

Western Kentucky University

TopSCHOLAR®

WKU Archives Records

WKU Archives

1-30-1990

UA12/2/1 Magazine

WKU Student Affairs

Follow this and additional works at: https://digitalcommons.wku.edu/dlsc_ua_records



Part of the [Advertising and Promotion Management Commons](#), [Family, Life Course, and Society Commons](#), [Journalism Studies Commons](#), [Mass Communication Commons](#), [Nursing Commons](#), and the [Public Relations and Advertising Commons](#)

This Magazine is brought to you for free and open access by TopSCHOLAR®. It has been accepted for inclusion in WKU Archives Records by an authorized administrator of TopSCHOLAR®. For more information, please contact topscholar@wku.edu.



Nocturnal Nurse

Jo Ann Blink hates getting up in the mornings.

So she just stays up all night and goes to bed around 8:30 a.m. But the nights aren't for partying because Blink works as a critical care nurse for Greenview Hospital three nights a week.

Those nights can get hectic, and "when the unit is full, you don't have time to scratch," Blink said.

But so far, almost four hours into her shift Tuesday, things have settled a bit after a new patient is admitted.

Blink sits at a desk in the Coronary Care Unit filling out forms about patients' progress. On a shelf in front of her, a row of heart monitors glows green with the waves of heart patterns.

As tech-clerk Paula Pearson dashes by, Blink looks at a monitor through bifocals.

"Paula, put P4 back on the monitor while you're running around," she says, turning her attention back to the forms.

Minutes later, Blink glances at the monitors again, noticing something strange with the heart rate of a patient on the second floor. She phones a nurse.

"His heart rate jumped up to 162 (from 130). This doesn't look good. Tell him to call me," she says, her green eyes tinged with concern.

The nurse calls back; nothing's wrong — the patient was just moving around. "That's real good," Blink says, obviously relieved.

Besides handling their load of patients on the unit, Blink and other critical care nurses monitor patients on other floors. Although the number of patients varies night to night, the workload doesn't.

Things are OK again, for the moment. But it's only about 11 p.m., and Blink's shift is just four hours old, with eight to go.

"Some nights you don't sit down," Blink said. "You pee somehow — when you can. You don't eat. It's just kind of non-stop. If your patient doesn't need anything, somebody else's does."

Blink, 44, works at Greenview's critical care unit which houses the intensive, coronary care and progressive care units. She works three 12-hour shifts a week, 7 p.m. to 7 a.m. Sunday through Thursday with a day in between and weekends off.

After arriving Wednesday, Blink and another nurse flip through patients' charts at a table in the nurses' lounge. Beige

See 'NO, Page 4B

MAGAZINE

TUESDAY, JANUARY 30, 1990

INSIDE

1

Nocturnal Nurse

Jo Ann Blink sleeps by day and works by night as a critical care nurse at Greenview Hospital. She works three, 12-hour shifts a week from 7 p.m. to 7 a.m. Blink says the night shifts leave her weekends free and more time to spend with patients. But "some nights, you don't know if you're coming or going," she says. Story by Dana Albrecht. Photos by Jeanie Adams.

3

Traumas of Divorce

Divorce is rough on the parents, but the children get caught in the middle. They have many frustrations and feelings that may last many years after their parents' divorce. Some Western students express their thoughts on coping with a family breakup. Story by David Hall. Art by John Chattin.

On the cover

Jo Ann Blink, a critical care nurse at Greenview Hospital who works nights, takes the vital signs of a patient who had trouble breathing and had to be attached to a ventilator.

Dana Albrecht
Magazine Editor

Omar Tatum
Photo Editor

For your VALENTINE



Send a
Message

in the Herald

**\$2 For 10
words**

Each Additional
Word 10¢

Fill in this Form for your Valentine
Message:

Compose Your Own Message Below
One Word Per Box

Name: _____
Address: _____
Phone: _____ Total Words: _____ Amt: _____

Deadline For Valentine, Feb. 9
Valentines Published, Feb. 13

All Ads Must be Prepaid
Bring Ad. to the College Heights Herald
100 Garrett Conference Center W.K.U.

