

Preparing for the big event ...

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their experiences during the pregnancy.

Vicki Bitz of Canton, a curly-headed bromette, said she had trouble fitting through openings. "I keep bumping into things with my stomach," she said.

PAT RILEY of Farmington Hills said his wife Peggy seemed to sleep all the time in the early stages of her pregnancy, but was becoming much more active in the final stages.

Mrs. Riley added that she had fainted a few times and wondered about that. She looked pert and happy wearing a green maternity T-shirt with the words "Under Construction" printed on it.

Norbert Donnelly, who attended with his wife Barbara, drew laughs when he declared, "Actually I've had a very simple pregnancy."

Mrs. Foreback explained that the sleep cycle is sometimes disturbed in a pregnancy. She said it is common to experience a surface sleep or even insomnia.

nia. She advised the women to take naps during the day to make up for lack of sleep at night.

She told Mrs. Riley that the fainting spells may have been caused by the expanding uterus pressing toward her back.

"Some women experience problems with suddenly falling blood pressure," she said. "The blood pressure drops too fast. It's common to one woman and not to another."

Mrs. Foreback's goal was to explain the individual differences between participants in the class. She encouraged the couples to call her with any question that might arise outside of class.

"There's no such thing as a stupid question," she emphasized to her listeners.

Demonstrating breathing techniques to the class members, Mrs. Foreback explained their purpose.

"Proper breathing in fact is a psychological play. It takes the focus off the labor."

Regardless of whether the mothers planned a natural delivery or medication,

Mrs. Foreback stressed that proper breathing would help them remain calm.

JERI EVANS, another expectant mother, said that emotionally she seemed to be up and down.

Mrs. Foreback explained that this was normal from a physiological point of view. "There's a lot going on in your head and body."

Hormonal imbalances can cause mood swings, she added, and it is important for the husband understand this rather than blaming himself and asking, "What did I say now? What did I do?"

Mrs. Foreback also advised couples to talk out their fears and anxieties. "There is a tendency at the end of pregnancy to have crazy dreams, to dream along the lines of something going wrong. Don't keep that to yourself. Talk about it."

By the fourth week of class, the expectant parents had all visited the hospitals where they were scheduled to give birth, and had toured the labor and delivery rooms.

Vicki and Dan Bitz chuckled over the experience they had on the way to the hospital. When they stopped to ask directions of a passing police officer, they were treated to a police escort. He thought it was the real thing and not just a practice run.

As the weeks passed, all the expectant mothers continued doing well. Mrs. Bitz said she was still able to dance. "They don't know how I do it," she said.

Barbara Donnelly said she was still playing tennis.

Mrs. Foreback was not unduly concerned about her active mothers. "If you continue something you have been doing before pregnancy, it usually works out. It's when people decide to take up something new that trouble develops."

As the expectant parents moved closer to their delivery dates, Mrs. Foreback tried to prepare them for the "business of becoming parents."

"No one can really prepare you for it," she said. "Until you really live it, you can't appreciate it."

... It took more time than delivery

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"The doctor explained everything during the operation," he said. Riley was allowed to be in the delivery room the whole time and was given answers to all his questions.

Coincidentally, another Riley baby was born at almost the same minute across the hall, he said. It was also a boy.

Families of both the Riley babies

were waiting in the waiting room. There was considerable confusion when the doctor walked in to announce the baby's birth and said, "Will the Riley family stand up?"

Both groups stood up. Norbert Donnelly, proud papa of Ryan Patrick born Aug. 9, said he had his camera handy. "I got some super pictures in the delivery room," he said.

His wife Barbara is back playing

tennis. She reported that the labor was more difficult than the actual birth.

"The delivery part is simple. It's getting to it," she said.

SON RYAN had everyone puzzled when he didn't cry for the first few days. Donnelly said they were told it was because the baby's blood sugar was low. The problem was remedied and the baby lost no time exercising his vocal chords.

"We nicknamed him 'C'yan Ryan' because he kept us awake all one night," said Donnelly.

Mrs. Foreback invited the mothers to share some of their experiences upon arriving home with their babies.

Mrs. Donnelly believes she has learned to relax since those first two "frantic weeks" at home. "I was a semi-basket case at first," she said.

Down to earth

Compost pile gives edge

Your compost pile is just like money in the bank. As I write this, don't think I'm dreaming. I have had tons of leaves on home property, and if the leaves had been water I would have drowned.

Anyway, you know the volume you're dealing with. Sure, bag a lot of them but don't forget to leave some in an inconspicuous pile — maybe behind a garage or someplace where your friends won't think you are sloppy.

Here are the ingredients for a successful compost pile. Leaves or miscellaneous ravings form the nucleus and adding a shovelful of soil between the layers of leaves hastens the decay. This soil doesn't have to be prime, because

you are interested in the bacteria in it to inoculate the leaves toward decomposition.

Add some fertilizer, any kind, out of your cache. It's another aid toward decomposition. Every time you work on the pile, water it down thoroughly. It's a plus if every once in a while, until next spring, you stir up the pile to let the oxygen in. This is just like lighting a match to the pile to hasten the breakdown.

Now where does the money in the bank come from? Next May, when you are eagerly tidying up your borders and vegetable garden, you will find the good soil you have manufactured. It

will aid in producing a bumper crop of vegetables and a flower garden to be proud of. Don't forget the shrubs and trees as you distribute the compost.

You won't have to buy soil.

Even if some twigs are in the compost pile, I feel that they sort of let the air in, which is important in decomposition. You might have to remove them but that isn't a great task. By the way, this compost is ideal to smooth rough spots on your lawn to spring seeding.

This is a good time to decide if you are happy with your landscape plan. Evaluate performance with appearance and decide if you want to add to the general plan. Drive around your com-

munity and notice those properties you admire. Maybe you have home grounds too labor consuming for your leisure hours or the cost of maintenance is too high.

Think back on your 1979 garden season. If you were a working gardener think of all the exercise you reaped. You had something to show for it. A house on the market has greater value if it is attractively planted and maintained. You'll have winter months ahead when you can devour garden catalogs. Even though you buy twice as many seeds as you can use, you have benefited by the therapy and joy of planning ahead.

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fast food restaurants which could be utilized by the company in coming years. The exhibit will present the award recipients from the competition.

The public is invited to

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