

Weddings

Marinelli-Clark

Miss Michelle Marie Marinelli and Frederick Joseph Clark were married at 3 p.m., Oct. 17, in St. Mary's Church, Auburn. The Rev. Edward Zimmerman officiated.

The bride is the daughter of Mr. and Mrs. Joseph Marinelli, 36 Ross St. The bridegroom is the son of Frederick Clark, Fosterville Road, Cayuga, and Mr. and Mrs. William Walters, Jupiter, Fla.

Anny Campanelli served as maid of honor. Melanie Lutkins was flower girl.

Escorted by her father, the bride wore a white satin bridal gown featuring an open, scalloped neckline. Its long sleeves and bodice were embellished with beaded silk Venice-style lace. The princess-style waist flowed to a full skirt and cathedral-length train. Embroidered lace formed medallions on the front and back skirt and edged the entire hemline. Best man was Matthew Schooley.

The reception was given at Auburn Correctional Facility Recreation Center, and a rehearsal dinner was at Yesterday's Restaurant.

The bride is a graduate of Auburn High School and Cayuga Community College. She is employed at Auburn Correctional Facility.

The bridegroom is a graduate of Spruce Creek High School in Florida. He is employed at Casler Masonry.

After a wedding trip to the Bahamas and Florida, the couple will live at RD 1, Laraway Road, Cayuga.



Mrs. Frederick Clark

Colvin-Bazarnik

Miss Angela Marie Colvin and John Dec Bazarnik were married Oct. 31 in St. Francis of Assisi Church. The Rev. Patrick Seelman officiated.

The bride is the daughter of Mr. and Mrs. Robert M. Colvin, 80 Lewis St. The bridegroom is the son of Mr. and Mrs. Steve Bazarnik, 2 Englewood Ave.

Janeen Colvin served as her sister's maid of honor. Other bridal attendants were Gina Mastropietro, Patty Charella and Patty Bazarnik.

The bride was escorted by her father.

Music was provided by pianist Robert Colvin Jr., the bride's brother.

Best man was Frank Calascibetta. Ushers included John Socci, Tom Mastropietro and Michael Moore.

Flower girl was Katie Socci and ring bearer was Matthew Vuillemot.

The reception was given at the Polish Home and a rehearsal dinner was at Lasca's Restaurant.

The bride is a graduate of Auburn High School. She is employed at New Process Gear in Syracuse.

The bridegroom is a graduate of Auburn High School. He is an apprentice lineman for IBEW Local 1249, East Syracuse.

After a wedding trip to Vermont, the couple will live at 86 South St., Auburn.



Mr. and Mrs. John Bazarnik

Socci-White

Miss Mary C. Socci and Dr. Peter F. White were married Nov. 6 in Brunswick, Ga.

The bride is the daughter of James and Joan Socci of Auburn. The bridegroom is the son of Dr. and Mrs. William P. White of Atlanta, Ga.

The bride graduated from Auburn High School and cum laude from Princeton University. She has completed a master's degree in anthropology at Yale University where she is currently a Ph.D. candidate.

The bridegroom is a graduate of Emory University and Johns Hopkins University School of Medicine. He is an American Cancer Society clinical fellow at Memorial Sloan-Kettering Cancer Center in New York City.

The couple is living in New York City.

No love for hubby who lost stash

Dear Abby

DEAR ABBY: I just read the letter from "Learned the Hard Way," who said he had several thousands of dollars in gold coins hidden in a shoe box in his closet, until his wife accidentally tossed the box out Abby. If that turkey believes his wife's story, he's an absolute idiot.

First, what wife is going to throw out a shoe box hidden in her husband's closet without checking the contents? Also, that box had to be suspiciously heavy with "several thousands of dollars in gold coins," so it's hard to believe his wife would toss it out without opening it.

I say the wife either now has the gold coins stashed in a secret hiding place of her own, or in a safe-deposit box at the bank in her name. And if the husband is that dumb, he deserves it. — SCOTTY IN BURBANK

DEAR SCOTTY: Others wrote to suggest that I was "out to lunch" on that one. Read on for more criticism.

DEAR ABBY: Shame on you for being so sympathetic with "Learned the Hard Way," whose stash of gold coins was accidentally tossed out by his wife. You should have chastised him for holding out on her. Marriage is supposed to be a partnership. He had no business

squirreling it away in the first place. That bum got what he deserved. — INDEPENDENT WOMAN

DEAR WOMAN AND SCOTTY: Score: Readers, 191. Abby zip.

DEAR ABBY: The letter from "Learned the Hard Way," whose wife claimed she accidentally threw out his stash of gold coins hidden in a shoe box in a closet, reminded me of this. Many years ago when I was a traveling salesman in Sioux City, Iowa, I needed a little cash to go on the road, so I asked my wife if she had any. She said she didn't, so later that day, I borrowed some. I then went to take a shower before leaving town and I found \$200 in bills hidden in the back of the linen closet. I stuck it in my pocket, took out, and let her look.

A few days later when I called home, the wife asked me if I found some money in the linen closet. I said, "How could I find it, if there wasn't any?"

We are now divorced. — GET-

TING EVEN IN SCOTTSDALE

DEAR ABBY: How's your survey coming? If it's not too late, include me. Here's my history.

Marriage No. 1: lasted 1 1/2 years. I did not cheat. He did.

Marriage No. 2: lasted 5 years. I did not cheat. He did.