Kirby's Barber Shop



Regular Haircut
\$6.00



939 COLLEGE STREET
BOWLING GREEN, KY
42101

(502)842-9103

RESERVE OFFICERS' TRAINING CORPS



CASH IN ON GOOD GRADES.

If you're a freshman or sophomore with good grades, apply now for an Army ROTC scholarship. It pays off during college. And afterwards.



ARMY ROTC

THE SMARTEST COLLEGE
COURSE YOU CAN TAKE.

For more information contact
Military Science Dept. at 745-4293

A Δ Π ♥ O B I C ♥ A Δ Π ♥ O B I C ♥ A Δ Π ♥ O B I C ♥ A Δ Π ♥ O B I ♥ A Δ Π ♥ O B I C ♥ A Δ Π ♥

We're proud of our New Initiates

Shaunaz Bull
Terra Bitter
Sonya Blanton
Beth Blincoe
Jessica Cheatham
Missy Curran
Michelle Duet
Erin Evans
Donna Kay Faulkner
Michele Frantz
Ginny Good
Paige Grantham
Tawney Grantham
Heather Greer
Tiffany Griffin
Natalie Hinkle
Sherry Hudiburg
LeAnn Huffman
Julie Isenberg
Susan Ishmael

Jennifer Johnson
Lori Johnson
Staci Keithens
Karla Lange
Jenny Mahle
Ashley McNab
Mindi Northener
Mary Purdy
Mary Beth Raby
Amy Rice
Darla Roof
Courtney Schmidt
Chrysanne Simpson
Gayla Simpson
Niki Sproles
Tammy Taylor
Jenny Webb
Jennifer Wacin
Cindy Walters

Loyally,

The Sisters of Alpha Delta Pi

A Δ Π ♥ O B I C ♥ A Δ Π ♥ O B I C ♥ A Δ Π ♥ O B I C ♥ A Δ Π ♥ O B I ♥ A Δ Π ♥ O B I C ♥ A Δ Π ♥



Traumas of DIVORCE



Dresden Wall sits staring at a distant corner of the room and talks about finding out that her parents were getting a divorce.

"Of all the times I've thought about it, I don't remember who first told me," she said. "I was 6. I assume it was my mother."

Dresden's father asked for a divorce after seven years of marriage in 1977. She, her brother Belton and their mother moved from Jacksonville, Fla., to Upton in central Kentucky where their grandparents lived three years later.

"I think that's when I realized that something wasn't right — that my father didn't move with us," said Dresden, an Elizabethtown senior. "I was confused. I didn't know what it meant. I don't even know if I cried."

Belton, now an Elizabethtown freshman, was two years younger. "I was just a little kid," he said. "It didn't mean much to me. I guess I just pretty much accepted it and never questioned it."

"I've asked my mom a question or two. There are some things that I just don't want to know," he said, pausing. "Or I'm afraid to know... or I don't want to hear."

The book is still out on the effects divorce has on children, said Delbert Hayden, a Western professor of child development and family living who has counseled marriages.

But if parents "can stay in contact with each other and put aside their own pain and concentrate on trying to be parents to the children," the family transition will be much easier on the youngsters.

Hayden said three things help. "The first is to tell the children, 'It's not your fault.' They need to know that you're not divorcing them."

"The second is to tell them, 'You'll be taken care of.' And tell them how — that they're going to have a home and go to school."

"The third thing is to say, 'You have a right to have a relationship with both your parents if you want to.'"

But Hayden said parents often don't do

that. "They're too angry. They can't differentiate their own pain and their role as parents."

Heather Cummings, a Louisville junior who was 17 when her parents divorced, said her mother and father did that for her and her two sisters.

"I don't ever recall us thinking it was our fault, but I do remember them saying it wasn't," she said. And "my father said, 'We'll make sure you'll get fed and have clothes for school.'"

Hayden said that "at any given time, 40 percent of the fathers owing child support don't pay it. Twenty-five percent of children in the United States live below the poverty line, and many of those live in single-parent homes."

Often these men's finances are in arrears, and "they'll pay sometimes and won't pay others."

Dresden's father is helping her and Belton pay for college now even though both are older than 18, but she said he was never reliable with his support payments. Sometimes that bothered her.

"I think I'd get angry at times when I couldn't have things I wanted."

For the Walls, the separation was sudden.

