

Mary Lou Ellsworth instructs future parents



Wives practice relaxation with husbands' assistance under watchful eye of instructor Mary Lou Ellsworth

Future parents are learning the Lamaze method of childbirth at Mary Lou Ellsworth's home in Marietta.

The Lamaze techniques involve husband participation in birth, and a minimum of pain, fear and drugs for the mother.

Mrs. Ellsworth's interest in Lamaze began in Berkeley, California, where the method is very popular. She and her husband, Delbert, took a course like the one Mrs. Ellsworth now teaches.

"In my first labor," Mrs. Ellsworth recalls, "I slept between contractions."

When the Ellsworths moved to Donegal Place in Marietta, they found that no certified Lamaze instructors were available in Lancaster County.

Mrs. Ellsworth decided to fill the need herself. Most instructors are registered nurses, but Mrs. Ellsworth, a homemaking teacher was able to qualify.

She took courses in obstetrical nursing, and

observed ten deliveries at Hershey Medical Center. After writing many pages of examinations, she was provisionally certified for one year. It took three years to become the only fully certified Lamaze instructor in Lancaster County.

Mrs. Ellsworth's classes cost \$25 per couple for 15 hours of training. There were 9 couples in this month's class. Thirteen couples have signed up for September.

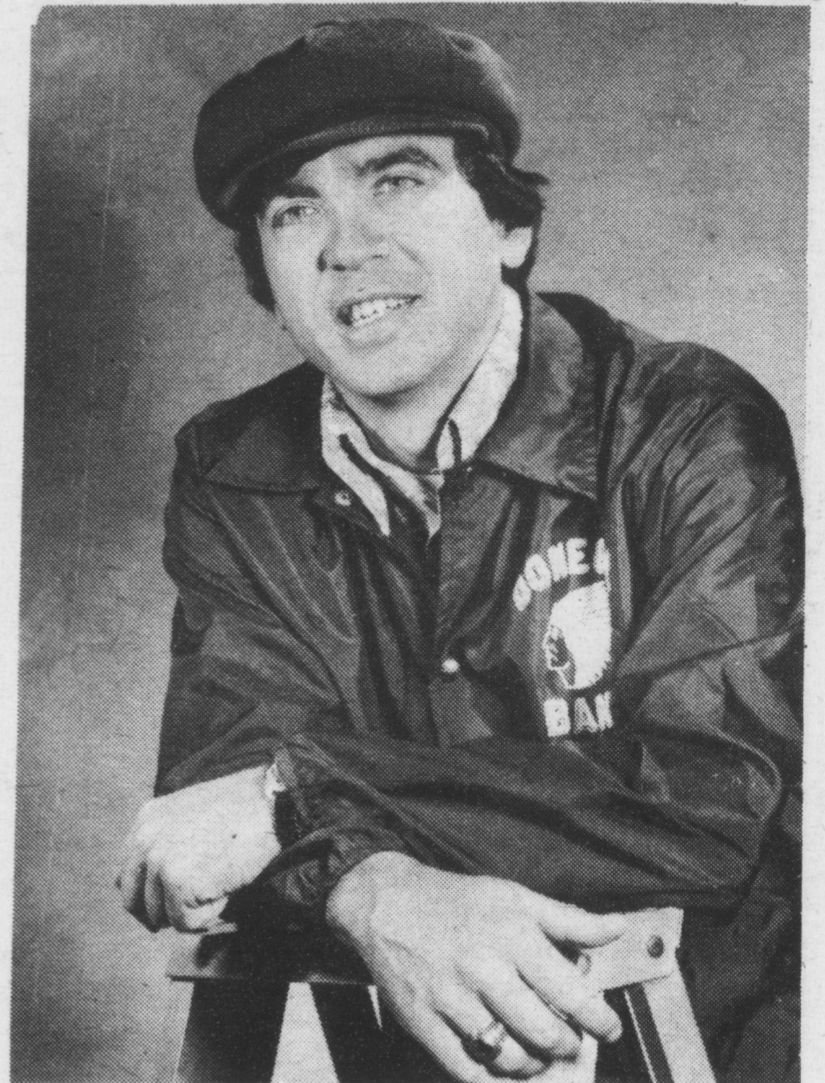
The Lamaze technique was invented in Russia, and was brought to France by Dr. Lamaze. It is based on the discoveries of Pavlov, the great Russian psychologist.

The mother is trained to relax automatically at a signal from her husband, avoiding the need for relaxing drugs. Husbands are also taught abdominal massage, which helps block nerve impulses to the brain.

In the delivery room, both parents participate actively in the birth of their child. Most women who take the course need only a local anesthetic. They are wide awake when their babies are born.

Mrs. Ellsworth doesn't approve the use of pain killing drugs when they are not needed. She says, "The thing I find important is that most (of her students) don't use drugs because they don't need them."

"Natural" childbirth is popular today, and courses are available at Lancaster General Hospital. The hospital classes emphasize information. Mrs. Ellsworth's course emphasizes techniques. Her classes are small enough to give each couple the individual attention they need to learn the exercises properly. In the hospital course, only an hour or two is devoted to exercises.



William Earhart

Earhart gets principal's cert.

William Earhart, history instructor at the Wilbur I. Beahm Junior High School, has earned his principal's certificate from Temple University. During the year he has visited a variety of schools in Dauphin and Lancaster Counties observing curriculum and techniques and has traveled educationally.

He completed a Communications Course at Elizabethtown College, a Dramatics Arts Course at the American Academy of Dramatic Arts, New York City, and a Values Clarification course from Marywood College. He also toured the states of Florida, Massachusetts, New York, and Virginia. He is currently on tour in Canada.

Kulman: 'Test now in Israel'

Harold Kulman, who lives in Marietta, is Director of the Vocational Research Institute of the Philadelphia Jewish Employment and Vocational Service. He has just announced that, for the first time, a standardized battery of work sample tests will be used in the state of Israel.

The work samples are actual tasks performed in a work setting, to evaluate the work potential of handicapped people.

Kulman, a psychologist, is a former member of Mareitta's Borough Council.

Closed Tennis Championships

The Lancaster County Closed Tennis Championships are set for August 24 through August 29 at the Lancaster County Riding and Tennis Club, 2615 Columbia Ave., Lancaster.

Applications are available at the Lancaster County Riding and Tennis Club or from Jean Pryzbylowski, 302 Devon Drive, Lancaster, PA. 17603. Last date to enter is August 21 at noon.

Last year's champs:

Men's singles- Bill Loercher.

Women's singles- Vee Mellinger.

Men's Doubles- Bill Loercher and Drew Hostetter.

Women's Doubles- Judy Levering and Jane Atwater.

Mixed Doubles- Vee Mellinger and Bill Loercher.

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