

Photos by Layla Farmer

Steven Frazier leads water aerobics classes several times a week at the Y.

MAKING WAVES

Y members discover advantages of water exercise

BY LAYLA FARMER
THE CHRONICLE

Twenty-three-year-old Steven Frazier is getting his feet wet, quite literally, as a professional at the Winston Lake Family YMCA.

The former Appalachian State student gives swimming lessons, leads water aerobics classes and serves as an afternoon manager at the Winston Lake, in addition to coaching youth basketball at the Jerry Long Family YMCA in Clemmons.

"It wasn't anything that was planned, I'm just following the path that God has for me," Frazier said of his various gigs. "It's kind of overwhelming but it's fun because it doesn't feel like work, ever."

Frazier, a personal trainer, said maintaining a healthy physique has always been a priority for him.

"It's a lifestyle that I've kind of carried on," the Midway native said. "I've always been a member at the YMCA."

Frazier, who is also an R&B singer with a CD in the works, said he never expected physical fitness would also become his livelihood. He started doing water aerobics on his own a few months ago and one thing led to another.

"This place wasn't hiring at first," he said. "I just came here to work out (in the pool) and people would watch and they would want to work out along with me, so they just offered me a job."

The water aerobics classes, which are held on Tuesdays and Thursdays at the Y, have attracted a sampling of members from all different stages of life, Frazier said.

Pastor Larry Smith and his longtime friend and workout partner, John Jowers, say they have fallen in love with water aerobics.

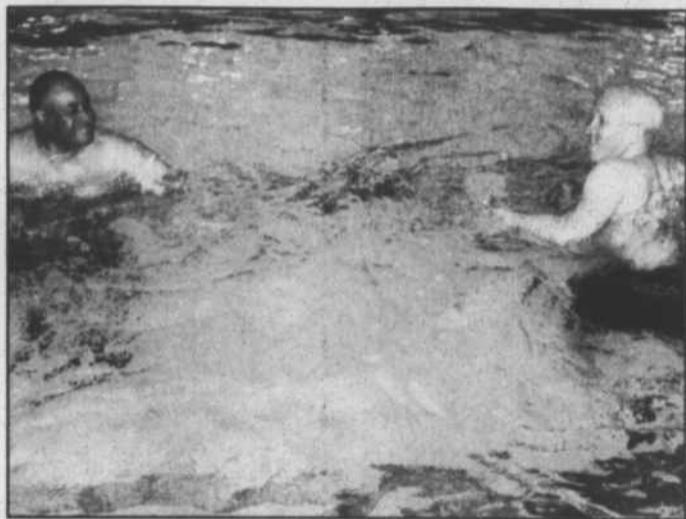
"We love it. Me and Mr. John, we feel like we're 20 years old for a little while," quipped Smith, 59, who pastors Mars Hill Baptist Church. "It just makes me feel good; I'm telling you the truth. It makes your body feel good."

Jowers, a city native and R.J. Reynolds retiree, said he is a longtime swimmer but only recently adopted a water aerobics routine.

"I used to run before I started doing this... It started taking its toll on my knees," he explained. "When I started getting in the water, it was no turning back."

Jowers says his mobility has improved and his knee problems have lessened considerably since he started water aerobics.

"It seems like the water's got a therapeutic value to it, especially when it's warm like it is today. It feels good," he declared. "It ain't no age limitation to this;



Longtime friends Larry Smith (left) and John Jowers have recently discovered the benefits of water aerobics.

Frazier says exercising in the water is especially appealing to older folks.

"The older crowd that comes in, they normally have joint issues, and the younger kids they come here because they want to stay toned," he explained.

But the workout style has many attributes that resonate with patrons of any age, said Frazier, who added that there are over 400 water aerobic routines.

"It's fun," he said. "It doesn't really feel like working out, and you don't sweat...the water's gonna give you the workout that you need."

For more information about the Water Aerobics classes, call 724-9205.