"I remember him moving," Dresden said. "I don't remember him saying, 'We're moving out of the house.' He just disappeared."

But Carol Maupin, a Beaver Dam junior, saw her parents' divorce coming. "They'd been fighting a lot," she said. "I kind of thought it was for the better. They were incompatible to begin with."

Maupin, 23, was 10 when her parents divorced after being married 18 years. She described them as being stubborn and disagreeable. "My dad really wasn't there for me," she said. "He fished, worked, left us by ourselves."

"It's hard trying to establish a relationship with my dad because he doesn't talk much."



Sgt. THEY, Page 6B

Story by David Hall • Art by John Chattin

'No two nights are ever the same'

Continued from Page 1B

lockers with each nurse's name and personal touches such as colorful notepads line two walls in the small room. A television sits above lockers on one wall and faces a time clock and coffee maker on the opposite wall.

As Blink talks, three other nurses watch a basketball game and discuss what coaches they like and dislike. The University of Kentucky's Rick Pitino and Louisiana State's Dale Brown are favorites.

After going through reports and smoking a cigarette, Blink is ready to work. She sits at the monitor desk and jokes with Pearson as she reads more charts.

Pearson has worked at the hospital for two years and does "everything the nurses don't do," she said.

"She does a good job most of the time," Blink says, grinning as Pearson pouts wide-eyed at her over the monitor between them. Blink laughs. "Oh, don't get your feathers ruffled."

Lighthearted humor — Blink's trademark — seems to keep her going through the night.

The nurses help each other whether the night is busy or slow. If one patient needs more attention and the others are fine, all nurses pitch in to help, Blink said.

"When the rooms are full, you really don't sit down all night. Sometimes you have a patient who's bad, and (you) don't get out of the room (the whole night). No two nights are ever the same."

If somebody's got a patient going bad, she worries about that, and you pick up the slack."

Mornings for Jo Ann Blink start with a cup of coffee from a red mug with Christmas trees and white bears on it, playing with her white poodle Misty, reading a few pages or a chapter of a book, and getting to bed usually no later than 8:30 a.m.

"I'm not a morning person," she said. "I don't want to get out of bed at five in the morning" to get ready for work like day nurses would.

Blink began working at Greenview in September 1985 and stayed for three years. Then she went to the Medical Center for a year doing the same job.

"I think nurses go through phases when they don't know if they're burned out," Blink said, settled comfortably on her couch. It's Saturday — her day off. Her husband Richard, 45, watches football in their bedroom. Misty curls beside Blink and tries to sneak drinks of coffee from the red Christmas mug in her hand.

Blink is dressed in a jogging suit instead of her mauve uniform of pants, a shirt and jacket, which has "Jo Ann Blink Critical Care Nurse" stitched in blue on the left side. The bifocals and blue stethoscope which usually hang around her neck are gone. Her short dark brown hair feathers back softly on the sides, and she wears her usual blue eyeshadow, expertly applied.

"I was not satisfied with my life. I thought maybe a change of scenery is what I needed," Blink said of her decision to work at the Medical Center.

But it wasn't, so Blink moved back to Greenview in September. Also, her father had died that year, and her schedule at Greenview would allow her weekends free so she could help out her mother in Brentwood, Tenn. Free weekends also meant time with her husband, now recovering from broken ribs after a fall down icy steps at her mother's house.

Sometimes they may see each other about two hours a day or not at all. "We catch up on things on weekends," said Blink who has worked nights for six years. "We have kind of a joke: we kiss and say, 'See you in two days.'"

When she comes home from work between 7:30 and 8 a.m., he goes to work at Eaton Corporation, which makes electrical star-

See AT, Page 7B



Jo Ann Blink (left) takes a break in the nurses' lounge. Nursing is "not something you do for the paycheck," she says. "You just have to like it or you wouldn't work

back here." (Above) Blink takes a patient's blood pressure after he was admitted for chest pains.

(Below) As the night turns into early morning, Blink feels the effects of working the 7 p.m. to 7 a.m. shift.



(Above) Jo Ann Blink spends a moment with her husband Richard and poodle Misty after coming home from work. (Right) Blink looks over a patient's X-rays. The patient has lung disease and had breathing problems that night.



