

## Super women juggle family with work

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"It was horrible," she says. "I was always rushing around. Sometimes, I would get so frustrated, I would just cry."

"My mornings are really busy. I have to compile a whole lot of things into a few hours."

A mother of two, Danielle, 13, and Ashley, 9, Witherspoon, 39, puts in a day that normally begins long before tanning and facials begin.

"Before you even see me in the shop," she said, "I've put in a full day. I usually get up around 7 a.m. I help the kids get ready for school and out of the house. They always procrastinate. I have to give them that little edge."

Witherspoon then goes to exercise class or stays home to work in the yard or do housework before going to the shop, which opens at 11 a.m.

"Priorities are what needs it the most," she says with a laugh. "If the kids don't have clean clothes, that's a priority. I do a load of clothes every day."

"I have to do that in the morning," she adds. "After work, I am brain dead."

After housework, Witherspoon goes to the shop



Clara Witherspoon kisses daughter Ashley goodbye in morning as husband Ira and Danielle look on.

to begin a day filled with manicures, facials and tanning. For her, the hardest part is figuring out who is going to do what.

Both Ashley and Danielle are involved in a host of activities, from church to dance.

"Ira works 24 hour shifts," Witherspoon says. "When he is off he picks up the girls and drops them off where they need to be."

When Ira is working a shift, that duty falls to her.

"What I do is I don't schedule anything past 3 p.m.," she says. "I pick the kids up, I feed them, then I bring them to the

shop with me."

Witherspoon is happier owning her own business.

"I am much more flexible, I see my girls more and I am happy," she says.

She offers the following advice to other women:

"Find a support group," she says. "And realize that you can not do it by yourself."

Witherspoon depends on her husband for help and advice.

"Ira is the best," she said. "He cooks, cleans - does it all. He fills in wherever he is needed."

## Gaffney to teach East IB logic

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Mecklenburg.

"He teaches the way that I believe education should take place," East principal Ron Thompson said. Thompson, who has worked with Gaffney since the mid '80s, believes that his teaching method deserves a forum. He has one at East, where students are an enthusiastic audience.

"He's quite a character," Thompson says with a laugh. "He always has a kind word and he encourages the staff.

The kids are turned on, attendance has improved and discipline is not a problem."

Gaffney will be able to apply his principles of thinking in East's brand new International Baccalaureate program, where the school's best and brightest students will be challenged to think logically.

"George will teach the theory of knowledge," Thompson said. "We are trying to get other teachers to apply his concepts and curriculum to real life situations."

Gaffney is a firm believer in logic and takes every opportunity to teach his idea of critical thinking.

"You can transpose this process to any other thing that happens in school or life," Gaffney said. "This way you don't believe everything people tell you."

Some problems seem impossible, he said. "If you can break them down, they can get the essence of it."

"Logic is the key," he adds. "It doesn't make you right, but you will always be close."

## Parents, 'yes,' kids, 'yuck,' to uniforms

By Jeri Young  
THE CHARLOTTE POST

Ask any kid how they feel about school uniforms and you'll probably get the same answer I did.

Yuck. School officials and parents have tossed around the idea of school uniforms as a pancea for all that ails schools.

The U. S. Department of Education Manual on School Uniforms, includes a list of potential uniform benefits. Among them, "decreased violence, and gang activity, and increased discipline and concentration on schoolwork."

According to the Harvard Education Letter, schools that have adopted uniforms report that uniforms have reduced behavioral problems. But even uniform proponents admit that many of the studies have been largely inconclusive and randomly done in public school settings.

As the local debate reaches a fever pitch, we talked to kids to find out how they feel about the proposed uniforms.

"We shouldn't have to wear them," says 13-year-old Tonya Gaines. "We need to have a choice. I don't want to wear



PHOTO/PAUL WILLIAMS III

Iman Homesley, in front, with Teddy and Tonya Gaines, model possible school uniform.

the same thing over and over."

Tonya, a 9th grader at J.M. Alexander Middle School, is adamant about not wearing a uniform.

"Besides," she adds, "dark colors don't look good on everyone."

Teddy Gaines, her brother, is not as sure on the uniform issue, but does take offense to not being able to wear his Fila tennis shoes.

"I would be uncomfortable," says Teddy, 14.

"A lot of people couldn't afford the uniforms," Tonya said.

Tonya and Teddy's mom, Annette Gaines, thinks the opposite is true.

"I think it would be better," she said. "It would put everyone on the same level."

Gaines, who has several siblings with school age children in the area, says that many of them agree that uniforms are a good idea.

Charlotte-Mecklenburg kids can expect change, whether they like it or not.

Even President Clinton recommends uniforms in public schools.

## Wedding Announcement

Cathcart-Oliver

Angela Oliver and Thomas Cathcart were joined in holy matrimony at Greater Mt. Sinai Baptist Church on July 27, 1996. The Rev. George Cook officiated.

The bride is the daughter of Mr. and Mrs. George Oliver. She is a graduate of Myers Park High School and Kings College. She is employed with First Citizens Bank.

The groom, son of Mr. and Mrs. Thomas Cathcart, is a graduate of Rock Hill High

School. He is employed with the United States Postal Service.

The maid of honor was Lynda Wither of Charlotte. Bridesmaids were Betty Sloan, Monette Lowry, Liz Cathcart, Bridgett Sistrunk, Carla Ford and Valda Oliver.

The best man was James Hope. Ushers were Pat Hope, Ben Aldridge, Michael Mills, and Edwin Miller.

The ring bearer was Quentavious Ford and the flower girl was Elaina Guy.

The couple will reside in



Angela Cathcart

## Stress cure tips

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Talk it out: discussing problems or concerns with friends, relatives, or a doctor can help put things in perspective and relieve pent-up anxieties.

7. Set aside time for your favorite activity: finding outlets for your thoughts and energy is a good way to forget

about problems. Engage in activities that you find relaxing or absorbing - reading a good book, taking a long walk, or soaking in a warm bath.

Although these hints may not eliminate stress from your life, they could help you deal with it more easily.

Remember life shouldn't be a chore. Enjoy it.

"And," she adds, "Don't overextend. Limit yourself to what you want to be involved in."

"Something is going to happen where you need someone there to step in to give you moral support, inspirational words. You just need that."

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