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WEDNESDAY, JUNE 20, 2001

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MARK LENNIHAN / Associated Press

Bill Cosby's show at the Academy of Music tomorrow will help finance two scholarships to Temple.

## In seeking laughs, Cosby has a serious goal

By Annette John-Hall  
INQUIRER STAFF WRITER

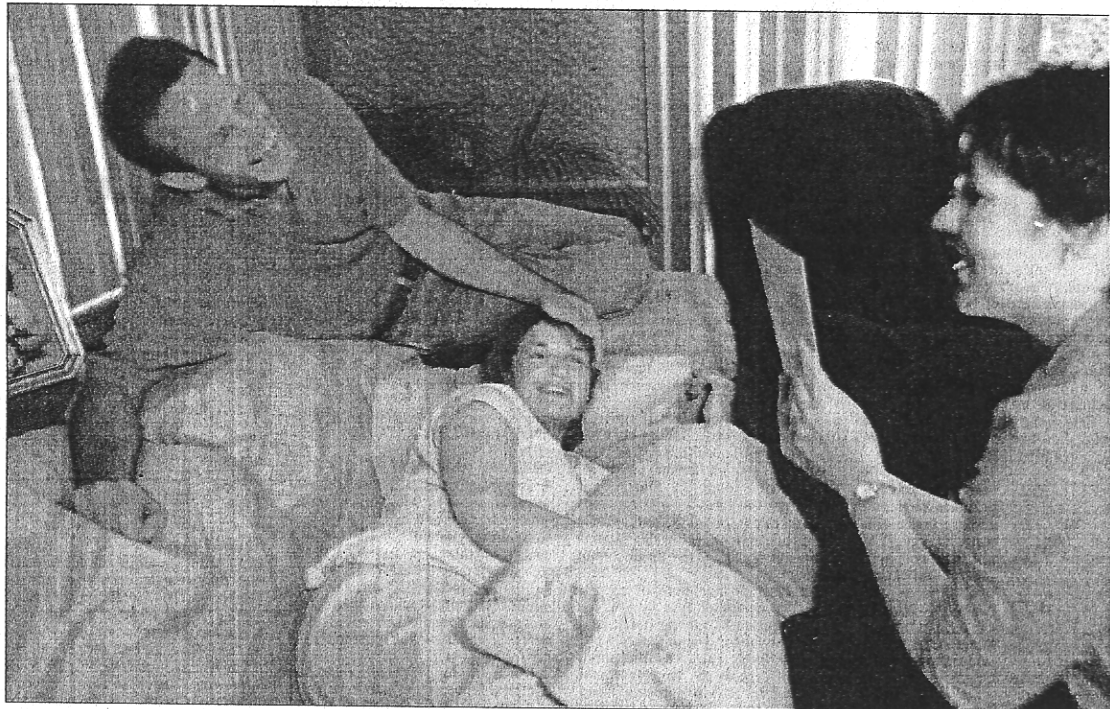
Education is no laughing matter for Bill Cosby.

But the entertainer is hoping that laughs will pay off in scholarships for Philadelphia students.

He'll star in "An Evening With Bill Cosby" at the Academy of Music tomorrow. Part of the show's proceeds will go to an endowment fund that will send two students from Central High School to Temple University. Cosby attended both Central and Temple.

To fund the scholarship, Cosby teamed with the Comcast Foundation, which has seeded the endowment with \$50,000 and will match the proceeds from the show.

Cosby's passion for education is well documented. Long after he earned success in show business, he went back to college and earned a master's degree and a doctorate in education. He is a regular speaker on the college commencement. See **COSBY** on D6



LINDA JOHNSON / Inquirer Suburban Sta

Georgina Hurley (right) gives hypnobirthing instructions to Cahir and Regina McNeill of Havertown. Hurley used the technique when her second child was born.

# Labor Saver?

Proponents say hypnobirthing can take the pain out of childbirth, without drugs. But not everyone is sold on the hypnosis technique.

By Kathy Boccella  
INQUIRER STAFF WRITER

**C**halk it up to inexperience or naivete, but Georgina Hurley was so confident that giving birth was "no big deal" that she did little to prepare for the coming of her first child.

"I thought people blow this way out of proportion," said the 34-year-old nurse, who wanted to deliver without drugs. "I have a high tolerance for pain."

Imagine her surprise when she found herself in the throes of labor, curled into a ball on a bed, banging her hands against the handrail in anguish, waiting for an epidural to ease the pain.

"It was worse than anything in the world," she said. "I had no skills, no tools, no plan. I don't know what I was thinking."

When she got pregnant a second time, she figured there had to be a better way.

What she found was hypnobirthing, the latest trend in so-called natural childbirth. Believers contend that labor can be easy, even blissful, not through drugs but through the power of the mind.

It's a technique more commonly associated with quitting smoking or overeating. The premise is simple: By overcoming your fears and relaxing your body, you will be able to deliver your baby with minimal trauma.

Practitioners maintain dramatic results: fewer complications, fewer cesarean deliveries, shorter labor, and less suffering.

"We get letters all the time from women who have experienced pain-free births," said Marie Mongan, founder of the New Hampshire-based HypnoBirthing Institute.

It's hard to say how many people are using the technique, but Mongan said that the institute has

See **BIRTH** on D3



Gary McGrory and his wife, Megan, practice in Malvern. It's important for the mother to have a partner.



DAVID SWANSON / Inquirer Suburban Sta

## Star-studded reading of declaration

Michael Douglas and Catherine Zeta Jones will declare their independence July Fourth. In our town. On ABC.

The couple will join fellow actors Kathy Bates, Morgan Freeman, Mel Gibson, Whoopi Goldberg, Graham Greene, Ming-Na, Edward Norton and Kevin Spacey in a dramatic reading of the Declaration of Independence on the front steps of the Museum of Art.

The reading is the centerpiece of Independence Day 2001, a 10 p.m. live ABC special to be anchored from Phil.

