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NEWARK POST

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THIS WEEK

In sports

Newark National catcher David Quinn during Saturday's game.

LITTLE LEAGUE ALL-STAR ACTION GETS UNDERWAY. 1B

REYBOLD HOMES FALLS IN TOURNAMENT. 1B

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MORE HISTORIC UNIVERSITY ELMS TAKEN BY DISEASE. 4A

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Decision nears on 200-home site here

Vote scheduled at July 11 council meeting

By JENNIFER L. RODGERS
NEWARK POST STAFF WRITER

Land located between William M. Redd Park and Curtis Mill Road may be designated as the site for 200 new homes at Newark City Council's July 11 meeting at 8 p.m.

The 74.12 acres of land proposed for development are part of 253 acres of DuPont property annexed by the city in 1989. Initially, it was agreed the land would be used for a 600,000 square-foot office building and will remain slated for such use, if the rezoning from manufacturing to residential is not approved.

Corporate downsizing, evidenced by the sale of the nearby DuPont Louviers plant, has left a surplus of office space in the area. DuPont said he believes it would be better to use money made from housing now, rather than wait until the market for office space improves.

The Cook and Cullen farms were originally located on the land that was eventually purchased by S. Hallock DuPont. Wilmington Trust is trustee for the estate, which is willed to DuPont's grandchildren.

A public hearing to discuss the housing plan during Newark Planning Commission's May 3rd meeting unveiled concerns about traffic, the number of units–originally 275 homes were proposed, and the absence of bike paths as reasons for the commission to recommend against the plan.

However, a traffic analyses compiled by engineers at Tetra Tech, Inc., said traffic volumes have decreased at both intersections– where Curtis Mill Road intersects with Cleveland Avenue and at Possum Park Road– that lead to the proposed developments. The study also said residential traffic would be less when compared to traffic that would be generated by an office building.

If the land is rezoned, the city will require the owner to include, among other things, a children's playground, sidewalks along Curtis Mill Road, a traffic signal at Curtis Mill Road and Old Paper Mill Road, and the relocation of the signal at DuPont Louviers Office Building to the intersection of the

See HOMES, 2A ▶

On Bear/Glasgow agenda: maintenance associations

By JENNIFER L. RODGERS
NEWARK POST STAFF WRITER

Hoping to improve a situation that has previously pit neighbor against neighbor, the Bear/Glasgow Council of Civic Organizations and New Castle County councilmen, Chris Roberts and Joseph Miro, are sponsoring a free seminar about maintenance associations July 9 at 9 a.m. at the Boys and Girls Club on US 40.

Historically, problems have started when developers hand open space over to residents. After a development is 50 to 75 percent finished, the developer delegates the responsibility for open space to homeowners, who in some cases don't yet have a civic association. The homeowners are then required to collect fees in order to maintain their communal property.

Stephanie Hansen, president of the BGCCO, has said she has heard about operational problems from "dozens" maintenance associations in the Bear/Glasgow area. The seminar is planned to help education maintenance association leaders and get a feel for how their associations work.

She also hopes to generate a list of names and maintenance associations, that can be used by members of future task force that will investigate maintenance association problems and alternatives.

"You have a required legal association that you have to belong to," Hansen said. "But no where in the county can you find out where these associations are, our how to contact them."

One alternative is park districts. Hansen said there is a state law already in place that enables residents to apply to have their open space renamed as a park district.

If it is relabeled, a volunteer park commissioner could then hire a staff to collect fees and maintain the area.

Hansen hopes the seminar will uncover "the players" in maintenance associations and their problems.

For more information, call Hansen at 834-6573.

Vice principal to assume top spot at Christiana High

By TONJA CASTANEDA
NEWARK POST STAFF WRITER

Christiana High School Assistant Principal Michael Epler will take over as principal of the school as of Aug. 1.

Epler, 45, will replace current Principal Kim Kremer, who is getting married and moving to the Baltimore area.

Epler

"I'm excited to be named principal of Christiana High School," said Epler. "I would like to see us working toward a goal of being the best high school in the state."

As principal, he said, he plans to continue improving teaching methods through more student hands-on learning and greater use of technology.

Epler said he wants to see greater parental feedback and community involvement. "The traditional methods of reaching out are through newsletters and meetings," Epler said. "but we need to go one step further and literally make contact with civic organizations and service groups."

He said he would like to see student activities have a greater focus on anti-alcohol and drug abuse. "Students are involved in this and I'm supportive of expanding efforts to anti-smoking," Epler said. He said for example, instead of detention, he would like to see the students caught smoking on school grounds get warnings and then be required to attend an anti-smoking session.

"I want Christiana High School to be a place that provides skills and opportunities so that students can be successful but I also want them to have fun, be secure and safe," Epler said.

He has been assistant principal at Christiana High School since 1991 and beginning in 1983 taught social studies at Christiana High grades 9 through 12.

See PRINCIPAL, 2A ▶

LIBERTY DAY FESTIVITIES

Three-year-old Jacqueline Roser (above), daughter of Gary and Maureen Roser of Newark, plays in soap bubbles while Newarker Alice Venier (top photo) reads the Declaration of Independence at Liberty Day festivities.The Reynolds family of Elkton, Md. (right) takes a break to eat snow cones and (bottom) Vendor Ruth Chandler of Kennett Square, Pa. displays her hats for sale.

Photos by Tonja Castaneda

Liberty Day draws large crowd

By TONJA CASTANEDA
NEWARK POST STAFF WRITER

Weather was bright and sunny on July 4th for Newark's Liberty Day Celebration, producing a crowd of about 5,000 – the biggest in five years.

"We had a nice crowd at Liberty Day and the weather was very cooperative," said Carol Houck, of the Newark Parks and Recreation Department. "It was hot, but there was a breeze throughout the day."

Houck said there was some concern about rain in the forecast but said the city was going to go ahead with the event. "We were lucky the day remained nice," said Houck.

She said last year, Liberty Day attendance was down because the event was held during a heat wave.

This year, she said, she believes attendance was up because of the holiday falling on a Monday and because of the changes made this year to Liberty Day. "Possibly, we are offering more enticing events," said Houck.

A reptile show, strolling fiddlers and free pony rides were some of the new activities added this year to the event.

She said the most popular activities of the day seemed to be the bubble fun area, where children and adults produced bubbles, and the music stages which were heavily attended throughout the day.

Also new this year, Houck said, were the 15 classic and antique automobiles on display. She said about 500 people cast votes for their favorite car.

Trophies were awarded to Newarker Jim Frazer, the owner of a 1962 Chevrolet Corvette, for first place; to Andrew Barbour of Newark for his 1964 Porsche, for second and to David Heath of Rising Sun, Md. owner of a 1933 Ford Cabriolet for third place.

Houck said the event made money which will go to offset the cost of prizes and staffing during Liberty Day. Staffing included nine state park employees, eight Newark Parks and Recreation personal and 40 part-time staffers.

Weather was not so pleasant on July 3, when heavy thunderstorms rolled through the Newark area. Inclement weather canceled a $6,000 fireworks display at Faith City Church, located near Christiana Mall. The fireworks, which are free and open to the public, have been rescheduled for July 31 at 8:30 p.m.

Newark Council action nets cable rebates

By JENNIFER L. RODGERS
NEWARK POST STAFF WRITER

Newarkers who subscribe to TCI Cablevision will be getting a credit in one of their summer bills.

City Council members voted to accept the Delaware Public Service Commission's stipulation and agreement that sets rates for the basic service tier. The commission's rates were $8.93 for the period from September 1, 1993 to May 15, 1994. The rate TCI charged was $9.25 and subscribers will receive a credit by the end of August.

The resolution council passed will regulate cable rates in the city to conform to those outside the city. Wilmington recently passed as similar resolution.

New head at Christiana

▶ PRINCIPAL, from 1A

Starting his teaching career at Newark High School in 1972, Epler has worked in the Newark (now Christina) School District for more than 22 years.

Epler worked for four years, from 1979 to 1983, as president of the New Castle County teachers' union and represented over 4,000 teachers.

He has a bachelor's degree in education and a master's degree in curriculum and instruction from Pennsylvania State University in State College, Pa.

Vote nears on development

▶ HOMES, from 1A

new developments. Adequate landscaping, preservation of trees, and construction deadlines that go along with Delaware Department of Transportation's planned improvements to the intersections where Curtis Mill Road meets with Possum Park Road and Cleveland Avenue are also requred.

The land presently houses The Hunt at Louviers (formerly the Cullen farm), Pine Meadows and the 63-acre Redd Park (named after a former Newark Mayor).

Fire calls

Wednesday, June 29

8:16 a.m.– Medical Arts Pavilion, 4745 Stanton-Ogletown Road. Building. Christiana Fire Co.

11:05 a.m.– 339 Stanley Plaza. Auto accident. Aetna Hose Hook & Ladder Co.

12:38 p.m.– U.S. 40 and Wrangle Hill Road. Auto accident. Christiana Fire companies.

12:49 p.m.– South Chapel Street and East Chestnut Hill Road. Auto accident. Aetna Hose Hook & Ladder Co.

4:53 p.m.– 348 Delaware Circle. House. Aetna Hose Hook & Ladder and Christiana Fire Co.

5:12 p.m.– 105 Central Mall, University of Delaware. Building. Aetna Hose Hook & Ladder Co.

6:08 p.m.– 11 Addison Drive, Cavalier Country Club. Investigation. Christiana Fire Co.

8:17 p.m.– 731 Pulaski Highway. Auto fire. Christiana Fire Co.

8:58 p.m.– 1100 Bear Corbit Rd. Auto accident. Christiana Fire Co.

Thursday, June 30

2:34 a.m.– Old Manor and Red Mill roads, Old Mill Manor. Auto accident. Aetna Hose Hook & Ladder Co.

11:29 a.m.– Delaware Technical & Community College, Stanton Campus. Building. Christiana Fire Co.

12:46 p.m.– Newark Shopping Center, 230 E. Main St. Building.Aetna Hose Hook & Ladder and Christiana Fire Co.

1:15 p.m.– Sigma Phi Epsilon, 30 E. Main St. Building. Aetna Hose Hook & Ladder and Christiana Fire Co.

4:14 p.m.– Chapman Road and I-95. Auto accident. Christiana Fire Co.

4:29 p.m.– 43 Kenmar Drive. Brookside Park. Lawn mower. Aetna Hose Hook & Ladder Co.

6:06 p.m.– 2700 Summit Bridge Road. Auto accident. Aetna Hose Hook & Ladder Co.

6:10 p.m.– Villa Belmont Apartments, 72 Welsh Tract Road. Auto accident. Aetna Hose Hook & Ladder Co.

8:58 p.m.– 1100 Bear Corbit Rd. Auto accident. Christiana Fire Co.

Friday, July 1

1:39 a.m.– Frazer Road and Montceau Drive. Auto accident. Aetna Hose Hook & Ladder Co.

10:52 a.m.– 40 Chestnut Hill Plaza Shopping Center. Washdown. Aetna Hose Hook & Ladder Co.

5:15 p.m.– I-95 northbound, south of toll plaza. Auto fire. Aetna Hose Hook & Ladder Co.

5:35 p.m.– 2300 block of Sunset Lake Road. Auto accident. Christiana Fire Co.

7:40 p.m.– 17 Queens Way, Brookbend. Investigation. Christiana Fire Co.

Saturday, July 2

1:51 a.m.– American Van Lines, 453 Pulaski Highway. Investigation. Christiana Fire Co.

2:10 a.m.– 102 Lake Arrowhead Circle, Becks Woods. Auto fire. Christiana Fire Co.

3:37 a.m.– Diamond State Industrial Park, New London Textile, 200 Bellevue Road. Investigation. Aetna Hose Hook & Ladder Co.

6:16 a.m.– I-95 northbound at Christiana Mall. Auto accident. Christiana and Minquas of Newport fire companies.

7:01 a.m.– 30 Glyn Drive, Robscott Manor. House fire. Aetna Hose Hook & Ladder Co.

8:11 a.m.– I-95 southbound at toll plaza. Auto accident. Aetna Hose Hook & Ladder Co.

9:50 a.m.– Diamond State Industrial Park, Autotote Limited, 100 Bellevue Road. Building fire. Aetna Hose Hook & Ladder Co.

10:38 a.m.– Chrysler Corp. assembly plant, 550 S. College Ave. Building fire. Aetna Hose Hook & Ladder, Christiana, and Mill Creek fire companies.

1:14 p.m.– 417 Nick St., Glasgow. Auto fire. Christiana Fire Co.

1:44 p.m.– 2085 S. College Ave. Investigation. Christiana Fire Co.

3:25 p.m.– Old Baltimore Pike and Sunset Lake Road. Auto accident. Christiana Fire Co.

3:33 p.m.– Christiana Towers, University of Delaware. Field fire. Aetna Hose Hook & Ladder Co.

8:15 p.m.– South College Avenue and Cooch's Bridge Road. Auto accident. Christiana Fire Co.

9:13 p.m.– Pulaski Highway at the Conrail Spur. Field fire. Christiana Fire Co.

10:49 p.m.– 171 Airport Road. Trash fire. Christiana Fire Co.

Sunday, July 3

2:56 a.m.– Wellington Arms Apartments, 25 Winchester Road. Building fire. Christiana Fire Co.

1 p.m.– Interstate 95 northbound at Maryland line. Auto accident. Aetna Hose Co.

1:29 p.m.– 29 Gull Turn, Brookmont Farms. Field fire. Christiana Fire Co.

1:55 p.m.– Duke Street and Wyoming Road. Wires down. Aetna Hose Hook & Ladder Co.

1:57 p.m.– 55 Kullen Drive, Brookside Park. Wires down. Aetna Hose Hook & Ladder Co.

1:58 p.m.– 128 Stanton-Christiana Road. Auto accident. Christiana Fire Co.

9:50 a.m.– Diamond State Christiana and Minquas of Newport fire companies.

2:04 p.m.– 270 E. Chestnut Hill Road. Wires down. Aetna Hose Hook & Ladder Co.

2:16 p.m.– Reybold Road and Gray Boulevard, near Gray Acres. Leaves. Christiana Fire Co.

2:17 p.m.– 119 S. College Ave. Building fire. Christiana Fire Co.

2:22 p.m.– Blair Village Townhouses, 1133 Blair Court. Garage fire. Aetna Hose Hook & Ladder Co.

2:28 p.m.– Girls Inc. of Delaware, 489 Wyoming Road. Building fire. Aetna Hose Hook & Ladder Co.

2:34 p.m.– 799 South College Avenue. Vehicle fire. Aetna Hose Hook & Ladder Co.

2:35 p.m.– 2 Stoddard Drive, Charlan. Wires. Aetna Hose Hook & Ladder Co.

3:04 p.m.– 1628 Pulaski Highway. Auto accident. Christiana Fire Co.

3:05 p.m.– 34 Continental Ave. Garage fire. Aetna Hose Hook & Ladder Co.

3:10 p.m.– 633 Arbour Drive, Arbour Park. House fire. Aetna Hose Hook & Ladder Co.

3:14 p.m.– 10 James Court, Glendale. House fire. Christiana Fire Co.

3:26 p.m.– 700 Prides Crossing. Vehicle fire. Christiana Fire Co.

3:49 p.m.– Old Baltimore Pike and Otts Chapel Road. Auto accident. Aetna Hose Hook & Ladder Co.

3:53 p.m.– 5 Patrick Henry Court, Cherry Hill Manor. Gas leak outside. Aetna Hose Hook & Ladder Co.

4:58 p.m.– 8 Clarion Court. Wires down. Aetna Hose Hook & Ladder Co.

5:21 p.m.– Capitol Trail and Harmony Road. Auto accident. Aetna Hose Hook & Ladder Co.

6:50 p.m.– 200 Christiana Meadows. Building fire. Christiana Fire Co.

Monday, July 4

8:31 a.m.– 412 Christiana Mall. Building fire. Christiana, Mill Creek and Minquas of Newport fire companies.

2:12 p.m.– 19 W. Stephen Drive. Vehicle fire. Aetna Hose Hook & Ladder Co.

8:01 p.m.– 428 Wedgewood Road. Trash fire. Aetna Hose Hook & Ladder Co.

9:01 p.m.– Madison Drive and Thorn Lane. Auto accident. Aetna Hose Co.

10:07 p.m.– 981 S. Chapel St. Truck fire. Aetna Hose Hook & Ladder Co.

Tuesday, July 5

6:31 a.m.– New London Textile, Diamond State Industrial Park, 200 Bellevue Road. Building fire. Aetna Hose Hook & Ladder Co.

9:16 a.m.– Smalleys Dam Road and Victoria Boulevard, Newtown Village. Gas main rupture. Christiana Fire Co.

2:52 p.m.– Capitol Trail and Red Mill Road. Auto accident. Aetna Hose Hook & Ladder Co.

3:36 p.m.– 213 Newark Shopping Center. Building fire. Aetna and Christiana fire companies.

Police beat

Peeping Tom: According to Newark police, a 24-year-old Newark woman reported seeing a man on her fire escape June 27 looking into a window of her apartment in the unit block of New Street. Police describe the man as white with dark hair.

Newark Senior Center burglarized: Police said money was reported stolen June 27 from the Newark Senior Center on Main Street. Police will not disclose the amount of money taken but said it was petty cash and proceeds from lunch and coffee sales. The center was entered by breaking a window, police said. An office door and coffee machine were also damaged during the break-in.

Pepper's Pizza burglarized: Police said money was reported stolen from the cash register of Pepper's Pizza Restaurant on South College Avenue after the close of business June 28. Police would not release the amount of money stolen. It is believed the store was entered through the back door.

Break-in attempts at two businesses: Police report two attempted break-ins at businesses on South College Avenue June 29. Police said the back doors of the Hair Academy and Eden Delight Restaurant, which are neighboring shops, were damaged. There was no evidence of entry, police said.

Ferris escapee captured: Following a tip, police on June 28 arrested a 16-year-old boy who had escaped from Ferris School and was hiding in an apartment at Towne Court Apartments. The residents of the apartment allowed police to search the house where the boy was found. Although the boy claimed an alias, a police officer recognized him and he was taken into custody and returned to Ferris.

No pay for the stay: Newark police have filed two warrants for the arrest of a man and a woman, who have no address, who stayed at the Travelodge on Main Street from June 17 to June 27 and left without paying the $339 bill.

Apartment office ransacked: The office of Foxcroft Apartments on Wilbur Street was reportedly burglarized July 3 and left in disarray, police said. Police report money was stolen from the office, but would not disclose the amount taken. Also, police said files and paperwork were strewn throughout the room, items on a desk were thrown on the floor, and a clock and lamp were damaged. Police said the front door was kicked in to enter the office.

Four bikes taken: A black Huffy 18-speed mountain bike was reported stolen June 28 from the yard of a house in the 800 block of Lehigh Road, police said. The bike was not locked. Also the same day, two bikes were reported stolen from the 600 block of Lehigh Road. A blue, 26-inch, 10-speed bike was stolen from an apartment where the front door was left unlocked when two people were sleeping in the house. And the other bike, a gray and green 10-speed, was apparently stolen after the bike lock was cut from a sign post. A fourth bike was reported stolen on July 2 when the owner parked the bike in front of Daffy Deli on Elkton Road without locking it. The bike is a blue, women's 26-inch bike.

Stereo equipment stolen: Stereo equipment was reported stolen June 30 from a car parked in the 100 block of Panorama Drive, police said. Police said alarm wires were cut and a door on the car was damaged during the break in.

Money missing from soda machines: Police said money was reported stolen July 2 from three soda machines located in front of Kmart in College Square Shopping Center. Police would not release the amount of money taken, but said the machines were not damaged.

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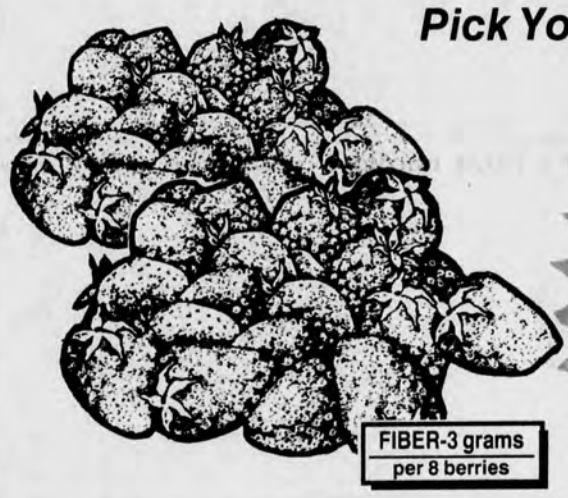

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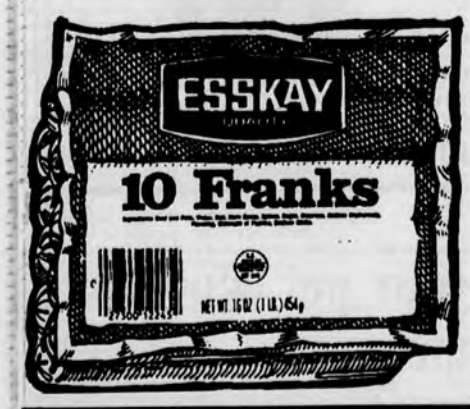

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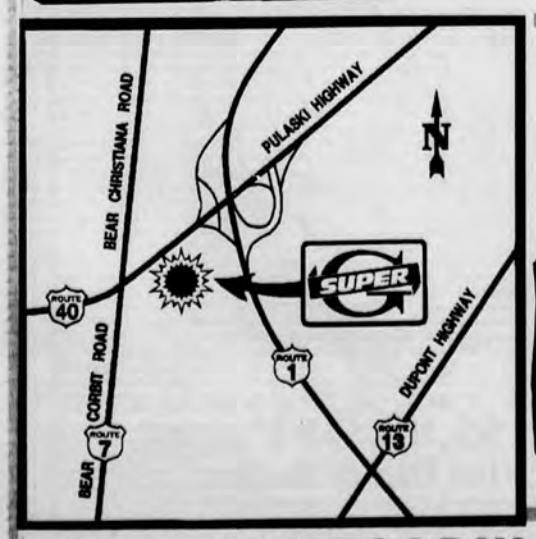

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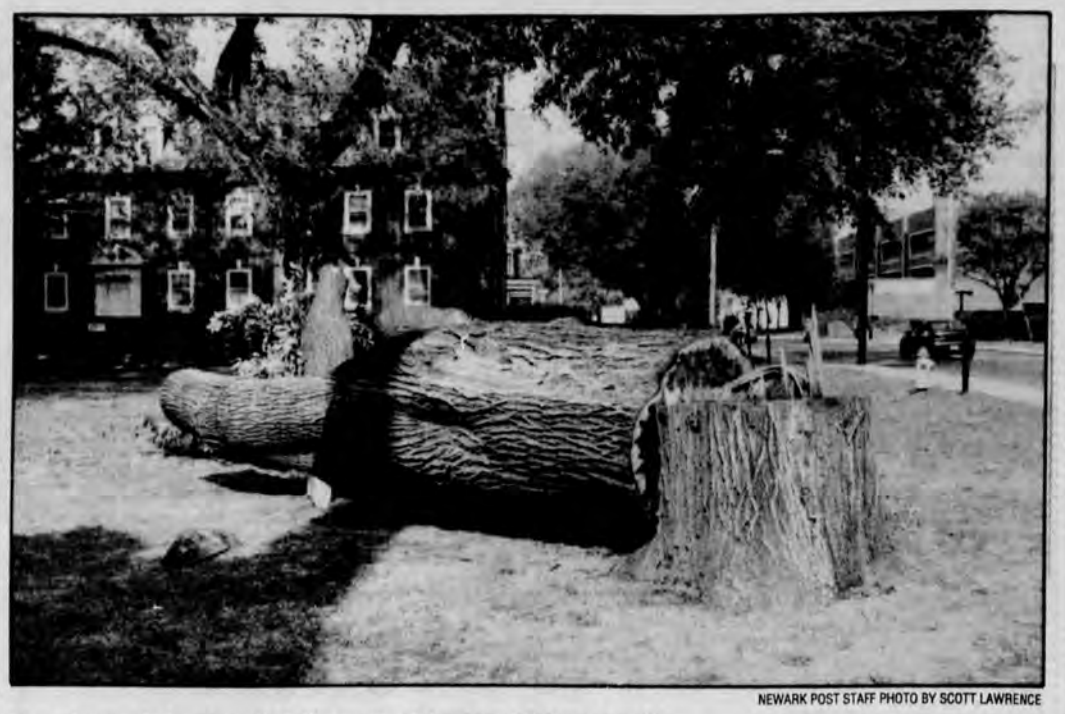

NEWARK POST STAFF PHOTO BY SCOTT LAWRENCE

One of several elms recently felled on the University of Delaware mall.

