

Beatrice Mitchell, center. recently celebrated her 111th 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).

# Put your Coke in the best of spirits. Bacardi rum.

BACARDI, rum. Tastes great mixed because it tastes great unmixed.

## Versatility is her trademark From Page B1

Graham.

identity and it's not hard to way." understand why.

two different kinds of earr- living room are several of tand.

Unlike many teens her and not like anyone else," already become bored with grade. Now they're wearing two things from them. age, the colorful Keecie has she says, "because I know I sewing clothes and her art them. already established her own have my own identity that work. She realizes that "I know my art is very over so I can do their hair Displayed on the either ahead of their time or abstract, but now the trend says. "I'm really into that

anything outlandish. The art work and her drawings, pants with the colors down them." clothes, I love them new Because Keecie is versatile the side?" Keecie asks. "I When friends are invited

some of her creations are different," she says. "It's or make them up," she Explaining why she wears lavender carpeting in the hard for some to unders- is on drab still life, but I now. I can make you up, love color and most of my too." ings, Keecie says: "I like Keecie's colorful pieces of "You know the baggy paintings have red in

wave, with the mini-skirts. and adventurous, it's also designed a pair of those to Keecie's home, many

"I like being different easy to see why she has when I was in the seventh times she wants only one or

# Lamaze makes having child easier From Page B1

relaxation techniques learn- the job." words of encouragement her in the delivery room. before, during and after

the coach for Marynia Hill, about him being with me. birth, and what to pack in moms." also a first-time mother, 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

### 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 when acid stomach contents back up into the lower esophagus, the tube that carries food from the mouth to stomach. The esophagus doesn't the mucous protects the stomach from acid damage; when reduced pressure in the lower esophagus allows food and acid to "back up", the result is heart-

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

the event will assist the this class you just learn how me because I've never been happen to me," says Price,

ed in class. He will offer Hill is relieved to know only learn the Lamaze great about this class is that comfort, support and that Moses will accompany method, but debate whether at first a lot of the husbands

"Having him along with biological

who is due to deliver next confident since I've been in day. month. Of all the par- the class," says Hill, "and I "I couldn't imagine go- class may contact Reynolds

mother in the breathing and to deal with the hazards of through childbirth before." who is single and not yet a In the class, parents not mother. "What's really

to bottle- or breast-feed, the aren't positive about par-

me is comforting," she psychological effects on the once they've been here, they James Moses will act as says, "and I feel good mother before and after get more excited than the "I'm feeling a lot more the suitcase for delivery

ticipants in the class, would recommend it to any ing into labor without Health Center at 727-8234, Moses, the oldest, is the mother. It's really helped knowing the things that will says Price.

and taking in childbirth, but

Anyone wanting more information on the Lamaze "I'll just call somebody

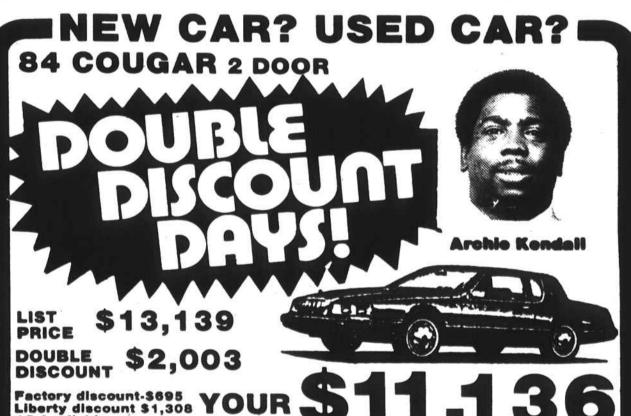
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