

YW Closes Generation Gap

A YWCA is a place for mothers to relax and a place for lots to have fun, and sometimes it's even more enjoyable when they do it together.

So each Monday morning the Northwest branch YW, 2940 Grand River, Redford Township, is filled with little kids and their moms. You find them exercising in the gymnasium, swimming in the pool and working out creative art projects.

A program geared to pre-schoolers and mothers takes varied forms in different fields.

Ann Marie Almstrom, instructor in the mother-tot gym class, works out specific exercises like one in which the mothers bend down and make their bodies into a bridge and the little ones crawl underneath.

"It's good for the mother's stamina and his muscles, it helps the children with coordination and it's fun," commented Mrs. Almstrom, who has taught physical fitness in her native Sweden. She's visiting in this country

for a year while her husband is on a business assignment.

Linda Potter, who teaches mother-tot swimming, needs the mothers in the pool with their small ones to help overcome possible fear of the water.

"The mothers hold them at first as they learn to put their faces in the water," she said.

"Usually by the end of a couple of eight-week sessions the youngsters are progressing to free float and dog paddle."

With art for pre-schoolers, it's a little different.

Instructor Gayle Atchison takes the children into one room and lets them experiment with various art media while their mothers get together for a rap session.

Then each week she gets together with the mothers and tells them about the project and how they can continue it at home.

"Children tend to be more creative and less inhibited without their mothers right at hand," she said. "But the mothers definitely are part of this program too."

Registrations for a new term of mother-tot classes and a great assortment of other activities at the branch begins next Monday, March 26, at 9 a.m.

Subjects offered for men and women include folk-style and classical guitar, ballroom dance, volleyball, fencing, yoga, table tennis, driver

training, aircraft ground school, investments, oil painting, ceramics, bridge, swimming, golf and tennis.

Programs for women only include belly dancing, ballet, Swedish exercises, physical fitness, powder puff mechanics, sewing, crocheting and sewing knit slacks.

In addition, there is a Ladies' Day Out package offering a full day's program with nursery care available for pre-schoolers.

Classes for young people and teenagers include gym, sewing, yamcraft, ballet, art and guitar. Driver training also is offered boys and girls 16 and over.

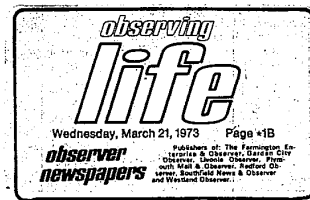
The YWCA offers classes and individual instruction to all levels of swimmers. The adult classes are for men and women novices as well as more advanced swimmers.

Youth classes for boys and girls six to 15 are offered on Saturdays for all levels.

A Saturday recreation program is offered from 9 a.m. to 12:30 p.m. to fit around the swimming classes and give the children a morning of fun.

Most of the classes begin the week of April 9. Swimming classes begin March 26, and registrations are being accepted this week.

All classes require membership in the YWCA. Call the Northwest branch for details of class times and days.



IT'S NOT HARD to jump into the water when mother is there to encourage you, small Christina Lukkari of Southfield finds. She's learning to swim at the Northwest Branch YWCA with the aid of instructor Linda Potter (left) and her mother, Mrs. David Lukkari. Below, Gayle Atchison and her pre-school art pupils get down to the basics of painting. (Observer photos by Bob Woodring)



MOTHER-TOT GYM is fun for Rosemarie Simon-ton and son Jeff, (above) being assisted by instructor Ann Marie Almstrom (left). At the right, Beck Told of Redford Township and daughter Melissa practice walking like crabs.



Woman Attorney Advises

Don't Fear Equal Rights

By BETTY MASSON

Women shouldn't be afraid of the proposed equal rights amendment, says Detroit attorney Paulette LeBost.

Sure, she agrees, it may mean longer hours and heavier weight lifting for working women.

It could mean military

drafting of women, she further concurs, and women with spendthrift husbands might well become liable for their debts, just as men now are responsible for debts run up by their wives.