More historic university elms fall to spreading tree disease

By JENNIFER L. RODGERS
NEWARK POST STAFF WRITER

Four elm trees that stood as some of the oldest sentinels along the University of Delaware's Mall had to be destroyed this summer because of Dutch Elm disease.

The contagious disease was brought to America in the early 1930s by a shipment of infected elm logs from the Netherlands, according to Roger Bowman, university grounds supervisor.

Yellow flagging, a sign of Dutch Elm Disease, appeared on the four infected elms with the onset of hot weather this summer. Flagging manifests as yellowing leaves in the infected portion of the tree.

In the university's case, Bowman said the flagging was massive and the trees could not be saved. The four contaminated elms were planted in 1919 or 1920, according to Bowman.

There are three ways Dutch Elm Disease can spread:

• The European Elm Bark Beetle, which spreads the disease when feasting on the bark of elm trees.

• Root Graph, which occurs when the roots of an infected elm fuse with another elm.

• Mechanically, which usually happens when an infected elm is trimmed or pruned and the tools are not disinfected before pruning another elm.

Bowman said he believes root graph caused the disease to spread between four of the university elms. There are still about 100 elms throughout the university and Bowman said new elms will be planted next spring to replace those that died.

In addition to university elms, Bowman said he noticed a large percentage of elm trees bound by Ritter Lane and Park Place appear to be suffering from Dutch Elm Disease.

"There is going to be a significant loss in that area of Newark," Bowman said. "The trees appear to be on private property."

Bowman said about half show yellow flagging signs and advised any homeowners who have an infected elm to call an arborist.

"If in fact it is infected and beyond saving, the sooner it is removed the cheaper it will be," Bowman said. "If a tree stands and dries out, it's more difficult to remove."

Newark Police Station chosen for its appeal

By JENNIFER L. RODGERS
NEWARK POST STAFF WRITER

The Newark Police Station was recently chosen to be included in the 1994/1995 Justice Facilities Review .

The station, chosen by a jury of architects and justice administrators, is known as a state-of-the-art facility throughout the state, according to Carl Luft, city manager.

Luft said three aspects of the year-old facility separate it from others:

• It's connection to the existing municipal building through an atrium and courtyard.

• The matching architectural design to the municipal building.

• The attractive appearance of the operations and interior rooms– considering it is a police station– and its advanced technology.

"It's quite an honor," Luft said when asked about the city's reaction. "We assumed it might be a candidate by what Andy Sullivan (of Sullivan Associates– the building's architects) told us."

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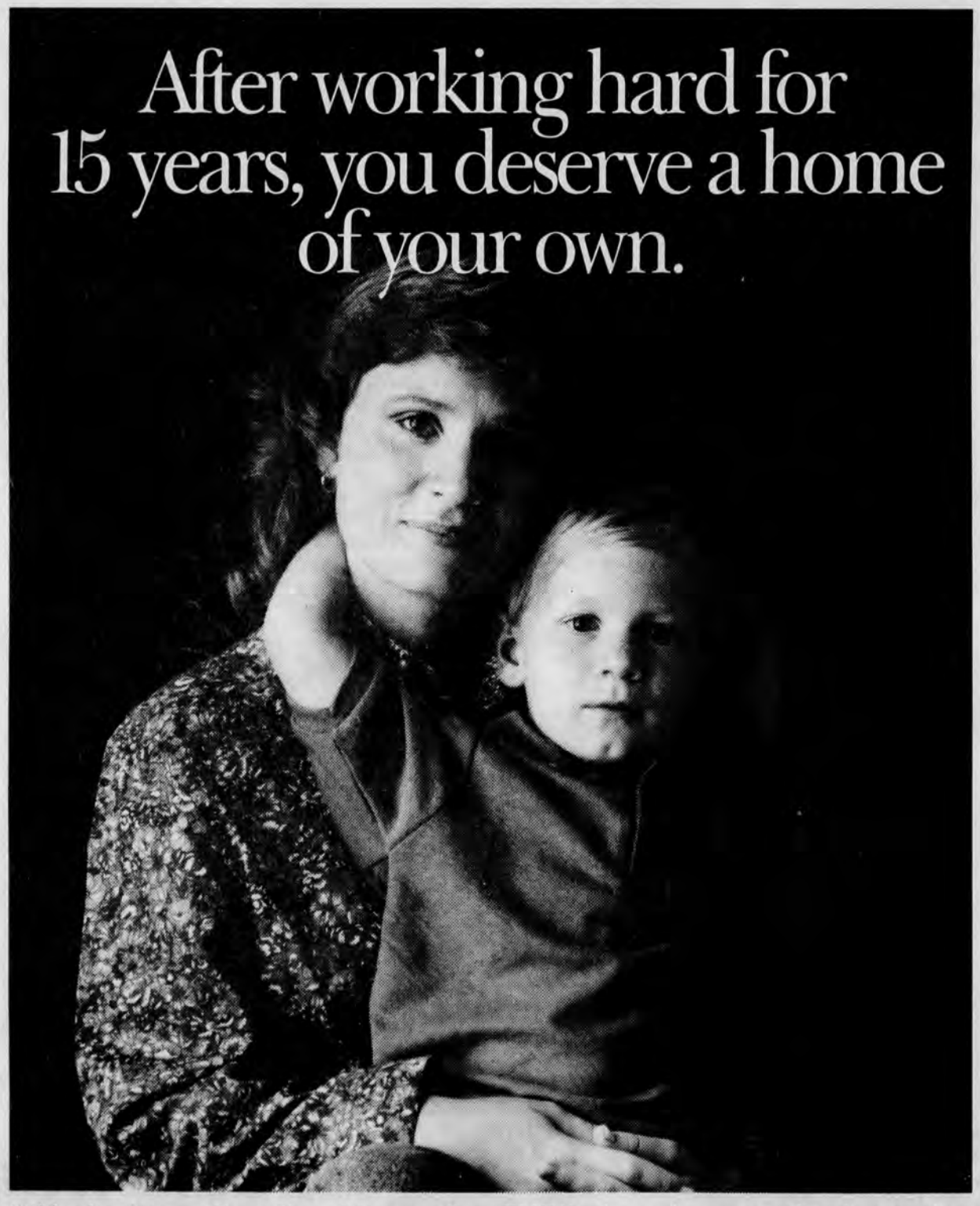

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NEWARK POST STAFF PHOTO BY HEATHER HARTRIM

Amtrak's "Senator" pulls into Newark Station just before 5 p.m.

Believe it or not, daily trains stop in Newark

By HEATHER HARTRIM
SPECIAL TO THE NEWARK POST

All aboard! Hopping a train at Newark Station isn't a daily possiblilty, is it?

Wrong. Newark's train station located at 429 South College Ave. serves two daily trains.

Train 177, the Senator, originating in Boston, stops in Newark at 10:49 p.m. en route to Washington D.C.

Train 178 makes the return trip which stops in Newark at 4:54 p.m.

Commonly used by University of Delaware students and faculty, Amtrak's train fares are just the ticket. On the northbound line a one-way ticket to Philadelphia is $17; to New York is $42; and to Boston is $82. Southbound one-way to Baltimore is $24 and to Washington, D.C. is $32.

The train is punctual, Rich deFilippo, a University of Delaware junior reported. deFilippo, a native of Marlboro, N.Y., uses the train to commute home.

The University of Delaware public safety office offers free transportation from the station to students. This service is used infrequently Ted Kenny, a student aid officer for Public Safety, said. It is used the most, however, during the holidays he added.

All of Amtrak's trains are non-smoking but extended stops are made with smokers in mind.

There is no ticketing office in Newark's station. The city of Newark owns the station, which was recently restored and serves as home to the Newark Historical Society.

It is also used for meetings and other city functions according to the City Secretary's office.

To request information or to make a train reservation, call Amtrak at (800) 872-7245. Tickets can be purchased through a travel agency or at the Wilmington Amtrak station.

450 in New Castle, Cecil counties polled for study

WILMAPCO seeks residents' input on development

By TONJA CASTANEDA
NEWARK POST STAFF WRITER

About 450 residents in New Castle County and Cecil County, Md. were recently polled by members of the Wilmington Metropolitan Area Planning Coordination Organization (WILMAPCO) to help in planning future roads and development.

WILMAPCO, made of New Castle County and Cecil County, Md. representatives to plan and solve traffic and transportation issues, began the "Visual Study" in the middle of May and finished the end of June.

The questionnaires from the survey were sent, last week, to an outside consulting firm to be analyzed. Results of the survey should be summarized by the end this month, according to Jennifer Kiely, a WILMAPCO representative.

Kiely said about 25 groups participated in the survey by watching a slide show of 160 photos of intersections, public transit systems and town squares. She said participants rated the slides within a range of +10, the most desirable, to a -10, the least desirable.

To make the survey fair, the angles, sky color and seasonal variations were fairly consistent in the slides.

Residents taking the survey were give about 5-7 seconds to look at each slide for their initial responses. The slides included local scenes, as well as pictures taken in St. Louis, the state of Washington and Canada.

Representatives attended local civic association meetings, planning council meetings and high schools to administer the test.

"We did the survey to aid in the development of our long range transportation plan," said Kiely. "To get insight into exactly what people want in (development and roads) for this region in the future and we thought the best way to get opinions is to show people pictures."

A transportation plan includes roads, bicycle and pedestrian access, car pooling and public transit systems.

Newark Mayor Ronald Gardner Chairman of WILMAPCO said, "What we're looking for in the survey is to get overall impressions from varying groups."

He said the survey will hopefully help WILMAPCO combine more closely the long range transportation and long range land use plan.

"It sounds like this should be done frequently, but it's not," said Gardner. "Too many times highways are planned after development."

IN THE COMMUNITY

Water mains to be flushed in Newark

Water mains will be flushed in Newark July 12-14 from 8 a.m. to 1 p.m. During this operation, residents will notice a drop in water pressure and a temporary discoloration of the water. Newark Director of Water and Waste Water Joseph Domborwski said these conditions pose no health risk. For more information, call 366-7055.

DelDOT hearing on bus service July 11

The Delaware Department of Transportation will hold a public hearing on July 11 to revise Blue Diamond bus service along Del. 896 and U.S 40. The hearing will be from 5:30 to 8 p.m. in the DelDOT North District Office in Bear. For more information, call 1-800-652-5600.

Friends of Bear Library meeting July 20

The Friends of the Bear Library meets the third Wednesday of each month at 7:30 p.m. at Red Lion Methodist Church at the intersection of Del. 7 and Del. 71. The next meeting date is July 20. For more information, call 834-1735.

Golf tournament to benefit ARC

The 2nd Annual Golf Tournament, sponsored by DuPont Merck to benefit the Association for the Rights of Citizens with Mental Retardation in Delaware, will be held Aug. 4 at the DuPont Country Club. For more information, call 996-9400.

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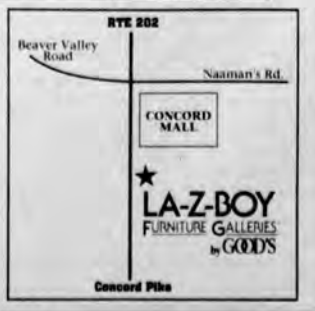

Opinion

EDITORIALS | COLUMNS • PAGES FROM THE PAST • LETTERS

The timing could have been better

In some cases, timing means everything. Witness a proposed ordinance to regulate private gatherings in the City of Newark. In layman's terms, the ordinance addresses gatherings such as "Wilburfest", where large crowds gather on private property but potentially may impact the health and safety of the community in doing so.

The ordinance would amend existing city code pertaining to special events and the clean-up expenses they generate, and was written by City Solicitor Thomas Hughes and Police Chief William Hogan at the mayor and council's request.

Let there be no misunderstanding that the new language will address a valid concern of Newark residents and the city. When there are 5,000 people gathered on private property as there were at this year's Wilburfest, and that crowd spills and swills onto public streets – as past Wilburfest crowds have done – the community and city are indeed impacted.

A highlight of the ordinance would make it the host's, not the city's, responsibility to clean up after the guests have gone. It's a move that would save the city the responsiblilty and save city taxpayers money.

But in the spirit of the democratic process, wouldn't it be prudent to consider this new ordinance when those who are affected by it the most, University of Delaware students, are represented fairly? As it is now, most of them are away on summer break and unable, or unaware, of what's being considered.

Chances are, many would give the new ordinance their support. But with the timing as it is – a public hearing of the ordinance is set for July 11 – few if any will be afforded the opportunity to have a say in the matter.

In the long run, wouldn't it be better to have such a public hearing when classes are back in session and students are back on campus?

As it is now, the ordinance, if passed, will run the risk of being nothing more than a sneaky deal in the minds of university students. In a town where student-community relations are sometimes tenuous at best, having the public hearing at a later dater would seem to be the best course of action.

OUT OF THE ATTIC

This week's photo, courtesy of the Thomas Cooper Auxiliary to VFW Post 475 in Newark, shows agathering of auxiliary women around 1920. Pictured, from left, are (unknown), Mrs. Robert Morrison, Mrs. Conner, Mrs. Callison, Mrs. John Grundy, (unknown), Mrs. Bessie George, (unknown VFW member), Mrs. Spragle, Mrs. Wagner, (unknown), Mrs. Lillian Morrison, Mrs. Rena Harrington, Mrs. John Chambers, Mrs. Mary Mercer, and Mrs. Elsie Pearce. The auxiliary would like to identify the unknown faces in the above photo. Anyone with information may call Agnes or Elmer Saxton at 738-7322. Readers are invited to loan photos and post cards from the past for publication. Special care will be taken. Call Scott Lawrence, editor, at 737-0724 for details.

UPON MY WORD

Some pedestals have no foundation

By SHIRLEY M. TARRANT
NEWARK POST COLUMNIST

Stupid. Senseless. Uncivilized. Inhumane. So much for idols, heroes and "role models". In a commercial last year, Charles Barkley said, "I am not a role model. I'm a basketball player." He is so-o-o right! Idolizing and worshipping sports figures (and let's include movie, video and rock stars) is of a fairytale mentality. People too often make the mistake of equating sports prowess (or celebrity) with a virtuous character. In reality, the "public person" we know can be quite contrary to the "private person" we do not know!

I think the term, "role model," is a misnomer. After all, it can be a positive or negative role played by a person, while all eyes are on the celebrity. If a focus is a positive persona, I like to say that individual is "setting a good example"; that is a person you can love, admire and respect.

Negative roles of behavior such as child abuse/molestation, domestic violence, drunk-driving, womanizing, rape and malfeasance in office cannot be tolerated and must not be ignored by society.

Innumerable celebrities and national figures have left a shocking legacy of unacceptable behavior and illegal conduct. Names that come to mind are: Lyle Alzado, Sugar Ray Leonard, Moses Malone,

Tarrant

Jim Brown, Mike Tyson, Lenny Dykstra, Charlie Chaplin, Joan Crawford, Bing Crosby, Errol Flynn, John F. Kennedy and Richard Nixon. Perhaps you know some of their stories and also could expand my list.

And now, we have "O.J." Up until this nightmare of his, all I knew about O.J. was that he ran like lightening – rushing over goal lines and jumping over airport counters. I must have been "out to lunch" in 1989, because I was not aware of the assault charges filed by his wife. As this gross and macabre O.J. story unfolds, we must keep one thought uppermost in our minds: "innocent until proven guilty". Most people only know the public side of this football hero, Hertz spokesman and sports commentator. He has entertained us for years. Unless we are related or personally involved with a person, there is no opportunity for us to observe how he/she (out of the limelight) relates to parents, spouse, significant other or children. And we certainly don't know what goes on behind closed doors!

We create these idols until they seem bigger than life. If we don't, the media creates them for us. These idols of ours are human beings with flaws and weaknesses, along with their talents. And some of our idols have Jekyll-and-Hyde personalities. The "what-you-see-is-what-you-get" attitude tantalizes our fascination with these icons. The devastation comes when we realize that "what-we-did-not-see-is-what-we-get"!

We are in utter shock and a state of denial when we first hear allegations about our heroes. It actually hurts to hear about "another side" of a person we have held in such high esteem. Our idol has "let us down", as he/she comes tumbling down off the pedestal, which we created. Maybe it is the "pedestal syndrome" which causes some people to believe they are invincible and above the law.

So, let's do away with pedestals... they have no real foundations, anyway.

MUSED, AMUSED, BEMUSED

Rugby anyone? Sarcasm everyone!

By MARVIN HUMMEL
NEWARK POST COLUMNIST

At the age of 15, he was on the cusp of uselessness – and helplessness. Having not gone through the sacred rite of getting his license, he was homebound and at the mercy of family whims. If he asked, "Could you take me to . . .," there was always calculating silence, and then the voice of the weasel was heard throughout the land: "I wish you'd asked me sooner."; "Is it something you absolutely must have? You wouldn't believe my day!!"; or, "Love to do it! How 'bout Friday?" And when Friday came, "You should have reminded me!!!"

You had to have a car to get to the bus line, and the kind of job you can get at 15 doesn't cover extensive trips by taxi. (He had taken a taxi once with Aunt Martha's birthday money, and all drivers in the house claimed he had hurt their feelings: "Why didn't you just ASK one of us! Why, you just make us feel terrible about ourselves!!" There was a strong hint that he owed everybody a groveling apology – they didn't get it!)

As all of us do, he wanted to make a mark for himself in high school. He had considered football, but after watching those varicose veined-and-brained coaches in their X-H (for Extra-Huge) shorts tinwhistling and Lombardi-screaming

Hummel

at the kids during 100+ degrees, late-August days, he decided not.

He had read about rugby and thought it violent enough and Brit-enough to suffice, and surely there were enough other "men" who enjoyed being injured to start intramurals! But first, he would establish himself as a breezy intellectual – blazer, button-downs, and all. But when intellectuals open their mouths, they must say more than, "I prefer repp silk ties to paisleys." – They must READ!

There were good books around the house, and somewhere he had heard that Dostoevsky was somebody every thinking man should know. Rodya-the-axe-murder is great literature? He thought not! Then he tried Brothers Karamazov, and when he couldn't understand the book, he tried the Clift notes and couldn't understand them! (Later, he would learn to take Russian literature steppe by steppe and Chekhov a play here and Chekhov a short story there!)

Was he going to have to go out for football after all – and pray that the coaches swallowed their whistles?

Fifteen year olds can't do much unattended or unchauffeured, so they often are at places they don't want to be, and he would use these times of potential stupefaction to become a CRITIC! And, having learned that sarcasm means to tear flesh, he would be sarcastic!

His father had a caducean coiffure – he had taken the two hairs remaining, cultivated them to the length of at least a mile apiece, then wrapped them around each other thousands of times until they looked like an Afro. His father thought he had everybody fooled – boy, was it going to be great to tell him everybody knew! But timing is everything, so the young man was waiting for the appropriate moment! (He wasn't chicken, but he wasn't stupid, either!)

He did adumbrate the subject once when they were all watching an NBA game; he had suggested that baldness was "in" this year. His

See HUMMEL, 7A ▶

PAGES FROM THE PAST

• News as it appeared in the *Newark Post* throughout the years

Issue of July 9, 1919...

Delaware Schools Receive Magnificent Gift

In an eloquent speech on Thursday morning last, Dr. Joseph H. Odell, director general of the Service Citizens of Delaware, announced a gift of $2,000,000 to the public schools of Delaware by Pierre S. duPont, recently appointed member of the new State Board of Education.

This announcement was made in Wolf Hall to the assembled teachers who received it with the wildest cheering and applause.

The huge sum of money is to be expended in making the physical equipment of the Delaware public schools the best in the United States in accordance with the ideals set forth in the new Code said by experts to be "the finest piece of school legislation i the country."

Board of Education Accepts New Code Unanimously

The Newark Board of Education at a meeting held on Thursday evening, unanimously accepted the provisions of the new School Code.

This action was taken after an attempt had been made early in the week to secure a full attendance so that the vote might be unanimous. One of the members was out of town and could not be present until Thursday when the above action was taken.

The new Board composed of three members of the existing body has not yet been appointed by the Governor.

Issue of July 2, 1969...

Mayor, Councilmen Blow Their Cool

The warm temperatures last night could not begin to match the heat of tempers that flared in the Newark City Council Chamber. Mayor Norma Handloff, banging her gavel repeatedly, exchanged barbs and points of order with Councilmen William Coverdale and Art Mayer early in the session during a discussion of Board of Ethics referrals.

The item, put on the agenda by City Manager Edward Stiff, requested board comment on the mayor's apparent suggestion to ask the citizen ethics group about the propriety of the city manager's contacts with council members out of session.

Also at issue by the two councilmen was mayor Handloff's charge on June 24 that certain members were riding "political hobby horses' at he expense of the city.

Before last night's meeting, Dr. Mayer gave each councilman a stick horse and had in front of his seat a plastic riding horse with a sign that proclaimed " I'd Ride a Mile for 5th District People."

Teen Center Open

In response to request for a leisure time teen program, Newark's Department of Parks and Recreation have begun a Teen Center program at the YWCA, 318 South College Ave.

Except for special events, there will be no charge for the program which began Monday. The Y pool, multi-purpose room and kitchen have been made available.

Issue of July 8, 1987...

Fed Site Chrysler Plant for Safety Violations

The U.S. Department of Labor announced Monday morning that it would propose more than $1.5 million in fines for 811 alleged instances of job safety and health violations at Chrysler Corps Newark Assembly plant.

The proposed fine is the largest in the history of the department's Occupational Safety and Health Administration, topping the $1.3 million penalty assessed union carbide for the accident at its Institute, W.Va. plant.

Ratification Gala Set Dec. 7

Gov. Michael N. Castle has announced plans for a Ratification Celebration gala to be held at Dover Air Force Base on Dec. 7, 1987, to mark the 200th anniversary of Delaware's historic first ratification of the U.S. Constitution.

The gala will follow a day of activities on the green in Dover, recreating the events surrounding the state's ratification convention in 1787.

NEWARK POST

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Obituaries

Kathleen K. Zeigler

Bear resident Kathleen K. Zeigler, a volunteer coach for Canal Little League in Glasgow, died Monday, June 27, 1994, at home of colon cancer, after a two-year battle.

Mr. Zeigler, 40, had coached at Dickinson High School as the girls' field hockey coach from 1983 to 1990.

Zeigler lived in Washington, D.C., area before moving to Elkton, Md., in 1977 and to Bear in 1981.

She taught physical education at Carderock Springs Elementary School, Bethesda, Md., from 1976 to 1977, and at Springbrook High School, Silver Spring, Md. from 1978 to 1980.

Mrs. Zeigler was girls' field hockey coach at Walt Whitman High School, Bethesda, in 1976 and 1977. She coached softball and girls field hockey at Springbrook.

She graduated in 1971 from Georgetown Visitation High School, Washington, D.C., and in 1976 from Frostburg (Md.) State College, where she was a member of Theta Delta Pi sorority.

Mrs. Zeigler is survived by her husband, Kevin Zeigler, coach of Glasgow High School varsity baseball team and manager of American Legion Stahl Post baseball team; two sons, Brian P. and Matthew C. and a daughter, M. Kelly Zeigler, all at home; her parents, Winfield and Barbara Kelly of Mitchellville, Md.; three brothers, Winfield M. III, Christopher D. and Patrick J. Kelly, all of Bowie, Md.; three sisters, Karen K. Mondonedo and Barbara K. Bell, both of Bowie and M. Elizabeth Kelly of Mitchellville; and her maternal grandmother, May Doolittle of Greenbelt, Md.

A Mass of Christian Burial was offered July 1 at Immaculate Conception Catholic Church, Elkton, Md. Burial will be on July 2 in Fort Lincoln Cemetery, Brentwood, Md.

Arrangements were made by Beeson Memorial Services in Bear.

Conrad C. Crymes II

Newark resident Conrad C. Crymes II died Tuesday, June 28, 1994 of emphysema at Christiana Hospital.

Mr. Crymes, 54, was an engineer at Hercules for 10 years and retired in 1992. He earned bachelor's and master's degrees in industrial engineering from Arizona State University.

He was a member of Ogletown Baptist Church, enjoyed reading, and served in the Air Force from 1958 to 1963.

Mr. Crymes is survived by his wife, Mary Lee Crymes; a son, Navy Lt. Jeffrey C. of Virginia Beach, Va.; two daughters, Jennifer C. Shannon of Hockessin and Jill A. Crymes of Greensboro, N.C.; a brother, Herbert of Greensboro; and a sister, Peggy Teachey of Pleasant Garden, N.C.

A memorial service was held July 1 at Ogletown Baptist Church.

Instead of flowers, the family suggests contributions to the American Lung Association or American Red Cross.

Thelma Roberts

Newark resident Thelma A. "Bobby" Roberts, who devoted more than 40 years of volunteer service to the Girl Scouts, died Wednesday, June 29, 1994 of complications from chronic obstructive lung disease at home. She was 82.