Marriage No. 3: lasted 2 1/2 years. I did not cheat. He did.

Marriage No. 4: I did not cheat. He did. Then he accused me of cheating, so I finally did. That marriage lasted 14 years. After that divorce, I reassumed my maiden name. To hell with marriage! — SINGLE AND SATISFIED IN DALLAS

DEAR S AND S: I'm still tabulating, and I am well over the 200,000 mark. The faithfuls have outnumbered the unfaithfuls by a landslide. Although the responses have tapered off, they are still coming in. Stay tuned.

DEAR ABBY: Every year for many years, my husband and I have a New Year's Day luncheon, inviting the same group of married couples. They all act so happy to come and seem to have a wonderful time.

They say it's become a "tradition" now, and yet for several years, none of the couples — with

the exception of one — has ever invited us to their homes. We hear through the grapevine about parties they have had and we feel hurt.

Abby, do you think they are trying to tell us something? We are considering canceling our next party — or maybe inviting a whole new set of friends. — HURT HOSTS

DEAR HURT: You invite people because you want their company. If they didn't want yours, they would find some excuse to decline. However, when your enjoyment ceases — it's time to break the tradition.

DEAR ABBY: I couldn't help but chuckle over the letter from the lady whose husband gets a headache during sex. I laughed because that's been my problem for several years now and I'm female!

I read somewhere that this was not unusual, especially if the person has problems with vascular headaches such as migraines. (I do.)

By the way, my husband always gets a stuffy nose from sex. It's become our little private joke that if his nose stops up and I have a headache, we must have had a real good time. — HEADACHY BUT HAPPY

Women unite to ban the snorers

Erma Bombeck

The problem with snoring is that no one takes it seriously. Since it is classified as an "inconvenience" and not a disease, some people tend to laugh it off. Some people find humor in the bombing of Pearl Harbor.

The rest of us go to bed nightly serenaded by a glee club of gasps, whistles, gurgles, buzzes, hisses, with occasional solos by grinding teeth and some inane conversation.

I think it's time for those of you who snore (and don't tell me you don't hear yourselves) to realize there are some serious side effects to snoring that will only increase as time goes by.

Just recently, a 66-year-old man consulted his doctor, complaining of a dull pain in his right calf. He was given medication for the mysterious ache. Several nights later he awakened to a sharp kick in his leg by his wife. "That's my sore leg," he explained. She said, "It's where

I always kick you to stop your snoring."

There is a militancy creeping into those survivors who spend their nights watching their spouses sleep that could spark a revolution. It all started when wives began to compare notes. They put together a profile of the Habitual Snorer.

The snorer is predominantly male, falls asleep quickly, never goes to the bathroom during the night, gets out of bed to check to see if the front door is locked, never hears a car in the driveway, a baby cry, the furnace clicking on, a siren in the other part of town, water dripping, clocks ticking or crickets eating the carpet. Under oath he will swear that he does not snore and refuses to admit he causes

lampshades to shake and cattle to become restless 50 miles away.

One by one, they began to experiment. When one of my friends heard that a change of bed might stop her husband from snoring, she moved his bed to his mother's house in Pittsburgh and divorced him. Another one wasn't quite so drastic. She sewed a tennis ball on the back of his pajamas because she read where men usually snore on their backs. He stopped snoring, but he now has back problems and talks to her all night long about it.

I read where a pillow over the face was a solution, but this could get out of hand ... depending on how tired you are when you administer the treatment.

Although they haven't found a cure without side effects, women are trying to ban snoring on airlines, in concert halls, movies and doctors' offices. I now have a

sign attached to my television set that says, "THANK YOU FOR NOT SNORING."

I saw a story the other day about Paris taxi drivers who have installed "hot seats" in their cabs. Whenever they are threatened by a passenger, they push a button and zap him with 52,000 volts to stun him. We may be on to something.

Stretch and lift exercise may be done the same day

Dear Doctor

Dear Dr. Donohue: About 40 years ago an athletic instructor told me that lifting weights, which contracts and tightens muscles, and swimming, which lengthens and stretches muscles, should not both be done in the same day. Your opinion, please. — D.B.

That might have been the thinking 40 years ago, but it isn't today. In fact, both contraction and lengthening of muscles are essential parts of weight training. Let's look at what is happening in each mode.

When you lift a weight, muscles do contract. They shorten and tighten. That is called concentric muscle contraction. When you lower the weight to the starting position, the muscles lengthen and stretch. That's eccentric contrac-

tion.

If you have trouble understanding what's going on, you can use this little technique. Have a friend sit across from you and do wrist curls. As he raises the weight you can feel the muscles of the forearm go into concentric contraction. As he lowers it you'll feel the same muscles stretch into the eccentric contraction phase.

The eccentric lowering part of any lift is, in fact, the most beneficial exercise. This is why I have advised lifters to emphasize it by lengthening the time it takes to lower weight. For example, when you lift, do it to a count of two, then

lower slowly to a count of four. People who simply let the weight drop back into place without any resistance lose the value of the important eccentric contraction phase.

And yes, you can stretch and lift weights this way in the same day.

• Dear Dr. Donohue: I'm a 42-year-old female. Can you tell me if you have to go without water before being tested for cholesterol? You say one must fast. How long? — M.B.

Water does not interfere with the test. You have to fast before a triglyceride test, but not for a cholesterol test.

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