

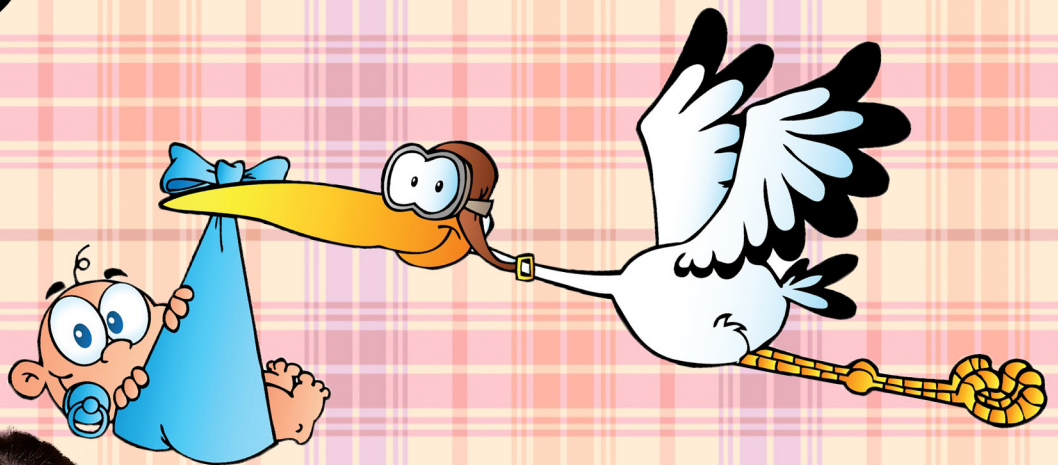


March 2013

RFNL 265

BABY BOOM!

PREGGO UPDATE





THE CRAIG, ANNA, MATT & CORBIN UPDATE

Editors Note: In this issue we are providing updates to the five, yes count 'em, five upcoming births this year. We have asked each of the expectant families to provide answers to some simple questions. On this page you will see these questions and Anna's responses. On the following pages only the responses are printed from each family. We hope you enjoy the updates!!

1. When are you due?

July 15

2. Do you know if you are having a boy or a girl?

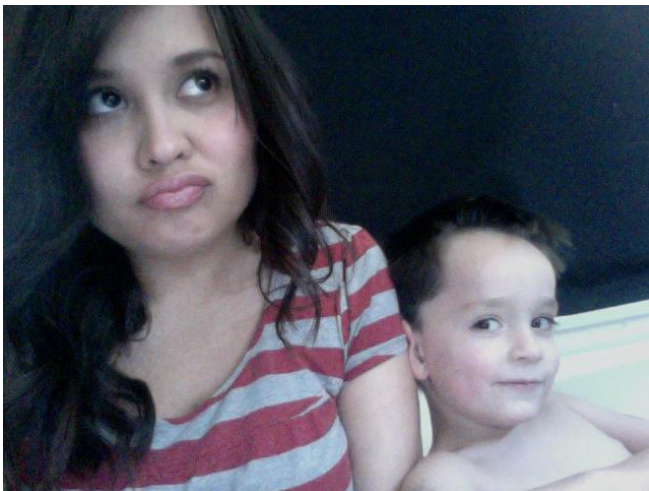
Definitely one of these. But most likely a girl.

3. Have you selected any possible names that you would like to share with us?

Corbin really likes the name "Poop" for a boy or girl. We call dibs, so cousins please don't steal! But Josephine would be nice too.

4. Besides the obvious, what changes have you made in your life to prepare for this birth, i.e. moved to a bigger home, got a new car, watching what you eat or drink.

I have cut back on my daily bourbon intake, but that's about it.



5. As Grandma Edith would say... What news children?

Just enjoying the second trimester sweet spot, the last few months of Corbin as my "baby", being a family of four, and a diaper-less home.

Finally We would like to give you an opportunity to say something directly to your baby, maybe some piece of advice, how you feel right now, or anything else you might want to share. Remember by the time your baby is old enough to understand what you write you will have forgotten many of the things you a feeling today. So here is your chance to document your feelings, hopes and dreams for your baby.

As my third baby, my only advice is "Go ask Daddy or your brothers!"

THE LANE UPDATE

hate me for that one day, but I'm sure the nickname will wear off when he gets past the toddler phase.