After the 12-hour shift, a bed and book relax Blink before spending the rest of the morning sleeping.

'They need to know you're not divorcing them'

Continued from Page 3B

Cummings, now 22, said her father asked her how she would feel about a divorce before he decided to go ahead with it. She said she's glad that he got the divorce.

"My mom never got along with me," she said. "I didn't like the way she treated me, the way she treated my father or the way she treated my sisters."

Hayden said it seems divorce is usually tougher for adolescents to handle than younger children, but evidence is inconclusive.

Some studies have shown that "adolescents may be prone to anger and may break the conventions that usually govern aggressive and sexual behavior," say Arlene and Jerome Skolnick in their book "Family in Transition." But other research says that "growing exposure to the world outside the family and increasing ability to reason sometimes permits enhanced interpersonal sensitivity, maturity and moral growth."

But the suddenness of parents deciding to divorce does seem to affect all children. If parents have been fighting and then announce they're divorcing, it's not so shocking to children, and sometimes it's a relief to them.

Dr. Walls' mother remarried in 1982. Belton said he has a good relationship with his stepfather. "I like him," Belton said. "He's not over-demanding or some [word]."

"I spent quite a bit of time with him because we lived on a farm," first in Upton and then outside Erie, Pa., where they moved in 1984 and stayed for a year before moving to Elizabethtown, where they live now.

"We did farm work together, and we've hunted together. I don't have any problems with him."

Dresden said she accepts her stepfather. "He was cool about it," Dresden said. "He understood. He was willing to be our father, and he made an effort."

"He waited for us to make the move. He reached out. We had to meet him. He didn't force himself on us."

That's an important first task for stepparents, Hayden said, because they are outsiders and must establish a relationship before asserting themselves as authority figures.

Belton was 8 when his mother remarried. "I was just an impressionable kid, and I liked him," he said. "He's OK."

"He'll never be able to replace dad. But he's a nice guy."

Vanessa (not her real name), 23, went

through her parents' divorce and a custody battle in 1970. Now she's seeing it coming again.

Her mother and stepfather have been estranged since August 1988 when she and her mother moved to Bowling Green from Houston. Vanessa said he was having an affair.

Her mother was 17 and her father 18 when they married. It lasted eight years. "My uncle and my grandparents worked with my father to try to get custody of me because they didn't think that my mother — as young as she was, trying to hold down a full-time job — was fit as a parent. My other grandparents didn't think a trailer park was a healthy environment for a 4-year-old."

Her father was disabled and couldn't hold a steady job, she said, and his relatives "interfered a lot." They lived between her father's grandparents and great-grandparents, and his brother lived in a lot very close to them. "They were constantly dropping in to see how things were going."

She, her mother and her stepfather lived in Houston seven years. The family situation began to go sour her junior year of high school. "The last two years we didn't talk except when we had to," she said. "If I could get the salt from his side of the table without asking him, I would."

Neither parent has made a move to divorce the other, but Vanessa says it's just a matter of time. "It'll stay like this for quite awhile until my stepdad decides to remarry or my mom starts seeing someone."

A December graduate, she said that although she's disappointed in the way their relationship turned out, she'd rather be in the situation she's in now than back in Houston.

"I wasn't happy at first. I didn't think they trusted enough. But now that it's happened, I'm glad it happened."

Hayden said that children will handle custody battles the way adults do.

"The idea that the more immature the big people act the harder it's going to be for the children" is applicable, he said.

Too often "one parent is angry and will have nothing to do with the child," he said. "For example, the father is angry and wants to lash out. But the child interprets that as rejection."

"If you act as if it's a competition and that you're fighting with each other and there's a winner and a loser, that's different than if you accept your situation and put the concerns of the child first. It says that you're accepting the child."

"The courts will say, 'Our concern is the child. What's in the best interest of the child?' Parents should do the same."

"The child is not the enemy."

Cummings said her parents have different feelings about her seeing each of them.

"My dad encourages a relationship with my mother, but she doesn't encourage a relationship with him."

Dresden Wall usually sees her father, who lives in Bradenton, Fla., during Spring Break. "Go out to eat, polite conversation — that's about it."

Belton sees him in the summer for about two weeks when they spend a lot of that time watching offshore boat races and working with Belton's stamp collection.

