

Sonia
HOLLIMON-STOVALL

Through rain, snow ... birth

Column comes through, even when having baby



5:45 a.m. — What started out as the millionth trip to the bathroom ended up being my first real stay in a hospital.

How can I describe a contraction? In the Hopi culture, they used to tie a leather thong to a man's testicles, so his wife could pull it when she had a contraction — how's that for visual imagery?

I have to admit, I was usually half asleep in Lamaze class, so I wasn't too sure about my ability to effectively put all that heavy breathing to good use.

I have been known to pull a few pranks in my time, so when I called my friend Tracie and told her get out of bed, she didn't call back for a good 20 minutes. Bum.

Actually, my aunt is writing this sitting on the toilet in her bathroom — I'm in the shower dealing with hour number five of contractions. She's writing pretty fast because I only have between four and six minutes before the next contraction.

When you're in labor, all sense of modesty pretty much falls away (good one, huh?) and you couldn't really care less.

Oh, wait — contraction.

OK. Back to the column.

During my contractions I visualize myself as ascending a slide, and when it hurts the most, I'm at the top of the slide, and then I descend. It really works — most of the time. The only time I have problems is when I don't get on the slide fast enough.

After months of preparation, and taking things in and out of the suitcase, the big day has come and I still only have four things in there — all of which are clothes for the baby. My aunt is complaining that the

bathroom has become a sauna and it's hard to write in pencil when sweat is dripping from your forehead.

I know that my mom is on her way, breaking the sound barrier, no doubt, terrorizing motorists. She usually burns rubber just because she has a lead foot, but I think that today we'll be lucky if the wheels touch the ground.

Contraction.

It's strange when the muse strikes, isn't it?

Oddly enough, the cat, whom I despise, seems strangely concerned about me. He's been crying to get into the bathroom, and followed me around all morning.

Oh yeah — I'm in labor.

My first reaction this morning was to whip out my sheet — "Signs of Labor" — that has been on the fridge. When I was pretty sure, I called my doula — I'll explain what that is later on.

Contraction. Talk about your working mothers.

My management professor was nice enough to give me an extension on a project that's due today — at least now he'll know how bad I REALLY needed it.

Oh man! And I really do mean — MAN!

It may be hard to believe that I am really dictating this while in labor, but I believe that if you don't get things down as soon as possible while experiencing something, you lose part of the uniqueness of what's happening. And God knows this will be a unique experience.

The people I've assembled to help me through this are definitely the "A" team of labor support. Here's the rundown:

Team captain — James Maly, M.D. — quickly talked me out of an underwater birth. Kind of looks like Michael J. Fox, but older. If anyone can imagine Michael J. Fox looking any older.

Sandy: Mother and soon-to-be granma — credentials: an ex-nun who has four kids and teaches at Boys Town.

Bunny: Five kids, a cat, a bird and a fish. Overqualified.

Anya: My Lamaze coach — MIA. She went to D.C. to meet the physical therapist working with President Clinton. How does he rate?

Vicki: Doula. Sort of like a cross between a professional Lamaze coach, but a little less than a midwife. I just hired her yesterday — talk about timing.

1:30 p.m. Well, at three minutes apart, it's time to head for St. E's. More later.

6:08 p.m. Welcome to the world, my sweetheart. Of all the things I had imagined, I never thought your hair would be so straight or that you would have so much of it. At 8 pounds and 21½ inches, you were definitely my biggest challenge to date.

The thing they don't tell you in Lamaze is that it's the pushing that really is going to suck, and that can take so long. People kept saying — "I can see her hair — wow!" So I was thinking, "Great! This kid will be here any minute and I'll be done by 3 p.m.!"

Right.

I did get the chance to lounge in the Jacuzzi for a while, and that was pretty cool, but it's not the same as when you're in the Jacuzzi at say, the Hilton.

I had a half dosage of the lowest type of drug you can get, just to "take the edge off of the contractions." Let me tell you those edges were a lot sharper than that drug was.

I was fortunate to have a pretty drug-free, regular (meaning vaginal) delivery, especially right before the snow storm. Tracie, who ended up being in the delivery room, has dubbed Samaria "snow baby" because the storm came right after she was born. Kind of a flower in the snow, I think.

It was hard for me to leave her to come back to campus, and now that she's here, I can't imagine how I used to live without her.

Oh yeah — I used to sleep.

