



your corner news | Phyllis Johnson
Western Branch

How are you doing on your **New Year's fitness resolutions**? Western Branch teen Scott Powell has made fitness a way of life. He spends time at the Taylor Bend YMCA. When his cousin, Frank Pierce, visited from Nashville, Tenn., he wanted to continue his own workout even though he was away from home. Frank usually works out with Ernie Cornwell who played with the St. Louis Rams and New Orleans Saints. Scott and Frank compared notes on how the YMCA has helped them achieve their goals. Scott enjoys "pumping iron" there, has lost weight and has added muscle during a year's time. Too many times I have driven by there, seen the packed parking lot and kept on driving but I'm happy to report that I've started going back. It's part of my New Year's resolution.

Send your ideas and tips to me at pjcolumnist@aol.com or call me at 335-2237.