

# Quieter atmosphere characterizes Leboyer birth method

"It was really neat because when he was born he opened his eyes, looked around and smiled," said Kathy Unterseher, the mother of a child delivered through the Leboyer child birth method.

According to Lincoln Leboyer project director Mary Alinder, this method sets out to deliver babies with as much comfort and joy as possible.

"We feel it very important for a baby to enter into the world in a warm and comforting environment," Alinder said.

She explained that with this method, lights are dimmed, noises muffled and the children neither slapped nor spanked. After birth, the baby is placed on the mother's stomach, where she and the father are encouraged to soothe and massage it. The baby then is placed in a warm water bath.

The method was originated in France by Fredrick Leboyer, who wrote the best seller, *Child Birth Without Violence*. According to his philosophy, babies born under this plan are brought into the world more gently and thus are better prepared for life.

In his book, he says birth can make or break one's life.

Nathan Simon, the first doctor in Lincoln to use this method said, "Leboyer is definitely preferable to delivery under normal conditions."

He said he thinks the three safest and most beneficial ways for a baby to be born and cared for include, La Mace child birth (natural child birth), Leboyer method of delivery and breast feeding. In his practice, he has delivered 20 babies using the Leboyer method.

"Of the parents that I have talked to, all seem to believe that their babies are calmer and happier because of this delivery system," he said.

He added that 65 to 70 per cent of his patients prefer natural child birth methods, but added that the Leboyer delivery still is new.

Another Lincoln doctor, Craig Nolte, differs with Simons' opinion according to Alinder. Alinder said that although Nolte has no specific arguments against the method, he does not believe there is enough medical evidence to support it.

Unterseher was attracted to the method when she and her husband read an article in Reader's Digest. From then on she said, "My husband read everything he could on the subject, and when we found that Dr. Simon performed the (Leboyer) delivery we decided it was for us. And we have never regretted it."

She added, "It was great for Ron (her husband) because he was able to become an active part of the birth, and he could help him (the child) into the world."

She said her experience was very favorable. But she added that because Leboyer is the only method she has experienced, it is impossible to tell if it is the best child-birth method.

Alinder and her husband, Jim along with six other instructors and 100 families, are involved in the Leboyer education project in Lincoln.

A non-profit organization, it conducts Free University courses, arranges instructional workshops and provides speakers.

Anyone can join the group and learn about Leboyer, according to Alinder. The cost is \$25 a couple.

## want ads

1973 Fiat Spyder, blue, 5-speed, 34,000 miles, 24 mpg city, nice. 466-5794.

Tired of looking for a car? For the lowest prices on '76 and '77 Dodges and Pontiacs plus 160 different used cars, call 435-5376 for appt.

Used band equipment. Shure PA. Wurlitzer Electric Piano. Acoustic 135 Guitar Amp. Univox Synthesizer. 464-5356 after 5 p.m.

1970 Triumph Spitfire-AM/FM radio, hardtop, good condition—best offer; evenings, 488-3870.

'73 VW van, white/orange, low mileage, \$3295 or less? Call 435-5376.

Scott A436 Amp 42 watts, RMS Pioneer TX 6200 tuner, Mollensak 8055 8-track recorder. Pair of custom built 3-way loudspeakers Jensen/Altec. 475-3865 before noon or after 9 p.m.

1971 Fiat Automatic, 4-door, 55,000 miles, call 489-9233 after 6:00.

2 Sennheiser MD441 MICS, \$180 each, \$350 pair. Call Phil, 423-4942.

STEREO SALE  
1 SAE Mark 31D, 1 SAE 2200, 1 BPZARK CMA 165 amplifiers; 1 TECHNICS SL-23, 1 DUAL 1215, 1 MIRACORD 750 Mark 3 turntables; 1 TEAC 350, 1 TEAC A160 cassette decks and 1 pr. OHM (E) speakers. Call after 5, 464-8564.

Schwinn Varsity, gen. light 20", great condition, new parts. \$85. 477-5346.

Nikon Lense with hard leather case, 200mm f4.0, \$159; Nikon enlarging lenses with original plastic cases and boxes, 50mm f2.8, \$45, and 80mm f5.6, \$63. All in perfect condition. Evenings, 477-1398.

Ruger .357 Mag Hand Gun. 474-8502, ask for Mac.

Pioneer SA-7100 Stereo Amplifier, 25 watts RMS per channel, good condition, \$175 or best offer. Listen to it at 1208 Abel, call 472-8447.

'73 MGB, new paint job, clutch, and tires. Includes luggage - ski racks and stereo FM radio-tape player. \$3,500. 466-9148.