Mrs. Roberts was a Girl Scout troop leader in the Hockessin and Stanton areas for 46 years. She was director of Country Center Camp for Girl Scouts in Hockessin for 36 years.

She had been legally blind since she was in her mid-70s, and was a counselor for the Delaware Association for the Blind for about a year.

Mrs. Roberts, a homemaker, was a member of Church of Jesus Christ of Latter-day Saints, Newark, where she taught Sunday school to primary-level children until three years ago.

Her husband, John M. Roberts, died in 1977. She is survived by a daughter, Clara L. Burke of Newark, with whom she lived; two sisters, Flora Drobinski of Wilmington and Helen Sharp of Newark; and two grandchildren.

A service was July 2 at Church of Jesus Christ of Latter-day Saints, Newark. Burial was at Gracelawn Memorial Park, Minquadale.

Herbert O. Johnson

Bear resident Herbert Johnson died Saturday, June 25, 1994 of complications from diabetes in Wilmington Hospital.

Mr. Johnson was a furniture mover, landscaper and gardener.

He had attended Pilgrim Baptist Church and enjoyed singing and playing the harmonica.

After attending Newark High School, he served in the Army in 1977.

He is survived by a daughter, Sonji Gaitwood of Newark; three brothers, Jerry B. Adams of Wilmington, and Russell Johnson and Leon Johnson, both of Newark; and five sisters, Evie Adams, Sheila Chandler, Vanesa Johnson and Valeria Johnson, all of Newark, and Rosalind Polston of Jarrettsville, Md.

A service was held July 1 at Pilgrim Baptist Church, Newark. Burial was at Delaware Veterans Memorial Cemetary, Summit.

Thomas E. Bitter

Christiana resident Thomas Edward Bitter died Thursday, June June 30, 1994, at Christiana Hospital of asphyxia due to drowning in a swimming pool.

Mr. Bitter, 28, had been employed by the Wilmington News-Journal's distribution department for 2 1/2 years.

He attended Claymont High school and enjoyed weight lifting and cooking.

He is survived by his fiancee, Suzzette Alley, with whom he lived; his parents, William C. JR. and Patricia A. Bitter of Corpus Christi, Texas; a brother, William D. Bitter of Claymont; and two sisters, Susan Bitter of Newark and Karen Matthews of Victoria, Texas.

A service and burial were private.

The family suggests contributions to charity.

Willard B. MacBeth Jr.

Bear resident Willard B. MacBeth Jr. died Friday, July 2, 1994, of drowning in a pond at the Chesapeake & Delaware Canal where he was camping.

Mr. MacBeth, 37, was a self-employed drywall hanger for the past six years. Previously, he was a contract hauler for The News Journal, delivering newspaper bundles to Newark-area paper carriers.

Raised in New Castle, Mr. MacBeth attended William Penn High School.

He is survived by his wife Mary Ann Rose MacBeth; a son, Joshua, and three daughters, Patricia Krutuleski, Jessica MacBeth and Lauren MacBeth, all of Newark; his mother, Virginia MacBeth of Elkton, Md.; and two sisters, Deborah Romano of Newark and Donna Mullins of Elkton.

Audrey M. Robinson

Newark resident Audrey M. Robinson died Friday, July 1, 1994, of heart failure in St. Francis Hospital.

Mrs. Robinson, 48, was a homemaker and a cook for 10 years at DuPont Co.'s Edge Moor site.

She enjoyed camping with her family, growing flowers, bowling and dancing.

She is survived by her husband of 31 years, Walter Robinson; two daughters, Carol Robinson and Cheryl Dietrich, two sons, Robert and Ronald, all of Newark; a brother, Bayard Sallaway of Phoenix; and six grandchildren.

A service was held July 7 at Nichols Funeral Home, Newport. Burial was in Delaware Veterans Memorial Cemetery, Summit.

The family suggests contributions to American Diabetes Association, Wilmington.

Leonard D. C. Woerner

Bear resident Leonard D. C. Woerner died Tuesday, July 5, 1994, of heart failure at home. Mr.

See OBITUARIES, 9A ▶

Rugby team was his goal

▶ HUMMEL, from 6A

father's head made a 180 degree spin on its axis, but everybody was innocently watching the game.

After church, he commented in front of his dad that the rector COMPLETELY misunderstood Good Friday – Dad's buddy the rector had rambled on about all the physical suffering involved in the crucifixion when any fool knows it was the humiliation of a noble man that made it so evil. The young man's Aunt Helen had taken two years to die screaming. "Now there's real suffering, Dad!" His father hadn't liked that much and said so.

After every time someone weasled out on a ride or something, he would be sarcastic. Mother was a great cook and prided herself on it, so he would thank her for an "adequate" meal. (Nobody else had thanked her at all!)

His sister was dating a lawyer, so he had a new lawyer joke ready for him every time. Sometimes he took Clinton jokes and made them work for all lawyers. You could tell the lawyer's thin little smile at the jokes wasn't genuine.

When his brother came home unexpectedly from college for thinking the Bourbon dynasty came in bottles from Kentucky, the young man understood the older youth's anguish and was kind – until. His brother was supposed to drop him off at an important school event and never showed up nor explained nor apologized, so something had to be done.

At a high dinner with family and friends, he asked his father to cut his allowance in half and give the other half to his brother who was "deeply in need of any help we can give him." The friends had not known of the sad situation and had been ever so sickeningly solicitous all through dinner and even suggested McDonald's was hiring.

He was feeling quite intellectual and would have to ask around whether the school had a rugby team. If it didn't, he'd certainly offer his good services to start one!

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PHILADELPHIA TO HARRINGTON	$45.00	$31.00	10:10 A.M.	9:53 P.M.
CLAYMONT TO HARRINGTON	$35.00	$21.00	10:40 A.M.	9:27 P.M.
WILMINGTON TO HARRINGTON	$33.00	$19.00	10:53 A.M.	9:16 P.M.
NEWARK TO HARRINGTON	$30.00	$18.00	11:13 A.M.	8:56 P.M.
MIDDLETOWN TO HARRINGTON	$20.00	$12.00	11:54 A.M.	8:15 P.M.
DOVER TO HARRINGTON	$15.00	$ 9.00	12:37 P.M.	7:31 P.M.
ARRIVE AT FAIRGROUNDS	—	—	1:17 P.M.	6:52 P.M.
*HARRINGTON TO FRANKFORD ADD AN ADDITIONAL	$20.00	$12.00	1:32 P.M.	4:21 P.M.

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Newark, Christiana share 30th reunion festivities

Former classmates together once more after 1963 decision to divide the Class of 1964

By HEATHER HARTRIM
NEWARK POST STAFF WRITER

"Who the hell are you?" read the sign at the entrance. Thirty years ago these men and women were rejoicing in post-high school bliss, but now it takes a senior picture and a name tag to spark the memory of high school friends.

At the Aetna Fire Hall July 2, Newark and Christiana High School's class of 1964 gathered for a two-day reunion. A dinner/dance kicked off the reunion July 2 and July 3 a picnic was held at Our Lady of Grace grounds in Newark.

The reunion drew 48 alumni from Christiana High School and 69 from Newark High School.

This is the first combined reunion between the cross-town rivals.

In fact, this class started the cross-town rivalry. The class of 1964 was the first graduating class of Christiana High School. Newark High School, with only three wings at the time, was unable to manage all of the students in the area and required the 469-member class to split up after two years of high school together. Newark was left with a class of 239 students and Christiana started with a senior class of 230 students.

On Thanksgiving Day of 1963 Newark and Christiana played football against each other for the first time. Although the score was Newark 37-0, the mood was somber. Bands were not allowed at this game in memory of the assassination of President John F. Kennedy which occurred only a few days prior to the game.

The Vietnam war was also on the political agenda. Some of the members of the class are veterans of that war. One man said the reason he did not attend the earlier reunions was because he was afraid of learning of the death of a fellow classmate in the war.

Through the political turmoil the class vowed to remain unified, Marcia Rotenberry, chairperson of the reunion committee, said. The classes met at the Friday night dances at the Aetna Fire Hall, thus the location for the reunion.

In an evening full of "remember when's..." the cohesiveness of the classes, despite the athletic rivalry, did come through. They frequented hang-outs of the day, which were McDonalds and the Newark Drive-In, which is now a Cleveland Avenue car dealership.

High school sweethearts Marcia Renn and Charles "Skip" Rotenberry cut the rug as they did 30 years ago, shortly before they were married. She ended up graduating from Newark; he from Christiana.

NEWARK POST STAFF PHOTOS BY HEATHER HARTRIM

Members of the Newark and Christiana Class of 1964 gathered at Aetna Fire Hall to share memories of their high school days during a combined, two-day reunion last weekend.

Memories of high school flames and sneaking out came to mind while on stage Skip Rotenberry, a Christiana graduate, spoke of children and grandchildren and what it was like to turn 40.

Pictures were passed around and everyone caught up. The rain Sunday facilitated a more intimate exchange, Marcia Rotenberry said.

When the reunion was over they left with the same promise they left each other with in high school... to see each other again some day.

Lunacies

POEMS, PUNS and PROVERBS

By James C. McLaren

A sculptor's poor wife
Wanted out from her strife.
She'd been chiselled and chipped: couldn't stand it!
Unlike Rodin with "Thinker",
He was un*marble*ous stinker,
Since he always took poor wife for granite.

A schizophrenic old poet,
Though he didn't quite know it,
Would love his good wife; then, he'd curse her!
He wrote sweetly of roses,
Then, of lewd, porno poses.
There were love poems and, then, vice-versa!

Why do hungry fans of old singers leave a cruise ship?
– They want to Dina Shore.

Why did a religious neurologist examine a child star?
– He wanted to see Shirley's Temple.

Though a sloth is a lazy creature it need not look down on itself.

It is better to chat with a parrot than to bicker with a neighbor.

Author's note:
Lunacies like these have been inflicted on my poor wife, children and colleagues for years. They have been greeted by both groans and guffaws – the latter, perhaps, to pacify the punster and offset a further barrage. To its victims, punning can be seen as a disease, since any laughter, however sparce, can be contagious. I hope readers will tackle this word-play nonsense with zest, thereby assuring them Eternal Joy and a letter from Ed McMahon.

A good year for the Delaware state insect

NEWARK OUTLOOK

FROM THE STAFF OF THE COOPERATIVE EXTENSION OFFICE AT UNIVERSITY OF DELAWARE

While lady beetles (a.k.a. ladybird beetles, ladybugs) are no strangers to this part of the country, many folks have remarked about the unusual abundance of these insects this year. They have long been recognized as "beneficials" due to their voracious appetite for soft-bodied pest insects, particularly aphids. Lady beetles were actually named the Delaware State Insect some years ago by the state legislature, at the request of Delaware school children.

There are approximately 475 native and imported species of lady beetles in the United States. They have four life stages in their life cycle – eggs, larva, pupa, and adult. The eggs are generally yellowish-orange and spindle-shaped, and deposited in compact clusters on foliage or grown litter. Averages indicate that the adult female will lay from 50 to 300 eggs in her lifetime (four to six weeks). Eggs hatch usually in four to six days into alligator-shaped, blue-black and orange (most species) larvae which feed on soft-bodied insects for approximately two weeks before entering the pupal stages. The adult emerges after an average of four to six days and begins feeding on soft-bodied

insects again. The average life cycle is 28 days, with the potential for five to six generations per year. Species range in their ability to consume aphids from about ten up to 200 or more per day in their larval and adult stages.

Perhaps the species that comes to mind first for most people is the American convergent lady beetle (Hippodamia convergens), but the one I have observed in greatest numbers so far this year is the larger, imported "seven spotted lady beetle" (Coccinella septempunctata), or C-7. According to researchers C-7 can consume 200 and 100 to 250 aphids per day in the larval and adult stages, respectively.

Of particular interest, in the case of C-7 and many other imported parasites and predators of pest insects, is that the facility conducting such programs is located right here in Newark. The Beneficial Insects Introductory Research Unit of the USDA's Agricultural Research Service is located on the grounds of the University of Delaware's Agricultural College.

Here the staff conducts laboratory and field studies of natural enemies for major insect pests and operates a quarantine and distribution operation for shipments of imported and exported parasites and predators of major insect pests. Each year several hundred batches of insects arrive in Newark from a dozen or more countries. At least that many shipments leave the facility bound for cooperators in ARS, other agencies, universities and private insectaries in other states and foreign countries. Staff from the University's College of Agricultural Sciences and the Delaware Cooperative Extension System frequently cooperate in release and/or follow-up evaluation programs.

This week's author: Carl P. Davis

So our thanks go out to the lady beetle for helping to control aphids and scale insects in our yards, gardens, and agricultural lands and to the staff at the USDA laboratory for their efforts to discover and encourage the most effective "beneficials."

Vision Teaser

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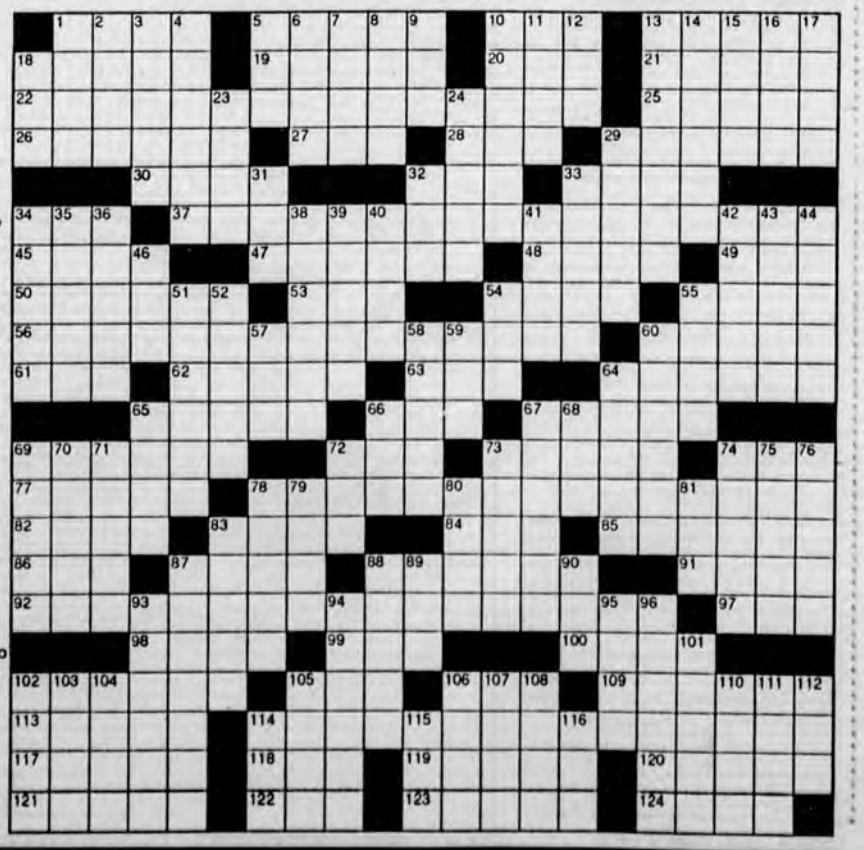
Find at least six differences in details between panels.

Differences: 1. Picture is moved 2. Golf club is longer. 3. Sweatshirt is different 4. Umbrella stand is added 5. Mirror is enlarged 6. Shoulder bag is missing

Super Crossword

ACROSS
1 Line of clothing?
5 Full of froth
10 Prover's inits.
13 Carpentry or printing
18 Lawrence's lady
19 "The Jewel in the Crown" setting
20 Actress Hagen
21 Send the money
22 Eddie Cantor tune
25 Decorate
26 Left port
27 Singer Sumac
28 Compass pt.
29 Nogales nap
30 Ireland, in poetry
32 Spare-tire material?
33 Mall event
34 Impact sound
37 The Happenings tune
45 Curl up with Cather
47 "Chaplin" star
48 Placed
49 Tokyo, once
50 Jim Varney character
53 551, to Caesar
54 Penny or peseta
55 Aquatic organism
56 World War I ballad
60 Burstyn or Barkin
61 Mystery writer Josephine
62 Make much of
63 Use the remote control
64 Makes some dough?
65 Approaches
66 Hall of Famer Mel
67 Donut topping
69 Hulled grain
72 "Murder, — Wrote"
73 Patsy Cline hit
74 Napa vessel
77 Decisive defeats
78 Jacky Noguez tune
82 Division word
83 Compassion
84 Strangelove and Seuss: abbr.
85 Trafalgar victor
86 "Kookie" Byrnes
87 — Spumante
88 Most mirthful
91 Shipshape
92 James Darren tune
97 Afternoon delight?
98 Eyebrow shapes
99 Academy for future lieuts.
100 Cezanne or Lynde
102 "Splash" star
105 Easy as —
106 Gush
109 Took care of pressing business?
113 Viva voce
114 Mario Lanza tune
117 Library fixture
118 "O Sole —"
119 Ford or Fonda
120 A Leeward Island
121 "Oliver Twist" villain
122 Cough up the cash
123 Surround a Seurat
124 Pesky insect

DOWN
1 Versatile bean
2 "... — saw Elba"
3 Mosey along
4 Arl of "Kate & Allie"
5 Petty prevarication
6 Just
7 First person
8 Easily split mineral
9 Go on and on
10 The Dionnes, e.g.
11 To be, in Toulouse
12 Lemmon/Danson film
13 Brought up the rear
14 Use coupons
15 — Alonso Stagg
16 Gossip
17 Sicilian rumbler
18 "Major Barbara" monogram
23 Ms. McClurg
24 Cecil's chum
29 Wedding-dress fabric
31 Nancy Drew's boyfriend
32 "Pshaw!"
33 Where to dance a jota
34 "The Sun Also Rises" heroine
35 Home on high
36 Virile
38 Tyrolean tunes
39 Baby hooter
40 Textbook heading
41 "The Time Machine" people
42 Politico Abzug
43 Sidled
44 Some stallions
46 Dover's state: abbr.
51 Caramels and chocolates
52 Where to find Alice
54 Graduation gear
55 Sheltered, at sea
57 Imperfection
58 Montezuma, for one
59 Gangster's gun
60 Pepsin or lipase
64 "East of Eden" director
65 W. alliance
66 Palindromic cry
67 Concerto — (Baroque form)
68 Research site
69 "Peer Gynt" composer
70 Sonata movement
71 Surpass
72 For instance
73 Hall of Famer Rod
74 Pop in
75 Battery part
76 Songstress Tucker
78 Quotes an expert
79 Adjective suffix
80 Pastoral poem
81 Sandwich choice, for short
83 College course, briefly
87 Rubs the wrong way?
88 Last name in fashion
89 Loser to DDE
90 Mil. unit
93 Strauss' river
94 Scotch cocktail
95 Secular
96 Throughout
101 Ponti's partner
102 Crones
103 "— Really Want to Do"
104 Cranny's companion
105 "Turandot" tune
106 Scoff at
107 Best or Ferber
108 Put a name to
110 PBS science show
111 Send out
112 "— Kapital"
114 Audiophile's purchase
115 TV term
116 Deli bread



Roberson, Supplee wed in double-ring ceremony

Debbie Ann Roberson of Newark and Timothy Charles Supplee of Kennedyville, Md. were united in marriage on June 25, 1994.

The Revs. William Archer and Thomas Jensen officiated at a double-ring ceremony at St. James Episcopal Church in Wilmington.

The church was decorated with flowers at the altar given in loving memory of David Edward Roberson, brother of the bride.

The bride, daughter of Alvin and Linda Roberson of Newark, was given in marriage by her father. She wore an ivory satin gown that featured a fitted bodice, sweetheart neckline, puffed pleated sleeves, a full skirt and a chapel train. The gown was trimmed with pearls, clear sequins and satin embroidered lace.

The bride carried a bridal pillow with white roses and phalaenopsis orchids with white freesia.

Maid of honor was Lisa Carole Roberson of Knoxville, Tenn., the bride's sister.

The bridesmaids, who wore purple shantung dresses with scalloped sweetheart necklines and re-embroidered lace, were Valerie Wilson of Washington, D.C., Nicole Dipaolo of Saddle River, N.J. and Courtney Redfern of Chatham, N.J., all friends of the bride.

The bridesmaids carried bouquets of lavender stock, stargazer lilies, white freesia and pink bouvardia from Holland.

The best man was Brian Supplee of Wilmington, brother of the groom.

Ushers were Andy Molter of Wilmington, Bill York of Natick, Ma., both friends of the groom and Scott Supplee of Newark, brother of the groom.

Music was provided by Organist Robert Clement, friend of the bride and the guest book was attended by Jean Flory and Katie Flory, both of Frederick, Md. and friends of the bride.

Following the wedding, a reception was held at The Three Little Bakers Theatre Encore Room in Pike Creek.

The bride is a 1985 Newark High School graduate. She has a bachelor's degree from the University of Delaware in French studies and French education. She worked in the Christina School District as a counselor in the Back to Back program from 1989-1990 and taught at the Universite Jean Moulin Lyon III in Lyon France from 1990-1991.

The groom, son of Charles Supplee of Earlville, Md. and Joan Supplee of Wilmington, is a 1988 graduate of Brandywine High School. He is attending the University of Delaware and expects to graduate with a business degree in June of 1995. He works for Supplee Builders.

After a honeymoon to France, the couple will reside in Kennedyville, Md.

Mr. and Mrs. Timothy Charles Supplee

RELIGION FILE

Lehman named associate pastor at Newark United Methodist Church

The Rev. Mr. Russell L. Lehman has accepted an appointment, effective July 1, as associate pastor at Newark United Methodist Church, 69 East Main Street, Newark.

Lehman was born in Flint, Mich., graduated from John Wesley College in Owosso, Mich., and is a graduate of Wesley Theological Seminary in Washington, D.C. He has been ordained in the Peninsula-Delaware Conference of the United Methodist Church for 16 years. He served a total of 13 years in the U.S. Marines/U.S. Navy as a Chaplain.

He is married to the former Lois Robinson. The couple has two children, Christian, 21, of Baltimore and Kirk, 19, who is serving in the Navy in Maine. Their granddaughter, Cecilia, lives in Baltimore. Two stepsons, David and Tim Dant, live in the Washington, D.C., area.

Yancey Brothers to perform

The Yancey Brothers will perform at Pilgrim Baptist Church in Newark on Sunday, July 10, at 7 p.m. The church is located on Barksdale Road. For more information, call 453-8790.

Obituaries

▶ CONTINUED, from 7A

Woerner, 64, was a salesman at Aquaflo Supply, Bear, for 13 years. He retired in 1989.

He was an Army veteran of the Korean War.

He was a member of St. Elizabeth Ann Seton Catholic Church, Bear.

Mr. Woerner is survived by his wife, Patricia Burns Woerner; six sons, Leonard C. Jr. and Francis J., both of Bear, Michael J. and Richard A., both of Newark, Gerald of Middletown and Jeffrey A. of New Castle; a brother, Charles P. of Clayton; three sisters, Charlotte Foley and Marie Souder, both of New Castle and Carolyn King of Bear; and 14 grandchildren.

Mass of Christian Burial will be offered today (July 8) at St. Elizabeth Ann Seton Catholic Church, Bear. Burial will be in Delaware Veterans Memorial Cemetery, Summit.

The family suggests contributions to St. Elizabeth Ann Seton Catholic Church building fund or Little Sisters of the Poor, Jeanne Jugan Residence, Newark.

Blanche Rice

Newark resident Blanche Rice died Saturday, July 2, 1994, of a cerebral hemorrhage in Christiana Hospital.

Mrs. Rice, 78, was a retired domestic.

She was a former member of St. Matthew's Baptist Church, Millen, Ga., where she had been treasurer.

She enjoyed needle crafts and sewing.

Her husband, Perry D. Rice, died in 1983. She is survived by two stepsons, Johnny Rice of Toronto, Canada, and Richard Davis Jr. of Rochester, N.Y.; a stepdaughter, Hattie Mayers of Detroit; a brother, Jerry Ruffin Jr. of Savannah, Ga.; five sisters, Mary Dunn and Alice Shy, both of Wilmington, and Chaney Houston, Ruby Burke and Hattie Mae Farver, all of Millen; seven grandchildren, 19 great-grandchildren and five great-great-grandchildren.

A service will be held tomorrow (July 9) at St. Matthew's Baptist Church. Burial will be in Millen.

Charles H. Jester

Newark resident Charles H. Jester died Sunday, July 3, 1994, in Christiana Hospital after a heart attack at home.

Mr. Jester, 69, was an engineer at Johnson Control Systems & Services, New Castle. He retired in January after several years of service.

He was a member, choir singer and trustee of Calvary United Methodist Church, Wilmington.

He was a Navy veteran of World War II. Mr. Jester enjoyed sports and was an Eagles fan.

