atkins branch

See Credit Union on A7



Alex Moreira

EGG-TRA SPECIAL DAY



Jordan Hynes proudly shows the eggs he collected at The Children's Center's recent Easter event. Read about it on page A12.

DON'T PASS THE BUCK BUY LOCAL