4. With the anticipation of having kids in the near future, when I was stationed in Silver Spring, we moved from our one-bedroom apartment into a 3 bedroom home. When it was time to let the Honda go, we bought a Jetta TDI SportWagon for more space last summer. The trunk of that car will easily accommodate a stroller and other gear for outings! We've also been working hard to build up retirement funds and we put away money in an emergency fund, which we never had before.



5. Now that I'm well into my 2nd trimester, I'm feeling really great. I was so so so sick first trimester and just had an awful time with that. Fortunately now, I only struggle with food aversions. I don't have any cravings, but the thought of cooked vegetables makes me sick. Cooked veggies and meat really. I do great with salads and raw vegetables, but not cooked. And until about 20 weeks, most of my protein came from dairy foods. I'm eating a bit more protein now though, so that's good.

I've been loving my swim time since I got pregnant (jogging is a little rough on the bladder these days!) and I am usually able to hit the pool about 3-4 times per week for about 45 minutes each time. I bought a maternity speedo and it's awesome. I'm not as fast as I was before, but as long as I keep moving, I consider it a "win". When the weather is nice, I go for walks outside. I recently had about 3 weeks I wasn't allowed to exercise because they thought something was wrong with my lower ventricles in my heart, but it all turned out ok. Mid-point pregnancy, blood pressure is really low. Even when I'm not pregnant, I have very low blood pressure, but it dropped to 93/67 and I had a little dizzy/hard to breathe episode after some very gentle walking on a track on my lunch break. I have been feeling much better recently and am cleared to swim again. I'm very happy about that! Otherwise, we're just getting lots of sleep while we can and eating healthy. Dave takes great care of me!

My sweet Owen,

You are quite the stubborn little man already... we went for our ultrasound to make sure you were healthy and weren't missing any pieces and you would not cooperate with the tech! All she wanted was to get a little look at your heart, but you refused. You literally turned your back to her. You kept waving your arm at her telling her to leave you alone... ohmygoodness we have our hands full already!

I have to say though, it was that day we found out you were a boy. We were soooo happy!! Your dad can't wait to take you shooting and skydiving... he has a lot he wants to teach you, but you have to be old enough first. I will say I was relieved you were a boy because I had an ultrasound earlier and it revealed to us that you may have your dad's nose... a very prominent one... he got it from his Grandpa O'Brien. Consider it the mark of good blood... he was a great man too like your dad and lived a long & healthy life full of love.

I want you to know that since I'm in the Navy, we may move around a bit while you're growing up. It might be hard at times, but it will give you character & make you a stronger person. I want you to know how much your mamma loves her job and I hope that someday you will see all the people in the world that I get to help by being a microbiologist in the Navy. And hopefully we'll get to live in some cool places... and you will see for yourself the awesomeness of God's creation in the world that we live in. There are so many cultures to experience and places to visit... and many of those don't have modern medicine or the ability to control disease outbreaks or means to teach their clinicians and that's why we will go to those places. But no matter what, you will have a place to call home and a family that loves you.

My hope for you, my sweet boy, is that you're brave and strong with a sweet & gentle soul like your dad's... it's the best combination! But no matter what, you will be your own person and we will love you regardless. My greatest hope for you though, is for you will know God personally and know how much He loves you. He will give you strength and wisdom in situations when you don't even know that you need it... it's an amazing thing, and it's something I hope you have with you in this life. You can carry that with you anywhere.

In the meantime, stay cozy little guy... your daddy wants me to get belly ear-phones to play you some music... we'll see about that!

We love you & can't wait to meet you!
Love, Mamma



JASON AND CHAWVA ARE EXPECTING!

1. Chavva is due August 27th.
2. We don't know the sex yet. We will most likely find out at our 20 week ultrasound which is scheduled for April 10th.
3. If it's a boy: Camden or Noah, if it's a girl: Quinn or Madeline
4. No changes yet although a new car and house are hopefully in our near future.
5. Chavva was really nauseous for the first trimester but thankfully is starting to feel much better as of late. Her diet has been a soap opera of competing flavors, smells, and textures. I have had to make many late night grocery store runs for: Italian Ice, Gelato, Cereal, Sriracha, and Pickles to name a few. Rarely does normal dinner sound appetizing to her and instead she frequently opts for cereal. She used to rarely drink milk, and yet now it seems like I am picking up a gallon weekly.