He is survived by his wife, Betty Lee Jester; two sons, Kevin L. of Suisun City, Calif., and Brian W. of Newark; two daughters, Heather Ann Jester at home and Sandra Kaye VanHeest of Middletown; two stepdaughters, Joan Denise Clark of Wilmington and Michele Ann Bruno of Sewell, N.J.; a brother, Robert and two sisters, Patricia Jester and Martha Suder, all of Wilmington; and seven grandchildren.

A service will be held today (July 8) at McCrery Memorial Chapel, Kirkwood Highway and Duncan Road. Burial will be in Gracelawn Memorial Park, Minquadale.

Church Directory

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706 West Church Rd.- Newark
(302) 737-5190
Sunday School- all ages ..... 9:30 am
Morning Worship ..... 10:30 am
Sunday Evening Adult & Youth Activities ..... 6:30 pm
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Child Care Provided
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An Adventure in Faith

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(1-1/2 mi. S. of Rt. 40 & Rt. 896)
834-4772
Sunday School .....9:15 a.m.
Morning Worship ...10:30 a.m.
Sr. Pastor Rev. Charles F. Betters
Assoc. Pastor Rev. Douglas Perkins

OGLETOWN BAPTIST CHURCH
TWO MORNING WORSHIP SERVICES
8:30 A.M. - 11:00 A.M.
SERMON
Touching God by Touching Others
Sunday School .....9:45 a.m.
Sunday School .....9:45 a.m.
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Evening Worship 6:30 p.m.
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Summer Worship .....9:00 a.m.
Holy Communion ..... 1st & 3rd Sunday
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Wednesday:
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• Adult Bible Study .....6:45 PM
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Worship Service 10:30 a.m.
Evening Service 6:30 p.m.
Sr. Minister Rev. Irvin R. Pusey
Asst. Minister Ronald Cheadle

Try a delicious, Italian approach to meat preparation this summer

THE FRUGAL GOURMET

By JEFF SMITH

In the South of Italy, red meats of all kinds are appreciated. There are beautiful shops selling fresh meat in Torino. The meat shops of Bologna are wonderful and the meat and sausage shops in Venice are outstanding.

I hope you enjoy these meat recipes as much as I do.

PORCHETTA (serves 8-10)

This pork dish is much appreciated in Umbria where it originated. It's great for a dinner party.

1 7- to 8-pound whole fresh pork shoulder (you will have to order this from your butcher and it must have the pork skin attached)
Salt and pepper to taste
3 cloves garlic, crushed
1 tablespoon fresh rosemary or 2 teaspoons dried

Lay the meat skin up on the counter and prick the skin all over with a sharp object such as an ice pick.

Turn skin side down and season the meat with the salt and pepper, garlic and rosemary.

Roll up the roast with the skin on the outside and tie with kitchen string. Place on a rack in a roasting pan.

Roast in a preheated 375-degree oven for about 2 1/2 hours or until a meat thermometer registers 165 degrees.

Let stand 15 minutes and slice across the grain.

LITTLE TIED PORCHETTA ROASTS (serves 6)

This is the same dish as the previous Porchetta but these are a bit smaller; each will serve two to three people.

1 3-pound boneless pork roast, tied
Salt and pepper to taste
2 cloves garlic, crushed
1 tablespoon chopped fresh rosemary needles
1 tablespoon olive oil

Untie the roast and cut it into 2 1/2-pound pieces.

Place in a large bowl and season the pork with salt and pepper, garlic, rosemary and olive oil. Rub the meat all over.

Retie the 2 pieces into smaller roasts with the grain of the meat the same as the original piece.

Place on a rack in a roasting pan and roast at 350 degrees about 1 1/2 hours or until a meat thermometer registers 165 degrees.

Remove and allow to rest 5 minutes before slicing.

DEEP-FRIED VEAL MEATBALLS (makes about 2 1/2 dozen)

These meatballs obviously had something to do with Austria or Switzerland. The flavors are Italian but the method of cooking had to come in from farther north. Regardless of their pedigree they are delicious.

THE MEATBALLS

1/2 cup milk
1/2 cup fine bread crumbs
1 1/2 pounds veal, coarsely ground
1/2 pound pork fat, ground
1 clove garlic, crushed
1 egg, beaten
1 tablespoon chopped parsley
Salt and pepper to taste

THE BREADING

1 cup flour
2 eggs, beaten
2 cups fine bread crumbs

FOR FRYING

3 cups olive oil
3 cups peanut oil

Stir the milk and 1/2 cup bread crumbs together in a medium-size bowl. Allow to soak for 5 minutes and add the remaining ingredients for the meatballs.

Mix together very well with your hands and form into balls containing 2 tablespoons of the meat mixture.

Moisten your hands with cold water if the meat mixture begins to stick to your hands.

Place the flour, eggs and remaining bread crumbs in separate bowls. Roll the meatballs in flour and pat off the excess flour.

Coat with beaten egg and roll in bread crumbs.

Heat the olive oil and peanut oil for frying. Fry the meatballs at 375 degrees until brown and the center is cooked through, but don't overcook. Drain on paper towels.

These can be eaten plain or served with fresh or bottled tomato sauce.

SHORT RIBS WITH WINE AND PORCINI SAUCE (serves 6)

These short ribs, rich and tender in wine and porcini sauce, go great with cannellini beans.

3/4 ounce dried porcini mushrooms (find in Italian markets, or you might use the South American variety, which are good and much cheaper than the Italian variety)
1/2 cup hot tap water
3 1/2 pounds beef short ribs (6 large meaty pieces, crosscut 1-inch thick)
Salt and pepper to taste
2 tablespoons olive oil
2 cloves garlic, crushed
1 rib celery, diced
1 medium carrot, peeled and diced
1/2 cup peeled and diced yellow onion
1/2 cup fresh or canned beef stock
1/2 cup dry red wine

THE SAUCE

1 tablespoon olive oil
Reserved soaked porcini, chopped
Reserved pan juices
1/4 cup dry red wine
1/2 cup fresh or canned beef stock
2 tablespoons chopped parsley
Salt and pepper to taste

Place the porcini in a small glass along with the hot water. Allow to soak for 45 minutes.

Drain, reserving the liquid. Chop the porcini and set aside.

Trim any excess fat from the short ribs and season with salt and pepper. Heat a heavy frying pan and add 1 tablespoon of the oil. Brown the ribs well on all sides.

Place the browned meat in a shallow baking dish.

Discard the excess grease in the frying pan and heat the pan again.

Add the remaining 1 tablespoon olive oil and saute the garlic and vegetables until lightly browned.

Add to the baking dish of meat. Deglaze the frying pan with the beef stock and add to the meat along with the wine and the reserved porcini liquid.

Cover with foil and bake at 325 degrees for 2 1/2 hours or until the short ribs are very tender.

Remove the meat and strain the vegetables and pan juices.

Discard the vegetables.

Skim the fat from the juices and discard.

Return the short ribs to the baking dish and cover.

Heat the frying pan again and add the olive oil and reserved chopped porcini. Saute for 2 minutes and add the remaining ingredients for the sauce.

Simmer for 5 minutes and pour over the ribs. Cover the baking dish and return to the 325-degree oven. Bake 40 minutes more.

Serve the short ribs on a bed of cannellini beans and ladle some porcini sauce over the top.

BRACIOLE (serves 6)

Boston is the home of this one, though I know that a thousand Italian grandmas will tell me of their similar fillings for this wonderful dish. Anything goes, and the results will always be good providing you don't overcook this tied steak roast. It's a classic in Italy.

1 1 3/4-pound flank steak
Salt and pepper to taste
2 tablespoons pine nuts, toasted
1/3 cup chopped fresh mint
1/3 cup chopped fresh parsley
4 cloves garlic, crushed
1/4 cup freshly grated Parmesan cheese
Juice of 1 lemon
2 tablespoons olive oil
1 1/2 cups fresh or bottled tomato sauce
1/2 cup red wine

Place the meat on the counter and pound it out a bit to tenderize and flatten.

Add salt and pepper to taste.

Place the pine nuts in a small frying pan and toast them over low heat until golden brown. Allow to cool and place in a small bowl with the mint, parsley, garlic, cheese, lemon juice and 1 tablespoon of the oil. Stir together and rub on the meat.

Roll the steak up tightly across the grain of the meat like a jelly roll.

Tie the roll together with string to secure. Season the outside with salt and pepper to taste.

Heat a large non-stick frying pan and add the remaining 1 tablespoon of oil. Brown the meat roll on all sides over medium heat.

Place the roll in an oval-shaped stove-top casserole. Add the tomato sauce and the wine.

Bring to a boil and simmer very gently, covered, for 1 hour. Turn the Braciole a few times while cooking.

Turn off the heat and allow to rest in the casserole with the lid on for 15 minutes.

Remove the string and slice across the grain into 1/2-inch thick-pieces.

Serve the sliced meat roll with the sauce that has formed in the casserole.

Next: Vegetables

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THEATRE • EVENTS • EXHIBITS • NIGHTLIFE • MEETINGS

FRIDAY 8

"FOR KIDS ONLY" insect program 9 a.m. at White Clay Creek State Park (formerly Carpenter State Park). For ages 7 to 14. 368-6900.
"STORYTIME FOR TWO'S" 10:30 a.m. at New Castle Public Library, 424 Delaware St., New Castle. Must be age 2. 328-1995.
BIRDING FOR KIDS 1:00 p.m. slides and hike. Bring binoculars. Meet at London Tract Meetinghouse, White Clay Creek Preserve, Landenberg, Pa. Ages 7 to 10. (610) 274-2471.
EAST COAST COMEDY COMPETITION 9:30 p.m. at Wilmington Comedy Cabaret, Wilmington. Admission. (302) 652-6873.
"QUARTET FOR THE END OF TIME" 11 a.m.at Loudis Recital Hall of the Amy E. du Pont Music Building, Newark. Free. (302) 831-8741.

SATURDAY 9

BIRDWATCHING 8 a.m. at White Clay Creek Preserve Visitor Center. 368-6900.
NATURE CRAFTS 10:30 a.m. at White Clay Creek Preserve Visitor Center. Ages 4 to 8. 368-6900.
CREEK SEARCH 1:00 p.m. at White Clay Creek Preserve Visitor Center. Pre-registration required. 368-6900.
BIRD HIKE 7:30 a.m. at Lot #2 on Sharpless Rd., White Clay Creek Preserve, Landenberg, Pa. (610)274-2471.
EAST COAST COMEDY COMPETITION See Friday, July 8.
BINGO AND FOOD 7 p.m. at Temple Beth El, Newark. Fee. (302) 366-8330.
SEA SUMMER ARTS FESTIVAL Opening festivities starting at 5:30 p.m. Fee. (302) 855-1620 or (302) 735-8200.
ICE CREAM FESTIVAL 11:00 a.m. to 7:00 p.m. at Rockwood Museum, Wilmington. (302)761-4340.
CAR SHOW Sponsored by American Cancer Society. Cedar Lane Elementary School, Middletown. Fee. (302) 324-4227.
IRIS SALE 10 a.m. to 2 a.m. at Prices Corner Shopping Center. (302) 998-2414.
COKESBURY VILLAGE LECTURE 7:30 p.m. at Cokesbury Village, Hockessin. (302) 234-4444.
WORLD FOLK CONCERT 7:30 p.m. at Longwood Gardens, Kennett Square, Pa. Fee. (610) 388-6741.
BAROQUE AND BLUES ACOUSTIC JAZZ QUARTET 3:00 p.m. at the Rehobeth Art League, Rehobeth Beach. Donation requested. (302) 227-8408.
HERITAGE DAY 9 a.m. to 2 p.m. at Heritage House Museum of the Elizabethtown Preservation Associates, Lancaster, Pa. Free. (717) 367-4672.
FIDDLERS' PICNIC 10 a.m. at New Holland Community Memorial Park, New Holland, Pa. Free. (717)355-9795.
AUCTION AT SUMMERFEST 11 a.m. at Town Point United Methodist Church, Chesapeake City, Md. 885-5095.

SUNDAY 10

THE GREAT AMERICAN CIRCUS Showtimes at 1:00 p.m. and 4:00 p.m. at Elkton Village Shopping Center, Elkton. Admission. (410) 392-2750.
SINGLES SOCIAL 5:00 p.m. at Clemente's Ristorante, West Chester, Pa. (610) 353-4624.
"LITTLE JIMMY DICKENS SHOW" 1 p.m. at Sunset Park, Jennersville, Pa. Fee. (610) 869-3513 or (610)869-4156.
IRIS SALE 1 p.m. to 4 p.m. at the Delaware Agricultural Museum, Dover. (302) 998-2414.

The ensemble Helicon will perform, The Fiddler's Picnic at the New Holland Community Memorial Park in New Holland, Pa. on July 9 at 10 a.m. No admission fee. For more information, call (717)355-9795.

FAMILY HIKE 1:00 p.m. at London Tract Meetinghouse, White Clay Creek Preserve, Landenberg, Pa. Find butterflies and bugs. Bring a magnifying glass. (610) 274-2471.
ICE CREAM FESTIVAL See Saturday.

■ JULY 11

ASTRONOMY LECTURE 8 p.m. at Mt. Cuba Astronomical Observatory, Greenville. Reservations required. Fee. (302) 654-6407.

■ JULY 12

"BLUESTORY!" 11:00 a.m. at Newark Hall Auditorium, University of Delaware. Country blues, music and legends. Sponsored by the Delaware Institute for the Arts in Education. (302) 454-2217.
ICE CREAM CONCERT 7:30 p.m. at Longwood Gardens, Kennett Square, Pa. Admission. (610) 388-6741.
ALFIE MOSS PERFORMANCE 7:00 p.m. at Bellevue State Park, Wilmington. Entrance fee. (302) 577-6540.

■ JULY 13

RUN FOR INDEPENDENCE 6:30 p.m. at Brandywine Park, Wilmington. Sponsored by Independent Living, Inc. Entry fee. (302) 429-6693.
BINGO (smoke free) Wednesday nights 7 p.m. at Community Fire Co, Rising Sun, Md. (410) 658-5115.

THURSDAY 14

OUTDOOR CONCERT 7:30 p.m. at Longwood Gardens, Kennett Sq., Pa. A blend of Swing, bebop, & Island Flavors. Fee. (610) 388-6741.
"ALADDIN AND THE MAGIC LAMP" 7:30 p.m. at the University of Delaware College of Marine Studies' Hugh R. Sharp Campus, Lewes. Fee. (302) 855-1620.
PLANETE FOLLE CONCERT 7:00 p.m. at Bellevue State Park, Wilm. Authentic French Cajun & Zydeco music. (302) 577-6540.
SAXOPHONE QUARTET 7:30 p.m. at Cokesbury Village, Hockessin. (302) 234-4444.
STORY/ACTIVITY HOUR 1:30 p.m. at the Delaware Children's Museum, Wilmington. Stories and crafts. Admission. (302) 658-0797.
LAWN SPORTS 12:00 p.m. at the Green of downtown Dover. (302) 734-1618.
SUMMERFEST "Night of Old Vienna." Sponsored by Baltimore Symphony Orchestra. (800) 442-1198.

Dale Milton will perform in an outdoor concert at 7:30 p.m. at Longwood Gardens, Kennett Square, Pa. on July 14. The program will feature a blend of swing, bebop and island flavors. Garden admission is charged. For more information, call (610)388-6741.

EXHIBITS

■ DELAWARE

SUMMER GROUP SHOW of regional artists exhibit through the month of July at Hardcastles Gallery in Wilmington. 655-5230.
NEWARKER BRUCE ZABEL exhibit at Newark Municipal Building on Elkton Road during the month of July. Free. 366-7091.
"OFF THE WALL" exhibit by Collage Artist Leslie Apple, Jewelry and Fiber Artist Terry Foreman, and Jewelry Artist Caryn Hetherston through July 13 at Kaleidoscope Gallery at Hardcastles in the Newark Shopping Center.
"HOSE, HOOK & LADDER: FIRE FIGHTING IN NEW CASTLE COUNTY" examines history and practice of fire fighting in New Castle County and runs through July 30 at University of Delaware Gallery. Free. 831-8242.
"THE AMISH, JEWISH AND ITALIAN FARM COMMUNITIES" on exhibit at the Delaware Agricultural Museum and Village in Dover through June 30, 1995. 734-1618.
CRAFT EXHIBIT at the Rehoboth Art League through July 13. 227-8408.
"PLANET OF THE ARTHROPODS" on exhibit at the Delaware Museum of Natural History in Wilmington through Sept. 16. 658-9111.
"19TH CENTURY WEDDING TRADITIONS" on exhibit at the Historic houses of Odessa through July 31. 378-4069.
"HENRY LOUSTAU: AN ANIMATED APPETITE" exhibit at Delaware Center for Contemporary Arts in Wilmington through July 31. 656-6466.
"COMMON GROUND/UNCOMMON VISION: THE MICHAEL AND JULIE HALL COLLECTION OF AMERICAN FOLK ART" exhibit at Delaware Art Museum in Wilmington through September 4. 571-9590.
"NEW AND USEFUL IMPROVEMENTS: NINETEENTH-CENTURY PATENT MODELS" exhibit at Hagley Museum and Library through October 31. 658-2400.

■ NEW JERSEY

"GILLINDER GLASS: STORY OF A COMPANY" at Museum of American Glass at Wheaton Village in Millville, N.J., through October 23. (609) 825-6800.

■ PENNSYLVANIA

"FESTIVAL OF FOUNTAINS" including more than 1,700 fountains, flowers, and music through September 29 at Longwood Gardens, Kennett Square, Pa. 1-800-737-5500.
"MASTER DRAWINGS OF THE HUDSON RIVER SCHOOL" on display at the Brandywine River Museum in Chadds Ford, through September 5. (610) 388-2700.

Tell us about your events, exhibits, or meetings.
Send information two weeks prior to:
Newark Post,
153 E. Chestnut Hill Road,
Newark, DE 19713
or fax to: (302) 737-9019.
Please submit information
at least two weeks prior to event.

MEETINGS

DEADLINE 2 WEEKS BEFORE EVENT • NEWARK POST, 153 E. CHESTNUT HILL ROAD, 19713

■ JULY 9

THE FIRST STATE CHAPTER will meet at 10 a.m. in the Beebe Hospital Conference Rm., Lewes. 651-4643.

■ JULY 11

MENDED HEARTS OF DELAWARE meeting at 7:30 p.m. at the New American Heart Association Building, Newark. Topic is women and heart disease. 366-8236.
SKIN CANCER PROGRAM 6:30 p.m. at both Christiana and Wilmington Hospitals. To register, call 428-4100.
TOWN MEETING ON THE ARTS 7:00 p.m. at the Delaware Theatre Company, Wilmington. 577-3540.
TEACHING CLASSES Sponsored by Project ASSIST Institute. Training class July 11 through July 15. Fee. 764-1010.

■ JULY 12

EMBROIDERERS' GUILD OF AMERICA 6:00 p.m. at Oberod, Centreville. Helen Giammattei will speak. 731-4553.
KENTMERE NURSING CARE CENTER 7:30 p.m. at Kentmere's Conference Room. Topic: "Anticipating Decisions with and for the Elderly." 652- 3311.
'PATHWAYS TO CHANGE' 1:00 p.m. at the Newark Senior Center, Newark. Meets the second and fourth Tuesday of every month. 737-2336.
"FAMILIES CARING FOR ELDERLY RELATIVES" 7:30 p.m. at the Adult Day Care Center, Newark. Meets the second and fourth Tuesday of the month. 831-6774.
FULL GOSPEL BUSINESSMEN FELLOWSHIP INTERNATIONAL 6:30 p.m. at teh Southern Plantation Restaurant in the Marlex Shopping Center, Bear. Fee and reservations recommended. 998-8560.

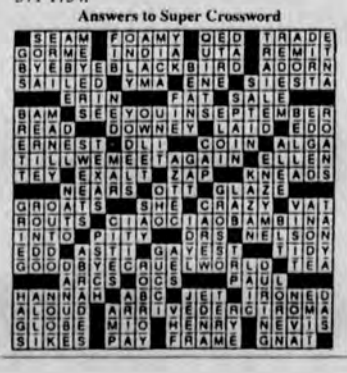
■ JULY 13

NEWARK ROTARACT CLUB 7:00 p.m. at the Provident Mutual Building on Continental Drive, Newark. The club meets the 2nd and 4th Wednesdays of each month. 368-2311.
NEWARK WHITE CLAY KIWANIS CLUB 6:30 p.m. at Holiday Inn. Fee. 737-6530.
MERRILL LYNCH SEMINAR seminar 7:00 p.m. at Chemical Bank Plaza, Wilmington. Free. Reservations. 571-5105.
LONGWOOD GARDENS 2:30 p.m. demonstration at Longwood Gardens, Kennett Square, Pa. Admission. (610) 388-6741.
SCOTTISH COUNTRY DANCE CLASS 8:00 p.m. at St. Thomas Episcopal Church, Newark. Summer series of Monday evening classes. All are welcome. 453-1290.

■ JULY 14

DIABETICS FOOT CARE FORUM 7:00 p.m. at Claymont Community Center, Claymont. Meetings held the second Thursday each month. 653-4576.
COMPUTER DEMONSTRATION 2:00 p.m. at Media Arts Building, Wilmington. Registration required. Free. 571-1754.

Answers to Super Crossword



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NEWARK POST
GREATER NEWARK'S HOMETOWN NEWSPAPER SINCE 1910

Brandywiners revive 'Brigadoon' at Longwood performances

THE ARTS

By PHIL TOMAN

Please consider two facts. 1. It is July in Post Country. 2. Word is out that the magical, mystical town in the Scottish highlands is about to materialize in Post Country. There is only one conclusion for music lovers — The Brandywiners are presenting "Brigadoon" at The Open Air Theater at Longwood Gardens!

Just the name of that show brings forth a tsunami of wonderful tunes and memories of the many fun times I have had seeing the show and the movie. "Brigadoon" is what the Broadway stage was — hopefully can be again — all about. When it opened on the Great White Way in 1947, the show ran for 581 performances and then toured 68 cities in our country and Canada. I was just a high school kid, but I will never forget that Saturday matinee. I think I whistled and hummed — maybe even sang a little — all the way home. The show was soon in my record collection.

In 1954 the movie version came out with Gene Kelly, Van Johnson and Cyd Charisse. I made a trip or two to theaters showing the film! "Brigadoon" had two Broadway revivals, one in 1957 and the other in 1980. I guess we just can't get enough of a good thing. Of course, there were those great performances on the outdoor stage at Longwood that were not to be missed, and they weren't, every ten years since 1954. It is no wonder that this show is regarded as one of the classics of the American musical theater. And now it's back again.

May I borrow your audio imagination for just a moment or two. I will be gentle with it! Let me stimulate it with the title song, or perhaps "Almost Like Being In Love" or "Waitin' for My Dearie," or the slightly raucous "I'll Go Home with Bonnie Jean" or the delicate and lovely "The Heather on the Hill." See, I was gentle, wasn't I? I am already humming here at my keyboard, but, if I break into song, everyone in the newsroom will throw things at me.

The 1994 Brandywiners' production has James F. Smith as stage director and Penny Gilmour Short of Newark is the choreographer.

Now, let's turn our attention to the stage. The romantic leads will be played by Theodora Psitos and Robert Welch. Newarker Scott Mason will play Jeff Douglas. By the way, Scott was the star of last year's "Camelot" at Longwood. Jack Taylor will offer us Andrew MacClaren and veteran character actor Andy Zimmerman will appear as Archie Beaton. Beth Ann Belleville is cast in the comedy role of Maggie Anderson and Debra L. Horning will appear as the highland charmer Fiona MacClaren.

Everyone is in rehearsal right now and things are moving toward the six performances set for The Open Air Theater at 8:30 p.m. on Thursday, July 28; Friday, July 29; Saturday, July 30; Thursday, August 4; Friday, August 5 and Saturday, August 6. If you are new to the area, Longwood Gardens is in U. S. Route 1 just north of Kennett Square, Pa. It's about a half-hour drive from Newark.

The tickets are $18 for reserved seats and the ticket allows you garden privileges as well. That means you can go up in the afternoon, tour in indoor and outdoor gardens, maybe even have dinner at Longwood, and then go to the show. That is a real bargain when you consider the quality of the show and the beauty of the gardens.

You may order tickets from The Brandywiners, Ltd., P. O. Box 248, Montchanin, Delaware 19710. If you prefer to call, the number is 302-478-3355. If you live outside Delaware, you may call 1-800-338-6965.

With book and lyrics by Alan Jay Lerner and music by Frederick Loewe, "Brigadoon" is a musical for the entire family. At the prices the Brandywiners are asking, you can afford to take the whole family!

Enjoy!

Three of the leads in the Brandywiners production of "Brigadoon" at the Longwood Gardens Open Air Theater are Andy Zimmerman (above), Theodora Psitos and Scott Mason (right).

Births

Wednesday, June 29
Janas- Carol and William II, Newark, daughter.
Cave- Carolyn and Alfred, Newark, daughter.

