

# Lamaze 'graduates' reunite

By LARRY PARKER

Lamaze makes childbirth easier for men — as well as for their wives. Sunday, Sept. 18, a class reunion day was held for the parents and babies from a Lamaze class that began on June 28, 1977. The discussion centered around the Lamaze method of childbirth and any problems that might have occurred during labor and delivery.

"LAMAZE or prepared childbirth is fairly new in the Bryan-College Station area, but the number of participants is growing rapidly," says Barbara Doleshal, Lamaze instructor. Men learn breathing techniques, instructions on pregnancy and childbirth, exercises to tone muscles of expectant mothers, and information concerning medication right along with the mother-to-be. The course also included a tour of the labor and delivery rooms at St. Joseph's Hospital and a question-and-answer session with a labor nurse.

"The primary purpose of Lamaze is to prepare women for labor and delivery," said Doleshal.

"THE IDEA of the pain associated with child-bearing is played down by referring to labor pains as contractions, but the reality of the situation is not forgotten.

"A positive response is taught in coping with contractions," she said. Most fathers are uneasy at first and some attend class just to please their wives, but after delivery they have a different attitude, she said.

Doleshal stated that there are currently three Lamaze instructors in the Bryan-College Station area and one more in training.

"FIVE TEACHERS are actually needed to keep the class size around ten couples," she said.

There are a number of requirements for becoming a Lamaze teacher, and standards for the American Society for Psychoprophylaxis (mind prevention) must be met. These include: application to ASPPO, observing a series of

classes, student teaching, required reading, a degree in a related field (nursing, health and education or physical therapy, for example), passing an obstetrics exam, attending an ASPPO workshop, and completing a take-home teaching exam.

"The process takes about three months at the earliest and usually six months," said Doleshal.

"WE STRESS self-confidence through education about childbirth," Doleshal said, "more than perfection in technique."

"Many people think Lamaze is magical or mystical and that it will make labor shorter, easier, and painless," said Doleshal. "But this is not true — it will only make it tolerable." Doleshal also said that she had mixed feelings about medication.

"It does go through the baby, but you should not feel guilty if you

need something to help with the pain," she said.

"THE COMMENTS from new parents varied but were in unanimous approval of Lamaze.

"I had a negative attitude at first," said John McGowen, "but I would recommend the course highly and I don't recommend things very often." Kathy Berry, a Lamaze mother said, "It made childbirth rewarding and gave me more confidence than I had with my first child." She also said she and her husband enjoyed the association with the other prospective parents.

"PARENTS said the greatest benefit was knowing what exactly was supposed to happen and what to do in certain situations.

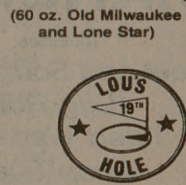
"There are very few experiences in life that can compare to seeing your own child born," said Ricky Rigby.

## Aggies & Rednecks

No place but LOU'S.  
Specials through Wednesday:  
\$1.00 Pitcher Beer

ALL Longnecks 45c

LOU'S 19th HOLE  
3606 S. College 846-9889



## Episcopal Student Center

902 Jersey  
(adjacent to southside of campus)  
846-1726  
Tuesdays, 5:30 p.m.:  
Eucharist & Supper  
Wednesdays 12 noon Bible Study  
Fridays, 6:30 a.m.:  
Eucharist & Breakfast  
Sundays, 6:30 p.m.:  
Fellowship & Eucharist  
Fr. James Moore, Chaplain

## Aggieland Pictures Freshmen & Sophomores

M-S

Sept. 26-30

barker  
photography

NORTHGATE

846-5766

## TIP TOP

RECORDS AND TAPES

1000 S. COULTER — BRYAN — 823-5745

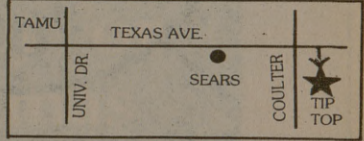
Member Student Purchase Program

TDK Blank Tape Quantity Prices

STEREO, SALES & SERVICE • MUSIC BOOKS • NEEDLES & ACCESSORIES

COMPLETE SERVICE DEPARTMENT

STORE HOURS:  
9:00-6:30  
MON.-SAT.