Her sense of smell has gotten really bizarre. To her, the fridge always smells funky, our bathroom smells weird and of course I smell. She has been extremely tired and lethargic. It doesn't help that she fairly recently started a new job in Carlsbad. So she wakes up at 6:30am, gets home around 6:30pm and is in bed by 8:30pm. I have roughly a 2 hour window to cuddle, console,



make dinner, and just in general, spend quality time with her or I am in trouble.

But all in all, she is in good spirits and wants nothing more than to be a mom. As for myself, I am enjoying every minute of it! I get excited to hear what size fruit we are each week (currently we are an orange). The doctor's appointments are always amazing. Chavva has been nice enough to pick me up on occasion when I need a ride home. And to top it all off, she has grown in certain areas and her libido has increased!

6. Dear Baby,

First of all, thank your mom. Give her a big hug and a kiss and tell her you were sorry for making her sick for so long. Always remember happy mom = happy dad = happy you. If you forget everything else, just remember that one simple equation. It's literally the only thing you need to remember except for maybe our phone number and address if we haven't already found a way to permanently attach dog tags to you.

Now if you are reading this, that means we have at least made it this far. Phew. I have no idea how old you actually are right now, but at least I am comforted in knowing you can actually read (I'm sure I had my doubts at some point). Now I know we have already had the "make good choices" talk and I am sure there has already been some questionable choices made on your part... Rest assure, we will address those later, but for now, I just want to say that I hope you know how much you mean to your mother and I. I know someday you will realize just how much we have had to sacrifice to ensure that you have had everything you have ever wanted. You are our American dream and all that we ask of you is to take what you have been given and achieve more. Now I know this may be hard because I am trying to set the bar high, but the world is yours for the taking. Have courage in your convictions, never say quit and be consistently determined to achieve your dreams. Furthermore, don't listen to your aunts and uncles, the tooth fairy does not leave 20 dollar bills. Don't make fun of your cousin Holden, it's ok for boys to wear girl clothes if they are male models. And make sure to have your cousin Corbin teach you some dance moves, those will pay off in the future... Love you!



THE KEITH UPDATE



1. Due date is May 21st.

2. It's another boy!

3. Name is Braeden James Keith

4. We haven't done much to prepare for this baby, but it all seems a little bit easier this time around since we have more of an idea of what to expect. That being said, we moved into our new house a few months ago, so now we have plenty of room for all these Keith boys to run around! Other than that, I've been feeling great, and we're all getting really excited to introduce another little man into our family. I'm not sure that Liam really understands what's going on, especially since he now believes

that everyone has a baby in their belly, but I'm sure he'll be a helpful big brother once we settle into a new routine.

Dear Braeden,

We are beyond excited to welcome you into our family! I have so many hopes and dreams for you as you navigate your way through life, but at 30 weeks pregnant with you, these are my top 10 wishes:

10. I hope you appreciate the luck you have to be able to grow up in a family that's as crazy, as big, and as amazing as this one. They will love and support you in everything you do. You can't ask for more than that!

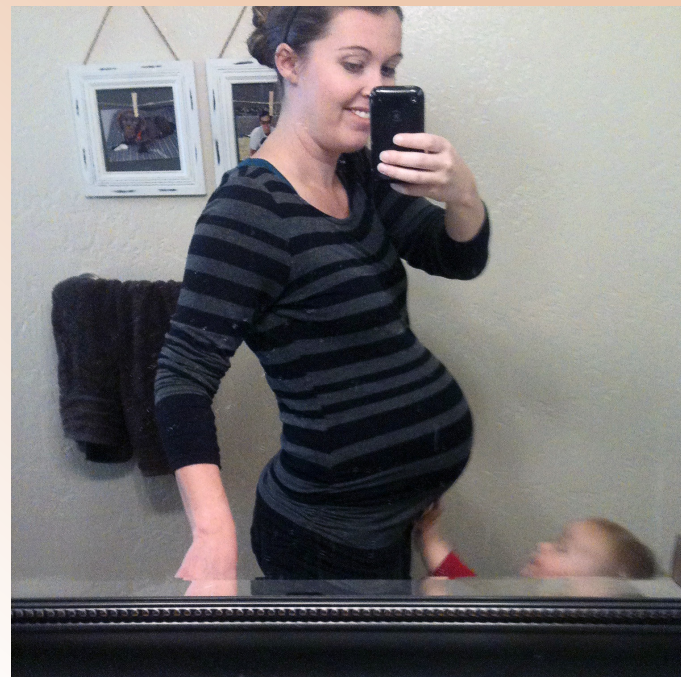
9. I hope you get your Great Grandparents' love for one another. You won't find better role models anywhere for what it looks like to be completely devoted to another person.

