

Williams - Greaux

MISS MITZIE GREAX and Roy H. Williams Jr. exchanged marriage vows April 2, 1972, in a 4 p.m. double-ring ceremony in Bayamon, Puerto Rico. The Rev. Theodore Veerkamp officiated.

The bride is the daughter of Mr. and Mrs. Victor Greaux, Vista Bella, Bayamon, Puerto Rico, and the bridegroom is the son of Mr. and Mrs. Roy Williams, 2472 Weston Ave.

Given in marriage by her father, the bride chose a gown of silk voile and ivory satin, accented with lace and pearls. Made in French imperial style, the bodice was completely embroidered with pearls and lace motifs. The train was similarly trimmed. Her veil of illusion fell from an embroidered crown.

MRS. DILIA CAPUZZO was matron of honor, and Miss Diane Gumbs was maid of honor. They chose imperial style gowns in pale blue mystic silk with long sleeves ending in pearl trim. They carried daisies in white and blue and wore daisy headpieces.

Miss Belkys Ayala, Miss Carmen Declet, Miss Nilda Collado and Miss Gizela Sanchez were bridesmaids and were gownned the same.

Angelo Luigi Capuzzo was ringbearer and Sidnia Nieto was flower girl.

JOHN VAN ORMAN was best man.

After a reception at the Lion's Club in Bayamon the couple left on a wedding trip at St. Bethlehem, the French West Indies and the Virgin Islands. They will reside in Florida on their return.

The bride is a social worker and the bridegroom is with the United States Navy.



MRS. ROY WILLIAMS JR.
(Miss Mitzie Greaux)

Educator takes state nursing post

Special to the Gazette
ALBANY — Few experts in any field have an opportunity to translate theories developed on the campus into everyday use in the workaday world.

Dr. Laura Dustan, who recently joined the New York State Department of Health as assistant commissioner for nursing services, is one of those fortunate few.

A year ago, Dr. Dustan was entering her seventh year as dean of the renowned University of Iowa School of Nursing where she had won a reputation as a forward-looking academic administrator with a special feeling for the nursing profession and the training needs of those in that profession. During her tenure at Iowa, Dr. Dustan had accomplished much in improving and expanding nursing education, particularly in the area of promoting the integration of the nursing and liberal arts curricula.

Then arose a unique opportunity to carry her ideas and ideals beyond the campus — and to influence the everyday life of the practicing nurse on a large scale. The New York State Department of

Health had created a new assistant commissioner-level position demanding an individual with an unusual blend of theoretical and practical talents who would serve in a policy-making and coordinative role in all governmental decisions affecting the profession of nursing in New York State. Focus of the new assistant commissioner will be on all nursing programs including those of voluntary and governmental home health agencies; hospital nursing; and present and future nursing manpower needs.

The Department was anxious to find such a person early in 1971 and made a strong effort to recruit this unique individual at that time. A dozen promising candidates were interviewed in Albany. The most promising, Dr. Dustan, was ultimately selected, even though the department had to wait a full year for her to fulfill a contractual commitment to the University of Iowa.

On the reason for her move from Iowa, Dr. Dustan comments: "Yes, I could have stayed at the University until it was time to retire. I was very happy there. But I believe that those in the nursing field who have been engaged in education for many years need to get back to the 'providing of service' level to keep in touch with the real world of nursing — to get a true picture of the effectiveness of our educational work."

How does she define her role after only two months in her new position?
"I believe that the individual

who takes a job of this type creates a definition as she works," Dr. Dustan says. "It's difficult for me to discuss my view of the job until I have familiarized myself with the Department's nursing programs and the people involved in these programs. In doing my job, I hope to be not only a coordinator but also a communicator, someone who can transmit the ideas of the people working in the field to those who make the administrative decisions, and vice versa."

Laura Dustan became committed to nursing as a youngster. Born in Craftsbury Common, Vt., the granddaughter of a country doctor, she half-jokingly insists that a movie stimulated her interest in a nursing career. She sought a nursing education but, since colleges with nursing

programs were rare at the time, had to settle initially for a B.S. degree in home economics from the University of Vermont. From there she went on

to earn a master's degree in nursing from the Western Reserve University School of Nursing, Cleveland, Ohio, in 1943.