"But can't you protect yourselves?" she asked as she addressed the recent International Women's Day

program on the Orchard Ridge campus of Oakland Community College.

This outspoken proponent of the equal rights amendment said the rights it would guarantee women far outweigh the responsibilities it would put on them.

And she had some specific suggestions for women to use for self-protection.

Of the hours restrictions, Mrs. LeBost said she's heard that "more and more women want to work extra hours to support their families."

Those asked to lift excessively heavy items, she said, "will hurt their backs, and the companies will get slapped with paying disability benefits."

"They (the companies) will change their policy when they are hurt economically," she added.

The possibility of being drafted should not be "too big a problem," said Miss LeBost. "Men can get deferments . . . and there are women in armies in Israel and China."

Difficulties faced by married women who want credit or loans in their own names came in for a good deal of discussion in the session.

Single women can get credit, but companies worry about giving credit to married women because the man is responsible for his wife's debts. A woman going through a divorce has a particularly hard time getting credit, and widows also find it difficult to get credit cards.

"A pre-marital credit check might be just as important as a blood test," said Miss LeBost, "because if you marry someone with a bad credit rating, it can really wreck you."

"The ideal state is to be single, never divorced," said Miss LeBost.

The ERA would probably benefit women who want to get credit cards in their own names rather than their husbands', said Miss LeBost.

Right now, though, there are no laws making it mandatory for companies to issue them in the woman's name, said Miss LeBost.

"The only thing you can do is hassle the companies," she said.

An audience member pointed out that a young couple, supported by the wife while the husband was in school, had a great deal of trouble getting credit.

Another said that some mortgage companies will even ask a couple what birth control methods they are using.

Still another said that when she was divorced, her car insurance rose from \$130 to more than \$400.

Women who are pregnant would probably benefit from ERA, said Miss LeBost. Presently, pregnant women who are forced to quit work are disqualified for unemployment benefits 10 weeks before their due date and six weeks afterwards.

With passage of ERA, pregnancy would be considered a disability or sick leave and the women could get benefits, said Miss LeBost.

Miss LeBost also commented on what a woman should do if she feels that she is being discriminated against in employment because of her sex.

If she feels she is not being paid as much as men doing comparable jobs, she should take her complaint to the wages and hours division of the federal Department of Labor.

If she thinks she has been passed over for a promotion, Miss LeBost recommends either taking the question to the U.S. Government's Equal Employment Opportunity Commission, or to a lawyer.

Because of the wording of certain legislation, Miss LeBost believes that the

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m. m. memos

Everyone has a sad story about the blizzardy weekend.

But our youngest daughter and the rest of the sixth-graders at her school consider theirs was the most tragic.

This grade — all three classes of it — had been planning for ages for five days of "outdoor education" at a camp near Jackson.

A good share of classroom activity has been directed into preparation for this big event — a first for the school. And if the rest of the youngsters are like ours, they've talked of little else.

So last weekend we were set to make final preparations and get the last needed items to be packed. On Saturday, both our 11-year-old and her mother braved the snowstorm to procure things like toothpaste and a shower cap.

She was ready to pack by the time I heard that the snow in that area was about double the depth of the snow here. I suggested we might get a cancellation telephone call, but she had great faith.

Sunday the reports of storm problems kept coming in, and the kids began telephoning each other to second-guess the situation. Finally, about dinner time, came official word that the trip was being postponed — hopefully for only a day.

I made some room-mother calls to inform other parents of the sad situation.

One of these was a bit pleased. "I think my son has the mumps," she confided in a whisper, "but I haven't had the heart to tell him. This gives me a chance to get him to the doctor and be sure."

Our daughter's duffle-bag stayed packed as she kept hoping for a delayed departure.

Her school may keep its outdoor education program a long time, but those concerned aren't likely to forget its exciting start.

—Margaret Miller