8. I hope you get Rugby's love of the outdoors. And of course, I hope you love him as much as I know he'll love you. And for your dad's sake, I hope you grow big and strong so you can take over the duty of walking him every morning!

7. I hope you get your Uncle David's sense of humor, his love of life and his admirable devotion to his family and friends.

6. I hope you get your Auntie Annie's incredible courage, independence and crazy sense of adventure! And obviously, I hope she teaches you how to speak Spanish!

5. I hope you get your Grandma and Grandpa's athleticism, but especially the kind of dedication they put into the things they love.



4. I hope you get my incredible luck - to be surrounded by such loving and selfless family and friends, and to have built a life that is so much fun!

3. I hope you get your daddy's Irish jigging skills! And also his ability to light up a room with his laugh, and his passion, and his spontaneity... basically I hope you become his mini-me!

2. I hope you get your brother's eating and sleeping skills! But more importantly, I hope you get his sense of curiosity, his ticklish armpits, and his amazingly adorable love for his dad (along with every single tool in the garage).

1. I hope you have the sense to embrace the qualities and character of this family that make it so special, but also the independence, courage and self-awareness to become your own man.

THE CURTIS AND LAUREN UPDATE

1. We are now due July the 11th
2. Yes, we are expecting a Girl!
3. We have decided to name her Cora Gorney Hartman.
4. We have just moved into a two bedroom apartment (see below for new address), plus Curtis has a sweet minivan now, which he refers to as his "mobile command center." Lauren is constantly looking for new things to regret eating and wondering if they killed the baby.



5. Not much, Lauren is working hard at clean energy and Curtis is kept very busy with his job at Saint John Bosco. Also we are very proud that his article on trash in DC was made the lead article for the Journal of the Washington Historical Society's February issue, and even got a write up in the Washington Post. Note please see Family Shorts for more information.
6. Comic books can be cool for girls too! And remember it's never too soon to learn your address. It's 5932 Bixby Village Drive #170, Long Beach, Ca 90803.

Dear future July Grandchildren....Owen, Josephine and Cora,

Bruce and I wanted to take this moment to welcome you into the world! Never has a family been so blessed as to have three grandchildren come into this planet all at once! We like to think that Bruce's dear mother created this miracle when she passed away last year. She lovingly left us with our cups overflowing with the goodness of new life. Your "Pop Pop" and I can't wait to get our hands on you and spoil you with our love. I see many trips to the zoo, Sea World, duck ponds, parks and our home as you find out that grandparents are suckers for whatever your wishes might be. And I see my camera going crazy as I feverishly try to capture as many moments on film as I can while you grow up before my eyes.

My only sadness as a Grammy will be that "Owen" will have to begin his life in Maryland and my visits will not be as frequent...but Owen, don't mistake that for a lack of love. You will be in our thoughts, prayers and hearts every day of your life. And we will make the most of every precious second we have when we are together!! And your mom has promised me that she will fill my frames with photos (hint, hint).

However, Owen, as soon as you can talk I want you to begin to bug your parents about moving to San Diego to be closer to us and your very cool cousins. Explain to them that you feel this pull towards the sunshine and surf that only San Diego can provide...maybe that will convince them that this is where home, sweet, home should always be.

Josephine and Cora...you have the honor of being the first great, grandkids that are girls. So forgive us if we shower you in pink and dolls.

We just love you all and can't wait to add you to our celebrations!

Grammy and Pop Pop

Bruce Update



Hi family! There is enough “stuff” going on with regard to my health that I thought it was a good time for an update. In the absence of facts it tends to be in our human nature to assume the worst, or at a minimum, invent a set of facts to fill in the blanks.

I have labs done on an ongoing basis in conjunction with three-month clinical visits with rheumatology, neurology and primary doctors as a part of my normal care to manage all the autoimmune disease challenges. The standard of care for a long time has been a combo of corticosteroids and methotrexate to control the disease and a battery of other drugs to manage symptoms and side effects. This has been generally effective for many years. Lately my doctors have noted that labs related to liver and kidney function are trending in the wrong direction. Problems with bone healing and a lipid storage disease, triggered by the prednisone and the cause of so many surgeries last year, all add up to the need to reevaluate the management of my disease.

