



Demonstrating one of the beginning exercises they are learning in their Yoga class, are (left) Carol Clarke, 12, of 740 N. Adams and Kathleen Walker, 14, of 1544 S. Bates with Mrs. Helen Swan (center) their teacher. Kathleen's smile would indicate that with a photographer flashing about it is a little difficult to achieve the complete concentration demanded by Yoga. (Eccentric photo).

There's No Cause for Alarm, This Is Not Black Magic!

A stranger peeking into the backyard at the home of Mr. and Mrs. Bruce Smith, 166 Maywood, Birmingham, at certain times would see a strange—if not alarming—sight.

She to eight youngsters... boys and girls... an attractive, older woman... sitting on the ground... all in strangely contorted postures... no movement... without a trace of expression on their faces... just sitting there... Captives of a strange spell? Voodoo practitioners putting a hex on some unseen enemy? Hold on to a minute! Don't speed to a telephone to summon the gardener or the muscular young men in white coats with their straight jackets!

The youngsters are just studying their Yoga and Mrs. Helen Swan is their teacher.

How did this little town of Birmingham mysteriously end up in Birmingham, Alabama?

er. Kathleen's smile would indicate that with a photographer flashing about it is a little difficult to achieve the complete concentration demanded by Yoga. (Eccentric photo).

Last month a group of young mothers and their daughters met at the Smith home to see a demonstration of Yoga postures by Mrs. Swan, who teaches Yoga at the central YMCA in Detroit.

The Smith's two daughters, Bonnie and Robin, both 11, and a neighborhood friend, Elizabeth Holmes, 12, were so interested in learning Mrs. Swan's technique that she volunteered to come out to the Smith home and give them a few lessons.

When the second lesson rolled around the group had grown to include about eight youngsters, including one boy. "Things are snowballing," Mrs. Swan said with an un-yoga-like smile.

For those who are wondering just what yoga is, it isn't something you define—you just do it. You'll see what this means when you hear the definition of yoga given by Mrs. Swan:

"Yoga is a science over 6,000 years old that has been developed and perfected over the centuries. It is a system of physical, mental, emotional and spiritual development.

"The word 'yoga' means union. The purpose of all Yoga training is to unite man the finite with the Infinite, Cosmic Consciousness, Light, Nature, God or whatever one may call the Ultimate Reality."

If you still really want to know what it is, forget the dictionary—it's no help—just take lessons.

But make no mistake—Yoga is a serious business that requires terrific concentration. Before you can achieve the sense of spiritual and physical well-being that is the ultimate goal of Yoga, you have to practice long hours to develop the techniques and approximately 84 positions of exercises.

"These young people are to be commended for the serious attitude they have taken," Mrs. Swan said. "Their quick grasp of the postures and accompanying deep breathing as well as concentration on definite body parts is unusual."

"They are fully aware that Yoga exercises must be performed slowly, quietly and thoughtfully in

Free Performances Set At Will-O-Way Beginning Friday

The public is invited to attend final performances of summer students at the Will-O-Way apprentice theatre, West Long Lake road, Bloomfield Hills. The students, who range from 5 to 60 will present scenes from plays featuring the classics and modern Broadway shows.

The free performances will be presented Friday, Aug. 5, through Wednesday, Aug. 10, every evening at 8:30 p.m. There will be two matinees on Saturday and Sunday at 2:30 p.m. Those interested in attending may call Celea Merrill Turner, director of the school, at Midwest 4-4418 for reservations.

Library Drive Nets \$16,000 During First Two Weeks

Friends of the Baldwin public library collected approximately \$16,000 in the first two weeks of their drive to raise \$40,000 to complete the furnishing and equipping of the library addition.

Drive chairman Herbert H. Gardner reported return of about 5 percent of the 1,700 letters requesting donations mailed out recently.

"More are coming in every day," he said, adding that many people are out of town on vacation now, but Green played the next four in three under par to even things up at the end of nine.

Several more bogie and birded later, Green gleefully walked off with the title. Green's nine-hole scores were 35, 36, and 36 while Adams carded 35, 39 and 39.

Multiple Family Zone Restrictions Discussion Is Set

A discussion between members of the city planning board and property owners in the city's only multiple family zoning district will be held Wednesday, Aug. 10, at 8 p.m. in room 200 of the municipal building.

