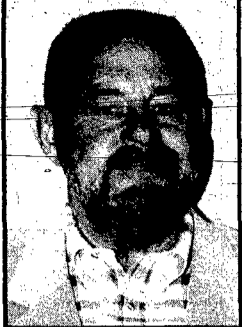


NE State Historical Society  
1500 S Street  
Lincoln NE 68502

At A Glance



Dr. Ralph Barclay

Dr. Ralph Barclay, chairman of the Health, Physical Education and Recreation Division at Wayne State college, has been selected as the president of the board of directors of the Wayne County American Heart Association.

The mission of the American Heart Association is to reduce death and disability from diseases of the heart and blood vessels, and it works to fulfill its mission through research, public education and community programs, according to Barclay.

In the past 10 years, there has been a 27 percent decrease in heart attacks, strokes have declined by 42 percent, blood pressure related deaths have dropped by 41 percent and rheumatic fever related deaths have been reduced by 44 percent.

Barclay, who came to Wayne State in 1965, earned his bachelor's and master's degrees from Bradley University, and his Ed. D. from Columbia University.

Spring concert

The Wayne Elementary School Spring Concert is scheduled for Monday, May 8.

The performances will take place at the Wayne-Carroll High School gymnasium beginning at 7:30 p.m. The public is invited to attend the free concert.

Orchestra concert

The annual Wayne-Carroll spring orchestra concert is scheduled for Thursday, May 11, 7:30 p.m. at the high school lecture hall. Performing groups include: the fourth grade beginning string class; fifth grade string class; sixth and seventh grade string trio; and the high school string students. Part of the concert will be repeated at the elementary school Friday at 2:30 p.m.

The public is invited to the free program.

Fourth grade students participating will be Bethany Johnson, Megan Rose, Angie Victor, Rachel Walton, Tom Zach, violins; Stephanie Bailey, Natasha Lipp, violas; and Rachel Blaser, cello.

Middle and high school string students are: Amy Barner, Sarah Blaser, Craig Broders, Cena Johnson, Erin Langemeier, Kari Schindler, Saminaz Zaman, all violins; Todd Campbell, Travis Koester, Trudy Kramer and Claire Rasmussen, violas; and Sharon Foote, Kerry McCue, Sarah Terhune, cellos.

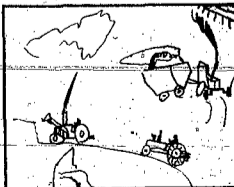
Brother/sister

The final event of the Wayne-Carroll school year was a bowling party at Melodee Lanes on Sunday, April 23.

Twenty big brothers and 27 little brothers participated, along with 16 big sisters and 29 little sisters.

Most of the Wayne High W-Club members sponsored a fifth or sixth grade student for the school year. Other events during the school year were the introductory get-together after a Wayne High volleyball game this past fall; and attendance of a WSC men's basketball game together in January.

Faculty sponsors for the bowling activity were Don Koenig, who coordinated the fifth and sixth grade part of the program, and Bob and Marlene Uhing.



Dustin Topp Winside

Extended Weather Forecast: Monday through Wednesday, slight chance of showers late Wednesday, otherwise little if any precipitation; highs, 70s; lows, mid-40s to mid-50s.

# THE WAYNE HERALD

WAYNE, NE 68787 MONDAY, MAY 9, 1989 — 110TH YEAR — NO. 60 THIS ISSUE — 2 SECTIONS, 18 PAGES NEWSSTAND 45¢

## A year into life

# Michael and Megan beating the odds

By LaVon Anderson  
Assistant Editor

It was early 1988 and Wayne residents Doug and Paula Schwarten were eagerly anticipating sharing their lives and love with a new baby come mid-summer.

Married nearly eight years, the young couple had planned, and prepared for the child that Paula was carrying — due to arrive July 31, 1988.

Nearly five months into the pregnancy, Doug and Paula were told to prepare the nursery for not one, but two. Paula was expecting twins.

"Of course we were excited," smiles Paula. "Doug and I had looked forward to starting a family for so long, and the thought of twins in the house was wonderful."

Paula, the daughter of Myron and Arlene Kuhl of Plainview, counted the months while continuing to work at Wayne's First National Bank. Doug, son of Merle and Lois Schwarten of Wakefield, is employed as traffic manager at Great Dane. He too looked forward to July and his new role as father.

DOUG AND PAULA'S joy and anticipation came to a sudden end on April 20, 1988 when Paula began experiencing premature labor pains — nearly 15 weeks before her July 31 due date.

She and Doug immediately rushed to Norfolk. From there, Paula was taken by Life Flight Helicopter to St. Joseph's Hospital in Omaha.

