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Mothering twins book helpful

By Kaly Soto
Oregon Daily Emerald

Television and the movies have had a strange effect on the way that people interpret situations. For example, couples on television are usually ecstatic when they discover that they are about to become parents, and their excitement usually turns to elation if it is discovered that the expectant mother is carrying twins. The picture we gather from their reactions is great, but not altogether true according to the book *Mothering Twins: Advice and support from five moms who've been there and lived to tell the tale.*

The book is a collaborative effort by five women: Linda Albi, Deborah Johnson, Debra Catlin, Donna Florian Duerloo, and Sheryll Greatwood. These local moms have six sets of twins among them, and are determined to help other mothers and expectant mothers of twins learn that they are not alone in the struggles and joys that come with mothering twins.

"Three of us were in a birth to three group, a support group for parents with multiples, and originally we were going to write magazine articles. It blossomed and became writing a book," Duerloo said, of the beginning of the writing process.

The decision to write a book on the subject of mothering multiples came out of a lack of information on the subject.

"When we were in our group talking, we realized that we gave each other some support and pointers, and there wasn't any book that gave us that support," Albi said.

In the book the authors address every aspect of expecting, delivering and raising multiples.

From the moment an expectant mother finds out she is having twins things are different from a single pregnancy. Reactions to the news of carrying twins from the group ranged from surprise and relief, in the case of Sheryll Greatwood, to joy in the case of Deborah Johnson, to shock and worry in the case of Debra Catlin.

"We (she and her husband) were struggling in all different ways, I took it harder emotionally. My husband tends to say we'll handle it when it gets here. So he kind of had a delayed reaction. It was exciting too," Catlin said.

The women who had been mothers before having their twins were excited by the prospect of having twins but also knew how much work the venture would involve.

"I had a four-year-old who was a colicky, difficult baby. Once we got over the wow its twins and the baby's okay thing, I knew how hard it was going to be and reality set in," Greatwood said.

Twin pregnancies are usually considered "high risk" pregnancies, and the medical restrictions put on the mother are more strictly enforced than those imposed on mothers carrying only one child.

"Doctors have varying degrees of what they do with the high risk part. Some have a lot of intervention, and some don't have much at all," Duer-



WILSON CHAN/for the Emerald
Mia and Saria Albi, twin daughters of Linda Albi, are featured subjects in the book *Mothering Twins*. They are surrounded by the twin of the other authors.

loo said.

Most of the women were on full bed rest by 30 weeks, and partial bed rest before that.

"That means you get up to pee, that's it," Greatwood said.

One of the most affected areas of life for these women were their relationships with their husbands.

"Each family is going to be very different, but for me having the twins and parenting came more naturally," Duerloo said. "What was very difficult for me was adjusting to the couple relationship, because it puts a lot more demands on a couple. My boys didn't sleep through the night until they were eight months old. It was very stressful for me, and of course it was bad for my husband. I didn't have to work at parenting, but I had to work at finding time to talk to my husband."

The fathers have their own chapter in the book, where they get to express their triumphs and tribulations as fathers of twins.

All of the authors encourage mothers of twins to find some sort of support group, and to hang in there, because it does get better.

The authors will sign copies of their book on Saturday from 1 to 2 p.m.

Saving seeds, cultivating a career

By Kaly Soto
Oregon Daily Emerald

Peter Wilde is a local musician who writes about everything from the benefits of legalizing marijuana to the problem of saving the ancient forest.

Wilde will be performing tonight at the EMU Beer Gardens

along with Love, Death, and Agriculture.

Wilde started writing music four years ago, and has become quite a success locally and nationally.

Wilde has toured the country, a process that required him to live "hand to mouth," but gave

him some great writing material.

"I found it lonely, but when I play here I feel like people have seen me quite a bit, it's a different feeling playing in New Orleans," he said.

The Beer Gardens open at 4 p.m., and the music will start at 5 p.m.

DEPECHE

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The Mode's more live sound is accompanied by a stage designed by Anton Corbijn. Corbijn has been responsible for many of the band's videos since "A Question of Time" from the band's album *Black Celebration*. The band members met Corbijn while doing a photo shoot for the British magazine *NME* and have collaborated ever since. "Previous to Anton, we weren't happy doing visuals," Fletcher said.

The band seems to be at a peak right now. The members failed to tour in the United States on their first five albums because, as Fletcher said, "We weren't rocky enough or black enough" for American audi-

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