

CMS Begins Child Find Project

Child Find is a new project of Charlotte-Mecklenburg Schools designed to identify children from birth to 21 years of age who have special needs.

The project will serve the deaf-blind; gifted and talented; pregnant; learning disabled; health, hearing, speech and language impaired; and visually, mentally, orthopedically or emotionally handicapped.

Working with various public and private child-serving agencies in Charlotte-Mecklenburg, the school system will develop a registry of these children. The registry will be used or educational planning to provide a free appropriate education for all special children in the community, for other agencies to plan support and related services and to insure that no child is "lost" between agencies or not served due to lack of awareness, explains Carolyn Mathis, coordinator of the project.

A task force will be formed involving these agencies as well as parents, civil organizations and other volunteers helping in the child find process.

Teachers in the school system will be involved in workshops to learn about identifying children with special needs.

For more information about the Child Find project, contact Carolyn Mathis, 806 S. Poplar (Street Academy), Telephone 334-6453.

CMS Names Ms. Kinard Energy Coordinator

Anne Kinard has been named coordinating teacher for energy conservation curriculum.

Charlotte-Mecklenburg Schools have received a grant of \$15,000 for the rest of this year and will apply for a \$42,000 grant for each calendar year until June 30, 1980 to develop energy conservation curriculum.

Ms. Kinard will be involved in expanding and developing new programs and materials for energy conservation education for grades K-12. Energy conservation will be integrated into other subject areas including math, science, history and English. She will arrange workshops for teachers and will work with energy conservation committees in schools and with other local agencies.

Ms. Kinard has 22 years' experience in education, including nine years with CMS. Last year, she taught science at Carmel Junior High.

NCNB MORTGAGE

NCNB Mortgage Corporation's Park Seneca Office in Charlotte has relocated to 5200 Park Road, Suite 100 of the Park Selwyn Building, and will now be called the Park Selwyn Office.

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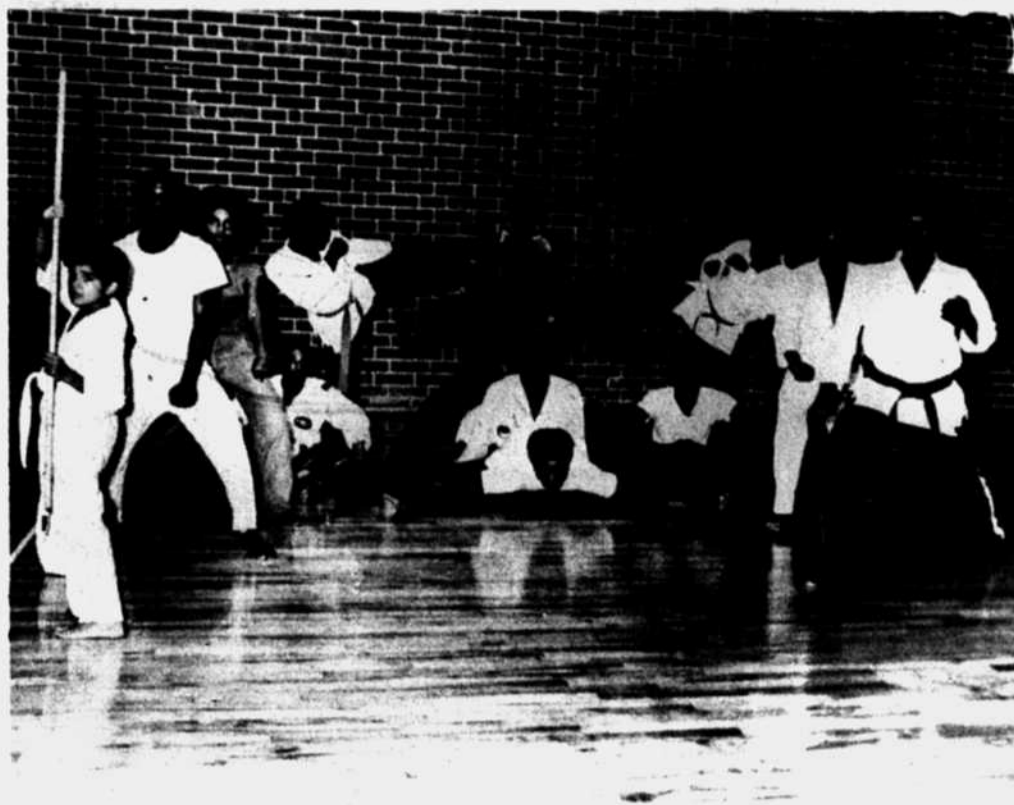
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MATTHEW CLARK'S KARATE STUDENTS
...At McCrorey Branch YMCA

YMCA To Offer Karate Classes

By Dianne Simpson
Post Staff Writer

Having problems gaining respect from others? Need to try to overcome certain types of stress and strains that tend to be major factors that cause you emotional exertion? Or do you feel that you are in need of learning and later mastering an art that will in turn aid you in building up your self-confidence without destroying your feelings of pride and respect?