Thursday, June 30
Windle- Denise and James, Newark, son and daughter.

Friday, July 1
Lee- Hsaio-Mei and Ching-Li, Newark, daughter.

Saturday, July 2
Washabaugh- Nancy and David, Newark, son.
Wilson- Cynthia and Mark, Bear, daughter.
Kerrigan- Tammy and John, Newark, son.
Thornton- Gina and Robert, Newark, twin sons.

Monday, July 4
Thomson- Andrea and Clay, Newark, daughter.
Merritt- Janette and Donald, Newark, son.
Springer- Sherri and Jack, Newark, daughter.
Pearce- Rebecca and James, Newark, son.

Tuesday, July 5
Smethurst- Christina and Steven, Bear, son.
Sulecki- Holly, Newark, daughter.
Earley- Lori and David, Newark, son.
Greene- Yolanda and John, Newark, daughter.
Hickox- Heather and Patrick, Newark, daughter.
McGrath- Annette and William, Newark, son.
Langford- Ariana and Bruce, Bear, son.
Kwiatkowski- Beth and Marc, Newark, son.
Phillips- Deborah and Courtlyn, Newark, son.

Wednesday, July 6
McCloskey- Helen Ann and Brian, Bear, daughter.
Finnegan- Margaret and Brian, Bear, son.
Romesberg- Ann and Steve McIlvaine, Newark, son.
Coleman- Juanita, Newark, son.
Garcia- Maribel and Ennio Zaragoza, Bear, son.
Wright- Michelle and Bryant, Newark, daughter.

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Tuesday, July 12
2:00 P.M. - Concord Pike Public Library
7:00 P.M. - New Castle Public Library

Friday, July 15
10:00 A.M.- Milford Public Library
3:00 P.M.- South Coastal Library

Saturday, July 16
10:00 A.M.- Seaford District Library

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IN SPORTS

SUBURBAN SWIM LEAGUE SCORES AND RESULTS 2B

IRISH PUB HOT IN PARKS & REC SOFTBALL 3B

Reybold Homes falls in Babe Ruth tourney title game

By MARTY VALANIA
NEWARK POST SPORTS EDITOR

GLASGOW – More often than not, when a baseball team pounds out 14 hits and scores 12 runs, it will win the game. It wasn't to be, however, for Reybold Homes as the local squad fell 15-12 to Westmont, N.J. in the championship game slugfest of the Newark Babe Ruth Fourth of July Invitational Baseball Tournament Monday afternoon.

Westmont scored 14 runs in the first two innings and held off a powerful Reybold rally to gain the title.

"It was a heckuva game," said Reybold Homes manager Dave Fetterman whose team has compiled a 10-4 overall record this season. "It was a great comeback but we just came up short."

The game looked anything but competitive early as Westmont scored eight runs in the first inning and six more in the second to build a 14-4 lead. The winners had four hits in the first inning but were also aided by four walks and two Reybold errors. The second inning saw five more Westmont hits combined with two more Reybold errors.

Fetterman looked to stop the bleeding in the third inning by inserting starting catcher Tom Emig on the mound. Emig, 16, seeing his first pitching action of the season held the heavy Westmont bats (which pounded out nine hits in the first two innings) to just two hits the rest of the way.

The fiery Emig also restored emotion to the Reybold squad, pumping his fist after strikeouts and keeping Westmont from big innings as the Newark team chipped away at the big lead.

"I think I found myself another pitcher," Fetterman said of Emig. "He was unbelievable. He hasn't pitched hardly at all this year. He really did a great job."

Trailing 14-4 after two innings, Reybold scored once in each of the third and fourth innings, and three in each of the fifth and sixth innings to cut the lead to 15-12.

Relief pitcher Vince D'Orio shut down Reybold in the seventh inning – the only inning Reybold didn't score a run – to secure the victory.

Offensively for Reybold – which entered the tournament holding down second place in the Newark Babe Ruth Gold Division race, Jason Lawnhorn had two singles; John Bush a single, an RBI and a run scored; Emig a single and a run scored, Justin Taylor a triple, single, two RBI and a run scored; Brian George a double, single and two runs scored; Jason Snavely a single, double and two runs scored; Ryan Dill two singles and two RBI; Phil Soccio a single and two runs scored. Matt Leahy and Andy Manning chipped in with a single and a run scored respectively.

Artisans Savings, the first place team in the Gold Division of the Newark league, finished third in the six-team tournament.

See REYBOLD, 3B ▶

Newark American juniors advance

By MARTY VALANIA
NEWARK POST SPORTS EDITOR

Pat Greenplate pitched a one-hitter in front of a stingy defense as Newark American All-Stars shut out Wilmington Optimist 6-0 Tuesday in a District II Junior League tournament game at Hill Field.

Greenplate didn't allow a runner past second base until the sixth inning and retired the Wilmington in order four times. He struck out five batters and walked three.

"This is his first all-star game and he pitched a one-hitter; that's great," said Newark Manager Tim Murphy. "I thought about taking him out but with the way he was pitching I had to ride with him the whole game."

Newark advances in the double-elimination format and plays Brandywine Monday at 5:30 at Midway.

Tom Uebler opened the scoring for Newark, drawing a lead-off walk in the top of the first inning and then stealing second and third bases before coming home on Jake Bearden's RBI-fielder's choice.

Jesse Ohliger doubled and came home on Mike Sturgis' triple to right field and Grant Vincent and Chris O'Neil picked up RBIs to stake Newark to a 4-0 lead.

See AMERICAN, 3B▶

PHOTO/SPECIAL TO THE NEWARK POST BY ERIC FINE

Newark National catcher Dave Quinn waits for throw from outfield during Saturday afternoon's District II All-Star game Saturday afternoon at Stanton Junior High. National fell 13-12 in the tight contest and dropped into the loser's bracket of the double elimination tournament. The District II tournament will conclude with its championship games being played in Frawley Stadium July 21.

Newark National juniors edged

By MARTY VALANIA
NEWARK POST SPORTS EDITOR

STANTON – Yogi Berra must have had Newark National's 13-12 loss to Capital-Stanton-Newport in mind when he muttered, "It's never over til its over."

Leading 12-10 with two outs and nobody on base in the seventh inning, Newark National saw Capital-Stanton-Newport (CSN) score three runs to earn a crazy one-run victory in an opening round game of the double-elimination District II Junior League (13-year-olds) Baseball Tournament Saturday afternoon at Stanton Junior High.

The improbable game saw the winners jump to a 7-0 lead; Newark National fight back for a 9-7 lead; CSN go ahead 10-9 and National come back again to lead 12-10.

The four-hour marathon also featured 31 bases on balls and 10 pitching changes.

"Walks will kill you," said Newark National Manager Ray Johnson. "We battled back real well but you just can't walk that many people. I'm proud of the way we stayed in the game. I think we both have good teams and I look forward to winning some games and possibly meeting [CSN] again down the road."

Trailing 7-0 in the third inning, National cut into the lead as back-to-back RBI singles by Josh Davis and Chris Kubasek scored John Grybowski and Matt McNulty.

The National offense then broke open in the fifth inning, scoring seven runs on two hits – a two run single by Charlie Porter and a two-run double by Chris Kiewel. Seven walks contributed to the Newark National rally that saw Porter, Kiewel, Bobby Johnson, Grybowski, Davis, Kubasek and Dave Quinn all cross the plate.

See NATIONAL, 3B ▶

Baseball alive and well in Newark

By MARTY VALANIA
NEWARK POST SPORTS EDITOR

According to all the so-called experts, baseball is a dying sport. If that's really the case, no one bothered to tell the people in our area.

Drive by just about any field on any given night or weekend and you can see a Little League game, Babe Ruth game, American Legion game, semi-pro game or even an over-30 league game. The age groups range from five-years-old to whatever.

Pitching ranges from none (Tee-ball) to pitching machines to live pitching.

Throw in softball (men's and women's recreational slow pitch as well as fast-pitch) and it's truly amazing how many people out there are swinging bats and running bases.

Last weekend, for instance, was a holiday weekend. But on the fields, there was a Babe Ruth Tournament hosted by the Newark Babe Ruth League; there were several American Legion teams participating in tournaments around the region; there were ASA softball teams participating in regional tournaments; there were Little League baseball and softball teams playing in or practicing for upcoming All-Star games.

There were also several other tournament teams practicing for upcoming games.

I don't know if this is the case all over the country or not. But if Newark is any indication, it's awful hard for me to believe that the sport of baseball is in trouble.

POST GAME

East End heading for another title?

Deep into another Newark Parks and Recreation softball season, East End Cafe is on top again and looking for another city championship.

This is one of the longest running dynasties that very few people know about. The squad has won six straight Newark titles and 12 of the last 14.

As of the end of last week, East End had a two-game lead over Taylor's Ink in Blue Division play but the two teams play a season-ending double-header July 13.

There's also the upcoming playoffs, in which any number of teams could win (but never do) and anything can happen (but never does).

Could this be the year?

Canal seniors open tourney with exciting one-run victory

By MARTY VALANIA
NEWARK POST SPORTS EDITOR

STANTON – A morning of wild momentum swings ended with the pendulum in the direction of the Canal Senior League All-Star team in Saturday's 11-10 victory over Capital-Stanton-Newport in the opening game of the District II Senior League Baseball Tournament at Stanton Junior High.

Brent Creese's perfectly executed suicide squeeze scored Dave Elliott with the winning run in the bottom of the seventh inning to earn Canal the hard-fought win.

Elliott started the winning rally with a single to left field. Vinnie Barone followed – after seeing a potential game-winning home run go foul – with a single to right field advancing Elliott to third and setting up Creese's bunt.

"It was a perfect bunt by Brent Creese," said Canal Manager Ernie Spence. "To win on a suicide squeeze is pretty exciting."

It was certainly a game that either team could've won. Both battled back from deficits only to see offensive and defensive mistakes prevent either from taking control of the contest.

Canal committed three errors and had three runners thrown out at home while Capital-Stanton-Newport (CSN) committed five costly errors.

The winners, however, were able to overcome their miscues with an 11-hit offensive attack.

That attack started early as Canal plated five first-inning runs to jump to a 5-2 lead.

Elliott and Barone had the big hits of the inning with a two-run double and two-run single respectively. Mike Schrader, John Kennard, Mike Orr,Shawn Watson and Elliott all scored in the inning.

The lead was improved to 8-2 as Canal tacked on another run in the second inning and two more in the third.

Schrader led off the second with a double, moved to third base on a passed ball and scored on a wild pitch. Consecutive hits by Creese, Tom Sloniewski and Schrader in the third plated two more runs in the third inning.

CSN, however, wasn't done. The team, which combined Capital Little League and

See CANAL, 3B ▶

Members of the championship Royals' team include: bottom row (left to right) Tyler Jacobson, Bobby Mitchell, John Davis, Steve Riley, Andy Cassidy; second row – Mike Smith, Bryan Ashby, John Kauffman, Matt Biddle; third row – Drew Kisner, Ryan Ohliger; back row – Coaches Ron Ohliger, Andrew Riley, John Ashby and manager Bill Kisner. Player John Brayman is not pictured.

Newark American Royals win title

The Newark American Royals defeated the Mariners 18-6 to complete an unbeaten season and capture the championship of Newark American's Minor Division.

The 19-0 Royals were led by Ryan Ohliger and John Kauffman, who each hit a grand slam and a three-run triple. Mike Smith, John Brayman, Drew Kisner and Ohliger all pitched for the Royals.

The win completed an unbelievable season for the team, managed by Bill Kisner and coached by Andrew Riley and Ron Ohliger. The Royals romped through the regular season with a 16-0 record, beating each team in the league twice.

The champs went on to beat the Expos 12-2 in the opening round of the playoffs and the Pirates 10-7 in the semifinals.

Offensively, the Royals had a very powerful lineup. No player hit below .300 while Drew Kisner led the team with an impressive .795 average. Andy Cassidy and Ryan Ohliger both hit over .600 as well.

Bill Kisner, the manager, credits the team's "never say die" attitude along with the great hitting and strong pitching, to his team's success.

Players on the team included Tyler Jacobson, Bobby Mitchell, John Davis, Steve Riley, Andy Cassidy, Mike Smith, Bryan Ashby, John Kauffman, Matt Biddle, Drew Kisner, Ryan Ohliger and John Brayman.

NALL Orioles win Major Division championship

The Newark American Little League Orioles won the Major Division championship with a two-game sweep of the Braves.

Coming off a two-game semifinal series sweep of the Cubs, the O's defeated the Braves 16-6 in the first game of the championship series. Jon Gagliardino and Mike Focht combined to pitch the O's to the victory.

Offensively, both Gagliardino and Focht also had home runs in the game. Gagliardino's blast was a grand slam. Brian Glass also had three hits.

The Orioles won the second and deciding game of the title series 8-4. Garry Wright pitched over four strong innings and was relieved by Rashawn Davis who closed out the game.

Focht hit his second home run of the series in the fifth inning to put the Orioles ahead for the first time in the game. Jeff Conway added a two-run triple and Matt Wells hit a double.

Also contributing to the Orioles 17-4 season were: Ryan Browning, David Boylan-Kolchin, John Williams, Andrew Ficarra and Sean Hudson. The Orioles were managed by Dave Milsom. Vince Esposito is the assistant manager. Gary Glass, Garry Wright and Peter Wells served as coaches. The team was sponsored by Delaware Tire Center.

CAA Royals win second straight crown

The 1994 Community Athletic Association Royals repeated as league champions this season.

The Royals topped the Braves 10-3 in the final game to complete a 16-1 season. That made the two-year record of the champs an impressive 31-3.

Players contributing to the championship include Greg Victor, Chris Keefe, Ryan Bordas, Paul Hylenski, Rich Menton, Mike Blankenship, Paul Woodland, Jeff Douglas, Shawn Douglas, Steve Fisher, Bob Douglas and John Galloway.

SUBURBAN SWIM LEAGUE RESULTS

Persimmon Creek 345, Drummond Hill 288 – Triple winners for PC: C. Szewczyk, K. Poore, C. Reasons, Kr. Valla, C.Rash, S. Raezer, R. Poore, A. Brabender, B. Ulbrich. Double winners for PC: L. Brabender, L. Stagg, J. Weir, R. Beatty, D. DeMond, M. Kompas, B. Toole, M. Over.

Triple winners for DH: Je. Nichols, C. Williams, R. McGillen, D. Benin, S. Park, B. Donnelly. Double winners for DH: C. Donnelly, Ja. Nichols, A. Trusheim, T. Templeton, A. Defoe, M. Heckrote, K. Gehrmann, M.R. LaPresti, C. Snyder, S. Strauss, R. Flanigan.

Fairfield 8, Persimmon Creek 2 – Triple Winners for Fairfield: L. Corsello, J. Baird, A. Lopez, Ka Mellon, L. Penneys, E. Hess, D. Litchfield, D. Standowski. Double winners for Fairfield: C. Hawk, J. Brielmaier, S. Baird, A. Mayle, J. Ferguson, P. Cunningham, K. Shinton, D. Shinton, J. Gorzynski, Doug Fallon, A. Thompson, M. Weaver, Dan Fallon, L. Crossan, B. Hess, B. Mehan.

Triple winner for PC: D. Skelly. Double winners for PC: K. Poore, L. Stagg, S. Early, A. DeMond, R. Poore, M. Over.

Westminster 324, Persimmon Creek 320 – Triple winners for Westminster: S. Ferrence, La. Morelli, Li. Morelli, S. Salzenberg, L. Addison, S. Lukosius, M. Lockerman. Double winners for: C. Alton, E. Roach, K. Greevy, Al. Olson, K. Vogel, C. Woods, Ja. Lareau, K. Lockerman, J. Pointowski, L. Leshe, Tim Foster, J. Loomis, G. Vogel, J. Fay, T. Shellem, K. Brown, J. Jezyk.

Triple winners for Persimmon Creek: S. Raezer, M. Kampas. Double winners for PC: K. Poore, C. Rash, C. Reasons, D. Nardo, C. Szewczyk, Kr. Valla, S. Earley, M. Reasons, D. Barkley, E. Klein, R. Poore, J. Bartosik, B. Toole, D. Skelly, Jes. Crompton.

Wedgewood 314, Four Seasons 195 – Quadruple winners for Wedgewood: T. Harmon, J. McDonald. Triple winners for Wedgewood: N. Rann, B. Matthews, A. Robert, J. Washington, S. Rann, D. Washington, Du. Pugh, L. Bonsall, C.J. Haines, Z. Berl, N. McDonald, M. Esham. Double winners for Wedgewood: K. McDonald, V. Poole, L. Haines, M. Simpers, C. Olivier, A. Moe, H. Trout, Ma. Esham, C. Law, De. Pugh, G. Randle, R. Pugh, M. Callaghan.

Quadruple winners for Four Seasons: Stef Rose, J. Rahmer. Triple winners for Four Seasons: Sandi Rose, J. Krause. Double winners for Four Seasons: S. Klosowski.

Western YMCA 277, Four Seasons 262 – Triple winners for Western Y: A. Androskewicz, D. Blair, M. Plummer, E. Smathers, M. Griffith, P. Wong, K. Heineman. Double winners for Western Y: K. Logue, D. Schuck, J. Buest, K. Johanson, M. Cannon, R. Pollock, A. Foresman, S. Johnson, C. Rodgers, J. Plummer, S. Gambogi, B. Foresman, E. Smathers, P. Griffifth, C. Engerbertson.

Quadruple winners for Four Seasons: Shaun Spacht, Joe Rager, Brian Rahmer. Triple winners for Four Seasons: A. Mangini, S. Klosowski, J. Stiner, L. Krause, Jason Rager, R. Prucino. Double winners for Four Seasons: Sandi Rose, J. Rahmer, Stef Rose, A. Zuch, A. Celli.

Maple Valley 6, Penn Acres 4 – Triple winners for MV: Cris Baldassari, Danielle Bleacher, Scott McGillen, Jill Turner, Jason Zawislak. Double winners for MV: Cheryl Anderson, Brian Bleacher, Paul Deitrick, Christopher Drew, Bob Eno, Charlie Giesige, Sarah Mabrey, Brett Matsumoto, Steven Matsumoto, Kerry McAfee, Katie McGillen, STeve Politowski, Stephanie Small, Dirk Williams, Corey Windisch.

Triple winners for PA: K. Elisee, R. Handy, P. Roberts, C. Thompson, K. Russell, M. Zenoni. Double winners for PA: Jill Bentz, M. Galloway, Bryan Czech, Chris Czech, Jason Czech, Michael Pyle, L. Mitchell.

Maple Valley 339, Nottingham Green 305 – Triple winners for MV: Annie Baldassari, Zack Cannon, Bob Eno, Joey McCoy, Stafanie Lazorick, Maggie Radulski, Jill Turner, Dirk Williams, Jason Zawislak. Double winners for MV: Cris Baldassari, Danielle Bleacher, MaryBeth Daly, Paul Deitrick, Lauren Horney, Andrew Lazorick, Steven Matsumoto, Kerry McAfee, Scott McGillen, Ryan Schultz.

Triple winners for NG: L. Bayer, K. Colbert, J. Fernandes, E. Gentilucci. Double winners for NG: J. Bayer, E. Colbert, B. Davis, Ka. Davis, Ke. Davis, R. Ferrero, C. Firchak, M. Gentilucci, K. Leavens, M. O'Neill, J. Polaski, L. Stapleton, A. Walker, S. Woolridge.

Skyline 366, North Star 282 – Triple winners for Skyline: L. Williams, A. Janney, E. Carr, M. Buckley, M. Shue, D. Klee, R. Dressel. Double winners for Skyline: M. McDonald, M. Sabol, J. Iffland, L. McDonald, J. Buckley, J. Papp, L. Shue, J. Winn, B. Clark, B. Whiting, J. Cancienne, B. Pierce, M. Sabol, D. Kahler.

Triple winners for NS: E. Zolnick, A. Enderle. Double winners for NS: A. Hruska, A. Ball, B. Ramone, J. Unruh, L. Gilday, A. Spruill, T. Williams, T. Rach, Ste. Newcomb, M. Williams, TJ Southmayd.

Persimmon Creek 341, Oaklands 296 – Triple winners for PC: K. Poore, C. Szewczyk, C. Rash, S. Raezer, M. Over, C. Earley, Jes. Crompton, R. Poore. Double winners for PC: S. Beatty, C. Bowman, L. Brabender, L. Stagg, H. Raezer, P. Hynson, Jer. Crompton.

Triple winners for Oaklands: S. Linn, K. Mills, C. Greenplate, S. Gerety, T. Monaghan, R. Cronin. Double winners for Oaklands: A. Keppel, B. Slade, T. Stewart, J. Pikulski, C. McVaugh, M. Weldin, J. Coulter.

North Star 334.5, Maple Valley 308.5 – Triple winners for North Star: A. Baldwin, K. Kleinburd, E. Zolnick, A. Hruska, A. Enderle, T.J. Southmayd, S. Wray, Ste Newcomb, M. Williams. Double winners for North Star: L. Gilday, A. Ball, B. Ramone, J. Tucker, L. Wellings, J. Lanci, B. Keane, M. Freeberry, R. O'Brien, S. Lanci. Stu Newcomb, M. Klein.

Triple winners for Maple Valley: P. Deitrick, S. Matsumoto, S. McGillen, J. Zawislak. Double winners for Maple Valley: C. Anderson, A. Baldassari, B. Eno, L. Horney, S. Lazorick, S. Politowski, J. Simpson, J. Turner, J. Zawislak.

Phoenix split in regional play

Playing with just 13 players, the under-13 Kirkwood Phoenix compiled a 1-1-1 record in the Region One Soccer Championships at Rider College last weekend.

The Phoenix started strong as they dominated the Rhode Island with a 3-0 victory. Stopper Sarah Harting and wing Tracey Withrow scored first half goals while striker Ashley Dilworth tallied early in the second half.

The Phoenix fell 3-0 to the Wyckoff (N.J.) Torpedoes in the second game. Wyckoff scored five minutes into the game and went on to a 3-0 victory.

Playing without center halfback Amy Hunt, who was injured in an earlier game, the Phoenix rallied with their best overall effort to tie the Bethesda (Md.) Broncos 1-1.

Representing the Phoenix at the tournament were goalkeeper Christy Ganc, fullbacks Jen Lobley, Jill Biggs, Sarah Harting, and Stephanie Facciolo; midfielders Amy Hunt, Jen Radke and Danielle Murray and forwards Ashley Dilworth, Tracey Withrow, Beth Belanger, Laura Godsey and Kelly Romanczuk.

Kirkwood Soccer has fall registration

The Kirkwood Soccer Club is now accepting registration for the Fall Instructional League for girls and boys ages 4-15.

Neighborhood based teams will be formed that practice at neighborhood fields and play most games at the Kirkwood Soccer Complex.

In-person registration will take place Saturday, July 30 from 10 a.m. to 1 p.m. at the World of Soccer in Newark, Save on Sneaks in Newark, Soccer Tec in Hockessin, M&W Sportsworld in Bear and at the Kirkwood Soccer Complex in New Castle.

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Artisans' Savings, Wilmington Trust take Newark Babe Ruth divisional leads

NEWARK BABE RUTH (16-18 division)

Gold Division

Reybold Homes 7, CoGen Tech 1 – John Netta drove in four runs, going 3-for-3 with a triple to lead Reybold Homes to an easy win over CoGen. Reybold's Mike Joswick and John Bush combined on a two-hitter, striking out eight.

Artisans Savings 5, Avon Grove 2 – Steve Carter went the distance, pitching a four-hitter as division leader Artisans defeated Avon Grove for its 10th straight win. Greg Ciccone led the offense with three hits, while Dave Renn contributed two hits, including a double.

Reybold Homes 13, Cecil Reds 0 – In his first start Dave Myers hurled a one-hit shutout and struck out 13 as second-place Reybold romped. Myers lost his no-hit bid in the sixth inning when Cecil got a bloop hit to right field. Mike Joswick sparked the offense, driving in three runs with a bases-loaded double. Justin Taylor drove ina pair of runs with two hits.

Carman Ford 15, Cecil 1 – Brian Guest drove in two runs with two hits and Carman capitalized on seven errors in blowout of the Reds. Jerry Keough and Bob Stehl teamed up to pitch a five-hitter. John DiPersio tripled for Carman.

Artisans Savings 8, CoGen Tech 4 – R.J. George drove in three runs, going 3-for-3, to lead Artisans over CoGen and into first place. Tom Palmer and Jim Bob Harrison doubled for CoGen.

Artisans Savings 5, Reybolds 1 – Danny Sullivan went the distance, pitching a five-hitter as Artisans avenged its only loss of the season with a victory over Reybold. Sullivan also drove in a pair of runs in the first inning with a bases-loaded single. Jason Snavely doubled for Reybold.