During a recent visit to my rheumatologist she asked me to consider the chemotherapy drug, Rituxan. She asked me to spend some time researching it to fully understand the potential side effects and do my own risk / reward analysis. It is a scary drug so I see why she wanted me to do the homework to give a truly informed consent. My current regimen is quickly turning into a race to see which can inflict more damage... the disease or the cure! This helped make it easier to formulate the decision to try this new treatment plan.

Wednesday the 13th I had the first seven-hour infusion. Loaded with multiple IV's of pre-meds to mitigate the ill effects of the Rituxan, I tolerated it fairly well. Nausea and flu-like symptoms for a couple days was the worst of it. I go for a second infusion in two weeks on the 27th. I should know in four to six weeks if this drug will work for me. If successful I will do the two infusions - two weeks apart, every six months, for the rest of my life at a cost of approximately \$40K per year. This will be in conjunction with Methotrexate, the other chemo drug I currently take. Thank God for insurance! The ultimate goal is to get off of the prednisone all together. I am hopeful... but also recognize that I am simply trading one set of side effects for another. As they say; “What doesn't kill you makes you stronger.” Let's hope that is true!

... Well since the above happened in February... I have opportunity to update you a little further. At the time of this writing it is six days after the second infusion. This time there were many fewer flu-like symptoms which I am very happy to report. I have had only a couple days of feeling really crappy and a couple more with extreme muscle weakness, especially in the neck and back, making it a little challenging to stand for any length of time and holding my head up all day at my desk is difficult but getting better. On a better note... I have noticed significantly less arthritis pain and stiffness in my hands, knees, hips and neck in the mornings. Although I am still on prednisone this is encouraging! Admittedly it is too soon to say it is “working” but I remain extremely hopeful!

FAMILY SHORTS



Birdy, Carol, Jeff, Jessica, Benny and Corbin spent some time at Lake Murray in La Mesa doing the usual stuff, walking, running, feeding the ducks, playing in the playground and in general having a great time. It was really great having Jessica and Benny out for a visit. And of course they were glad to be in sunny San Diego, rather than back east in the snow!



Listy and Birdy took Grandpa Frank and Grandma Edith to their old hangout for lunch, the Gathering in Mission Hills. They had a wonderful time and it was a very nice change of pace from the usual lunch served at Merrill Gardens. Grandpa Frank really enjoyed the food and kept saying how good everything tasted.

Then a few weeks later Francie and Lyle took Grandma and Grandpa to the Latino Film festival right here in San Diego, to see Brett's short film, Pablo on Wheels. Of course Brett and Mandy were there, along with Margret and Bud, Carol and Jeff, Ed and Jan, Little Lyle and his girlfriend Andrea. There were also several other friends of the family so Brett had quite a following as he strode down the red carpet and into the theater. Hopefully his film will win another award and Brett will have to make room for yet one more trophy on his shelf.



The Washington Post

By John Kelly,

Published: February 20

They're talking trash in the new issue of Washington History, the journal of the Historical Society of Washington.

Curtis J. Hartman's lead story in Vol. 24, No. 2 is an examination of solid waste policy in the District from 1877 to 1922. If reading about solid waste strikes you as unpleasant, rest assured that it's much better than actually experiencing it firsthand. In the 1890s, for example, the city's monthly production of 3,000 tons of garbage included 1,000 dead dogs and 500 dead horses.

Dead horses were the junked cars of their day.

Curtis, a grad student at California State University at Fullerton, writes that there were three categories of solid waste. Besides dead animals, there was garbage (food waste from kitchens) and night soil (the contents of privies). The first contract to haul the city's waste was handed out in 1880. H. Clay Jones was paid \$28 a day to dispose of the mess.

Jones did it for a while, then realized that wasn't nearly enough money. He stopped hauling, the refuse piled up and Jones was arrested. Others took over the contract before, in 1922, the city took on the job.

Although collecting trash was better than leaving it to rot in the streets, the streamlining of waste removal was bad news for one group: the trash pickers, often former slaves, who carefully gleaned usable materials — rubber, bottles, cans, cloth — and sold it.



An article written by Curtis for the journal of the Historical Society of Washington was recently the subject of a column in the Washington Post. Well done Curtis!