Five days later, on April 25, 1988, Paula gave birth by Caesarean section to Megan, 1 lb., 8 oz., and Michael, 1 lb., 13 oz. Both were 13 1/2 inches long and nearly 14 weeks premature. And both were delivered with a team of at least seven doctors each.

"The nurses and doctors were able to stall the labor for five days," says Doug, adding that it gave them enough time to administer two rounds of steroids to Paula and crucial time in the development of the tiny infants' lungs.

"Another week would have made all the difference," says Doug. "Even a couple more days and Megan and Michael may have had fewer complications."

Because Megan and Michael were so premature, their eyes were still fused together at birth.

"They both opened their eyes for the first time on Mother's Day," smiles Paula.

Two-inch square gauze pads were used to diaper the tiny infants.

AT 26 WEEKS, Doug said infants are considered viable — capable of living, growing and developing. "The organs just aren't developed in infants less than 26 weeks old," adds Doug.

The most common serious problem facing a newborn premature infant is the immaturity of his lungs. As a result, both Megan and Michael received surfactant with their first breaths to help develop the lungs.

Both were also baptized immediately when their parents were told there was a 50-50 chance of survival.

"Without the surfactant Megan and Michael probably would not have lived," says Paula, adding that following their birth Michael remained on a respirator for two months while Megan stayed on the respirator for three months.

"They were just too young to breathe for themselves," explains Paula, adding that the ventilators also helped maintain Megan and Michael's blood oxygen levels.

DURING THAT TIME, following Paula's release from the hospital, the Schwartens worked at their jobs in Wayne from Monday through Friday. Every weekend was spent in Omaha to be near Megan and Michael.

"We spent every Friday night to Sunday night in Omaha," says Doug. "We never missed a weekend."

During the weekends, Doug and Paula stayed at the Ronald McDonald house and were able to visit the nursery any time day or night.

"As a parent," says Doug, "it was often very difficult to step into the nursery with so many sick babies. We had to scrub up and dress in sterile gowns, and alarms were constantly going off around us."

Megan and Michael were eight weeks old before Paula first held them. "I wasn't even really holding them," recalls Paula. "I just picked them up an inch off the bed."

During the week, when Doug and Paula were back at their jobs in Wayne, they received videotapes of Megan and Michael taken by the staff at St. Joseph's.



ON THE EVE OF THEIR FIRST BIRTHDAYS, little Michael, at right, and Megan Schwarten pose for this picture with their mom and dad on the front steps of their home in Wayne.

COMPLICATIONS developed shortly after birth when both Megan and Michael began suffering brain bleeds. "In premature infants," explains Paula, "the vessels in the head are so fragile that they just burst."

Paula adds that brain bleeds are graded on a scale of one to four — with four being the worst. While Michael's bleed was graded between two and three, Megan suffered a grade four brain bleed.

"The blood inside Megan's head dried and blocked the spine," says Paula, adding that the blockage caused a build-up of fluid in her head.

Because Megan was too small to undergo surgery for a shunt to drain the fluid into her abdomen, the doctors performed intraventricular taps where they inserted a needle through the soft spot in Megan's head to rid her of the fluid build-up.

"They did this daily," recalls Paula, adding that nearly 7 cc's of fluid were drawn off each day.

On June 29, at 3 lbs., 9 oz., Megan had her first shunt surgery. Everything appeared to go well until July 14 when she underwent her second shunt surgery, replacing the first shunt.

"Megan will have the shunt for the rest of her life," explains Paula, adding that the shunt will be replaced as she grows.

IN ADDITION TO being placed on ventilators following their birth to assist in breathing, both Megan and Michael were constantly fed Hiperal through a central line leading directly into their main arteries.

"Hiperal," explains Doug, "consists of pure protein and was required just so Megan and Michael could maintain their weight."

See LIFE, page 4A

## Villains, heroes get billing in upcoming play

"Way, Way Down East," an old fashioned "meller" by Earl J. Dias is the next playhouse production of the Wayne Community Theatre, directed by Gil Haase.

Scheduled to open next Thursday evening (11th) in Wayne State's Ley Theatre, the curtain will rise at 8:00 p.m. as Friday and Saturday, the 12th and 13th.

The play, a part of an evening of exciting vaudeville, is set in the

not-so-gay nineties and opens in the Ludlow farmhouse where Ezekiel and Hepzibah are about to lose the house because they don't have enough money to pay the mortgage.

Loving Lily is sent to Banker Skinnem to convince Tedious J. Impossible to extend the payment. BUT, all will be lost unless Ronald Fitzwilliam's invention for Bertram J. Moneybags, president of the rail-

road is purchased in time to save them.