Carman Ford 11, A&H Metals 10 – Carman led 11-10 after five innings behind a strong pitching performance by Todd Breisch, but A&H came fighting back, scoring five in the sixth. They also scored five more in the seventh before relief pitcher John DePersio got the final out.

Piedmont 6, CoGen Tech 5 – Brian Keane drove in two runs in the fifth inning with a single as Piedmont edged CoGen. CoGen's Brian Reamer and Todd Meredith both had doubles, and Jim Bob Harrison pitched a complete game.

Blue Division

Wilmington Trust 6, Elsmere Rebels 1 – Jessie Chase fired a four-hitter, striking out 12 to lead first place Wilmington Trust to a win over the Rebels. Chase also had a triple as did teammates Mike Choma and Tim Walz. Wilmington Trust has won nine straight games.

Feralloy 8, Ryland Homes 2 – Adam Baumgartner scored four runs, drove in two more and was the winning pitcher in Feralloy's win over Ryland. Adam Moore had two runs-batted-in and Todd Scorborough and Casey Bouldin doubled. Second-place Feralloy has won eight of its last nine and trails Wilmington Trust by just one game.

DelTrans 8, Elsmere Devils 7 – Scott Sizemore drove in two runs with a pair of hits as DelTrans edged the Devils for its sixth straight win. Craig Witmer became the league's first four-game winner with a fine pitching performance. Nate Sylves tripled.

NEWARK BABE RUTH STANDINGS

16-18 year-old Gold Division

Artisans Savings	12	1
Reybold Homes	8	2
Avon Grove	7	4
Carman Ford	7	4
Piedmont	4	8
CoGen Tech	4	9
A&H Metals	3	9
Cecil Reds	2	10

Blue Division

Wilm. Trust	10	1
Feralloy	9	2
DelTrans	8	3
McDonalds	5	4
Elsmere Devils	5	5
Elsmere Rebels	4	7
Ryland Homes	2	10
Schagrin Gas	0	11

Irish Pub downs State Line Liquors in Parks & Rec

By DAVE TELEP
NEWARK POST SPORTS WRITER

It may not be St. Patrick's Day but someplace, somewhere you have got to believe that Irish eyes are indeed smiling. At least, it seemed that way when the Irish Pub began their doubleheader with State Line Liquors last Wednesday.

Lately, the Pub has had trouble fielding a team and more than once has been forced to forfeit a game. But not on Wednesday when the minimum number of players you can play with arrived at Handloff Field.

"This team was put together two weeks before the season started," said Garry Albright the manager of the Pubmen. With that being known it is a little easier to understand why sometimes the Irish Pub tends to play a few of its games shorthanded.

Gametime rolled around and the Pub didn't have enough players to keep the scorebook so they solicted the services of a player's daughter, who did an admirable job of recording the outs and keeping score.

In game one, the luck of the Irish prevailed. The Pub began the game with just nine players and only three outfielders, but jumped on State Line early for four runs.

In the first, the Pub got four consecutive singles to start the game and all four runners found their way to the plate. The Irish led 4-0 after two innings.

In the third, State Line awoke. Manager Robert Murray decided to it was time to lace up the cleats again and his single got things rolling. Jeff Fulmer connected on a two run blast and State Line was back in business. The game was tied at the end of three innings 4-4.

Bill Durban's homer in the sixth brought State Line within one run, but that was to be all for the Liquormen. The Pub outscored them 7-5 in the final three innings to hold on for an 11-9 victory.

John Buckman (4-4, 4 runs) was the offensive spark the Pub needed. "He's past his prime," uttered one of Buckman's jocular teammates. On the contrary, Buckman has been on fire and the Pub used that Irish mystique to add him to their roster. They were the only team to offer Buckman an opportunity to play.

Lance Martin (2-2, 2 runs) and pitcher Ed Herr (4 rbi's) paced the Pub. For State Line, John Fields, who could very well be the best defensive outfielder in the league, had three hits including two doubles.

The Pub picked up the 10-7 victory in game two as it capitalized on five walks surrendered by State Line. The Liquormen were without the services of starting hurler Steve Shellanger.

Buckman and Gary Albright each had two hits and two runs scored for the Irish Pub. Fields (2 hits, 2 runs) and Fulmer (2 hits, 2 rbi's) helped keep State Line in the ballgame.

East End/Bud Light gave themselves a two game cushion on Taylor's Ink as it trounced Yankee Restaurant in a doubleheader. In game one, Jim Brown hit for the cycle and in the two games combined strung together seven straight hits. Bill Baker was 2-4 with three rbi's. Game two, gave Paul Hale a chance to showcase his offensive skills as he went 3-3 with three rbi's and also scored two runs. Pitcher Mike Brogan "lumbered" around the bases as he connected on a two run home run.

The league All-Star game is just around the corner. It will be played on Sunday, July 17 at 5 pm at Kells Field.

Canal seniors win first game of tourney

▶ CANAL, from 1B

Stanton-Newport Little League, scored six runs in the fourth inning to tie the score 8-8.

Doug Batten's three-run home run highlighted the CSN rally.

Following a scoreless fifth inning, CSN took a 10-8 lead in the top of the sixth inning, scoring two unearned runs.

Canal, though, tied the score again in the bottom of the sixth as Bob Walcome and Watson took advantage of a walk and two errors to reach base and score.

Capital-Stanton-Newport was unable to score in the top of the seventh, setting up the game-winning rally in the bottom half of the inning.

"They hit good and we hit good," Spence said. "But this is a good group of kids. They've worked very hard and I think they'll do well.

"We'll just take these games one at a time and see how we do."

National loses All-Star heartbreaker

▶ NATIONAL, from 1B

Capital-Stanton-Newport, though, answered with three sixth-inning runs to regain the lead 10-9.

Undaunted, National scored three runs in the bottom of the sixth as Kiewel doubled home Johnson and then scored on a wild pitch while Grybowski walked and eventually scored on a wild pitch.

CSN, however, plated three runs in the seventh led by pitcher's Joe Gregorcyk's two-run single. Larry Zeccola then drew a bases-loaded walk to plate Andrew Kumpel with the winning run.

Gregorcyk then stifled a last-ditch Newark National rally in the bottom of the seventh, stranding the tying run at second base and the potential winning run at first.

Reybold falls in final

▶ REYBOLD, from 1B

losing a 4-3 decision to Reybold Homes in semifinal game. Reybold also beat Avon Grove 3-0 in the tournament.

Newark Blue – an all-star team from the Newark Babe Ruth's Blue Division – finished fourth after starting the tourney with an 8-7 win over Reybold. Collingswood (N.J.) was also in the tournament but forfeited its last games.

American juniors open with win

▶ AMERICAN, from 1B

"We just came out hitting," said Murphy, who watched his team record three extra-base hits. "After a few balls were hit deep, everybody was trying to hit it far, but all we got were some high fly balls."

Newark struck again in the second after Uebler walked for the second straight time, stole two bases once more and scored on a throwing error to third. Newark on the game stole 10 bases and took advantage of two Wilmington errors.

Optimist pitcher Archie Leatherbury went seven innings, gave up six hits and walked seven.

Newark concluded the game's scoring in the third after Dave Sarawesky drew a lead-off walk went to second on a fielder's choice and scored on a shortstop throwing error to give Newark a 6-0 margin.

"We talked before the game and we said the team that makes the least amount of errors will win the game," Murphy said. "And the defense really played well."

Newark snuffed out two potential scoring innings to preserve Greenplate's shutout.

In the fifth, right-fielder Bobby McCullough made a run-saving diving catch with one out and a man on second and then fired the ball to second and picked off the runner to clear the bases.

Newark produced its second double-play of the game in the final inning. With one out, the Wilmington batter drew a walk, but the next batter lined out to the third baseman and the throw caught the runner off first for the final out.

Ohliger had three hits for Newark and Jim Knight knocked in a run.

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101
Announcements

116
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Found Cockerspaniel buff color. Found at Value Food in Elkton. Call 410 392-0478.

Lost-Brown Schnauzer Mix older dog, lost in Rising Sun Old Mill Rd area. Call 410 658-9321.

Lost-Dog part husky & sheppard, male, blue collar, Lumbard Rd Area on 7/3. 410 398-2396.

Missing Dog Collie, male 3yrs old, George Kirk Rd area. Wearing blue nylon collar, "Milk Bone" tag w/name, "Laddie" & owners ph#. Reward. 410 398-6367.

117
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LEGAL NOTICE

LEGAL NOTICE
RE: Deadly Weapon
I, Juliaann F. Davolos residing at, 1412 Kirkwood Hwy. - Wilm., Del., 19805 will make application to the judges of the Superior Court of the State of Delaware in and for New Castle County at Wilmington for the next term for a license to carry a concealed deadly weapon, or weapons for the protection of my person(s), or property, or both.
Juliaann F. Davolos
June 30, 1994
Telephone (302) 994-2244
np 7/8

IN THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY
IN RE: Change Of Name Of
KRASNOPOLSKI MIKHAIL
KRASNOPOLSKA MARINA
PETITIONER(S)
TO
KRASNOPOLSKY MICHAEL
KRASNOPOLSKY MARINA
NOTICE IS HEREBY GIVEN that KRASNOPOLSKI MIKHAIL, KRASNOPOLSKA MARINA, intend to present a Petition to the Court of Common Pleas for the State of Delaware in and for New Castle County, to change his/her name to KRASNOPOLSKY MICHAEL, KRASNOPOLSKY MARINA.
Michael Krasnopolsky
Marina Krasnopolsky
Petitioner(s)
np 6/24,7/1,7/8

236
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Furniture

Bedroom Furniture (2) bedroom dressers, $25 each. Double bed w/mattress & box spring less than 1yr old. Good Cond $50. Free Chair. 410 378-3353.

Butcher Block Table-36" w/2 Sundae chairs, w/tan cushions, exc cond. 410 658-3995.

Desk Beautiful Walnut desk, claw foot. $300. 410 457-4932.

Waterbed king size, maple wood, mirrored headboard, drawers, less than 1 yr old. Paid $600, will sell for $300 or best offer. 302 832-2608.

322
Furniture

NO SALES TAX! Contract Liquidators, Delaware's largest furniture distributor goes public. We contract w/ manufacturers nationwide to liquidate bedding, furniture & accessories. New merchandise arriving daily.
HUGE SAVINGS!
On duPont Highway just south of 13-40 split on 13. 1/4 mile passed split. Mon-Thurs 11am-7:30pm, Fri 11am-8pm, Sat 10am-6pm, Sun 12-4pm. 4 pc bedroom: chest, dresser, mirror, headboard $178. 4 drawer chest $48 assembled. 4pc sectional $398. Full size sleepers starting at $218. Bedding: twin $88 set, full $98 set, queen $128 set, king $248 set. Bunk bed w/inner spring bunkies starting at $169. Daybeds starting at $68.
BRING AD FOR FREE GIFT!
302 328-7002
We sell what we advertise!

323
Garden & Lawn

Norway Spruce Trees Dug & balled. Ready for planting. $10 each. 410 398-3768.

328
Machinery, Tools & Equipment

Band Saw Craftsman 12" Floor Model, good cond. $200. 410 885-5410.

332
Miscellaneous

Baby Items Cribs, clothes, blankets, carrier and much much more. Prices vary $10 to $50. Call 410 378-3353.

Garage Door 9', wooden, complete. $99. If interested call 410 885-3236.

Moving-Must Sell Upright piano $65. Upholstered chair $60. Recliner rocker $65. Excer bike $25. Rowing machine $65. Sm girls bike $35. (4) ladder back chairs $65. (2) wool 6x8 area rugs $75 ea. Qu sz headboard, chest, bureau & nightstand $225. (2) push lawn mowers $40 ea or b/o on total. 410 392-0424.

Recliner Lift Chair $250. 250lb lift capacity. Hospital bed, walkers, folding cane for the blind. 410 398-1426.

Sunquest Wolff Tanning Beds New commercial home units. From $199. Lamps, lotions, accessories. Monthly payments low as $18. Call today free new color catalog. 1 800 462-9197.

334
Musical Instruments

Organ Hammond, w/foot pedals, good cond. Best offer. Dianne 410 996-2201 days or 410 378-3226 eves.

Organ Kimble, w/peddles & bench. $300. 410 457-4932.

338
Pools, Spas & Supplies

2 Person Jacuzzi Corner model. Never used, still in box. Rasberry Swirl color. $1000. 410 658-9875.

Above Ground Pool exc cond, 1 yr old, includes everything. $900. 410 642-6861.

352
Sporting Goods

Flex-Plus Cross Training System incl's stepper, bench, weights & butterfly. Like new. $200. 410 392-3950.

360
Wanted To Buy

Wanted to Buy/Rent or Be Given a 2 BR mobile home in Cecil County. Reverend Ray Weaverling, 302 738-3399.

362
Yard/Garage Sales

Elkton 116 Clinton St. Sat, 7/9, 8am-? clothing all sizes, household items.

Another Porch/Garage Sale at The "Hunters" Antiques Fri 7/8, 8-2, Sat 7/9 & Sun 7/10, 8-?. Stock replenished weekly. Watch for the OPEN FLAG 232 Fair Hill Dr, Elkton Md.

Arundal-Elkton 208 Justice Way, off Old Elk Neck Rd, Fri 7/8 & Sat 7/9, 9-3. 2 family, household items, baby clothing, toys & much more.

Cherry Hill-Huge! Sat, 7/9, 8-? Truck cap, Avon & hshld items. N 213 to Big Elk Chapel Rd, follow signs.

Colora Area 504 Frist Rd, Fri 7/8 & Sat 7/9, 8-4. Lg womens clothing, baby items, something for everyone.

Elkton 113 Sharpless Dr, N on Little Egypt Rd, turn right on Sharpless, Fri 7/8 only, 9-4. Kid's clothes 0-4T, double stroller, play pen, dish washer, tires, etc. No early birds please.

IF YOU FIND AN ITEM
Give us a call to place an ad!
There is NO CHARGE to run a 3 line ad all week!

362
Yard&Garage Sales

Elkton 248 Sycamore Rd. (Meadowview) Sat 7/9, 9-5. Hshld items, something for everyone.

Elkton 269 Maloney Rd. Fri/Sat, 7/8 & 7/9, 9-? raindate 7/15 & 7/16. Misc household items.

Elkton 317 Curtis Ave, Sat 7/9 & Sun 7/10, 8-? Multi family, clothing all types, household items, toys, maternity clothing, camping supplies, misc items.

Elkton - 4 Families Fri 7/8 & Sat 7/9, 8:30 - ? Mackall St. Call for directions 410 392-2907.

Elkton Area 618 Delaware Ave, Sat 7/9, 9-4. Clothing, comforters & furn.

Elkton Winding Brook, 21 Chestnut Dr, Fri 7/8 & Sat 7/9, 9-2. Multi family.

Gotham Bush Perryville, 1616 Ingleside Ave, Sat 7/9, 8-2. Furn, craft supplies, guitars, camera & much more.

Lexington Square Devl Newark, Sentry Lane, Sat 7/9, 8-3. Household, baby & toys + much more.

Multi Family Sat, 7/9, 11-3, So Ches City. Across from Methodist Church.

PUBLIC AUCTION
HOUSEHOLD ITEMS, FURNITURE, ETC.
SAT., JULY 9, 1994 • 10 AM

LOCATION: On premises: #201 Hawkins Rd., Upper Oxford, Twp., Chester Co., PA. Just 1/2 mi. west of Russelville, PA off Rt. 896. From Rt. 10 & Rt. 896 blinker light follow Rt. 896 west to Hawkins Rd. 6 mi. N. of Oxford, PA.
ITEMS INCLUDE: Cherry drysink, open hutch, pine corner cupboard, roll-top desk w/chair, 5 pc. pine queen-size BR suite, 3 pc. Provincial BR suite w/poster bed, cedar chest, maple 5 pc. kitchen set, 6 pc. mahogany DR suite, RCA Colortrax color TV, Hotpoint microwave, ref/freezer, washer, GE upright freezer, Kodiak wood stove, recliners, sofa, lamps & stands, dehumidifier, Toro weedeater, B&D hedger w/cord, hand & garden tools, yard furniture, metal cabinets, blankets, towels, housewares, useables, Wurlitzer organ, Craftmatic single power adj. beds, stereo
SOME ANTIQUES: Child's plank highchair, china bowls, spongeware, cut glass, mix bowl, quilts, iron tea kettle, wooden egg crates, crocks, baskets, oak clothes tree, smoke stand, many other items not listed! ***Be on time!!***
Food served by:
FARM WOMEN OF CHESTER COUNTY #3.
Potty available. Held rain or shine!
TERMS: CASH OR CHECK W/ID.
BY ORDER:
ELEANOR ROTHENBERGER, OWNER
JEFFREY E. WHITESIDE, AU-2368
(610) 932-2114
Estates Bought & Sold, Appraisals, Removals
cw 7/6; np 7/8

Your Ticket To Own A Home

If You Make $25,000 / Year, YOU CAN OWN A HOME!*

These beautiful new townhomes are just the ticket for first time homebuyers. Featuring up to 3 bedrooms, 2 1/2 baths, garages or full daylight basements (varies per model), natural gas heat and central air too! All in a location adjoining Newark parkland. We've got your ticket to owning a home, come claim it today.

3-Level Townhomes from $82,900
$2,000.00 Towards Closing Costs And/Or Options
Plus Free Refrigerator, Washer And Dryer On Select Models

Directions: North on I-95 to N. on Rt. 279 (Exit 109) to Fletchwood Rd. to Persimmon Creek 100 yards on right. Open Mon.-Fri. 11-7, Sat. 10-6, Sun. 11-5. Closed Thurs.

*Subject to mortgage company and Maryland Mortgage program approval. Certain restrictions apply. See sales person for details.

Call Gary Williams at **(800) 650-2727**

Persimmon Creek
By BLENHEIM HOMES

"We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin."

ASK ABOUT OUR GUARANTEED INTEREST RATE PROGRAMS

GILMAN DEVELOPMENT COMPANY

SPECIAL PRICING FOR A LIMITED TIME!

An intimate community of only 25 homes, with cozy cul de sacs. Homes with two-story foyers, soaring cathedral ceilings, two car garages and full basement. Now with one more reason to make The Oaks your home: our limited time special pricing.

THE OAKS

SINGLE FAMILY HOMES FROM $149,000
731-9744 • OPEN FRI. – SUN. 12-5, MON. 2-7
Located on Old Baltimore Pike betweenWalther and Salem Church Roads

GRAND OPENING OF NEW MODELS!

Two or three bedrooms, airy turned staircase, deck, full basement, all appliances, plus the option to add a loft. You won't believe all that's included. Just 37 superb townhomes, set on a quiet, well-located site. And only 30 remain. Stop in today!

A THE LANE AT AMBERFIELD

TOWNHOMES FROM $93,000
834-0488 • OPEN SAT. & SUN. 12-5, FRI. & MON. 3-7
Located on Route 40, 1.5 miles west of Route 7.Turn into Wellington Woods and follow signs toThe Lane at Amberfield.

LEGAL NOTICE

LEGAL NOTICE
Estate of Elizabeth S. Gade, Deceased.

Notice is hereby given that Letters Testamentary upon the Estate of Elizabeth S. Gade who departed this life on the 8th day of May, A.D. 1994, late of 255 Possum Park Road, Newark, DE 19711, were duly granted unto John F. Ahner on the 16th day of June, A.D. 1994, and all persons indebted to the said deceased are requested to make payments to the Executor without delay, and all persons having demands against the deceased are required to exhibit and present the same duly probated to the said Executor on or before the 8th day of January, A.D. 1995, or abide by the law in this behalf.

John F. Ahner
Executor
Piet vanOgtrop
206 East Delaware Ave.
Newark, Delaware
19711
np 7/1,7/8,7/15

IN THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY
IN RE: Change Of Name Of
Lori Jill Waldstreicher
and
Robert William Fisher
PETITIONER(S)
TO
Lori Jill Fisher-Waldstreicher
and
Robert William Fisher-Waldstreicher

NOTICE IS HEREBY GIVEN that Lori Jill Waldstreicher and Robert William Fisher, intends to present a Petition to the Court of Common Pleas for the State of Delaware in and for New Castle County, to change his/her name to Lori Jill Fisher-Waldstreicher and Robert William Fisher-Waldstreicher

Lori J. Waldstreicher
Robert William Fisher
Petitioner(s)
np 7/1,7/8,7/15

362 Yard/Garage Sales

NORTH EAST AUCTION GALLARIES
Rt 40 North East
Fri 7/8 & Sat 7/9
9am-5pm
15 family yard sale. Dunking booth, horse & pony rides. All proceeds benefit The American Martial Arts Acadamy Students going to the Junior Olympics in Chicago, July 13-18.

North East 639 Red Point Rd, Sat 7/9 & Sun 7/10, 8-5. TV, generator, tools, & other items.

North East 304 Hances Pt Rd, Sat 7/9, 8-2. Household items, glass, baby furn, toys, clothes & more. Moving Sale.

North East 449 Bailiff Rd, Sat 7/9, 8-2. Lg yard sale.

North East 96 Piney Ridge Lane, Rt 272 to Foster Lane make left, go 1 mile make another left. Sat 7/9, 9-4. Huge Sale.

362 Yard&Garage Sales

North East 6 Thomas Ave. Fri/Sat/Sun, 7/8, 7/9, 7/10, 9-? Clothes, furn, misc hshld items.

North East 352 Red Tode Rd, Sat 7/9 & Sun 7/10, 9-3. Lots of baby & childrens clothing & misc items.

Perryville 303 Cherry St. Fri, 7/8, 8am-3:30pm. Crafts, household, clothes, toys.

Port Deposit 2092 Red Toad Rd, Go thru North East light on Rt 40, turn right or go past Cecil county drag strip, follow signs. Sat 7/9 & Sun 7/10, 9-2. Big Yard Sale.

Rising Sun 404 Pearl St. Multi Fam. Sat/Sun, 7/8 & 7/9. 9-? Asst'd clothes, sewing machines, hshld items, plants, antiques & toys.

Rising Sun corner of Rt 273 & Wilson Rd. Sat 7/9, 9am-1. Multi-family, craft supplies, furniture, clothing etc.

362 Yard&Garage Sales

R.S. Multi-Fam Something for everyone. Sat, 7/9, 8-3. Ayers Dr. (Off Post Rd & Hopewell Rd)

400 Employment

402 Business/Trade Schools

BARTENDING
1-2 Week Classes
Job Placement Assistance
302-652-1170

404 Childcare Needed

Wanted-Live In Babysitter (Elkton area) for 7 year old boy. Must drive & provide ref's. 410 398-2177.

412 Employment Services

POSTAL JOBS
Start $11.41/hr. For exam and application info. Call 219 769-8301 ext DE508, 8am-8pm, Sun-Fri.

*****Postal Jobs*****
Start $12.08 hr + benefits. For exam & application info. Call 219 794-0010 ext MD113, 9am-10pm, 7 days.

422 General Office

INSIDE SALES TRAINEE
Part-Time Hours

Join a dynamic team in our Elkton, MD office and sell classified advertising for Newark, Delaware's own community newspaper, The Newark Post.

No previous experience necessary; we will train you! This position has been created due to the expansion of business.

We are looking for someone with a pleasant, outgoing telephone personality to work four days per week, Mon-Thurs, 21 convenient day-time hours.

Salary and commissions along with other incentives that make this an excellent opportunity to suit your available time to earnings.

If this opportunity is for you, call Ginny Cole at 410 398-3311 to arrange an interview.

Get Results!
Place your ad in the Cecil Whig today, have it sold tomorrow! Call 410 398-1230.

430 Medical/Dental

Nurses Contract position, Cecil County Health Dept Home Health Agency, $35/visit. MD lic req'd. Call A Arnold 410 996-5150 for info. EOE/ADA Compliance Reas Accom Provided.

Veterinary Technician exp'd w/animals & good people skills. Send resume to: 400 W. Pulaski Hwy, Elkton, MD 21921.

432 Miscellaneous

Airlines now hiring!! Entry level, customer service, baggage handlers. Many other positions. $300-$1000 wk. Local or relocation. For info & application call 800 647-7420 ext A-162.

Love Children? Love Toys? Earn extra income selling Discovery Toys. Call Ilene 301 262-2039.

$$$Earn Extra Cash$$$ Tupperware, the opportunity of a lifetime, make your own hours, no cash investment, be your own boss, unlimited earning potential. If you would like to hear more about the TUPPERWARE opportunity please contact Amy 410 885-3458 lve mesg.

Friendly Home Parties now has openings for demonstrators. No cash investment. PT hours w/FT pay., 2 catalogs, over 700 items., Call 1 800 488-4875.

House Cleaner Wanted Exp & ref's req'd, once a week, Chesapeake City Area, for single person. 410 885-3458.

