

# Applications being accepted for Citizens' Police Academy

SPECIAL TO THE CHRONICLE

The Police Department is accepting applications for the spring session of the Citizens' Police Academy, which will start April 3.

The Citizens' Police Academy is a 13-week program that meets once a week to better acquaint citizens with the law enforcement profession and the role of the Police Department within the community.

The Citizens' Police Academy curriculum is similar to training for new police officers, with a mix of classroom and scenario/hands-on training on such topics as department functions, search and seizure laws, use of force, firearms training, crime prevention, domestic violence, criminal investigations, vice/narcotics operations and K-9 and special operations. Participants will have an opportunity to ride with a patrol officer. The classes are taught by officers and civilian employees throughout the department.

The weekly sessions are intended to help



create a citizenry that is familiar and comfortable with the Police Department. The classes are not designed to train participants to be police officers.

Classes will be held from 6:30 to 9:30 p.m. on Thursday evenings at the Public Safety Center or the Alexander R. Beaty Public Safety Training and Support Center. Enrollment is open to any citizen 18 years of age or older who

resides, works or attends school in Winston-Salem. Anyone interested in attending the Citizens' Police Academy may call the Winston-Salem Police Department for an application at 773-7935, or complete an application online at [www.WSPD.org](http://www.WSPD.org).

The class is limited to 30 students. Applications must be submitted by March 17.



Edward Ashley "Bro Bro" Lewis

## Friends, family fete Lewis at holiday party

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Edward Ashley "Bro Bro" Lewis' Annual Christmas Celebration was given by his mother, Jeannette T. Lewis, on Monday, Dec. 16 at the J.T. Lewis Clubhouse.

Bro Bro resides in Beacon Cottage at the Murdoch Center in Butner. Several Murdoch Center employees accompanied him to the party, including Phyllis Boykins, Willis Herman, William Winston, Deloris Taylor and Darryll Williams.

Several of his family members were also on hand, including Rudy Anderson Sr., Flonnie T. Anderson, Roscoe Mica Anderson, Deirdre Y. Anderson, Lena T. Crowder and Rayonette J. Crowder. Special guests in attendance included brothers Lowman and David Pauling, both of whom attend Elizabeth City State University.

All the guests enjoyed the fellowship, festive decorations, a meal catered by Connie Fletcher and singing "We Wish You a Merry Christmas" to Bro Bro, who also received many gifts.



Kendra Minor (right) with her friend and fellow TNT participant Andrea Hicks.

### TNT

from page B1

"It turned out to be a life changing thing," he said of joining TNT. "I started losing weight and seeing results and becoming a gym rat."

"I'm very proud because he's improved his overall health, and you can tell it in his stride - everything. I can tell he's very pleased about his results," said Maxie's personal trainer, Tina Scott. "He looks healthier, and he's just excited more about his life."



Tina Scott

Maxie was back for more this year, joining the dozens of area residents who flocked to Winston Lake Saturday to join the program, which is offered at YMCAs across the Northwest North Carolina network.

"It's crazy because people see me and say, 'You're good,'" related Maxie, who has dropped five pants sizes since joining the program last year. "But I'm really not satisfied. I want to keep going."

Winston Lake Wellness Director Robert Edwards says he has seen firsthand the difference TNT has made for participants like Maxie.

"I think it's a great idea," he said of TNT, which is embarking on its third year in the local community. "I think it reaches out to the community. I think it helps to show that we're not just a gym, that we offer more than a weight room; we have the different components to help people to become successful for their future."

Transformation Nation Triad has adopted an abbreviated schedule this year, with an eight week training period and a sharper focus on community members who need it the most, explained Edwards. Prizes will be awarded for the first, second and third place finishers, according to weight loss and participation. City native Michelle Cherry took third place in last year's competition, shedding 21 pounds and managing to keep about half of it off long term. This year, the Flat Rock Middle School teacher says she is hoping to recapture some of the fervor she experienced during the 2013 TNT and sustain her results permanently.

"I just got to a point where I really enjoyed working out," declared the mother of two. "I think the competition aspect of it really brings it to the next

level." Cherry said she returned to Winston Lake this year because she enjoyed the encouragement and support she has received there in the past. "Everybody here is so positive," she remarked. "It's the family atmosphere that really helps me."

Winston-Salem State University alumna Kendra Minor signed up to participate in TNT for the first time this year. A former basketball and volleyball player, Minor's time on the court these days is limited to her service as head

coach of the women's varsity basketball squad at Walkertown High School, where the 27-year-old says her physical activity can be described as "just enough to get by." Through TNT, Minor says she is hoping to surpass the minimal progress she has made in other weight loss programs and realize true change in her health and her weight. The Charlotte native will be returning to her old stomping grounds at Winston Lake, where she was employed as a college student. Her best friend, Youth and Family Services Director Andrea Hicks, is joining her in TNT, which offers weekly weigh-ins, group workouts, prescribed daily exercise schedules, nutrition information and childcare (during normal Child Watch hours).

"It's extremely hard to be motivated, especially when you're doing it by yourself and you don't have a workout trainer," Minor said. "Now that I have other people to motivate me (through TNT), I'm excited."

Wake Forest Baptist Health's Diane Hightower and Betha Watson were on hand at the signups to offer TNT participants an opportunity to lower their diabetes risk by participating in PACTPD (Parents & Children Together Preventing Diabetes), an NIH-funded study that focuses on the African American community. The study, which pays \$75 for each parent/guardian and each child participant, is one of the first to include the younger generation, for whom diabetes is a growing problem, Watson said.

"What we're trying to do is prevent diabetes in children, so we're partnering the parent and child together to work towards not getting diabetes," explained Hightower, a registered nurse. "We're looking at parents and chil-

dren who are already obese but do not have diabetes yet, so we're trying to prevent that."

Winston Lake's executive director, Terry Matthews said TNT is yet another example of the YMCA living out its mission of "Helping people reach their God-given potential in spirit, mind and body."

"I think it's a great opportunity for the YMCA to give back to the community that supports us," Matthews said. "Even if they're not a member of the Y, we want the whole community to be able to be healthy."

## Community Center to hold Black History Month program

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On Saturday, Feb. 16, Norma Corley and Kerry (Leon) Sturdivant will be honored at the Black History Family Unity Day at the Carl H. Russell Sr. Community Center, 3521 Carver School Rd., from 3 - 6 p.m.



Leon Sturdivant

Corley, a Winston-Salem/Forsyth County Schools employee, was the first black student to integrate Easton Elementary School, Hill Middle School and Parkland High School.

Sturdivant is a noted local artist. Some of his work will be showcased at the event. He is known for the t-shirts, license plates and sports photos at Cook's Flea Market.

A number of vendors have been invited and Black History exhibits will be on display. Performance artists Ishmael Muhammad, Bilaal Rivera, Amir Rookard and D.J. Leroy Richardson Jr. will perform.

For more information, call Ben Piggott or the Russell Center staff at 336-727-2580.



Corley



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