## SPECIAL

Hair  
Straightening  
and Cut

\$25.00

Good Monday thru Saturday

# THAT PLACE

707 TEXAS  
Across from A&M  
846-6933

## campus activities

Monday  
TAMU Social Club, 9:30 a.m., 224 MSC  
Graduate Student Council, 12 noon, MSC Conference Room  
Accounting Department, 1 p.m., 301 Rudder  
Socma Interviews, 6 p.m., 216M, N. O. MSC  
Crafts — Spinning, 7 p.m., 139 MSC  
Crafts — Macrame "A", 7 p.m., 140 MSC  
Free U., 7 p.m., 401, 404, 607, 305A, B, Rudder  
MSC Council Faculty Advisors, 7 p.m., 145 MSC

## Student Government Student Services Committee

will meet

Wednesday, Sept. 28  
7:15 p.m., MSC Rm. 350

to discuss

Lighting of the Intramural Complex  
Inner Campus Shuttle Bus System  
Blood Drive Research Committee  
Student-Run Food Co-Op  
Laundry Service Alternatives

All Students Welcome  
To Participate

## DON'T BE LATE

It is not too early to make your reservation NOW

for your

## CHRISTMAS HOLIDAY TRAVEL

Choice times and dates are going fast. Drop by our office in the MSC today and book your airline reservations today.

A small deposit now and the balance no later than 30 days prior to departure time. This is required by the airline to hold your reservation. Don't be caught like so many last year who could not get passage home.

**B** Beverley Braley  
TRAVEL, INC.

Phone 846-3773  
College Station

Phone 846-1702  
Bryan

Open til 7:00 P.M. Tues. thru Thurs. & Sat. til 2:00 P.M.

We are located on the campus of Texas A&M serving Texas A&M students and staff.



779-7500 1803 Texas Ave.

- USDA CHOICE STEAKS (Cut fresh daily)
- Best Chicken-Fried Steak in town
- Fast service
- Lowest prices
- Unique atmosphere
- Silent Sea • Cave Room
- Antiques • Gazebo Room
- Aggie Memorabilia
- 100 gallon aquarium
- Self Service — No Tipping

# TOWN HALL 1977-1978 ATTENTION FRESHMAN

There will be a general meeting for all freshman interested in applying for the Town Hall Committee, on Monday, September 26, 8 p.m., 510 Rudder.

This is a mandatory meeting for all freshman interested in joining Town Hall this year.

## Tenneco Offers Challenging Careers in the World of Oil



Tenneco Oil, one of the world's leading and most aggressive petroleum exploration companies, will be on campus to interview for Geophysicists. This will give you a first-hand opportunity to ask trained and experienced representatives "from the field" questions about Tenneco Oil, our activities and the opportunities now available to you.

### TENNECO OIL IS INTERVIEWING

Tuesday, September 27th  
Wednesday, September 28th  
ON CAMPUS



An Equal Opportunity Employer M/F

# AUDIO VIDEO GRAND OPENING SALE

THE SYSTEM. FROM TECHNICS®,  
PIONEER®, AT®, & AUDIO VIDEO.

AR 17  
SPEAKERS  
RETAIL PRICE \$95 EACH

PIONEER PL115D  
TURNTABLE  
RETAIL PRICE \$125

PIONEER  
SX550  
RECEIVER  
RETAIL PRICE \$275

AT 11E  
CARTRIDGE  
RETAIL PRICE \$45

PIONEER, AR, and AUDIO TECHNICA components at a price that will be music to your ears. Audio Video consistently offers the finest sound equipment and some pretty sound advice.

system price **\$474.95**

# AUDIOVIDEO

707 Texas Ave., College Station, Texas 77840

(713) 846-5719