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Hints from Heloise

Here's a way to hang up bedspread

DEAR HELOISE:

Here is a neat, handy way to hang your bedspread each night after removing it from the bed.

Buy a heavy-duty, three-quarter-inch cafe curtain rod with two-inch extension brackets.

Buy the length to fit the back of your bedroom door.

Then screw it to the upper part of the door.

Neatly fold the bedspread and hang it over the rod. The spread is out of the way and stays wrinkle-free.

Mrs. T.P.A.

I've also found that an unused towel rack works like a charm for hanging up that bedspread. But just make sure it is the proper length for the back of your bedroom door, and attach it with screws.

Nothing looks tackier than a wrinkled bedspread. This idea has saved mine from wrinkles for years.

Heloise

DEAR HELOISE:

I am 12 years old and I'm getting my bedroom remodeled.

It used to be white, but now Dad is painting it light blue.

He told me to take off the switch plates in my room and wash them. But Mom had other ideas. She said, "Since you're an artist, why don't you paint little designs on them?"

This was just a practice, for I also had to paint flowers in our bathroom.

The little flowers brighten up the switch plates and my room too.

Debbi Rogers

DEAR HELOISE:

Ever wrestle with sticky dumplings that wad up while being cut? I laid two cans of biscuits out on an oven liner made of aluminum foil. An extra can of biscuits was my rolling pin — unopened, of course!

I rolled each of the biscuits out to the desired thickness. And, using a pizza cutter, sliced them in the correct width. No mess and no sticking.

This makes the job fun and as easy as pie. Wonder why I never thought of it before?

Sherry Crews

DEAR HELOISE:

I love to sew and sometimes a favorite pattern becomes torn and ragged.

I simply iron it onto a piece of polyethylene-coated freezer wrap. It is stronger than new and ready for many more uses. Now pour yourself another cup of coffee and think of me

Betty Harold

Well, Betty, guess I'll do just that. Thanks for the hint. After I finish this cup of coffee, I'll go and repair some of my ragged patterns!

Heloise

LETTER OF LAUGHTER

DEAR HELOISE:

If you purchase something to wear that is turned around backwards, wear it on the days that you don't know which way to turn!

Pattie S.

THIS COLUMN is written for you... the housewife and homemaker. If you have a hint or a problem write to Heloise in care of the Niagara Falls Gazette. Because of the tremendous volume of mail, Heloise is unable to answer all individual letters. She will, however, answer your questions in her column whenever possible.

Ann Landers

Laugh it up



DEAR ANN: The doctors are at it again. Every other week they come up with something that is harmful to Mr. & Mrs. John Q. Public. If it isn't cholesterol it's smog. Now they tell us to stop laughing. A scientist at Stanford University says laughing can be hazardous to your health. He claims laughter disrupts normal breathing and can contribute to strokes in people who are susceptible. He also points out that there is no literature detailing the massive muscular activity associated with laughter and we have much to learn in this area.

I have always believed that laughter was good for people — and now this. Any comment, Ann? What do your experts say? — Afraid To Hear A Joke

Dear Afraid: My experts say go ahead and laugh — if you can find something to laugh about these days. (And P.S. Pass it on, will ya?)

DEAR ANN LANDERS: I earnestly believe that every person has the right to be nutty on one subject. My subject is cigarette smoking. I've always hated it — especially in women. After the Surgeon General's report established an indisputable link between cigarettes and lung cancer, I was sure millions of people would quit smoking. But they didn't.

Now, a doctor in Redding, California, has discovered something that will probably have a far greater impact on women than the fear of lung cancer. The doctor has proven that cigarette smoking can result in premature wrinkles. It has been known for years that nicotine causes the small blood vessels in the skin to contract. Over a period of time this could

produce wrinkling. So please print my letter, Ann, and let's hope that by appealing to the vanity of heavy smokers we can get them to put an end to the self-destruction. — A Person Who Loves People

Dear Person: I love people, too, but I learned long ago that you can't save people from themselves. Heavy smokers are physically addicted to tobacco as surely as the junkie who is hooked on smack. And, in addition to the physical addiction there's a psychological problem. He must like himself well enough to go through the discomfort of kicking his habit. Unless the addict is willing to suffer the pangs of withdrawal, nothing can help him.