Large Horse Farm in Chesapeake City needs F/T mech & mait workers. Many pos avail. Only steady reliable need apply. 410 885-3059.

FIND IT FAST!
Look to the index on the first page of classified section to find an item easily!

432 Miscellaneous

Laundry Person to do laundry & ironing for single person in my Chesapeake City Area home. 410 885-3458.

Pet Groomer & Apprentice Exp'd, F/T, Elkton & Hockessin Areas. Must have good people skills & willing to build a quality grooming practice. Send resume to 400 W Pulaski Hwy, Elkton, Md 21921 or call Sandy 302 834-1118.

Groomer for grooming/boarding facility. Send resume to: 400 W. Pulaski Hwy, Elkton, MD 21921.

ACTION ADS
4 lines, 5 days, $10. For any items $100 or over. Get a second week for only $2 when you purchase Results Insurance.
410 398-1230

442 Restaurant

DE Travel Plaza-Ray Rogers I95 & Rte 273-employment opportunities. Evening & late night shifts avail. Salary based on experience. Inquire in person. 302 731-8604.

Job Opportunities for Servers & Kitchen Staff avail, FT & PT. Able to work days, nights, weekends & holidays. Apply in Person Pancake House & Glasgow Pub Rm, Rt 40 & 896, across from Peoples Plaza.

FAX IT!
410 398-4044
Place your ad quickly in the Cecil Whig by using our FAX.

SEND A TEDDY!
A great way to say happy birthday, thanks or job well done. Your 3 line message with a cute little teddy bear published in the Cecil Whig for only $5. Additional lines, $1 ea.

LEGAL NOTICE

IN THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY
IN RE: CHANGE OF NAME OF
ANJEU M. STOKES
PETITIONER(S)
TO
ANJEU M. HENRY

NOTICE IS HEREBY GIVEN that Anjeu M. Stokes intends to present a Petition to the Court of Common Pleas for the State of Delaware in and for New Castle County, to change her name to Anjeu M. Henry.

Isaac W. Henry III
Lahiesha M. Henry
Petitioner(s)
DATED: 7-1-94
np 7/8,7/15,7/22

Fins & Wings & 4 Legged Things

382 Birds & Fish

Baby Cockatiels very tame, hand trained, aready had 1st vet visit. $55 each. 302 378-6387.

384 Cats

Baby Kitty Found on roadside. Purrs loudly. Gray tiger stripe, 6 wks. Needs adopting. Call 410 392-3077.

386 Dogs

ADBA American Pit Bull Terrier 12 mo old female. Champion blood lines. Great temperament. Comes w/dog house. $175 or b/o. 410 398-5989.

Akita female, 1 yr old, needs room to run, good w/ children. $300 or best offer. 410392-2416.

German Shepard Pups The Way things use to be. 410 658-2628.

Labrador Puppies for sale. Deposits now being taken. Have shots, AKC papers, etc. Pls call 410 287-2575 after 5 pm & ask for Jean.

Rottweiler Pups AKC, Champion blood line, 9 wks old, lg & healthy. 1st shots, wormed & well marked. Females $400. 410 287-8376.

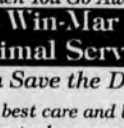
388 Pet Supplies & Services

Hay Round bales in field, $15 bale or $60 per ton. 410 457-4932.

CAPTAINS QUARTERS
Boarding & Grooming
DOGS & CATS
• Baths-Dips-Styling
(We go anywhere)
Large Indoor Suites
With Connecting
Outside Runs
Heated Floors Thru-Out
• SEPARATE CATTERY
Visit Us See The Difference
OPEN 7 DAYS 398-8320
175 DEAVER ROAD, ELKTON, MD

THE CRITTER SITTER
"Home But Not Alone"
The best home care for all your companions

Linda Butler
Certified, Experienced, Dependable, Knowledgeable, Sensitive, Caregiver
(410) 392-0421
References Available

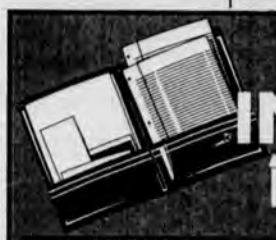
Creature's Comfort
While you're away allow your pets to stay in familiar surroundings
"We will come to you"

Call:
410-392-0326

Whether Your Pets Leave or Stay, When You Go Away
Win-Mar Animal Service
Can Save the Day!
The best care and love given to: horses, cats, dogs, pigs, beef cows, and birds.
(boarding stables available)
Call Winnie at
410-378-4037

390 Horses

Palamino Pony 13H, 8 yrs old, both to drive & ride, beautiful. $1200. 410 885-3675.

ON THE C&D CANAL
500 BIDDLE STREET N. CHESAPEAKE CITY
$185,000
On the C&D Canal, 3 BR, 2 BA, Historic Victorian "doll house"
410-885-3326 *By Owner*



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HEALTH & FITNESS CLUB
380 College Square
302 737-3652
32 Classes A Week

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GET IT IN GEAR
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FOR MORE INFORMATION
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(410) 287-1038
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8 weeks F/T Training
300 Hr Course
June Classes Forming Now

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Aberdeen, MD 21001
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or
(410) 575-7148

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American Martial Arts Academy
• Self Defense Classes For Men, Women & Children
• Includes Exclusive Women's Classes w/Female Instructor
Call For Free Pass Today
Instructor: Rob Johnson
Big Elk Mall
410 392-5500
410 392-5522

LANGUAGE
Speak French In A Few Weeks
(Newark area)
Take lessons from a native with a Masters in foreign language and literature
All Levels Welcome
Reasonable Rates
(302) 368-0945

TO ADVERTISE YOUR SCHOOL OR TRAINING BUSINESS
Call AMY ZERN 398-1230 or 1-800-220-1230

LEGAL NOTICE

CITY OF NEWARK DELAWARE PUBLIC HEARING NOTICE
JULY 11, 1994 - 8 P.M.

Pursuant to Chapter 27-21 (b) (2) (3) of the City of Newark Subdivision and Development Regulations, notice is hereby given of a public hearing in the Council Chamber, Newark Municipal Building, 220 Elkton Road, on Monday, July 11, 1994 at 8 p.m., at which time the Council will consider the application of the Wilmington Trust Company, trustee for the estate of S. Hallock duPont, for the approval of a major subdivision of a 74.12 acre tract of land, a portion of the Cook and Cullen Tract, located on the east side of Curtis Mill Road for the construction of two adjoining single family residential developments consisting of 200 single-family homes to be known as Louviers Woods and Curtis Mill Village.

ZONING CLASSIFICATION - RS (Single Family Detached)

Susan A. Lamblack, CMC
City Secretary

np 6/24,7/8

LEGAL NOTICE

Delaware Department of Transportation
Anne P. Canby
Secretary

LEGAL NOTICE - PUBLIC HEARINGS
TRANSIT SERVICE - ROUTES 896/40 AREAS

The Delaware Department of Transportation (DelDOT) will conduct public hearings to obtain comments on a proposal to revise both Blue Diamond bus service along DE 896 and US 40 and Suburban Downtowner bus service. The following is a summary of the proposal:

- Beginning August 15, 1994 bus service throughout the day would operate in both directions from Peoples Plaza, along US 40, through Governors Square, Lexington Green, DE 7, Christiana Mall, Christiana Hospital, Ogletown Road, DE 273, and into Newark (Main Street westbound and Delaware Avenue eastbound). ADA complementary paratransit service area will be extended to 3/4 mile south of U.S. 40 from DE 896 to DE 7.
- Starting September 5, 1994 Blue Diamond service going to Wilmington would travel its regular route to Middletown and then use DE 299 to US 13 and DE 1 to DE 7 to I-95 to Wilmington. Service from Wilmington to Kent County would travel the same route in reverse.
- Beginning September 6, 1994 the Blue Diamond Newark Shuttle bus service to Newark on DE 896 would extend from Peoples Plaza to Middletown during peak hours only.
- Starting September 6, 1994 Blue Diamond and Suburban Downtowner bus service on US 40 would be replaced with DART bus service that would operate approximately every 30 minutes during rush hours between Peoples Plaza and Wilmington via US 40, through Governors Square, Lexington Green, DE 7, and I-95 into Wilmington.

Proposed schedules and route maps will be posted for public inspection at the: Peoples Plaza Shopping Center; Acme in the Fox Run; and the Thriftway in Governors Square; as well as the libraries in Wilmington, Newark and on the Kirkwood Highway; and the Boys and Girls Club on Route 40.

Public Hearings will be held on July 11, 1994:

- From 5:30 to 8:00 p.m. in the DelDOT North District Office, Bear, DE (Route 7)

and on July 12, 1994:

- From 12:00 to 2:30 p.m. in the Carvel State Office Building, 2nd Floor Lobby area. (French at 802 Streets in Wilmington)
- From 5:30 to 8:00 p.m. in the Cornerstone United Methodist Church, Summit Bridge Road (Route 896)

The hearing format will enable the public to come at any time within the times previously listed to review the proposals, ask questions, and give their comments to a hearing reporter for the record.

Persons with hearing disabilities needing interpreters at any of the hearings should contact DelDOT Public Relations in writing at the address that appears below by July 7, 1994. All written comments and verbal comments received at the public hearings will be included in a verbatim transcript for use in determining whether the proposal will be approved, revised or rejected.

This bus service change is being initiated based upon the authority defined in Title II Chapter 13 Section 1309 of the Delaware Code.

Comments concerning the proposal or requests for signing interpreters should be mailed to:

DelDOT Public Relations
P.O. Box 778
Dover, DE 19903
1-800-652-5600

PUBLIC NOTICE

Restaurant DIRECTORY

AMERICAN

The Fair Hill Inn
Continental American Cuisine
Bar & Lounge
Dinners
Tuesday Thru Sunday, 4:30pm-9pm
Serving Delicious Lunches
From 11:30am, Tuesday Thru Friday
Full Course Brunch Served
Sunday 11:30-2:30
Routes 273 and 213, Fair Hill
Elkton, MD
398-4187
VISA MASTERCARD Amercian Express

MIRAGE
100 Elkton Road, Newark DE
(302) 453-1711
~ Fine dining is our specialty ~
We cater to business functions
Come Enjoy
Our Atmosphere...

JACK & HELEN'S RESTAURANT
1/2 Mile South of Chesapeake City Bridge
(410) 885-5477
~ Specializing In Breakfasts ~
Wake up to our delicious menu of Ham, Sausage, Scrapple, Hotcakes & Eggs.
~ Also serving Lunch & Dinners ~
5am-6pm, Mon-Sat
6am-2pm, Sun.

Buck's
"Cecil County's Finest Steak & Seafood House"
Authentic Regional American Cuisine
Gift Certificates • Carry-Out Available
Reservations Suggested • All Major Credit Cards
OPEN:
Lunch: Tues-Sat 11-4 • Dinner: Tues-Sat 4-10
Brunch 1-4 • Closed Mondays
(410) 658-BUCK
314 E. Main St., Rising Sun, MD, Rt. 273

Winchester HOTEL Pub & Restaurant
15 S. Main St.
In Historic
Port Deposit
410-378-3701
Serving Dinner Tue-Sun 5-9 PM
Sunday Luncheon Specials 1-5 pm
Look for Our Deck Opening in July

VILLAGE CAFE
2nd & George Sts., Chesapeake City, MD 21915
(410) 885-2294

Thursday Buffet Includes	Friday Buffet Includes
Lasagna	Roast Beef/Gravy
Spaghetti	Mushroom Gravy
Meatballs Alfredo	Green Beans
Garlic Bread	Parsley Potatoes
Soup & Salad Bar	Stewed Tomatoes
	Soup & Salad Bar

Regular Menu Prices Available
HOURS: Saturday thru Wednesday 6 a.m.-5 p.m.
Thursday & Friday 6 a.m.-8 p.m.

AMERICAN

Swiss Inn
& Lounge
Featuring Our Delicious Lunch Buffet
& Famous Dinner Specials
Tues, Weds, Thurs - $5.95
Friday & Saturday Dancing!
Banquet Facilities Available
Closed 4th of July
410 398-3252
902 E. Pulaski Hwy.
Elkton, MD

Johnies Restaurant
2288 Pulaski Hwy (Rt. 40) • North East, MD
287-5760
BANQUET FACILITIES
Business Meetings & Luncheons
Buffet & Full Menu Available
Hours:
Tues-Fri, 9am-7:30pm
Sat-Sun, 7am-9:00pm
Breakfast Buffet, 7am-11am
Award Winning Fried Chicken

SEAFOOD

The HOWARD HOUSE
101 E. Main Street • Elkton MD
(410) 398-4646
Always the freshest cut of steaks, seafood, crabs and shrimp.
Try our daily specials:
1/2 price burgers on Monday (6-9pm)
All You Can Eat Steamed Shrimp
on Wednesday after 5pm

Wesley's
Fair Hill, MD
(410) 398-3696
Sunday Brunch starting
February 13 from 11am-3pm
Featuring...Your favorite seafoods and cuts of meat, also Belgian Waffles and full-line breakfast menu
(Non-alcoholic beverages included)
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-Dinner served daily 4pm-9:30pm
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North East, Md.
Featuring
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15 Dealer CO-OP
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Collectibles and more
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Mechanic Must be able to weld, burn & have exp w/ diesel & heavy equip. FT, perm position. Must have clean driver's license. 410 398-9616.

Mechanic/Propane The Keen Propane Team has an opening for a person exp'd in installing gas piping & the ability to install propane tanks. Must have exc driving record. CDL license & HVAC exp a +. Permanent position w/exc benefits. Those qualified can call Jim Z at 302 594-4561. EEO/AA.

Now Hiring Fence Installer Guardian Fence Co. 302 834-3044. PO Box 44, St Georges, DE 19733.

Sheet Metal Helpers exp not necess, Apply in person only: 31 Brookside Dr, Wilmington DE 19804.

454 Truck Drivers

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454 Truck Drivers

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Drivers If you're looking to change jobs.... We're looking for you J.B. Hunt, one of America's largest & most successful trucking companies, is looking for people interested in learning to drive a truck. After completing the required training, you can look forward to earning up to $26,000 - $30,000 your first year, plus comprehensive benefits. Call 1 800 845-2197. Exp drivers call 1 800 368-8538. EOE/Subject to drug screen.

Drivers Make great money & get home often! Needed to run out of Luciano's Hagerstown, MD terminal. We offer $.26 mile single & $.30 - $.34 mile teams & $20 a delivery + outstanding benefits. Call 800 255-7788 or 301 797-9020.

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502 Business Opportunities

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600 Professional Services

624 Mortgages & Loans

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804 Motorcycles

BMW-K100LT 1989, ABS anti lock brakes, am/fm/cass, auxillary lights, dark blue, 21k mi, dual & solo quick change seats. Tank bag, extra wind shields. Always garaged, $7,750. 410 658-5520.

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KEEPING YOUR COOL IN THE HEAT

KEEP COOL. Spend as much time as you can in cooler surroundings, such as a cooler room in your home, an air conditioned shopping mall, senior center, public library or movie.

AIR CONDITIONING can provide lifesaving relief from heat stress, especially if you have a medical condition like heart disease.

COOLING WITH FANS. Fans can draw cool air into your home at night or help to provide good indoor air circulation during the day. Air movement reduces heat stress by helping to remove extra body heat. (When it is extremely hot, a fan may cause you to gain body heat by blowing very hot air over your body.)

BATHS AND SHOWERS. Cool baths or showers (with water temperature around 75°F) provide amazing relief from the heat. Cool water removes extra body heat 25 times faster than cool air.

CLOTHING. Wear as little as possible when you are at home. Lightweight, light colored, loose fitting clothing is more comfortable in hot weather. Cotton is very comfortable. Wear a hat or use a parasol or umbrella to protect your head and neck when you are outdoors.

DRINK OFTEN • In hot weather, your body needs more water. Don't wait until you are thirsty, because your body needs more fluid than thirst will indicate. By the time you feel thirsty you may already be dangerously low on water.
• Drink often and in reasonable amounts. Don't try to drink a lot of coffee or tea. They are all right in moderation, but water is your best bet.
• If you have a disease, a medical condition, or a problem with body water balance, check with your doctor for advice on how much water you should drink in hot weather.

SLOW DOWN. Take it easy, especially at the start of hot weather when your body is less prepared for the heat. Physical activity produces body heat.

WATCH WHAT YOU EAT. Avoid hot foods and heavy meals. They add heat to your body. Try using your stove less. Cook your meals during the cooler part of the day.

WATCH SALT USE. Check with your doctor before you increase the amount of salt or potassium in your diet. Do not take "salt tablets" without your doctor's permission.

AVOID ALCOHOL. Alcohol interferes with your body's fight against heat stress. It can put a strain on your heart.

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ELKTON, MD																	
Meadows At Elk Creek 439 Muddy Lane 410-398-0470	●	●		●	●	●	●	●	●	GAS	●	●	●	●	●		●
Turnquist Apartments 110 Windward Ct. 410-392-0099	●	●		●		●	●		●	ELEC	●	●	●				
Village of Courtney 117 Courtney Dr. 410-398-7328	●	●				●	●		●	ELEC	●	●	●				
NEWARK, DE																	
English Village Apts. Fox Hall Office 302-366-8790	●		●		●	●	●		●	GAS	●	●	●		●		
NORTH EAST, MD																	
Elk River Manor Apts. 900 River Manor Dr. 410-287-9676	●		●	●		●	●		●	ELEC	●	●	●	●			
PERRYVILLE, MD																	
White Horse Apartments 5443 Pulaski Hwy. 410-939-1366 410-642-6877	●			●		●				ELEC	●	●	●				

CALL 410 398-1230 or 1-800 220-1230 to ADVERTISE

LEGAL NOTICE

CITY OF NEWARK
DELAWARE
CITY COUNCIL
PUBLIC HEARING
NOTICE
JULY 25, 1994

Pursuant to Section 402.2 of the City Charter and Section 32-79 of the Code of the City of Newark, Delaware, notice is hereby given of a public hearing at a regular meeting of the Council in the Council Chamber at the Municipal Building, 220 Elkton Road, Newark, Delaware, on Monday, July 25, 1994 at 8 p.m., at which time the Council will consider for Final Action and Passage the following proposed ordinance:

BILL 94-13 - An Ordinance Amending the Zoning Map of the City of Newark, Delaware, By Rezoning From RM (Multi-Family Dwellings, Garden Apartments) to RS (Single-Family, Detached) a 1.2099 Acre Parcel of Land Located at 48 West Park Place.

Susan A. Lamblack,
CMC/AAE
City Secretary

np 7/8,7/22

CITY OF NEWARK
DELAWARE
CITY COUNCIL
PUBLIC HEARING
NOTICE
JULY 25, 1994 - 8 P.M.

Pursuant to Section 402.2 of the City Charter and Section 27-13 of the Code of the City of Newark, Delaware, notice is hereby given of a public hearing at a regular meeting of the Council in the Council Chamber at the Municipal Building, 220 Elkton Road, Newark, Delaware, on Monday, July 25, 1994 at 8 p.m., at which time the Council will consider for Final Action and Passage the following proposed ordinance:

BILL 94-14 - An Ordinance Amending Ch. 27, Subdivisions, Code of the City of Newark, Delaware, By Revising and Updating the City's General Land Planning Policies.

Susan A. Lamblack,
CMC/AAE
City Secretary

np 7/8,7/22

LEGAL NOTICE

Estate of Virginia S. Nielsen, Deceased.

Notice is hereby given that Letters Testamentary upon the estate of Virginia S. Nielsen who departed this life on the 29th day of May, A.D. 1994, late of 78 Kells Ave., Newark, DE 19711 were duly granted unto Eloise W. Morison on the 3rd day of June, A.D. 1994, and all persons indebted to the said deceased are requested to make payments to the Executrix without delay, and all persons having demands against the deceased are required to exhibit and present the same duly probated to the said Executrix on or before the 29th day of January, A.D. 1995, or abide by the law in this behalf.

Eloise W. Morison
Executrix
Edward W. Cooch, Jr., Esq.
Cooch & Taylor
P.O. Box 672
Newark, DE 19715-0672
np 6/24,7/1,7/8

CITY OF NEWARK
DELAWARE
CITY COUNCIL
PUBLIC HEARING
NOTICE
JULY 11, 1994

Pursuant to Section 402.2 of the City Charter and Section 32-79 of the Code of the City of Newark, Delaware, notice is hereby given of a public hearing at a regular meeting of the Council in the Council Chamber at the Municipal Building, 220 Elkton Road, Newark, Delaware, on Monday, July 11, 1994 at 8 p.m., at which time the Council will consider for Final Action and Passage the following proposed ordinance:

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Susan A. Lamblack,
CMC/AAE
City Secretary

np 7/8,7/22

804 Motorcycles

Go-Carts For Sale Several types/sizes to choose from. Ask for John or Marty. 410 392-5902.

Go-Kart Dingo, 5 hp, never used, $750 or best offer. 410 658-3421.

Goldwing 1985. Fully dressed. $4200/best offer or will trade for Corvette plus cash. 410 398-2672.

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LEGAL NOTICE

CITY OF NEWARK
DELAWARE
CITY COUNCIL
PUBLIC HEARING
NOTICE
JULY 11, 1994

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BILL 94-11 - An Ordinance Amending Chapter 23, Parades and Public Assemblies, Article IV, Special Events, By Providing for a Definition of Large Gatherings on Private Lands as They Affect Public Streets and Clean-Up Regulations

Susan A. Lamblack,
CMC/AAE
City Secretary

np 7/1,7/8

804 Motorcycles

Harley Davidson Sportster 1975. Good cond. $4000/best offer. 410 398-4038 after 3pm.

Honda Magna 1984. 750cc, low milage, great cond, $1600. 410 392-6869.

Yamaha Maxim 550 1982. Street bike, electric start, sharp looking bike w/brand new $200 helmet. $850. 410 398-5978.

Yamaha Verago 81. Exc cond. $750. 410 275-1962.

806 Motor Homes

1987 21' Toyota new generator, dash & roof air, auto w/ overdrive, awning, great shape, very clean, ready to go. $14,000/best offer. 410 287-6044.

21' Winnebago 87. Toyota chassis. Exc cond. 15k mis. Auto, cruise. $14000. 302 731-5063.

Sunline/Toyota 17', 1980, good working cond, tagged till 9/95. Asking $6500. 302 731-5063.

808 Travel Trailers

RV-33' 1987. Regal Prowler, queen size bed, many ammenities, exc cond. Asking price $8900. 410 343-1623.

Sunline 21' 1981 slps 5, full ba, roof air. Good cond. Can be seen anytime 380 S Simpers Rd. Asking $3000 firm. 410 392-4184 or 392-5324.

810 Campers

Stoltzfus RV'S & Marine
A very lg selection of new & used RV'S/boats. Rt 202, 8mi N of Wilm. 1 800-860-1406.

818 Power Boats

Bow Rider-18' Fiberglass, V-Hull, gal trailer, good cond, needs motor. $1500. 410 398-3629.

818 Power Boats

Browning Mustang 17' 1973, trihull f/g boat w/trailer. $550 or b/o. Call 410 398-7007 or 398-5639.

Chris Craft Express-28' 1980. FG, slps 6, Priced below book. Stove, frig, head, etc. DC Cole 410 378-3016.

Fiberform-24' 1972. 350 FWC, 300 hp, fresh engine outdrive, reschelde new stering, control cables, VHF, outriggers, stove, 30 gallon fresh water ice box. $4200. 302 324-324-9632.

Malibu Comp Ski Boat-1989, 19ft. 350 Merc inboard, custom trailer, mag wheels. Exc cond. Low hrs. MUST SELL. $11,900/b.o. 410 885-2460, eves. Ask for Louis.

Sea Ray-24' 1989. Cuddy cabin, exc cond, low hrs & trailer. $15,800. 302 455-1529.

824 Marine Equip/Supplies

120hp Johnson, 1990. Only 18 hours of use. $6500/b.o. Call 410 398-5674 after 6pm.

Propeller Stainless steel, used. From an Evinrude motor. 410 287-8551.

Wind Surfer Finatic 300, never used. $200. 410 398-0611 day, 398-2318 eve.

854 Auto Parts/Accessories

Dodge Car Seats for 1988 model. Blue. Best Offer. 410 658-3143.

GT Mustang Fin 1987. Black, fiberglass, mint cond. 410 885-3458.

Honda Civic 1500DX 1980. Parting out for parts or whole, no title, good motor.

Mercury Monarck 1981. Parting out or whole, no title, no motor but other good parts. Can get title if needed. 410 287-5723.

854 Auto Parts/Accessories

Upper & Lower Intake w/ trottle body, for 5.0 Mustang 86-93. $100 or best offer. 410 398-3921 Ask for Jay after 6pm.

Used Slicks Mickey Thompson, 25.5x11.5-15. Screwed, tubed & balanced. On center line 10x15, drilled Chrysler or Ford. $225 or b/o. 410 398-8534 aft 6pm ask for John.

