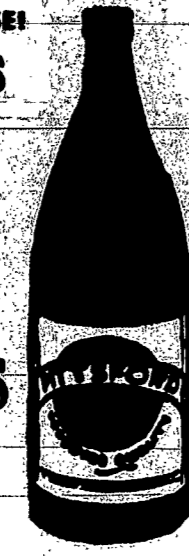


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At Our House®
Neighborhood 'Clinics'
By MARY TIMLEY DALY

Since publication of a column on "The Worry Clinic" a few weeks ago, many requests have been received for more information. At this time, formation of such clinics is still uncertain, but more of this later.

The letters do indicate, however, a tendency we all probably have observed: tension, uneasiness, boredom, loneliness even when surrounded by family and friends.

As one reader puts it, "I don't know what's the matter with me. I have no real cause for worry. With a fine family, lots of friends, I still have nagging uneasiness, sort of uneasiness about myself. I'd feel foolish talking to my husband or friends about this, yet I want to talk to somebody, anyone who understands. If, like you did recently, I could be surrounded by strangers I might cheer up. And I sure do need to cheer up! Now, don't recommend a psychiatrist. I couldn't afford it and besides I don't think I need such drastic treatment. What I want is to join your 'worry clinic'."

The lady may or may not need a psychiatrist; we wouldn't know. But there are a couple of do-it-yourself remedies we do know to be helpful in the "cheer up" department—know from personal experience and that of others.

attending a bargain basement sale, and about as frustrating.

Right now, we speak of being "surrounded by strangers," much as we were at the Worry Clinic.

Pick, for instance, a grocery store in a part of town unfamiliar to you. Or pick your own neighborhood grocery shopping center at a time you usually do not frequent it—say, Tuesday afternoon. Weekend bargains have not yet been posted, the store is comparatively free of bargain hunters, the hustle-bustle of weekend shoppers. Present are only the leisurely.

You pick up a can of coffee, meet somebody who, like yourself is whiling away a bit of time.

"Good coffee?"

"Good coffee. And they even have saccharine for those of us on diets."

You compare diets, take separate ways. You saunter over to the fresh vegetable stand, pick up a vegetable you've never seen before. You find someone who can explain what it is, how to cook it, and how good it tastes. In passing, she tells you that this was the very thing her mother-in-law used to cook "When George was a boy."

Maybe you talk mothers-in-law for a while, maybe you talk about boys' appetites, maybe somebody else joins you—it's all very casual, relaxed, easy-going, pleasant. You don't even know one another's name and you meet perhaps for the last time at the check-out counter with a wave of camaraderie.

Sometimes a simple, everyday treat serves as a treatment.



MRS. RICHARD FABEN

Olszyk-Short Nuptials Said

Bath — Miss Winifred Mae Short and Edward A. Olszyk were married May 8 in St. Stanislaus Church in Bradford.

The double ring ceremony was performed by the pastor, the Rev. Stanislaus H. Blaszewski.

The bride is the daughter of Mrs. Winifred Short of Bath and the late Harold W. Short. Her husband's parents are Mr. and Mrs. Andrew Olszyk of Dundee.

Mrs. Harold Short served as matron of honor. The bridegroom chose his brother, Chester Olszyk as best man.

Bridesmaids were Miss Ruth Mulliken and Miss Renee Short.

Harold Short and Anthony Salamandra seated guests at the church.

Faben-Krizek Wedding Held

Ithaca — Miss Lena A. Krizek, daughter of Mr. and Mrs. James O. Krizek of Hillcrest Road and Richard Faben, son of Mr. and Mrs. Michael Faben Sr. of West Court Street, were married May 22 at Immaculate Conception Church, Father John S. Maloney officiated.

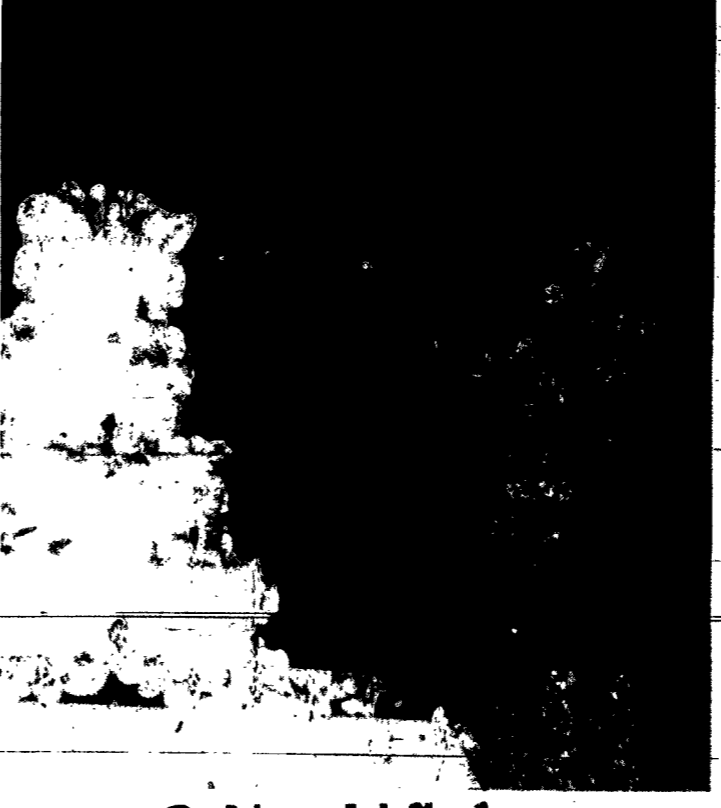
Mrs. James Dormady was matron of honor for her sister and bridesmaids were Miss Patricia Faben and Miss Shirley Moravec.