DEAR ANN LANDERS: I've been looking at your picture in the Salt Lake Tribune for a long time and I just figured out where I know you from. It hit me all of a sudden. My memory took me back to World War Two. You worked as a Bedouin belly dancer under the name of Fat Oola — followed the troops through North Africa and Italy. You weren't fat but the name was a catchy one.

Obviously you snagged a fellow named Landers and your native intelligence has carried you far. Heartiest congratulations. Any girl who can make it from the night club circuit to the newspaper business, I take my hat off to. — W.C.M.

Dear W.C.M.: Keep your hat on. You've got the wrong number.

YW to start new courses

Mrs. Marlin Eichelberger, director of the Health, Physical Education and Recreation Department of the YWCA announced the addition of several new classes to the regular spring program.

Classes to begin this week and continue for 10 sessions are:

Yoga — Two classes will be offered for both women and men and will be conducted by Mrs. Roslyn Jay. Beginners will meet at 9:30 a.m. Mondays and intermediates 8 p.m. Thursdays.

Streamline Gym — For those unable to attend the evening physical fitness programs, a new afternoon class under the supervision of Mrs. Joan Seager will meet Tuesdays 1:30 p.m.

Karate — "Tae Kwon Do", a self defense course for women high school age and older, will begin Tuesday at 7:30 p.m. Robert Helsner, black belt degree, will instruct.

Co-Ed Tennis — Is scheduled to start April 18 and will be held for six consecutive Tuesdays. Ronald Fulgenzi will be the instructor. Beginners will meet at 6 p.m. and emphasis will be on service, forehand and backhand drives, and fundamentals of effective hitting. An intermediate class for those who can keep a ball in play will be held at 7 p.m. Please register at the YWCA before the first class.

Pearl Buck book to be reviewed

The final book review for this season sponsored by the World Fellowship Committee of the YWCA will be held Tuesday, at 10:30 a.m.

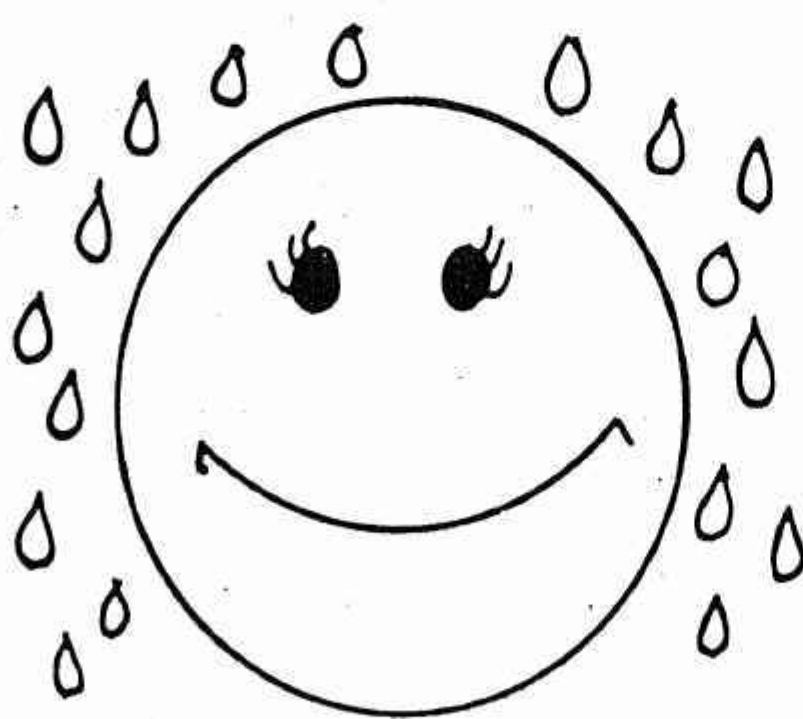
Mrs. Guy Berner, Buffalo, will review "Mandala," Pearl Buck's latest book.

The public is invited to attend.

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