



**HIGH ACHIEVER** - Shawn McIver, second from right, being presented West Charlotte Lions Club Trophy in recognition of his "excellence in art" by Atty. Cecil M. Curtis, left, Statewide Chairman of Boys and Girls Homes, Shawn's work, a still life of a bowl of fruit, is on display at NCNB's Art Exhibit in uptown Charlotte. The Oaklawn Elementary School sixth grader received

his plaudits in the presence of his cousin, Tonya McIver, center, and mother, Gloria Fields, right, during a brief ceremony at the regular monthly meeting of the West Charlotte Lions Club last Monday night at McDonald's Restaurant. (Photo By Peeler's Portrait Studio)



**OMEGA MEN** - The following gentlemen were recently inducted into the Pi Phi Chapter of Omega Psi Phi Fraternity (l-r): Ken Barnes, Anthony Clark Johnson, Chuck Maye, Marty Angelo Allison, Gregory Keith Morris, Ronald L. Nelson, and Darryl Antonio

broome. Dean of pledges was Rufus D. Spears; Joseph W. Harper II is Sixth District Representative, and Tony Singletary is Basileus. (Photo By Peeler's Portrait Studio)

## West Charlotte Lions Recognized As Part Of Lions International

By Jalyne Strong  
Post Staff Writer

On Saturday, May 4, the West Charlotte Lions Club became the first black club in Mecklenburg County to be officially recognized as part of Lions International.

"These men are interested in serving their community and helping people in need no matter what their needs are," comments Lion Dick Speight, district extension chairman of the region and also member of the Hickory Grove Lions Club.

On this charter night, the West Charlotte Lions, president L. C. Coleman, were presented with the Lions banner which promotes their motto, "We Serve," and were also passed the gavel which denotes their taking charge of this club in accordance with Lions International.

Lions International is the largest social organization in the world. There are currently 1,350,000 members in approximately 37,000 clubs in 157 countries. The Lions magazine is published in seven different languages.

Welcoming the West Charlotte Lions into this tremendous union was past international president, Lion John L. Stickle, and past international director, Lion William L. Woolard.

"Whenever a new club is organized it is required that they are sponsored by an existing club," informs Speight. The Hickory Grove Lions Club sponsored this event.

Speight tells how the West Charlotte Lions Club was organized beginning on January 31 when the first 20 members were recognized.

These 20 charter members elected officers at this time. They are: president, L. C. Coleman; first vice president, Clarence Nolley; secretary, Ennis E. Graves; and treasurer, Thomas Chiles.

From January until charter night this past week, charter membership in the West Charlotte Lions Club has increased to 38 charter members. "The International charter officially presented each charter member with a certificate of membership," says Speight. With charter night, charter membership to the West Charlotte Lions Club is closed. All new members will have to be invited in and approved.

Speight is now referred to as the Guiding Lion for the West Charlotte

Lions Club. His responsibility is to assist the new club in getting started. Essentially, guiding them in their service projects through the Lions Club.

The Lions Clubs all over the world are active in serving people. They have extensive programs set up for the blind and several other causes plus they host large fund raisers and all monies raised go toward their different and diverse services.

"You never run short of people needing help," points out Speight. Calling the inclusion of the West Charlotte Lions Club "great," Speight acknowledges, "Lions clubs working together as a group are able to do more service than any one individual working alone."

## Education Conference

Educators will discuss 34 issues facing the Charlotte-Mecklenburg Schools at a public education conference Thursday, May 30, from 9 a.m. until 1:30 p.m. at the Charlotte Convention Center. The conference is open to the public. The registration fee is \$5 and includes the cost of lunch.

The conference is sponsored by CMS, the Greater Charlotte Chamber of Commerce, Knight Publishing Company, the Charlotte-Mecklenburg Council of PTAs and the Governor's Business Committee on Education. It is designed to promote discussion about CMS accomplishments and future challenges. It also will provide educators, business leaders and citizens with an opportunity to exchange ideas.

Each participant will choose workshops on three of the 34 issues that will be discussed. Each workshop will last 25 minutes and will be conducted by educators. Among the topics are computers in the classroom, critical curriculum issues, improving writing skills and school-business partnerships. To register for the conference, contact Joyce Campbell at the Chamber at 377-6911 weekdays from 9 a.m. until 5 p.m.

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## National Physical Fitness Month

Special To The Post

Raleigh - Frank Hielema, chairman of the North Carolina Governor's Council on Physical Fitness and Health, urges all citizens to make a commitment to regular exercise during National Physical Fitness Month in May.

"Millions of Americans are enjoying exercise because it makes them look, feel, and work better," Hielema said. "More and more people are making physical activity a regular part of their lives. Everywhere you look, at any time of the day, people of all ages are exercising."

Studies show that regular, vigorous exercise can strengthen the heart and lungs, tone up sagging muscles, and help control weight. It gives individuals more stamina, energy, and greater self-esteem. Regular physical activity also helps prevent heart disease, obesity, high blood pressure, diabetes, and stress.

He said that people should consider several things before starting a regular exercise program.

-Choose an exercise that interests you and stick with it. Some easy and enjoyable exercises include swimming, brisk walking, dancing, jogging, and bicycling. If you become bored or unmotivated with the activity you choose, select another one.

-Exercise with your family and friends. It makes the exercise more

pleasurable.

-Make exercise a lifetime commitment—not just a fad. If you stop the beneficial effects are rapidly lost.

-Exercise regularly at least three days per week for 20-30 minutes each day. Be sure to exercise at a brisk pace.

"Even beginners will notice the immediate benefits of regular exercise," Hielema said. Many beginners report that brisk exercise makes them feel better. It also helps them get rid of tension and gives them feelings of self-worth and accomplishment."

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