Norton 750 Commando motorcycle, 1973, low mileage, excellent condition, color orange metal flake. Contact 489-1008 anytime or 423-5563 after 6 p.m., Monday thru Friday.

### for rent

### RENTAL

2436 Vine. Students welcome. Two or three bedroom, large, remodeled, clean, carpeted, no pets. Call 475-9476 after 5:30 p.m.

CANDLETREE APTS. South 40th and Hwy 2; 30-day lease; One, two, and three bedroom apts. 423-8728.

20th and G. JONES APTS. Brand new 2 bedroom, cool, unfurnished \$200 up, furnished \$245 up. 464-0631. Evenings and weekends, 466-6000, 475-1107.

### help wanted

Help wanted as soon as possible, be able to work anytime. Approximately full-time, must be 18 or over. Call 466-3300.

### ARBY'S 5540 "O" St.

NURSES AIDES. Full- and part-time, 3-11 p.m., weekends. Also need Bath girl, 7-12 a.m. weekdays. Tabitha Home, 4720 Randolph, 489-3837. Call between 8 a.m. and 2:30 p.m.

DONUT MAKERS ASSISTANT Young man for day hours, apply in person. MISTER DONUT, 5121 "O" St.

NURSE AIDES. Full- and part-time positions, all shifts. Call or apply in person, Americana Nursing Center, 4405 Normal Blvd, 488-2355.

Need part-time car wash attendant mornings. Apply in person to Vern. 3301 Cornhusker Hwy.

HELP WANTED: Nurses Aides 3 p.m.-11 p.m., LPN's part-time, 7 a.m.-3 p.m. and 3 p.m.-11 p.m. Village Manor, 3220 No. 14th, 432-3274.

Cooks and waitresses full- and part-time, evenings and weekends. Call Ray or Roger at 474-1775.

Happy Chef is taking applications for employment full- and part-time. Waitress/Waiter, cooks and dishwashers. If interested apply at Happy Chef, I-80 & Airport Interchange. Open 24 hours.

Dumplings Restaurant will consider mature, responsible student for assistant manager. This is a full-time job, but hours are flexible. Excellent starting salary & bonus. Paid vacation, insurance, and other company benefits. By appointment only. 423-8302.

Grain Elevator Construction Company of Des Moines is opening a branch office in Lincoln. Looking for aggressive and hard-working persons to fill the following positions: Engineer/Drafts Person. Responsibilities include preparation of detailed drawings, engineering of concrete and steel. Engineering degree required; job experience not a prerequisite. Secretary. Normal secretarial skills required, plus ambition to learn aspects of the construction field. Send resume to Steve Palmer, 2810 SW Miller, Des Moines, Iowa 50315.

SALES LADY for late evening hours on weekends. MISTER DONUT, 5121 "O" St.

### BONANZA SIRLOIN PIT 8315 "O" Street

Now taking applications for Daytime Kitchen Help, Daytime Broiler Man, Daytime Bus Person and Dishwasher. Monday-Friday, 8 a.m.-5 p.m. Also hiring part-time evening help. Call for interview with Mr. Chase, 489-8383.

Help wanted, any position, apply daily, any time. J.B.'S BIG BOY, 701 N. 27th.

Porters, bus boys, waiters, waitresses, cocktail waitresses. Full- and part-time. Apply in person. Holiday Inn, Airport.

Cleaning help, Saturday mornings 8 a.m.-1 p.m., own transportation, 423-2555, 1955 South Pershing Rd.

CBS Records needs student to work part-time doing promotion and publicity in Lincoln. Call 612-831-8626 collect to sign up for interview on Thurs., 9-30-76.

Russell Stover Candy, Inc. 5:30 to 10:30 p.m. Monday thru Friday

Part-time temporary employment from present time to March 1977 decorating novelty candy items. Apply in person at the personnel office, 201 North 8th St., 8 a.m.-4 p.m., Monday thru Friday. Equal Opportunity Employer M-F.

Part-time help wanted. Neat appearing reliable persons needed for various positions in our operation. Predominantly noon and weekend hours available. Some weeknight hours open. APPLY IN PERSON only. McDonald's family restaurant, 865 No. 27.

Delivery personnel needed—part-time, must have own car, pay up to \$3.00 per hour; apply in person after 2 p.m. at 611 N. 27.

Student bus boy for sorority needed. Tired of cooking or standing in line to eat? Work for your lunch and dinner, inquire 475-3506.

Part-time attendants needed for mini service station. 6-9 a.m. and 3 p.m.-6 p.m. shift and weekend shifts available. Apply at Power Petroleum Services, 122 North 11th.