Hollimon-Stovall is a senior broadcasting major and a Daily Nebraskan columnist.

Guest
VIEW

University dividends far-reaching

It has been my pleasure and privilege to serve on the University of Nebraska Board of Regents since 1981. Throughout the years, I believe higher education has responded well to the changing needs of Nebraska's work force in order to help secure our state's future economic growth. As we enter the "information age," it is clear that education has an increasing responsibility and will play an even greater role to help ensure that students, workers and employers have the knowledge necessary to not only adapt to new technologies, but to embrace them and to benefit fully from them.

The university's ability to be in a position to serve the state adequately at this critical time will depend upon how well we plan for the future and allocate limited resources. Competing priorities for state funds have put pressure on the university at precisely the time I believe we should be investing more in our centers of technology and knowledge.

If we want the University of Nebraska to remain an engine of enterprise, ideas, jobs and economic growth, we must support it with

appropriate funding. Less than one-third of the university's budget comes from state support. Over the past 10 years, there has been a noticeable decline in the percentage of the State General Fund appropriated to higher education generally, and the University of Nebraska, specifically. In 1986, the state of Nebraska appropriated 21.3 percent of the tax revenue it collected to the university. Last year, it was 17.6 percent. It is difficult to maintain quality, let alone develop new areas of excellence, when state support is insufficient.

The university has asked the Nebraska Legislature for a budget increase of about 5 percent each of the next two years. These funds would be used for salaries and benefits to make sure we continue to have excellent faculty and staff, new academic initiatives designed to help retain our best and brightest students, expanded honors programs, enhanced distance learning, new courses in information science and technology and our computer infrastructure.

As a businessman, I know

Nebraskans want to be sure the goods and services they purchase are worth the money. There is no doubt that the University of Nebraska provides an outstanding return on Nebraskans' investment. In terms of economic impact alone, the university generates over \$3 billion in non-farm economic activity each year — 10 times the amount of tax funds annually invested in the university.

The university also pays dividends in ways other than dollars and cents. For one thing, we graduate more than 8,000 students each year, a majority of whom stay in Nebraska in our teaching, research, extension and outreach programs.

There is no doubt that our leaders must balance important priorities in allocating available state resources. The decisions made during the next few months will be crucial to the long-term well-being of the people of Nebraska. I believe that if we invest in our institutions of public higher education, we will reap the return for years to come.

John W. Payne is the chairman of the NU Board of Regents.

**YOU SAY
YOU CAN RIDE?
PROVE IT.**

Unlicensed riders account for 80% of the fatalities in some states. So get your motorcycle operator license today. And prove that you are a better rider.



Nebraska Motorcycle Safety Program
1-800-553-1906

Unbelievable Low Prices

Diamonds, Engagement Rings,
Gold Chains and Bracelets.

ELDER JEWELRY Shop the Best
Come to the Best
3111 O St. 474-6044

ENROLL NOW

Scholarships and
Financial Aid are

Available

GUARANTEED!

Admissions Office

402-475-5385

1-800-742-7827

JOSEPH'S

COLLEGE OF BEAUTY

Offer ends 6/12/97. Classes start 6/16/97.

Daily Deals



Monday

**\$.99 Breakfast &
Pizza Bagels**

Tuesday

**1/2 Off anything
on Lighter Side Menu**

Wednesday

**Buy 1 Deli or Specialty Sandwich,
Get 2nd for 1/2 off**

Thursday

Save 25%

on any Specialty Sandwich

Friday

**Buy 1 Combo Meal,
Get 2nd @ 50% off**

Students - 10% off Daily

With Student ID

Not Valid with above offers

FREE DELIVERY

Bodega's Alley
1418 'O' Street

Jolly Rancher

Screw Driver

Cape Cod

\$1

**WELL
DRINKS**

EVERY THURSDAY

7 TO 11 P.M.

Rum ... Whiskey ... Gin & Tonic

Amaretto Sour

AMATEUR STRIP NIGHT

100

100

EVERY THURSDAY

WOMEN & MEN

AGE 19 & OVER

FIRST PLACE \$100

25c drinks & draws!

GOOD for HALF OFF ADMISSION

on THURSDAY

APR. 17th ONLY

DECADANCE

17th & O • LOWER LEVEL GOLDY BLDG • 475-8007

GRAND OPENING

BEER GARDEN



**FRIDAY
APRIL 18**

blue moon

Brass Rail

est. 1935

www.thebrassrail.com