The scenes continue to the woods and the railroad tracks near the farmhouse, returning to the conclusion in the Ludlow living room. Will happiness once again reign and triumph over evil? The answer will be revealed during the 30 minute performance.

In completing the evening of black-outs (long ago forgotten),

the audience will be taken back to the exciting days of vaudeville as cast members and other community entertainers shine in song, dance and skits with variety to whet the appetites of any age of theatre-goers and even those who haven't been to the theatre in years.

Expect to see Evelyn Sheckler, Sue Scott, Galen Wiser, Marie Skokan, Jennifer Schmitz, Ben Wil-

son, Marco Garlick, Sam Wilson and Maurice Anderson, all in "Way, Way Down East."

The olio acts and black-outs will be performed by Gwen Jensen, Gil Haase, Marco Garlick, Marie Skokan, Ben Wilson, Lisa Soseman, Sue Scott, Clyde Flowers, Jason Polt and hopefully still others. Serving as MC will be Ted Blendenman and Bonnie Siefken will accompany the musical numbers.

## In Wayne and other Nebraska schools Youth fitness evaluated

Just how fit are students in Nebraska schools? And how does Wayne compare to the state averages?

These questions were answered following tests involving 3,000 students from 38 Nebraska schools (including Wayne-Carroll). And the results show a need to increase endurance and strength programs, particularly for those who have completed their required physical education classes.

The report was from researchers from the Center for Fitness and Healthful Living Education at the University of Nebraska-Lincoln. These researchers report that the overall fitness level of students nationwide has declined significantly from standards of 20 years ago.

STUDENTS age 12-17 (in Wayne and in other schools across the state) were tested for cardiovascular fitness, muscular strength, endurance and flexibility, according to Deborah Loper, Nebraska Youth Fitness Study director. Skin-fold tests were also performed to determine body fat.

Loper said that in most cate-

gories of the tests, Nebraska students are slightly above what is an already low national average. Body fat content is higher than the national median, she added, and she said that Nebraskans also need to improve their upper body strength and cardiovascular performance.

The Nebraska averages show a decline in endurance and strength for advanced secondary students [junior and senior students] who have completed their physical education requirements.

Marlene Uhing, physical education instructor at Wayne-Carroll High School, helped coordinate the fitness testing of Wayne students participating in the statewide research project.

WAYNE SCHOOL results of "better or worse" statistics were as follows (using the means for Wayne students, not particular individuals) —

Sit-ups: Wayne boys and girls did slightly better than the Nebraska averages. "Also, our younger students did better than the older, which is consistent with Nebraska results," said Uhing in a news release.

Flexibility: Wayne students did slightly worse than the Nebraska average.

Body Fat: Wayne students had a slightly higher percentage of body fat than the Nebraska average, and the older students were worse than the younger, Uhing mentioned.

Pull-ups: "Our students did better than the Nebraska averages, and our older better than our younger," mentioned Uhing.

ALL CONSIDERED, Uhing said Wayne results were consistent with the findings for Nebraska.

"Wayne students were slightly better than the Nebraska results on sit-ups and strength tests. We were similar in cardiovascular tests. We were slightly worse in tests of flexibility and body fat than Nebraska," Uhing said.

To combat these trends, Loper said Nebraska Department of Education will fund workshops on curricular changes to help schools correct students fitness deficiencies.

By care centre firm

## New facility to be constructed

A new facility will be built in Wayne to replace the Wayne Care Centre.

That announcement came last Thursday from Care Centre Management of Sioux City, owners of the Wayne Care Centre.

Administrator Gil Haase reported Thursday that Care Centre Management is in the process of looking for necessary ground to build a replacement care facility that will be "much more applicable to existing regulations and to the new ones that will be implemented within the next two years from Federal and State agencies."

"The new Care Centre will be all on one floor," according to Haase, "and hopefully we'll be able to almost double the private room capacity which would help satisfy the needs of those presently inquiring about nursing home care."

"Also, no room will be more than two beds," he said. Haase also stated that it is under discussion that a possible Alzheimer's wing or area will be included in the building plans. Under existing state certificate of need regulations, the present structure cannot be used as another nursing home.

The owners [Care Centre Management] are exploring the possibilities available to them for the present care facility's use or conversion.

The present facility is licensed for 94 residents and there are currently 83 residents at the facility. Haase said the new facility will also be licensed for 94 residents.

Tim Boyle, chief operating officer of Care Centre Management, said he would not be able to give a construction start until the ground has been obtained and operational plans are completed.