An "informal discussion" rather than a public hearing, the meeting was set up by the planning board to discuss present zoning regulations and obtain comments from the property owners, board chairman R. W. Page said.

He described the gathering as a "study session" and one of a series of zoning studies conducted by the board.

PROPERTY OWNERS in the area bounded by Southfield, Brown, Honolita and Merrill were notified of the meeting by letter from City Planner Herbert Herzberg.

The University of Michigan is one of the top four U.S. universities in volume of research supported by the Defense Department.

The University of Michigan's Phoenix Project of university-wide research on peaceful uses of atomic energy was conceived in 1946.

to origin to gain the benefits they have to offer."

ADDITIONAL SPORTS

New Wrestler Rocks Scales at 750 lbs.

Wrestling fans may be misled into thinking Joe Palooka's sidekick, Humphrey Pennyworth, stepped out of the comic strip and into the ring at the State Fair Grounds Thursday night, Aug. 3.

Heading the wrestling program will be a tag team match in which Happy Humphrey, a 750-pound Mason, Oak farmer will try throwing his weight around. Humphrey, the world's largest wrestler will team up with Lonnie Pappas, a mere 200-pounder, to out-fake the combined 515 pounds of George McArthur and Billy Cox.

When he's not wrestling or eating, Humphrey takes time out to help his folks plant crops on their farm. He explained his being 10 pounds heavier because "I was cooked all of my favorite dishes and I just ate like a pig."

National Headache

The Birmingham National league is having its share of trouble closing out its baseball season. The Braves were knocked out of a three-way tie for first place Saturday by bowing to the Pirates 2-1. Now the Pirates must play the Dodgers, but the game cannot be scheduled because team members are tied up in district all-star championship games.

If and when the Nationals are eliminated in the district competition, the Pirates-Dodgers playoff game can be scheduled to determine the season's second half champs. If the Pirates defeat the Dodgers, who were the first half league champs, then another game between the teams will have to be played for the overall league championship.

Green Wins Tourney

Pete Green of Franklin came from behind last Sunday to overtake Dr. J. M. Adams of Birmingham 7 and 6 in the 36 hole final of Orchard Lake Country club's annual championship tournament.

Adams had a firm hold on the lead with 3 up after the first five holes, but Green played the next four in three under par to even things up at the end of nine.

Several more bogie and birded later, Green gleefully walked off with the title. Green's nine-hole scores were 35, 36, and 36 while Adams carded 35, 39 and 39.



Two Auburn Heights Brothers Complete Masters Degrees

Recent recipients of masters degrees in education are Hugh J. Graham and his brother, William, sons of Mr. and Mrs. James Graham, 6857 York, Auburn Heights.

A teacher at Sealeigh high school in Birmingham for three years, Hugh studied for his masters degree at Wayne State university. He is also a lieutenant in the air force reserve.

William earned his M.A. at Eastern Michigan university and is studying for his doctorate at Michigan State university. Counting teaching and coaching at Flat Rock high school, he is preparing Europe this summer.

Prescription for profit: A want ad by phone or mail.

Resident Cards Ace

After 25 years of playing golf, Mrs. Jean Perkins, 109 Bassett Place, Birmingham, aced Stonycroft Golf club's 145-yard ninth hole with a No. 4 iron Monday.

Mrs. Perkins has been working at breaking into the 30s for quite some time and finally did it with her hole-in-one for a 39. She is the first woman to have aced the course.

Club pro Don O'Neofrio watched his pupil's drive from the pro shop window and called the hole-in-one before it disappeared. "Boy, that one's in the hole," he yelled.

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Franciscans Bless Safety Statue

SOUTHFIELD—Franciscan fathers bless a statue of St. Christopher, patron saint of travel, during the dedication of the St. Christopher safety shrine at St. Michael's Church, 10 Mile and Code road, Southfield.

From left are Fr. Wallace Przybylski, O.F.M.; Fr. Edgar Casey, O.F.M.; the Very Rev. Sylvan Recker, Provincial, O.F.M., former pastor of St. Michael's and now head of the Franciscan Order's 13-state midwest province; and Fr. Basil Westendick, O.F.M., assistant pastor at St. Michael's. State and city officials joined an estimated 150 parish members in dedication of the shrine July 21.

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