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News Clips

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WSSU seeks student for free camp

Winston-Salem State University's (WSSU) School of Health Sciences and WSSU's Center of Excellence for the Elimination of Health Disparities are accepting applications from minority middle school students for an extraordinary summer program designed to boost the number of people of color and males entering health science careers in the future.

WSSU's Youth Exploring Health Sciences (YEHS!) Summer Camp will be conducted from July 10 to July 22. The two-week summer enrichment program is for rising ninth-grade students from underrepresented populations, who are high performers in middle school and have an interest in exploring careers in the health sciences. A primary focus is to increase the education and awareness of health disparities among minority populations. The program is free and up to 12 participants will be selected from Forsyth and surrounding counties. The deadline for applications is April 15.

Participants will stay on campus for two weeks and are introduced to programs including Clinical Laboratory Science, Healthcare Management, Nursing, Occupational Therapy, and Physical Therapy. The program is designed to introduce disadvantaged youth to health science fields of study at an early age in an effort to reduce the gap in underrepresented groups entering these professions. Faculty, staff, counselors, community partners and volunteers work together to ensure a safe and enriching experience for the participants.

For more information, contact the program director, Marina A. Skinner, at (336) 750-3047 or e-mail skinnerma@wssu.edu.

W-S Prep grad completes Air Force training

Air Force Airman Navid J. Hairston graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Carolyn Hairston and the grandson of Myrtle Hash. Hairston graduated in 2008 from Winston Salem Preparatory Academy.



Hairston

Project seeks ED for black monument in downtown Raleigh

The North Carolina Freedom Monument Park Project (www.ncfmp.org) is seeking an executive director to oversee the creation and funding of a unique, half-acre park honoring the African-American experience.

In January 2011, the State of North Carolina allocated space in downtown Raleigh near the Legislature Building, and the NC Freedom Monument Park Project Board of Directors has selected a design, developed a curriculum and is now ready to hire an executive director to raise \$5 million to take this project to reality.

Established in 2004 as an initiative of the Paul Green Foundation, the Project's mis-

sion is to create and strengthen bonds among diverse people, to educate and enhance mutual understanding, and to serve as a model of cooperation, respect and common values. Its goal is, through public art, to honor the African American experience, and to affirm the struggle for freedom for all.

For a full description of this position and the project, interested parties should visit the website of moss-andross, the search firm hired to fill this position (www.mossandross.com). The application deadline is April 22, 2011.

WSSU to cut jobs

Winston-Salem State University (WSSU) announced last week that it is eliminating 15 filled positions as part of its efforts to reduce the school's overall budget.

"Given the current economic conditions that we know will affect the entire University of North Carolina system, we have to begin to take immediate actions to reduce our operating costs for the 2011-2012 fiscal year," said Chancellor Donald J. Reaves. "While we still do not know the extent of the reduction we will see in our state allocations for the coming year, we could not afford to wait until the state budget was finalized to make changes."

Winston-Salem State has seen a \$20.9 million decrease in state funding since the 2008-2009 budget and has continued to take steps necessary to adjust its spending including a hiring freeze for non-critical positions and reduced purchasing for non-instructional materials and travel. Additionally, there was a 27 percent increase in tuition implemented last year.

It is anticipated that eliminating the 15 filled positions will save WSSU approximately \$1,000,000. These positions are located in various operational areas of the university and are both management and support staff.

AL HUNT & JUDY WOODRUFF
THE REAL INSIDE COUPLE OF DC

Wake Forest University President Nathan O. Hatch leads a conversation with Al Hunt and Judy Woodruff, who married in 1980 and are among America's most respected journalists. Hunt is executive Washington editor for Bloomberg News, a frequent panelist on network news programs and a member of the Wake Forest Board of Trustees (WFU '65). Woodruff is a senior correspondent and co-anchor for The PBS NewsHour and anchor of Conversations with Judy Woodruff on Bloomberg Television. Hunt and Woodruff will explore the intertwining of political, cultural and journalistic life in Washington and will share personal insights on raising a family in our nation's capital.

April 13, 2011, 6 P.M. Wait Chapel www.wfu.edu/voices
This event is free and open to the public.

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