"This summer I thought maybe I ought to spend some time with Dad. I really got to know him in the last five or six years."

"In 1991, in the summer, I'd like to live with Dad — after school is out, go down there, get a job, come back a week or so before school starts."

The single-parent family is the most obvious byproduct of divorce for children. The absence of one parent, figure is the most serious problem.

These children "experience the loss of their identity as a member of an intact family, along with the loss of daily interaction with one of their parents," writes Mary Ann Lamanna and Agnes Riedmann in their book "Marriages and Families."

Belton said his mother has been a big influence on him. "In some ways I'd like to be like her. In other areas, I don't."

"She knows a lot about the Bible and Christianity and all that. If I could know as much as she does and have as good a relationship with the Lord as she does, I'd like that."

Dresden said she and her mother do everything together. "We talk about everything, go shopping, do aerobics. It's because I live with her."

"She's a good friend. She's had a rough time, but she's a strong person."

Dresden has asked her father why he got a divorce. "He said he didn't love my mother any more," she said. "He couldn't live with her."

She said she's upset with her father for leaving the family. "I could not understand why... why or how somebody could do that. I'm bitter about it and hurt."

"I can kind of relate to my mother. I can envision it happening to me on a much larger scale. For me, it would be a simple breakup. For her, it was a demolished marriage."

Belton said he knows that his father asked for the divorce, but he's not talked

about it any more than that. "Somewhere down the line I'll probably ask him to give me his view."

"Divorce is a slight predictor of divorce itself," Hayden said. Children whose parents divorce are more likely to divorce themselves.

"You observe this model, and even though you see it and say, 'I don't want all this pain,' you follow the irrational behavior you've seen."

Maupin said she "loves her parents to death," but she's "learned from them how I don't want to have a marriage."

"I have very strong ideas about being independent," she said. "It seems Dad wanted Mom to be submissive. I want to have my own career; my own money. I don't want to have to answer to anybody."

Dresden thinks that her parents' divorce has made her extremely wary of relationships. "I'm a cynic, a pessimist at times."

"Love — it can't start young. My roommate's engaged. That blows my mind. How can they say they're in love? They're both 20. I have a fear for them. I started crying when they told me they were engaged."

"And it wasn't because I was happy for them."

"Until recently, I wasn't afraid of divorce," Dresden said. "I assumed that if I got married I would eventually divorce. I could handle it." She no longer feels that way.

"Marriage is inevitable for happiness. I think. You can't live to be 80 all by yourself."

"But I don't want it."

Belton said that only recently did he give thought to what he might have missed, living with his mom.

"I hear some people say, 'If things aren't going well at home, you can move in with the other parent.' I never thought as a kid, 'I want to go live with Dad.'"

Dresden said she also realizes that she missed a lot. "The family closeness, being real close, being Daddy's girl," she said. "Sitting on Daddy's lap, hugging Daddy, being tucked in by Daddy."

"I just didn't have a closeness to a father figure, and now I'm to the point where I don't want one."

Belton said it's made him realize, more than anything, that parents are placed on a pedestal by their children, and eventually they're toppled from that pedestal.

College has got me to thinking that these people aren't superhumans, my parents... all three of them."

Folkcrafts

Come in for an
exercise
in nostalgia.

Make a valentine for someone special.

This coupon entitles you to free makings
for one valentine.

Ask about our money saving plan on your art supplies.

729 Chestnut Street
842-6232

Hours 9:30-5 p.m. Mon.-Fri.
9:30-2:30 Sat.

Expires 2/14/90

Expires 2/14/90

BEIJING RESTAURANT

北京飯店

Friday Jan. 26th

Thursday Feb. 8th

Come Celebrate Chinese New Year With Us!
4688th Chinese New Year "Year of the Horse"

CHINESE NEW YEAR SPECIAL

18 Entrees to choose from
Includes soup, egg roll, chicken wing, \$8.⁹⁵
rice, hot tea, & fortune cookie. each

LUNCH SPECIAL MONDAY-SATURDAY, 11:00 a.m.-2:30 p.m.