If you are in need of obtaining answers to any or all of the above questions, then hesitate no longer for the McCrorey Branch YMCA located on 3801 Beatties Ford Road has the answers for you.

The McCrorey Branch YMCA will be sponsoring Karate classes. The instructor of the classes is no one else but that talented Matthew Clark, who is originally from Greenville, N.C., and is a senior Chemistry and Biology major at Johnson C. Smith University. Mr. Clark is widely known as one of the masters of the martial arts. He is approach-

250 Attend YMCA Opening House

A crowd of 250 people gathered in front of the McCrorey Branch YMCA Sunday, October 2, to promote the opening of the new fall program under the direction of George Shinhoster.

The theme of this year's program is "Something For Everyone."

The schedule is to include courses in women's slimnastics, men's physical fitness, stunts and tumbling for girls and boys, Saturday tennis, yoga, basic sewing skills, and creative arts and crafts. Sev-

ing his fifth year of instructing Karate. He is presently the martial arts instructor at Johnson C. Smith where he assists beginning as well as advanced students of the arts.

The classes being offered at the YMCA will be co-educational, and will consist of a minimum of 8 persons and a maximum of 15. Classes will begin Saturday, Oct. 15 for children age 12 years and above and on Tuesday, Oct. 18, for adults. Classes will continue for a period of 6 weeks. Classes for children will meet on Saturdays at 11 - 12:30 p.m. Classes for Adults will meet on Tuesdays and Thursday evenings at 6 - 8 p.m.

The Karate Classes will yield more so to the beginners, however, special attention will be given to the advanced student. Emphasis will be placed on Ko Wan Do which is a type of kick boxing that consists of a use of 60 percent of the feet, and 40 percent of the hands. Conditioning will definitely be stressed. The costs for the classes will be \$15 for members and

\$20 for nonmembers. If in need of any additional information concerning the Karate classes, please contact Kenneth Golding, assistant physical director at 394-2356.

ral programs for family involvement are being planned to go along with this new curriculum. Registration for fall classes started Monday and will continue throughout the week. For further information contact Mrs. Susand House, McCrorey Branch YMCA, 394-2356.

Read the Charlotte Post Each Week. It's your best source of news about the people you know.

YWCA To Offer Rehabilitation Program

The Charlotte YWCA is offering a unique Group Rehabilitation Program called ENCORE to women who are recovering from mastectomy surgery. The first ENCORE class session will be held on Oct. 19 from 11 a.m. to 12:30 p.m. at the Park Road YWCA Center.

ENCORE is a program of specially prepared, gentle exercises to music, plus group discussion and water exercise. It was developed by Helen Glines Kohut, R.N. of Princeton, New Jersey, after undergoing a mastectomy operation for removal of a breast in 1972. Since then, ENCORE has been tested in 24 YWCAs across the United States, with more than 300 women of all ages participating in the testing program.

The Charlotte program has received the approval of the Mecklenburg County Medical Society. It fills a need for rehabilitation in a supportive, happy program for mastectomy patients of all ages and backgrounds. About 42 women in the Charlotte-Mecklenburg area have undergone mastectomies between January 1 and August 15 of this year alone. And Advisory Committee representing the professional and lay community is being formed to work with the YWCA program. Doctor's permis-

sion is required. Class time is divided into three segments, beginning with a half hour of exercise of music, followed by group discussion. The last half hour is spent in the pool, since water therapy is one of the quickest ways to redevelop muscles and regain flexibility. Both swimmers and non-swimmers may participate.

Five YWCA instructors received training in the program last June, at a weekend workshop held in High Point by the National YWCA. Among the team was Mrs. Carlton G. Watkins, former President and member of the Board of Directors of the Charlotte YWCA and a Registered Nurse; Mrs. Michael J. Grode, a psychological counselor; Carol Tolen, Director of Health, Physical Education and Recreation for the Charlotte YWCA; Pat Cox, Program Director; and Lyn Diegnan, a YWCA swimming instructor. Sara Grode and Lyn Diegnan

will be the volunteer instructors for the ENCORE class. Registration for ENCORE will be on a weekly basis; the weekly class fee of \$2 may be

paid before each class session. YWCA membership of \$7.50 is required. Suits, caps, towels and comfortable exercise clothing are needed.

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