

NFP

Continued from page 19

the simplicity of NFP after first learning about it. He said that the monitoring of bodily signs becomes a habit, and that — once mastered — they take very little effort or time.

"We compare it to brushing your teeth," he said. "You incorporate it into daily life. It just takes a couple of minutes."

Furthermore, Bob said, because the couple works together to monitor the woman's signs on a daily basis, NFP can help to improve a marriage.

"It creates a common bond that just helps out your relationship," Bob said. "You start to talk about things you might not have talked about."

"It's gotten us closer," Wayne noted. "I understand Diane a lot better. At night when we go over the signs, we talk."

"From a woman's point of view, it's great," Diane said. "You can actually get your husband to talk to you."

One of the arguments sometimes given against NFP is that it requires abstinence during the woman's fertile period — anywhere between seven and ten days each cycle. But neither of the couples found the abstinence a problem, pointing out that other people have to abstain at times due to illness or work schedules.

"Maybe you make a nice dinner, watch a movie, cuddle," Diane said. "You make

time to be intimate in another way.

"If you can always have your candy whenever you want it," she added, "it becomes not that special."

One of the advantages of NFP is that it can be used to conceive, the Surashes noted. The couple has two children — ages 4 and 6 — both of whom were planned pregnancies. "When I did get pregnant, I could tell in 10 days," Barbara reported.

Yet another advantage of NFP is the cost, Tubiolo observed.

After the initial fee of \$87 to pay for ma-

terials and the three-session course, the couple doesn't need to spend any more money, Tubiolo said.

But the best part of NFP, Bob said, is that NFP works.

"It takes cooperation between both people involved," Bob said. "But if you know the information and you follow the rules, then there are no surprises."

EDITORS' NOTE: Natural Family Planning classes are offered each month at St. Mary's Hospital, 89 Genesee St. Call 716/464-8705 for information.

Newlyweds

Continued from page 20

money, she noted. In the section on "Dollars and Sense," the sub-chapter on family attitudes lists such statements as, "In my family, it was the primary role of the male to provide for the material needs of the family," and asks each member of the couple to write a "yes" or "no" answer in the "me" and "you" columns of their manual.

"A lot of them think that money is not an issue," Fischer said, noting, however, that many marriages founder in the mire of shared finances. "You generally get one (spouse) who is a saver and one who is a spender," she said, adding that such a pairing can lead to difficulty if mates can't agree on their future spending habits.

Rather than stressing the consequences of apparent mismatches, Gillette said he prefers to focus on the potential benefits of a marriage between opposites. For instance, he said, the partner in the couple who likes to save may be the one who stashes away enough money to pay for an exotic vacation.

But to help couples learn how to budget for less exotic items such as food, clothing and shelter, marriage-preparation experts guide engaged couples toward discerning the difference between financial needs and financial wants. Many young couples have been raised in middle-class comfort, they stressed, and may have unrealistic expectations of continuing their parents' affluent lifestyle once they get married.

"Our big issue is to plan for the future, not just to survive," Gillette said. "Also, there's a very great drive in these talks to look at basic needs," he said.

Noting the fact he's been married 41 years, Gillette said he attempts, in a good-natured manner, to impart the wisdom he has gained to the couples. For example, he has learned to resist needless purchases after wasting money as a young husband.

Fischer echoed Gillette's insights, pointing out that marriage-preparation coordinators encourage couples to consider whether they are buying certain consumer goods and services in an attempt to "keep up with the Joneses," rather than enhance their own lives.

Couple

Continued from page 24

marriage preparation as soon as possible "so if he's sent, we can get married before he leaves," Rizzitano said.

Federowicz acknowledged that if the war continues, more couples might decide to get married quickly. Marriage-preparation coordinators in the diocese will meet Feb.

Dating

Continued from page 18

however, the two high school boys had different solutions.

Although Artie wasn't planning to end his relationship with Mary Ann before they went off to college, LaDue said he just ended a one-year relationship and going away to college was a major factor in the decision.

Although "Personal Effects" focused on dating, the Aquinas cast members commented that high school relationships aren't that important.

Feeley noted that although she has had a serious relationship, dating isn't all that fun.

"I'm too young to get all wrapped up in such serious things like a relationship," Feeley said.

Student-director Frank Diene noted that he looks for specific characteristics in a girlfriend.

"She has to have a sense of humor and like to go out and have a good time," the Aquinas junior said. "She can't have an attitude."

Schmitt added that he likes old traditional values, but they seem unrealistic in today's society. He and LaDue agreed that if a guy is sensitive and sincere — such as Kevin was — his friends will give him a hard time.

All the students came to the consensus that dating is a complicated issue.

"The old Beaver Cleaver type of relationships are cute, but they are much too idealistic," Schmitt said. "You can't generalize about relationships because every one is different."

In contrast to a couple like Kevin and Eileen, Brien noted that high school relationships don't always have happy endings.

"The more I see of relationships, the more I can see that they are not easy," she said. "I'm sad for the fact that you hardly ever see anyone who is really devoted to a person."

20, and one of the topics of discussion will likely be preparing for that possibility, he said.

"We need to expand (marriage preparation's) horizons to take into account this situation," he said.

One area of concern is that the war might make some couples get married for the wrong reasons, Federowicz said. Among those reasons could be that the young man — the one most likely to face combat — is afraid of death or that he might lose his girlfriend while he is away, Federowicz suggested.

"A counselor is needed to see where each person is grounded," he said.

Rizzitano noted that she and Butler have a firm foundation in their four-year relationship. They have endured more than two years of separation because of Butler's military service.

"I think his being away has brought us closer," Rizzitano suggested. "If we had any doubts before he left, this has done away with them."

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Reunion organizers seek graduates for May gala

The Alumni Office of St. Theodore's School in Gates still seeking graduates of all classes to notify them of a reunion scheduled to take place on May 18, at 8 p.m. in the school gymnasium.

Those with information on graduates can call Sue Fellingner, 716/328-7461; Thomas Monagan, 429-5822; the school office, 429-5450; or write to the alumni office at St. Theodore's School, 170 Spencerport Road, Rochester, N.Y. 14606.