

# Studying For The Stork

By Wallace Wood  
Sentinel Staff Writer

Young mothers-to-be, even if they already have children, often find the stork a mysterious and slightly frightening creature.

Since mother nature doesn't wait to explain her ways, doctors believe prenatal classes help to ease any uneasiness about parenthood.

Currently, the only full-time class in prenatal care is held at County Hospital. Only a doctor's referral is necessary for entrance to the eight-week course, held every Tuesday at noon. It is open to all expectant mothers regardless of the hospital they choose for delivery.

As this page shows, mothers with several children are also keenly interested in what they have often undergone, but seldom understood. They receive expert instruction from doctors and nurses on the hospital staff about exercise, hygiene, diet, and care of the new baby, as well as information on conception and birth processes.

Dr. Joseph Anzalone, acting hospital administrative head, created the program as his "baby," two months ago.

New mothers have praised the course for teaching them so much about the stork. One featured here, Judith Peden, says "it helped me appreciate how wonderful motherhood is."

*Photographs*

*By Vester Dick*

*And Pete Amos*



Elsie Marquez, Mary Lou Hernandez, Linda Lorente, and Judy Peden take a peek at the future as Nurse Sara Tower holds a newborn in the nursery. Both Linda and Judy have given birth since. Mary Lou was only a visitor to the program.

**Santa Cruz Sentinel**

**Family  
Interest**





# Section

Sunday, January 10, 1965

Clinic Head Nurse Marjorie Risk and Dr. Matt Kayson, resident physician, perform an optional examination on one of the program participants.



Mrs. Robert J. Wiese, physician therapist, instructs Mrs. Charlene Guy in one of several exercises to tone the body for childbirth. Mothers-to-be and several children watch.



Miss Terry Del Zotto, student vocational nurse from Cabrillo, works out a diapering system with the help of Judy Peden, Elida Parra, and her daughter, Perudencia, 1½.

Judy Peden shows off son, Michael Bruce, born Wednesday. Without a doubt, an "A" student, the stork would say.