BEIJING RESTAURANT

(Formerly Kingfish Building)
1951 Scottsville Road
842-2288

• Polynesian Drinks and
Cocktails
• Beer and Fine Wines

ALL YOU CAN EAT BUFFET AT PEKING RESTAURANT

Lunch or Dinner.

only \$3.⁹⁵
(Sunday \$5.95)

Sun Fri.
Lunch 11:00-2:30
Dinner 5:00-9:00

1414 31-W Bypass
782 2678

At times 'you don't know if you're coming or going'

Continued from Page 4B

ters and controllers for heavy industry. When he comes home at 4 p.m., she gets up, fixes supper, gets dressed and goes to work.

Blink, originally of Booneville, Miss., has two children from a previous marriage. Smith Pearson, 23, is a sophomore engineering major at Western. Tammy Madison, 21, also a nurse, recently moved to California with her husband.

After working in a nursing home in Franklin for a few years and divorcing her first husband in 1975, Blink, then 35, "wasn't going anywhere." She came to Western and graduated with a nursing degree in 3 1/2 years. She chose nursing because of her work in the nursing home and because it would provide enough income to raise two teenagers.

Plus, "it's nice to do something for somebody, and they appreciate it."

Ding, ding, ding, ding

As Blink goes to check on a patient at 1:20 a.m. Thursday, the shrill alarm dings rapidly. She rushes to the heart monitor. The alarm is a three-star—the critical alarm.

Relief washes through Blink, the patient's heart was still going strong. The alarm went off because the patient had moved.

"See how quick you move," Blink says, laughing a little. After shutting off the alarm, white strips of paper with recorded heart beats stream from a slot below the monitors. They are checked every six hours or when something looks strange.

The strip confirmed that the patient had only moved. The telemetry transmitter—a small box with three wires that attach to patches on a patient's chest to record heart rates—is sensitive.

"It's got a brain," Blink says, "but doesn't have enough of a brain to know she just turned over."

When the alarm sounds, "it scares the shit out of you. Your stomach is here," Blink says, patting her neck. "When they say code blue, our stomachs are literally in our throats. It's like 'Oh my God.' Everybody hits the room and works together. You just don't know if everything's going to work or not."

Pearson and Maria Walton, the night charge nurse, nod in agreement.

Around 3 a.m., the patient in the Progressive Care Unit begins having breathing problems. The patient isn't Blink's, but she and Walton are there to help.

As Jana Avey, the patient's nurse, hurries about getting medicine and calling the doctor, Blink and Walton sit on opposite sides of the patient's bed. The nurses are friends with the patient, who has lung disease and is in and out of the hospital a lot.

As Blink gently wipes the patient's face with a damp towel, she holds the patient's hand and murmurs comforting words. The patient's face cringes in pain as she chokes and tries to breathe. But with the soothing words and strokes from Blink and Walton,

she begins to relax and breathe more easily.

The nurses work quickly and efficiently while waiting for her doctor to arrive. As Walton takes the patient's blood pressure and pulse, Blink keeps an eye on the large blue ventilator that pumps oxygen through the blue tube. In front of the bed, the patient's husband watches silently on a rumples cot. Above him, a television softly relays a basketball game, which goes unnoticed because his eyes are fixed on his wife.

Other sounds in the room are periodic blips from the ventilator and the patient's moans. But between moans, she manages to smile and shake her head at Blink's jokes.

"We're going to try to change

some things to get you breathing easier," Blink says before turning to talk to the husband.

Later, when the doctor is in the room, Blink goes back to the monitor desk. But no sooner does she sit down than she jumps to her feet and runs into the room across from the desk. "Hey, doodlebug," she says to her patient who tries to get out of bed. "You just had surgery on your belly. You're too sick to move around."

After getting him settled, it's 4:35 a.m. Blink takes a minute to drink coffee and study a patient's X-rays with Walton.

Working the night shift has many advantages.

"People say this is the graveyard shift and nothing happens,"

said Walton, who has worked nights for six years. "But when people are sick, they don't sleep."

She is from Russell County and graduated from Western in 1980. Like Blink, she works nights by choice.

The big advantage of night shifts is not being rushed. "I can mess around with my patients if I want and spend more time with the families," Blink said.

Spending time with patients also means being there when they die. If the family isn't around, a nurse is always by the dying patient's side, Blink said. "You never get totally used to it."

But amid the emptiness, the nurses keep their moods upbeat—even in the middle of the night.

