

Mother's Day meaning changes with the times

Mother's Day is still celebrated in the churches of America. It typically is the second-highest attendance Sunday of the year. Yet on all the other days of the year it is much harder to be a mother these days than ever before.

Most of the young mothers I know are going back to work. Some return just months or even weeks after their child is born. They feel guilt in leaving their newborn with someone else while they are working, yet they do it. Some return to work to hold their job, others to help to pay the mortgage. When they do have time with their children, they are often tired and divided by many tasks and needs.

The luckiest working mothers have family nearby. These children are raised in an extended family of grandparents,



moral perspectives
Rev. David Strong

uncles and aunts. Too many live far from their family or find that others in their family do not wish to share their child raising.

IT IS HARD to be a mother today. The many factors which affect families add up to a virtual assault upon motherhood. It's a wonder that many mothers function as well as they do.

Figures show that close to 60 percent of mothers work. Living in such a family, I

find that many adjustments have to be made. Some families can make these changes in order to maintain the chores of the home and nurture and guide the children. Few are prepared to do this well and avoid paying a cost.

Surprisingly, teen-age girls still typically have traditional expectations of their role in the family. Not more than 13 percent of American Families are constituted with both parents in the home and only one working.

YET MOST young people expect that they will live a traditional marriage role when it comes to the child raising. In such a role, the mother has the major responsibility of raising, nurturing and guiding the young children in the family.

I believe that unrealistic role expecta-

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tions in the family are a major cause of family troubles. Both external and internal conflict occurs when expectations of mothers and wives are not met. If both parents work full time, it is hard to adjust to the changing needs of children. The pressures on women who are mothers are often enormous.

Where does hope lie in this problem? Men and women need to share the nurturing and home-making rolls. Women have to resolve the guilt they often feel when

someone else is doing what they think they should do. Young families need to enlist their parent's help in child care.

THEY MAY need to locate their residence near to those who will love and care for the children. I know people who have refused an advancement which would have taken them some distance from the supportive care of their extended family.

Women's study groups need to examine the issues of women's changing role. This is the appropriate concern of churches and synagogues. Support needs to be shared in order to meet this challenge.

The family is under assault. If nothing is done to remedy the pressures which bear upon a mother's role, the day may come when the sentiments celebrated on Mother's Day will hardly exist.

There are solutions to problem of splitting the bill

Dear Jo:

Perhaps my problem is trivial so I won't blame you if you don't print my letter. But, here goes — my husband and I are on a fixed retirement income but are managing quite well. We like to celebrate Friday so we eat out with another couple at one of the nicer restaurants in our town.

We do have a good time, but the other couple always orders the best wine and the most expensive courses. This is fine until it comes time to pay the bill. They say, "Let's just split it as it's too much trouble to figure all this out."

Since the restaurants are usually dark, and we don't want to put on our glasses,



gerontology
A. Joiayne Farrell

rather than make an issue of the whole thing, we just go along with them and pay half. So what we thought was to be moderately priced evening out has now become an expensive one.

We hesitate to say anything as they are our good friends and we don't want to ap-

pear cheap. Could you help us out with this one? We do enjoy their friendship, and our Friday celebrations.

Mrs. S.M.

Dear Mrs. M.:

I don't think your question is trivial at all. With due respect to your friendship, which is valuable and should be respected, I do think your friends are quite thoughtless and even a little rude. To be careful about your money is not being cheap; it is being sensible.

By all means continue your Friday celebrations but make it quite clear before you order your next meal that you will be paying for what you order. (You

may even find a waiter who will give you separate bills).

When the bill arrives, put on your glasses and figure out what you owe and pay only that. If you friends object to that they are not your friends.

Dear Jo:

I need some honest advice on my love making — I don't know who to ask, it is a taboo subject among my friends, etc. Could you suggest something I could read?

Mr. C.

Dear Mr. C.

A very candid, almost clinical, yet very good publication is "Sex Over Forty," published monthly by Health and Sexuali-

ty Publications, PO Box 40428, San Antonio, 78229. It costs about \$36 U.S. a year.