Delivery Personnel needed for Heavy Eddy's Pizza. Must have own car. Guaranteed \$2.50 per hour. Apply in person 611 N. 27th after 3:00 p.m.

Waitresses and waiters needed, evening hours. COUNTRY KETTLE, 4847 Holdrege, 466-1659.

Wanted: Full- and part-time oven men, pizza makers, busses, dishwashers, other miscellaneous. Tuesday, Thursday, and Saturday morning from 7:30 to 10 a.m. Apply in person at Valentino's North at 3457 Holdrege on Tuesday, Thursday, Friday, and Saturday from 1:00-3:30 p.m.. Ask for Lillian.

Part-time employment, not sales, schedule flexible, downtown location. Call 477-3911 for details.

SALAD GIRL. Experienced. 3 p.m.-closing. Call Chef Daker, 489-7111. Hillcrest Country Club, 8901 East "O" St.

Manager Position - Career oriented person in new expanding company. Salary potential \$900-\$1000 plus fringe benefits depending on qualifications. Send resume to 611 N. 27th 68503.

Person 21 or older needed to work as security guard in downtown office bldg. Able to work one midnight to 8 a.m. shift and weekends. 25 hrs./wk. 2.50/hr. Call 473-8343 after 6 p.m.

Part-time evening positions for restaurant waitresses & waiters. also part-time cocktail waitresses and cocktail hostess. Hours can be arranged around school schedules. Apply 5200 O St., 8 a.m. to 4 p.m., 464-9111 ext. 356.

### wanted

Wanted: Girls interested in being UNL Cheerleaders or Mat Maids. Meet at Old Coliseum at 2 p.m. Tuesday Sept. 28.

Wanted: Two general admission tickets for Miami game (Oct. 2). Call 472-8654 after 2 p.m.

Wanted: Two male, two female tickets to Miami Game. 467-3853 evenings.

### roommate

Wanted: female roommates. Call 477-8052.

### services

Decorate your rooms with Natural Sheep Skin Rugs, student price \$25 each. Call for your order: 423-1939.

### ACADEMIC RESEARCH PAPERS

Thousands on file. Send \$1.00 for your 192-page, mail order catalog. 11322 Idaho Ave., no. 206H, Los Angeles, Calif. 90025. (213) 477-8474.

Lincoln Typing & Transcription, 1712 First National Bank, 477-1586 or 488-3138. Typing, dictation by phone, fast service, \$.08 per typed line.

E.S.P., extra sensory perception? No! Expert School of Parachuting. For information call Claude Wilson, 477-5577 after 5 p.m.

### NOON TILL 9

Garage Sales Emporium 2215 "C" Monday thru Friday Noon until nine See and sell garage sale items

### personals

WE HAVE SOMETHING GREAT FOR YOU TO DO! Worthwhile work! Interesting! Full- or part-time. Excellent earnings! Interested? Write UNIVERSAL FRIENDSHIP SOCIETY, INC., Penthouse 3, 3000 East Sunrise Boulevard, Fort Lauderdale, Florida 33304.

Ever dreamed of hosting across Europe. We can help you make it come true. Overseas Opportunities Center - 345 NEBRASKA UNION.

### GAY CHRISTIANS

Nebraska Evangelicals group forming for fellowship, discussion, counseling. Confidentiality Assured Interested? (402) 475-5710 Tues/Thurs. 6-8 p.m. EVANGELICALS CONCERN—ED, P.O. Box 81645, Lincoln 68501

Get to know yourself. Call Susan, 475-5454. Professional Astrological Counseling at reasonable rates.

To the peppermint addict across the hall with the permanently pink tongue: Happy Birthday! May you go thru life collecting lovely memories.

### lost & found

REWARD For Texas Inst. SR-50. Lost on East Campus Bus, Wednesday, Sept. 22. CALL RON, 475-8632.

## MING PALACE



Authentic Chinese Mandarin & Cantonese Food Full Combination Dinner 13th & N

## EMPLOYEES NEEDED,

Fiesta Cantina 17th & Van Dorn Young mature adults, preferably 19 or older. Company benefits and excellent pay. Can apply in person.

LINCOLN THRIFT STORE Lowest prices in town on clothing, for students. Also furniture, televisions, appliances, bric-a-brac, and all household items. Support your Disabled American Veterans. 1745 O Street Lincoln, NE. Hours: Monday through Saturday, 9 to 9.

Three components lowest prices anywhere on over 150 top brands, all fully guaranteed. Call Dan at 435-3375 or 432-4081.