



dateline: UVI

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Unlock the 'Fountain of Youth' at Wellness Center

Lorenzo Donastorg said he knows what the 'fountain of youth' is and he wants to share that with the rest of St. Thomas. "Everybody is trying to find the fountain of youth," Donastorg said. "We have the answer in front of us all the time." The answer is exercise, he said. Donastorg is the coordinator of UVI's new Wellness Center on the St. Thomas campus.



Top: Lorenzo Donastorg, right, explains UVI's Wellness Center membership and classes to Margaret Brandy Semper, front, and Kyle Mueller, foreground, workout at the Wellness Center.



more importantly, getting people to live healthier lives by being physically fit.

"It's not like you come in and you're just left to yourself," Donastorg said. "Anyone can come in and see me personally, and I can give them a work out

"Part of my goal in being here is trying to reach out to every group, especially those at UVI – students, faculty, staff and alumni," said Donastorg, who has a Bachelor of Science degree in exercise science and sports studies, with a minor in chemistry and technology management. The Wellness Center opened to much acclaim in September 2010. Donastorg, who was hired in February to lead the center, is fired-up about increasing the membership, but

regimen," he said. But even if Donastorg is not available, the Wellness Center's staff will be available to familiarize users with the equipment and help them get started.

"He started me off here," Gwendolyn E. Brown said proudly of one of the center's student employees, Ciaran Phillip. Brown said that when she first joined the center she was new to all the equipment. She asked Phillip to start her off slowly. "Now I'm taking classes five days a week," Brown exclaimed. "And my blood chemistry is outstanding," added Brown, who is diabetic and hypertensive. "My purpose is to be healthy and this is the best place for me because it is affordable," said Brown, who is also a UVI alumna. "The pounds will come off, and that's a treat."

The 6,250 square-foot center is located southwest of

See Wellness Center on next page

Miss UVI Crowned



Daniella Henry was crowned Miss UVI on April 9. Henry also won the Miss Intellect, Miss Popularity and a share of the Best Business Wear segments of the competition. Shamelle Farrington was named first runner-up and won the competition's Best Ambassadorial Presentation segment. Danielle Christian was named second runner-up and won the Miss Photogenic, Best Performing Talent and Best Evening Wear segments of the competition. Briana Henley won the Miss Congeniality and a share of the Best Business Wear segments.

Events Calendar

April 29-30	Earth Day Fair	STJ
May 7	Graduation Ball	STX
May 8	Graduation Ball	STT
May 14	Commencement	STT
May 15	Commencement	STX
May 26	SBDC Awards	STX
May 27	SBDC Awards	STT

Susan L. Taylor Tells Women to Find Their Calling

Loss, pain, grief – everyone has experienced those things at some point in life. But they are not all bad, said Susan L. Taylor, renowned as the editor of Essence magazine for almost four decades. “All the breakups, all the shakeups, all the things that happen in your life are heaven sent,” she said. “They are sent for your awakening.” Each person though, must ask themselves, “what is it that this pain, this shame has come to teach you,” she said.



Susan L. Taylor

Taylor was the featured speaker at the Alfred O. Heath Distinguished Lecture Series of the University of the Virgin Islands. In a presentation titled

Wellness Center Continued

the Sports and Fitness Center. It has a mirrored aerobics and dance studio with a sprung wood floor, a fitness equipment room with weight training and cardiovascular equipment, and men’s and women’s locker rooms. In addition, the center offers fitness classes such as Optimum Performance Training (OPT) Sculpt, Boot Camp, Zumba, Line Dancing, RIPPED and Kickboxing. UVI Physical Education courses are also held in the center.

UVI freshman Hanisha Pamnani’s regimen includes using the fitness machines and taking classes. “I love Zumba,” she said, “love, love, love it.”

Margaret Brandy Semper, who stopped by one Friday morning to get information, wanted to take a class on the spot. “I’m so excited and motivated,” about the center, she said. “I can smell the newness of it.”

Donastorg is certified by the National Academy of Sports Medicine (NASM) as a personal trainer, corrective exercise specialist and performance enhancement special-

ist. He is also RIPPED and CPR/AED certified. Donastorg noted that the results of exercise outweigh the cost of membership to the center. “I want to make people want to come down here,” he said. Expect fitness and weight loss challenges, and a special faculty/staff fitness program in the future, Donastorg said. “I want to get the gym filled with people,” he said. “It will happen. It’s just a matter of time.”

Most of Taylor’s lecture focused on the emotional and spiritual health of women. She challenged women to find their purpose in life. “Are you answering your calling,” she asked.

Membership packages are available for the general public, faculty/staff, alumni and senior citizens. The cost for students is covered in their tuition/fees.

For more information call UVI’s Wellness Center at 693-1075.

Editor’s note: Please consult with a physician before beginning any exercise program.

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