The advice given is extremely explicit and frank and could be thought by some as shocking and in poor taste. The publication is edited by Dr. Saul H. Rosenthal and has an impressive board of advisers made up of many professionals including a minister. Much of the advice given is in question/answer format; it is usually supported by current articles from professional health journals.

Readers can write to Joiayne Farrell at PO Box 66, Postal Station G., 1075 Queen Street East, Toronto, Ontario, Canada.

volunteers

The Oakland County Volunteer Bureau (OCVB) has a current file of volunteer opportunities for more than 200 agencies. Non-profit organizations needing assistance may list with the bureau. For more information about these and other volunteer openings, call the bureau, 642-7272.

PARENTING VOLUNTEER — Beaumont Hospital needs many experienced parents for its Perinatal Positive Parenting program. Will work four hours weekdays, evenings and Saturdays possible. Will be support system for first time and/or new parents. Phone 642-7272.

CLIENT ADVOCATE — Many volunteers are needed by Macomb-Oakland Guardianship program for one-on-one contact with developmentally disabled. Prefer experience in working with mentally handicapped. Will make six visits per year to client. Phone 642-7272.

YOUTH AIDE — Oxford-Addison Youth Assistance needs volunteers interested in welfare of youth for duties in various projects and programs. Time varies. Phone 642-7272.

ARTS VISITOR — Volunteers interested in art with possible training in some or teaching or agency experience are needed by Pontiac Art Center to visit Pontiac schools to present information about specific artist or art form. Two-hour sessions, two sessions per month. Center has other openings: receptionist, typist, organizers for filing system and mailing list. Phone 642-7272.

TELEPHONE/TTY CONTACT — High school grade, 18 and up, are needed by the Deaf Contact branch of Contact Life Line to serve as contact between deaf and hearing persons via teletypewriter. One or two four-hour shifts per month, weekday mornings. Phone 642-7272.

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We're declaring this Sunday

FAMILY HEALTH DAY

WE'RE Somerset Medical Center, and we'd like to invite you to do something good for your health... and have a little fun while you're at it!

Join us Sunday, May 19, as we celebrate Family Health Day with an Open House from noon to 5 p.m. We're offering you health services (and some fun)...all at "no charge."

Vision, hearing and blood pressure tests for everyone five years old and up.

Three health talks every hour...by health experts. Topics include preventive health care, high blood pressure, diabetes and cholesterol control.

Child ID Cards for parents to keep...and the opportunity to have your child's fingerprints placed on the card.

Lab tests available to all adults...cholesterol, random glucose and urinalysis. (You must fast 12-14 hours prior to any of these tests).

Refreshments for everyone.

At Somerset Medical Center, we think Family Health Day makes good sense...because we believe in total family health care.

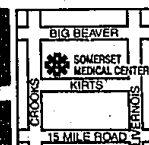
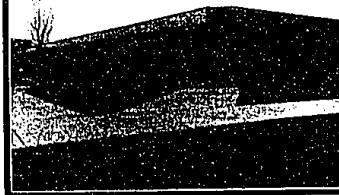
Our specialties include Internal Medicine, Pediatrics, Dermatology, Allergy, OB/GYN, Optometry, Ophthalmology and Ophthalmic services. We also have X-ray and lab services (with test results often available the same day as your office visit). There's even a pharmacy and dental office on the premises for your convenience.

For more information about our specialties and services, stop in during our Open House. Or call us at 362-8800.

Somerset Medical is affiliated with Independence Health Plan. If you're an Independence member, you can receive your exams, injections, office visits and all regular medical care with no out-of-pocket costs for you! Of course, we're glad to accept other major medical insurance plans as well.



Stop in and begin a healthy relationship with Somerset Medical.



SOMERSET MEDICAL CENTER
"Affiliated with Independence Health Plan"
1350 Kirta, Suite 150
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362-8800
At the corner of Kirta and Crooks, just south of Big Beaver.