Michael Faben Jr. was best man and ushers were Gerald Faben and James Dormady.



Editors at College

Mary Ellen Foody, left, will be editor of *Stigmata* at Nazareth College next year and Mary Ellen McGlynn, editor of the *Gleaner*. Verily Fair will be edited by Mary-Margaret Snyder, not shown.



Golden Jubiliarians

Mr. and Mrs. Joseph Parreno celebrated their 50th wedding anniversary recently with a Mass at St. Francis Assisi Church, Auburn. A reception followed at the Hotel Albee.

Top McQuaid Senior Wins Varied Honors

Mark Sullivan, the top senior at McQuaid, has been appointed to the United States Air Force Academy, in addition to three full scholarships to other universities.

The Jesuit society has awarded Mark a full scholarship to any Jesuit college in the United States. This is equivalent to a full payment offer from all 28 of these colleges. In addition, he was given explicit full scholarships to Boston College and Georgetown University.

Mark is and always has been an honors student in the top ten of his class. His family moved to Michigan in his junior year, but he stayed to complete his courses and graduate with his friends. Mark has carried an eight-subject course for the last three years, including the difficult Greek honors course, and yet has always maintained a high average, and proved it by keeping an average above 90% with no mark below 80%.

He has been a member of the debating and oratory societies for three years, and is at present a member of McQuaid's Humanism Seminar and president of the German Club.

Couple Wed In Corning

Corning — Miss Nancy Louise Montopoli, daughter of Alderman and Mrs. George Montopoli of 175 W. First St. and Eugene Robert Bellflowers, son of Mr. and Mrs. Eugene Bellflowers of Tampa, Fla., were united in marriage May 1 in St. Mary's Church by the Rev. John Gormley.

Miss Diane Tobia was maid of honor and Mrs. Richard Roberts, matron of honor. Bridesmaid was Miss Diane Bavisotto.

David Schilberger was best man, James Berto and Thomas Montopoli were ushers.

Marriage Course Slated At St. John Fisher

The role of sexuality in marriage as seen by contemporary church men and a retrospective survey of the personal ends of marriage are among the topics which will be considered in "Theology of Marriage," a three-hour credit course being offered in the 1965 St. John Fisher-Nazareth College Summer Session.

Father Eugene C. Bammel, C.S.B., of the Fisher theology department will teach the course. Classes will be held from 6:30 p.m. to 8:10 p.m. Mondays through Thursdays for six weeks commencing June 24.

Father Bammel, who joined the Fisher faculty last September, holds graduate degrees in theology and philosophy from the University of Toronto. He taught at Aquinas Institute for two years and also has been assigned to parish duties.

Familial planning problems and the traditional and current discussions of birth control will be reviewed in the course. The psychological aspects of child-raising as they relate to the nature of the family also will be examined.

To introduce the course Father Bammel will discuss marriage as a commitment of two persons to each other. On this foundation he will develop the spirituality of marriage, which he sees as the fulfillment of the human personality and as an expression of mature responsibility for other persons.

Additional information about Summer Session courses may be obtained from the Director

Please a Man



993

Basilian Given Biology Honor

John F. Cotant, C.S.B., a sophomore at St. John Fisher College, has been named top student in general biology at the college. In recognition of the honor, he will receive a scroll and a copy of "The Handbook of Physics and Chemistry," both donated by the Chemical Rubber Co., Cleveland, Ohio.

Cotant is a member of the Basilian Fathers scholasticate at St. John Fisher. He is the son of Dr. and Mrs. John F. Cotant, 15717 Rosemont, Detroit, Mich., and a graduate of Catholic Central High School.

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Auxiliary For Erie

Washington — (RNS) — Magr. Alfred M. Watson, rector of St. Peter's Cathedral in Erie, Pa., was named by Pope Paul VI as Titular Bishop of Nations and Auxiliary to Archbishop John M. Gannon, Bishop of Erie.

Bishop-elect Watson is Vicar General of the Erie diocese, which he has served since his ordination on May 10, 1934. He is a former headmaster of the Cathedral Preparatory School and a former professor at Mercyhurst College.

Born July 11, 1907 in Erie, Bishop-elect Watson was educated at St. Mary's College in Baltimore, and before becoming Vicar General last year served parishes in Erie.

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