"The stress level here gets up high," Blink said. "If you don't

joke, you just cry."

The comfortable friendship between the nurses also helps ease the stress. Blink said most of her friends are in the medical profession, and she still keeps up with those at the Medical Center.

"Those fools I work with are all family to me—that whole unit." They call each other and worry about each other's children. When Blink's father died, the Greenview nurses sent money to Blink, then at the Medical Center, to help.

One thing that all night nurses have in common is "love affairs with our beds," Blink said while getting ready for a long day's sleep. She laughed.

"You ask all the girls at work. We all love our beds. We think our beds are the greatest things in the world."

TIME	PLACE	NUMBER	MIN	AMOUNT
8:25 PM	TO NEW YORK	NY 212-555-1234	8	5.50
9:30 AM	TO LOS ANGELES	CA 213-555-1234	16	16.50
10:30 PM	TO NEW YORK	NY 212-555-1234	10	10.30
11:30 PM	TO NEW YORK	NY 212-555-1234	10	10.30
12:30 AM	TO CLEVELAND	OH 216-555-1234	10	10.30
1:30 PM	TO SAN FRANCISCO	CA 415-555-1234	10	10.30
2:30 PM	TO NEW YORK	NY 212-555-1234	10	10.30
3:30 PM	TO DALLAS	TX 214-555-1234	10	10.30
4:30 PM	TO PALM BEACH	FL 305-555-1234	10	10.30
5:30 PM	TO BRIGANTINE	NJ 201-555-1234	10	10.30
6:30 PM	TO CHICAGO	IL 312-555-1234	10	10.30
7:30 PM	TO NEW YORK	NY 212-555-1234	10	10.30
8:30 PM	TO NEW YORK	NY 212-555-1234	10	10.30
9:30 PM	TO MINN	NY 212-555-1234	10	10.30
10:30 PM	TO NEW YORK	NY 212-555-1234	10	10.30
11:30 PM	TO PHILA	PA 215-555-1234	10	10.30
12:30 AM	TO PHILA	PA 215-555-1234	10	10.30
1:30 AM	TO ALBANY	PA 215-555-1234	10	10.30
2:30 AM	TO PHILA	PA 215-555-1234	10	10.30
3:30 AM	TO NEW YORK	NY 212-555-1234	10	10.30

CONTINUED

You'd like your roommates a whole lot better if they didn't show up on your phone bill.

John called Chicago. Andy called L.A. Or was that Pete?

Don't sweat it. Sorting out roommates is easy when you get AT&T Call Manager Service.

Because with it, you can all get your long distance charges listed separately, even though you share the same phone number. And it costs you nothing.

To find out more about the free AT&T Call Manager Service, dial 1 800 222-0300, ext. 600.

It'll make both your bills and your roommates much easier to live with.



AT&T

The right choice.

YOUR SLEEPING MAY BE HAZARDOUS TO YOUR HEALTH

More than 50 million men, women and children in this country suffer from sleeping disorders. Not all of these people are just losing a good night's sleep.

In fact, for many, the way they're sleeping is actually hazardous to their health.

A common sleeping disorder is Sleep Apnea.

The typical person afflicted with this disorder is a middle-aged, stocky male, who snores heavily at night. Women, and even children may also be affected.

If you're suffering from Sleep Apnea, you may stop breathing many times during a night's sleep causing your blood oxygen level to fall below normal.

Lack of oxygen to the heart can cause heart failure and make heart attacks more likely. Lack of oxygen to the brain can cause headaches, personality changes and impotence.

The disruption of sleep leads to fatigue and excessive sleepiness during the waking hours.

Now thanks to advancements in research and technology, there's a facility equipped to diagnose and treat sleep disorders.

The Greenview Hospital Sleep Diagnostics Laboratory.

If you think you or someone close to you may have a sleeping disorder, or if you would like more information concerning sleep disorders, consult your physician and/or call Jim Sexton at (502) 781-4330, Extension 170.

BOWLING GREEN

SLEEP

**DIAGNOSTICS
LABORATORY**

GREENVIEW HOSPITAL

1801 ASHLEY CIRCLE

BOWLING GREEN, KY 42102-9024

(502) 781-4330, Ext. 170