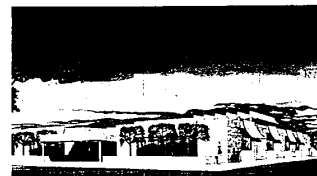
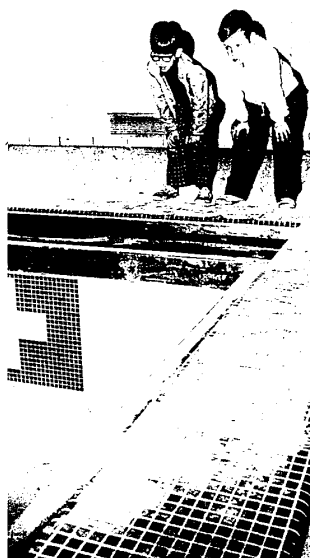


# Gala Opens Northwest YWCA



THE BIG MOMENT arrived and Mrs. A. D. Matheson, chairman of the Northwest YWCA board, cut the ribbon opening the branch's new addition last week.



THEIR BIG MOMENT WAITS, but it won't be long until minor problems are cleared and the new swimming pool will be ready for Darrell Stewart (left) and his brother, Glaine Stewart Jr., to dive in. (Evert photos)

The grass in the enclosed courtyard had just been planted and the asphalt in the spacious parking lot was newly poured.

Last minute problems prevent filling of the new swimming pool, but they couldn't delay the long awaited dedication of the new addition to the Northwest YWCA, 25940 Grand River, Redford Township.

"Isn't it exciting?" beamed Mrs. A. D. Matheson, Northwest YW board chairman, as she cut the ribbon at the new entrance.

It was the fulfillment of a dream, several speakers who joined in the brief dedication service had said. The many interested visitors who toured the new facilities, valued at close to a million dollars, agreed.

Executive Director Ruth Duey summed up the feelings of all when she called the spacious addition "The YWCA's Christmas, Easter, Thanksgiving and Valentine's Day present to the community."

## m. m. memos

An event we anticipate with almost as much enthusiasm as the closing or opening of school is the church rummage sale.

We're a bit old-fashioned in this day of a garage sale on every block. We have yet to set up our own.

But when the church women do their thing it's a big day.

I gladly grab the opportunity to get all the closets cleaned out—and the girls can't wait to get there and browse.

This year I was a bit slow in my cleaning and the first sale caught me with many boxes still unsorted. But the ladies gave me a reprieve and held another. We had plenty of contributions.

A few days before the event, our youngest remarked that she needed summer shirts. "You should have kept the ones you told me to give away," I suggested. "Well, I might buy them back" was the answer.

She didn't. But she did come home with a paperback book that I'm sure was in the pile that went from our house to the sale.

"It's all right," she insisted. "I haven't read it yet." And older sister chimed in that she might like to read it again.

Oh well, I can look forward to fall. There'll be another rummage sale.

—Margaret Miller

## Plymouth Mother Says

# 'Birth Can Be Beautiful'

By MARGARET MILLER  
Women's Editor  
Mrs. Carol Carleton never



CAROL CARLETON and son Patrick. (Observer photo by Bob Woodring)

has climbed a mountain, but she thinks she can understand the exhilaration it must bring.

Because, this Plymouth mother is glad to relate, she's known the thrilling experience of giving birth to her son by the unpronounceable psychoprophylaxis, or easier-to-say Lamaze, method.

"There's a great joy in really being there when your child is born," she said, recalling the moment when tiny Patrick, now nearly two, was placed on her lap.

"The feeling that you've done it is tremendous—it must be like climbing a mountain."

CAROL, an enthusiastic member of the Childbirth Preparation Association, is looking forward to her second "mountain" about June 20.

And when the big moment arrives, her husband, Jim, will be on hand to give the invaluable assistance he did when Patrick was born.

"I'm glad the new baby is due on Father's Day," Carol said, "because the togetherness thing with your husband is a big part of having a baby this way. The baby is born and he's there and you're a family already."

Preparing for the new arrival, Carol went just once to the series of six classes sponsored by the Childbirth Preparation Society. "I wanted to check my breathing, to make sure I

remembered it right," she explained.

THE FIRST TIME, though, she went the route to get the brief anatomy course and learn the limbering exercises, the leg raises, and the breathing techniques for the three different phases of labor.

And she says she can state honestly that she was uncomfortable at some times during her contractions but her pain was never unbearable, and that during the actual delivery, — "when you're allowed to work hard," — she felt no pain at all.

Carol's reading long before her first pregnancy convinced her she wanted to try the Lamaze method.

"My husband said he'd take the classes with me if I wanted, but he didn't think he'd go to the delivery room," she remembers.

"But as we got into the classes, he thought I'd better sign him up at the hospital, just in case. My doctor said he had no doubt he'd be in the delivery room. And he was."

THE CARLETONS lived in Taylor when Patrick was born. Her physician, Dr. Michael Laham, has given her

Continued on Page 3C



## Diabetes Course Set

A series of five classes on diabetes will begin Wednesday, June 23, in the Oakland County Health Department office, Greenfield at 11 1/2 Mile, in Southfield. Each class will run from 2 to 4 p.m.

Sponsored by the health department, the classes will be taught by experienced public health nurses and nutritionists and will include

information on the nature of the disease, dietary management and medication. There also will be suggestions on coping with everyday problems.

The classes are free to diabetics or members of their families, but a written statement from a doctor is required. Pre-registrations are made by calling the department office.

## First Son Born

Mr. and Mrs. Bill Grady, 4445 Cherry Hill, Plymouth, announce the birth of their first son, Michael Edward, on June 2.

Michael's grandparents are Mr. and Mrs. Sam Grady, formerly of Plymouth, and Mr. and Mrs. Clarence Cox of Detroit.



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