



Beatrice Mitchell, center, recently celebrated her 11th birthday. On hand to help her was her daughter, Mary Battle, and several grandchildren and great grandchildren. Pictured are Melvin Dodd, Alice Dodd, NeKia Dillard, Angela Dodd, Patricia Dodd, Savannah Dodd and Mary Battle (photo by James Parker).

Versatility is her trademark From Page B1

Graham. Unlike many teens her age, the colorful Keecie has already established her own identity and it's not hard to understand why. Explaining why she wears two different kinds of earrings, Keecie says: "I like anything outlandish. The clothes, I love them new wave, with the mini-skirts.

"I like being different and not like anyone else," she says, "because I know I have my own identity that way." Displayed on the lavender carpeting in the living room are several of Keecie's colorful pieces of art work and her drawings. Because Keecie is versatile and adventurous, it's also

easy to see why she has already become bored with sewing clothes and her art work. She realizes that some of her creations are either ahead of their time or hard for some to understand. "You know the baggy pants with the colors down the side?" Keecie asks. "I designed a pair of those

when I was in the seventh grade. Now they're wearing them." "I know my art is very different," she says. "It's abstract, but now the trend is on drab still life, but I love color and most of my paintings have red in them." When friends are invited to Keecie's home, many

times she wants only one or two things from them. "I'll just call somebody over so I can do their hair or make them up," she says. "I'm really into that now. I can make you up, too."

Lamaze makes having child easier From Page B1

the event will assist the mother in the breathing and relaxation techniques learned in class. He will offer comfort, support and words of encouragement before, during and after labor.

James Moses will act as the coach for Marynia Hill, also a first-time mother, who is due to deliver next month. Of all the participants in the class, Moses, the oldest, is the most inquisitive, even though he already has children who are now grown.

"I've never been in this type of intimacy before with birth," says Moses. "It's not alarming when you're aware of the various reactions the woman will experience during birth. In

this class you just learn how to deal with the hazards of the job."

Hill is relieved to know that Moses will accompany her in the delivery room.

"Having him along with me is comforting," she says, "and I feel good about him being with me."

"I'm feeling a lot more confident since I've been in the class," says Hill, "and I would recommend it to any mother. It's really helped

me because I've never been through childbirth before."

In the class, parents not only learn the Lamaze method, but debate whether to bottle- or breast-feed, the biological and psychological effects on the mother before and after birth, and what to pack in the suitcase for delivery day.

"I couldn't imagine going into labor without knowing the things that will

happen to me," says Price, who is single and not yet a mother. "What's really great about this class is that at first a lot of the husbands aren't positive about partaking in childbirth, but once they've been here, they get more excited than the moms."

Anyone wanting more information on the Lamaze class may contact Reynolds Health Center at 727-8234, says Price.

Heartburn

Heartburn occurs when the acid contents of the stomach move up instead of down. It's a burning discomfort under the breastbone that's all too common for many of us.

The North Carolina Medical Society says heartburn occurs when acid stomach contents back up into the lower esophagus, the tube that carries food from the mouth to the stomach. The esophagus doesn't have the mucous membrane that protects the stomach from acid damage; when reduced pressure in the lower esophagus allows food and acid to "back up", the result is heartburn.

Overeating is a common cause of heartburn. Fatty or fried foods, sweets, acid juices, and highly spiced foods, contribute to heartburn --so do chocolates, alcohol, coffee and tea. Meals that are high in protein and carbohydrates and low in fat are the least likely to cause heartburn.



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