

Yogi Classes Help Retarded Children

Exercising can be fun or just plain drudgery depending on the reason behind the action.

Eighteen holes of golf or a few fast sets of tennis are good, wholesome, fun ways to watch the waistline and keep the flab in check.

Yogi, enjoying a current popularity, is healthful and helpful if you're faithful to all the principles.

But there's a whole group of children who need exercise

badly and receive far too little. They are the mentally retarded, who for reasons varying from lack of opportunity to lack of adult understanding, live confined lives greatly lacking in adequate bodily exercise. This can often be the cause of hyper-activity in retardates, as they have no natural outlet for bottled-up energy

ONE ORGANIZATION trying to do something about it is the Southwest Association for

Retarded Children, which serves mentally retarded children and young adults in 18 area cities. In two of their three training centers, Garden Valley and Chester Lancaster, exercises are an important part of the daily routine.

At Garden Valley Training Center you can see young adults running, jumping and throwing while they enjoy playing basketball. Recently installed on the playground, basketball quickly became the trainees favorite sport.

Younger children love to ride the tricycles, donated at Christmas time by the Air Force, or to march to the music from the school's phonograph. Some young adults participate in a Saturday morning bowling league.

PERHAPS, the most organized form of exercise is the class presented twice a week at the Chester Lancaster Center.

Taught by Mrs. Arthur Smith of Manhattan Beach Monday and Wednesday mornings these exercise classes bring special delight and important benefits to the trainees.

Lady Smith as she is nicknamed by the children, is a woman of great preception and calm assurance as she goes about her teaching chores.

Specially trained to work with mental retardates, she has been teaching her present class for two years.

Basically she emphasizes deep breathing which she says works on the endocrine system.

"Proper breathing relieves stress and anxiety and improves ability to concentrate," she explained.

"Because we emphasize slow-motion exercise of the entire body, there is no heart strain."

"Several years ago some of my children couldn't even relax enough to flex their toes. Today they take great pride in every exercise they have mastered and look forward to adding a new accomplishment at each session."

Lady Smith, also, works with



ONE, TWO, THREE . . . Mrs. Arthur (Lady) Smith (standing) and teacher's aide Miss Stephanie Smith help student Michael Luzon with his exercises for improved co-ordination and relaxation. Exercise classes are held twice a week at the Chester Lancaster Center, one of three training centers supported by the Southwest Association for Retarded Children.

individuals as she lights a candle and sits before each child.

TOGETHER they focus their eyes on the candle and count to 20 without looking away. "This helps increase attention span," Lady Smith explains. "The light is not only a focal point, but has a very calming effect. A relaxed child can learn more easily and retain longer."

"By the end of the exercise period some of the children are so completely relaxed they fall asleep," she added.

Lady Smith praises every student lavishly and tells them they have great individual worth. She leaves every child with something to practice or a task to accomplish before their next session.

Summer Classes Planned

A special summer college program for able students entering their senior year in high school will be conducted at California State College, Dominguez Hills, this summer.

Students wishing to enroll must have a grade point average of at least 3.0 and recommendation of their high school principal.

All courses carry college-level credit.

ADMISSION to the Cal State Dominguez summer session does not constitute admission to the college for the regular academic year, according to Clyde Sorenson, area supervisor of secondary guidance and counseling for the Los Angeles City Schools.

He said that high school students between their junior and senior year may enroll in the early entrance program for

high school students and take English 130, understanding fiction; music 100, basic studies music; history 100, basic studies history; political science 100, basic studies political science; chemistry 100, basic studies structure of matter; or mathematics 100, basic studies mathematics.

Registration for the special summer program will take place in the Cal State admissions office from 1 to 4 p.m. Wednesday, June 18, and from 9 a.m. to 4 p.m. Thursday, June 19, and Friday, June 20.

Tickets Now on Sale for Coliseum Fireworks Show

Thrifty Drug Stores have launched their annual sale of tickets for the forthcoming West Berlin Circus Thrillorama and Fireworks Spectacular slated in the Coliseum on the night of July 4, according to Dick Pittenger, director of special events for the Los Angeles County Council, American Legion.

Tickets are also on sale for the huge, patriotic Independence Day event at Southern California Music Co., Mutual Agencies, Wallichs Music City, the Coliseum and American Legion.

In addition to the one-night appearance of the world-famous West Berlin Circus, and an hour-long presentation of the world's greatest fireworks,

other show highlights will include a junior baseball championship game, the LAPD Motorcycle Drill Team, a Los Angeles Fire Department demonstration, a Grand Entry Parade of Stars, the Glendale American Legion Chinese Drum and Bugle Corps, and the traditional after-dark matchlighting ceremonies.

Reserved seat tickets are \$3.50 for adults; children, 12 and under, half-price. Proceeds go to American Legion charities.

New Office for VA Unit Set in Westwood Area

The Veterans Administration Regional office will be open for business in the new West Los Angeles Federal Building, Wilshire and Sepulveda Boulevards, Monday, June 2.

The new address is 11000 Wilshire Blvd., Los Angeles, 90024. The huge moving chore will be completed over the Memorial Day weekend.

Opens Office

Health Care at Home, a private, non-profit agency licensed by the state to participate in the Medicare program by providing home nursing, has opened new offices in Inglewood. The office is located at 4634 Imperial Hwy.

Aeronca Officials Will Be Honored

Albert G. Handschumacher, chairman of the board and president of Aeronca, Inc., will be honored at a testimonial dinner June 8 at the Beverly Hilton Hotel, at the City of Hope's annual "Salute to the Aerospace Industry."

Proceeds will be used to establish the Albert G. Handschumacher Research Fellowship at the national medical and research center. The City of Hope fights cancer, leukemia, and diseases of heredity, blood, chest, and heart.

Handschumacher, the senior vice president of Lear, Inc., became vice president and general manager of Rheem Manufacturing Co. Returning to Lear in 1959 as president, he was elected chairman of the board in 1962. In 1965, he became board chairman and chief executive officer of Aeronca, Inc., which manufactures air conditioning systems and materials for the aerospace industry.

HONORARY chairman of the black tie, \$100-a-plate affair is Thomas V. Jones, chairman of the board of Northrop Corp.

Among those on the honorary committee are J. L. Atwood, president of North American Rockwell Corp.; Edward Bark-

er, vice president of First National Bank of Middletown, Ohio; Robert S. Bell, vice president of Teledyne, Inc.; John G. Brooks, chairman and president of Lear Siegler, Inc.; George M. Bunker, chairman of Martin Marietta Corp.; Elmer M. Deckman, general sales manager of General Motors Corp.

J. ROBERT FLUOR, president of The Fluor Corp., Ltd.; Joseph J. Harkins, vice president of Chase Manhattan Bank; Luther H. Hodges Jr., senior vice president of North Carolina National Bank; H. L. Hoffman, chairman of the board of Hoffman Electronics; Robert C. Jackson, president of Ryan Aeronautical Co.; Louis Lundborg, president of the Bank of America;

Wayne Mullane, Aerojet-General Corp.; Daniel Parker, chairman of the board of The Parker Pen Co.; Dr. Simon Ramo, West Coast executive offices, TRW; Edward L. Steiniger, chairman of the board of Sinclair Oil Corp.; Dwane L. Wallace, chairman of Cessna Aircraft Co.; Roy E. Wendahl, executive vice president of Hughes Aircraft Co.; and Jack D. Wrather, president of the Wrather Corp.

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