860 Autos Under $1000

AMC Concord 1979, p/s, p/b, a/c, am/fm stereo. $950. Call 410 642-0085.

Camaro 1980. $1000 or best offer, wide tires & crome wheels. 410 287-0786.

Chevy Camaro 1980. Berlinetta, Great cond, looks great, sports rims, best offer. 302 427-3657.

Chevy-Short Body Van 1978. runs good, $750 or best offer. 410 398-9543.

Ford Tempo 1984. Black, needs work. $350/best offer. 410 378-3145.

Lincoln Town Car Cpe 1979. $900 or b/o. Nice car. Call 410 885-2705 after 6pm.

Honda Accord 83. 4 dr, needs body work, driven daily $800 or b/o. 410 658-4473.

Mazda GLC 1984. 4dr, Silver w/blue interior, good cond, runs great. $900/best offer. 410 398-9685.

Mercury Linx 86. 2 DR, auto, very good cond, runs good. $990. 410 275-1118.

Olds Cutlas Cruiser Station Wagon 1985 white, fwd, v6, pl, pw, ps, cruise tilt, am/fm cassette & more. Body & inter exc. $2500. 410 287-7835 after 6pm.

Pontiac J200 1982. Runs good, $500/best offer. Call 302 738-8460 after 4pm.

862 Autos Under $5000

Buick LeSabre 84. V8, loaded, full size. $2295 or b/o. 410 392-8914.

862 Autos Under $5000

Buick-Lesabre 1985. All elect doors, windows, am/fm stereo cass, dark brown exterior w/tan interior. $3500. 410 275-2349.

Camaro 1968, Race car, rolling chassis, $2800 or best offer 410 392-9471.

CHEVY NOVA SDN-88
AT, AC, AM/FM, PS, PB.
$3,995*

$99* mo
48 months
*$2000 down cash/trade, state fees additional

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OXFORD, PA
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Dodge Daytona Shelby-'88
T 4cly, 5spd, AC, sterero tape, ps, pb, plocks, pwindows, tilt, cruise. #1533.
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$3,995*

$99* mo
48 months
*$2000 down cash/trade, state fees additional

COUNTRY
CHRYSLER • PLYMOUTH • DODGE • JEEP • EAGLE
OXFORD, PA
610 932-0500

Ford Cougar 83. $1000. 410 658-2001.

Ford LTD S/W-'86
6cyl, auto, ps, pb, AC, full power, 71,868mi. #11643A.
$2995

NUCAR PONTIAC
738-6161 • Newark, DE

Ford Tempo GO 86. Auto, pb. Runs good. Int/Ext good cond. $1500 or b/o. 302 738-6336.

Ford-Thunderbird 1986. Auto, V6, fully loaded, cold a/c. $1500 or best offer. 410 392-9471.

862 Autos Under $5000

GMC Van 81. 35 Series. 8000 mls on new engine. Ladder racks & too many extra's to mention. Will inspect for buyer. $2500 or b/o. 410 658-4473.

Honda Prelude 2Si 87. Fully equipped, highway mis, exc cond. 302 378-1917 eve, 302 892-7911 day.

DODGE ARIES SW - '88
MOM, KIDS & FIDO
$3,995

JEFF
D'AMBROSIO
610 932-9090

Mercury Capri 1986. Very reliable, new battery, tires, belts, brakes, relined. $1800/best offer. 410 398-1079.

Nissan 300ZX 1985. Gold, runs great, am/fm cass, t-tops, MD insp'd. $3500 or best offer. 410 287-2748.

Olds Cutlass Supreme 78. V8, ps, pb, a/c, Cust hdrs. 350 trans w/ torque conv. Exc cond. Must see. $2000 or b/o. 610 255-5644 lv mesg.

Olds-Cutlass 1970. 350 Chevy balanced & blue printed, 350 turbo, 2800 stall, 12V Chevy, 411 rear. $3000 or best offer. 410 734-7387.

Pontiac Firebird-'91
Sport Cpe, V8, auto, ps, pb, AC, full power, T-tops. #1508.
$9995

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738-6161 • Newark, DE

Ford Fairmont CPE,1981. 6 cyl, auto, air. Brown. $2395.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Buick Skylark Ltd SDN,1985. V6, auto, air. Gold. $2995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Buick Regal CPE,1983. V6, auto, air, bucket seats, stereo. Blue. $2995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

LEGAL NOTICE

CITY OF NEWARK
DELAWARE
COUNCIL MEETING AGENDA
JULY 11, 1995 - 8 P.M.

1. SILENT MEDITATION & PLEDGE OF ALLEGIANCE

2-A. CITY SECRETARY'S MINUTES FOR COUNCIL APPROVAL;
Regular Meeting held June 27, 1994

2-B. NEWARK SOUTH WELL FIELD REPORT & PRESENTATION

3. ITEMS NOT FINISHED AT PREVIOUS MEETING:
None

4. RECOMMENDATIONS ON CONTRACTS & BIDS:
None

***5. ORDINANCES FOR SECOND READING & PUBLIC HEARING:**
A. Bill 94-10 -- An Ordinance Amend. the Zoning Map of the City of Newark By Rezoning from MOR (Manufacturing Office Research) to RS (Single-Family, Detached) 74.12 Acres Located on the East Side of Paper Mill Road, North & Adjacent to the City of Newark Water Tank Site & Approximately 1800 Feet South from Milford Crossroads

B. Bill 94-11 -- An Ordinance Amend. Ch. 23, Parades & Public Assemblies, Article IV, Special Events, By Providing for a Definition of Large Gatherings on Private Lands as They Affect Public Streets & Clean-up Regulations

***6. RECOMMENDATIONS FROM THE PLANNING COMMISSION/ DEPARTMENT:**
A. Request for a Major Subdivision of a 74.12 Acre Tract of Land, a Portion of the Cook & Cullen Tract, Located on the East Side of Curtis Mill Road for the Construction of Two Adjoining Single-Family Residential Developments Consisting of 200 Single-Family Homes to be Known as Louviers Woods and Curtis Mill Village (Resolution & Agreement Presented)

7. ORDINANCES FOR FIRST READING:
None

8. ITEMS SUBMITTED FOR PUBLISHED AGENDA;
A. COUNCIL MEMBERS:
None
B. COMMITTEES, BOARDS & COMMISSIONS:
None
C. OTHERS:
None

9. ITEMS NOT ON PUBLISHED AGENDA:
A. Council Members:
***B. Others: (Time Limit 20 Minutes)**

10. SPECIAL DEPARTMENTAL REPORTS:
A. Special Reports from Manager & Staff:
1. Municipal Street Aid Report for Fiscal Year Ending June 30, 1994
B. Alderman's Report & Magistrate's Report

***OPEN FOR PUBLIC COMMENT**

The above agenda is intended to be followed, but is subject to changes, deletions, additions & modifications. Copies may be obtained at the City Secretary's Office, 220 Elkton Road.

np 7/8

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IN THE SPOTLIGHT

SUNBRITE PRODUCTS INC.
Pictured in the photo is Maureen Disabatino of Sunbrite Products Inc. located at Rt. 279, Elkton Rd., next to State Line Liquors, Elkton, which features quality outdoor and patio furniture at affordable prices, fine PVC pipe furniture, replacement cushions and umbrellas, repairs, service, free delivery and no sales tax to out of state buyers. Call 410-392-3869.

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862 Autos Under $5000

Pontiac Lemans 1973. 4dr, a/c, 4 new tires, tagged for 1 year, 73,000 miles. $1100/best offer. 302 834-3284.

Toyota-Supra 1985, 5 spd, ps, pb, pw, pl, p/sun roof, tilt, new tires, exc cond. $4695. 215 255-4490.

Toyota Tercel 1984. Auto, 2dr, am/fm cass, good cond, orig owner. $1200 or best offer. 410 398-3418.

864 Autos Over $5000

CHEVY CAV RS SDN-91
AT, AC, Cruise, Tilt.
$6,995*
$155* mo
60 months
*$2000 down cash/trade, state fees additional
COUNTRY
OXFORD, PA
610 932-0500

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Place your ad quickly in the Cecil Whig by using our FAX.

864 Autos Over $5000

CHRYSLER LEBARON - '92
SPORTY COUPE
$10,495
JEFF D'AMBROSIO
610 932-9090

MERCURY SABLE - '93
LEATHER W/ ALL TOYS
$12,995
JEFF D'AMBROSIO
610 932-9090

Ford Bronco II 87. Centurian 4x4, oversized tires. All power, a/c, auto. Exc cond. Runs great. Must see. $6800. 410 392-4116.

ACTION ADS
3 lines, 5 days, $5. For any items under $100. Get a second week for only $1 when you purchase Results Insurance.
410 398-1230

864 Autos Over $5000

Chevy Camaro RS. 1990. 305, auto w/OD, air, p/s, p/b, p/mirrors, rear window defrost, am/fm stereo cass, tint windows, tilt, cruise. $8195. Call 410 392-3397.

CROWN VICTORIA SDN-88
V8, AT, AC, tilt, cruise, am/fm cass.
$6,995*
$181* mo
48 months
*$2000 down cash/trade, state fees additional
COUNTRY
OXFORD, PA
610 932-0500

Dodge Daytona
1990, 5 spd, 55k miles, power everything, air bag, Blue & grey exterior w/grey interior, exc cond, runs great. $8000. 410 885-5957.

Dodge Dynasty SDN - '93
Bright white, auto, a/c, p/w, pdl, tilt, cruise, low mileage. #10418
$12,795
Advantage
410-392-4200
800-394-CARS
RT. 40
ELKTON, MD

Eagle Premier '88
V6, auto, air, full size sedan, very well equipped. MD inspected.
$4,495
#144056-A.
Advantage
410-392-4200
800-394-CARS
RT. 40
ELKTON, MD

864 Autos Over $5000

DODGE GR CARAVAN SE-88
V6, AT, AC, PW, PL, tilt, cruise, am/fm cass.
$5,995*
$158* mo
48 months
*$2000 down cash/trade, state fees additional
COUNTRY
OXFORD, PA
610 932-0500

Chevy Beretta-'89
V6, auto, ps, pb, AC. Extra Clean! #1516.
$6995
NUCAR PONTIAC
738-6161 • Newark, DE

DODGE INTERPID-93
V6, AT, AC, AM/FM cass, PW, PL, tilt, cruise.
$14,995*
$311* mo
60 months
*$2000 down cash/trade, state fees additional
COUNTRY
OXFORD, PA
610 932-0500

Dodge Ram Van 350 87. Fully loaded, clean. $6000. 1981 Cadillac Sedan Deville. Fully loaded. $500. 410 658-3143.

Dodge Daytona 1991, Auto, 50k miles, power everything, 6 cyl ES package. Blue w/grey interior, great cond. 410 398-8392 ask for Sherri.

864 Autos Over $5000

GMC Sonoma Exta Cab-'91
V6, 5spd, air, am/fm stereo, ladder racks, exc work truck, Md inspected.
$7995
#10350-A.
Advantage
410-392-4200
800-394-CARS
RT. 40
ELKTON, MD

Mazda MPV Minivan-'92
V6, Auto, air, am/fm cass, pw windows & locks. very low milage.
$14,995
Summer Special
Advantage
410-392-4200
800-394-CARS
RT. 40
ELKTON, MD

Jeep Cherokee Sport-'94
4x4, 4dr, high output Tech 6, auto, air, shift on the fly 4 wheel dr, am/fm cass.
$18,295
#90003
Advantage
410-392-4200
800-394-CARS
RT. 40
ELKTON, MD

Honda Prelude 1987. Fully loaded, exc cond. $5000 or best offer. 410 392-0547 after 6pm.

ACTION ADS
3 LINES
5 DAYS
$5.00
Items under $100
Private party rates, excludes commercial, automotive & real estate. Each add'l line 20¢/day. Your ad appears in the Cecil Whig, Newark Post & Weekend Shopping Guide.
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864 Autos Over $5000

GMC SUBURBAN - 87
TOW YOUR LOAD
$8.795
JEFF D'AMBROSIO
610 932-9090

PONTIAC SUNBIRD - '93
SAVE BIG MONEY
$9,677
JEFF D'AMBROSIO
610 932-9090

864 Autos Over $5000

GMC SUBURBAN - '93
TOW YOUR TRAILER
$27,995
JEFF D'AMBROSIO
610 932-9090

DODGE DYNASTY - '88
LOADED, ONE OWNER
$5,995
JEFF D'AMBROSIO
610 932-9090

864 Autos Over $5000

CAMARO Z28 - '87
Z-NICE!
$6,495
JEFF D'AMBROSIO
610 932-9090

PLYMOUTH SUNDANCE - '91
GREAT SUMMER CAR
$6,995
JEFF D'AMBROSIO
610 932-9090

USED CAR SALE

$2895.00 - $4895.00

1988 Mercury Lynx SW
5 spd., AC AM/FM
$2895.00

1987 Mercury Lynx SW
Auto, AC, AM/FM
$3495.00

1988 Ford Ranger
5 spd., only 43,000K
$3895.00

1991 Ford Festiva
5 spd., AM/FM, only
$3985.00

1988 Toyota Corolla FX
Auto, AC, only
$4295.00

1988 Mercury Topaz
Auto, AC, Very Clean
$4895.00

$4995.00 - $7495.00

1988 Olds Cutlass Cierra
4 dr., Auto, AC, 80,000K
$4995.00

1988 Ford F150 Pickup
Only 57,000K, Two-tone
$5495.00

1989 Ford Ranger XLT Pickup
6 cyl., Auto, AC,Low miles
$6895.00

1993 Ford Festiva
5 spd., AM/FM Cass., Low miles
$6295.00

1989 Chrysler New Yorker
Auto, AC, PW, PL, 48K
$7295.00

1988 Oldsmobile 98 Regency SDN
Loaded, w/ Roadster top, only 57K
$7495.00

$7995.00 - $9995.00

1992 Ford Tempo GL
4 dr., Auto, AC, Clean
$7995.00

1990 Ford Aerostar
SW, Auto., AC, 7 Pass.
$7995.00

1992 Mitsubishi Expo SW
Auto, AC, Only 44,000K
$7995.00

1993 Suzuki Samurai
JL Convertible
Go topless!
$8295.00

1991 Nissan Sentra XE
2 dr., Auto, AC, AM/FM Cass.
$8495.00

1993 Ford Tempo GL
Auto, AC, PW, PL AM/FM
$9195.00

1993 Ford Escort SW
Auto, AC, only 5,000K
$9995.00

1992 Ford Ranger XLT Supercab
AC, V6, Low miles
$9995.00

OVER $10,000

1990 Ford F150 XLT
Auto, AC, only 30K
$10,895.00

1993 Ford Ranger XLT
Auto, AC, AM/FM, Aluminum wheels
$10,995.00

1990 Ford F150 XLT
5 spd., PW, PL, AC, Clean
$10,995.00

1992 Mercury Cougar LS
Auto, AC, PW, PL, Cass., Sharp
11,495.00

1992 Taurus SDN
Auto, AC, PW, PL, Cass.
$10,995.00

1991 Mercury Marquis LS, Auto, Leather, PW, PL, AC
$11,995.00

1992 Ford Taurus SW
Auto, AC, PW, PL,Cass, TR
12,495.00

1990 Jeep Cherokee Laredo
AT,AC, PW, PL, 4x4
$12,695.00

1994 Ford F150
AC, AM/FM, 8K
$12,995.00

1993 Ford Ranger XLT Supercab
V8, AM/FM Cass., AC
$13,995.00

1993 Ford Taurus SDN
Auto, AC, PW, PL, Cass., 6 to choose from!
$13,995.00

QUALITY Ford
410-398-3600
800-899-FORD
Route 40, Elkton, MD

HOST MARRIOTT
ASSISTANT MANAGER POSITION
Position now open for Burger King. Burger King experience preferred.
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I-95, 2 miles S. of North East, MD
ALSO HIRING FOR ALL POSITIONS!

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2 DR. Summit Equipped with Air Cond., Power Steering, Power Brakes, Rear Window Defrost, AM/m Stereo, and much more. Stk. #44016
Tax & tages extra. College rebates applied, prior sales excluded. To all qualified buyers. Offer expires 7/21/94.
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706 Beauty Aids

If Only There Was A Pill To Lose Weight! Now there is! For just $1 a day, become firmer, trimmer & leaner. 100% money back guar. Call now for free info, 410 778-4992.

708 Brick & Stone

Masonry Work Brick Block Stone & concrete, specializing in chimneys & stone fire places. 410 398-8332.

713 Child Care

Charlestown Home Daycare Mom has immed PT openings, infants only. 410 287-0177. Lic#0742267.

Daycare Thomson Ests, immed openings avail. Melanie at 410 398-6052. Lic. #07 041739.

Kinder-Prep Child Care Learn Ctr FT/PT openings 2-7 yrs, pre-school program included. New extended hrs. No reg fee. Just over DE/MD line off of Elkton Rd. 410 392-5544.

Port Deposit Area openings for 1-5 yrs, call Terry 410 378-5689. LIC#0738736.

Toddler Town Home Daycare has openings for 18mo & up. Appleton Rd. 410 392-2908. Lic#0736599.

Woodcrest Shores FT, Elk Neck Elem Sch District. Non-smoker & reliable. 410 398-8905. Lic #0738735.

715 Cleaning

Take A Break! Want more time for yourself? Professional lady will do house-cleaning at reasonable rates. 410 287-9216.

Tired of Cleaning? Want your weekends back? Residential & Comm. Maria's Cleaning Service. 302 738-8280.

729 Heating

Dave's Heating & Cooling Certified, 17 yrs exp. Have A/C cleaned & tune-up. 800 949-4581 or 410 392-6504. Free Est on Instillation.

733 Lawn Care/Landscaping

Hate Mowing & Lawn Work? Call Andersen Home Services. Excellent service & reasonable prices. 410 392-6412 or 302 731-3113.

LARSON'S TREE SERVICE & LANDSCAPING
We Are A Complete Landscape & Tree Service!
BULK MULCH
Pick Up or Delivered
All Hardwood Bark Shredded $25.00/yard
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LANDSCAPE PACKAGE
10% Off Packages Thru JULY
Grading & seeding, mulching, spring clean up.
Mowing contracts available
410 392-5175

WHITE PINE LANDSCAPE'S Landscaping, Lawn Maintenance. Pruning & Mulching Service Available. 410 398-2963.

737 Miscellaneous

Unable To Leave Your House? We will run your errands for you. Shopping, banking, cleaners & prescriptions, Etc. Call 410 658-4881.

740 Painting & Papering

Interior & Exterior Painting Decks Sealed. 20 yrs exp, Senior Citizen discount. 410 392-2410.

740 Painting & Papering

Professional Painting & Wall Papering Int/ext, free estimates. Call 410 454-3731.

Professional Painting, Wall Papering & Power Washing Interior & exterior. Free estimates. Call 302 454-3731.

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Creature's Comfort While you're away, allow your pets & livestock to stay in familiar surroundings. We will come to you, refs avail. 410 392-0326.

Critter Sitter The best home care for all your companions. Linda Butler. 410 392-0421.

Critter Sitter The best home care for all your companions. Linda Butler. 410 392-0421.

744 Photography

I will videotape your birthday party. $8. Have references. Weddings, graduations also. Within 30 miles of Elkton. Call Bob, 410 392-6928, anytime.

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Andersen Home Services Specialist in pressure cleaning of siding, decks, concrete. We make it look new again. 410 392-6412 or 302 731-3113.

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A-L Custom Remodeling Baths, Kitchens, Additions & Decks. Free Estimates. 410-392-3043. MHIC#40588.

748 Repairs & Remodeling

All Phases Of Home Improvements & Repairs Large & Small
South Wind Construction
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FOUR WALLS Home Improvement
Basement*Kitchen
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Gary Thoma Home Improvements Complete Home Remodeling, Carpentry, Drywall repairs, trim & painting. "THE HANDY MAN CAN" Lowest price. Call 410 392-3194.

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30yrs experience in all phases of home improvement. Call today for free estimate.
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H & M General Contractors Roofing, gutters & down spouts. Over 20 yrs exp. Free est. 410 642-0138, local, lve mesg.

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Montgomery Upholstery Main Street, Warwick. Free Estimates. 410 755-6642.

Montgomery Upholstery Main Street, Warwick. Free Estimates. 410 755-6642.

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Antiques
Household Goods,
Pictures, Caning
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Open Tuesday - Saturday Afternoons or by Appointment.
Corner of 20th St. & Market St. Wilmington, DE 302-656-4464

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Infants to childrens sizes 6x maternity - furniture - equipment & toys
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THE NEARLY PURR-FECT THRIFT SHOP
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A "Quality" Consignment Shop For The Entire Family.
Clothing, Handcraft Items, Glassware, Sm Furniture, Sm Appliances, Knicknacks, & Decorator Items.
Hours: Mon - Sat 10 a.m. - 5 p.m.

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An upscale consignment clothing shop for women, children
NEW & Nearly New Bridal Gowns & Accessories
Monday thru Friday 10 a.m.-5 p.m. Saturday 10 a.m.-4 p.m.
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Consigners require appointment

How To Save Money On Your Family's Clothing
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- Buy all-season styles, fabrics and colors when possible.
- Buy clothes of a design that will stay in style
- Look for quality fabric and good construction in clothing.
- Choose clothes with simple trim that is of good quality and requires the same care as the rest of garment.
- Before buying a garment, check fabric labels and care instructions. Is it wash-and-wear? Can it be dried in the dryer? Avoid clothing that requires special care such as dry cleanng.
- Read and follow care instructions to make clothes last longer.
- Dress up or modify an outfit you already own. Accessories can add a new look to last year's wardrobe for a minimal cost.
- Store clothes properly to protect from sun, moths, mildew and stretching.

Second Time Around
Delaware's Premiere Consignment Boutique For Women
Save money shopping, earn money consigning.
For more information call 302-836-5630
Fox Run Shopping Center Rt. 40 & 72, Bear, De

Chesapeake Pawnbrokers
NEXT DOOR TO HAYS PLUMBING
2725 AUGUSTINE HERMAN HGWY Route 213 South of Chesapeake City
Gold, Diamonds, TV's, Nintendo, Stereos, Cameras, Tools, Etc.
BUY-PAWN-SELL-TRADE
410-885-3034

Jah's Treasures
Consignment Shop
Located in Appleton Shopping Center. Corner of Rt. 277 & Rt. 316
410 392-2332
"A Little Something For Everyone!"

TO ADVERTISE YOUR BUSINESS HERE, CALL TODAY!
398-1230
1-800-220-1230

NUCAR PONTIAC
FIND OUT WHY WE ARE DELAWARE'S #1 PONTIAC DEALER
FOR SALES • SERVICE • CUSTOMER SATISFACTION!

'94 GRAND AM SE
COUPE, A/C, ABS, AIR BAG, 5 SPEED, TILT
STK#11807

LIST	$14,144
NUCAR REBATE	$645
FACTORY REBATE	$500

*YOUR PRICE **$12,999**

1994 BONNEVILLE DEMONSTRATORS
10 TO CHOOSE FROM!

$3,500 OFF M.S.R.P.

THE DELAWARE VALLEY'S LARGEST SELECTION OF PONTIACS!
738-6161 • 1-800-969-3325 • CLEVELAND AVE. NEWARK, DE
*OFFER EXPIRES 7/15/94, SUBJECT TO PRIOR SALES TAX AND TAGS EXTRA, ALL PRICES INCLUDE ALL APPLICABLE REBATES.

LEGAL NOTICE
JULY QUARTER SUPPLEMENTAL ASSESSMENT

The Supplemental Assessment Roll for New Castle County and the City of Wilmington Property and School Taxes for the July Quarter of the 1994-95 tax year, may be inspected in the offices of the Assessment Division of the New Castle County Department of Finance, Third Floor, City/County Building, 800 French Street, Wilmington, from 9:00 a.m. to 4:30 p.m., Monday through Friday.

These Supplemental Assessments will become effective on July 1, 1994. Forms to appeal these Supplemental Assessments may be obtained from the Assessment Division at the address aforesaid and must be filed with the Assessment Division no later than 4:30 p.m. on July 30, 1994. The Board of Assessment Review of New Castle County will sit in the City/County Building to hear appeals from these Supplemental Assessments between August 1st and September 1st unless the Board continues the hearings; the exact dates and times of such hearings will be provided to the appellants in accordance with 9 Del. C. Sec. 8311.
np 6/24,7/8

SHERIFF'S SALE

The following Real Estate will be exposed to Public Sale at the Court House Southeast Corner of Eleventh and King Streets, City of Wilmington, New Castle County, DELAWARE, on Tuesday, the 12TH day of JULY, 1994 at 10:00 A.M. By Virtue of Writ of

SHERIFF'S SALE

By virtue of a writ of LEV FAC #2 MY A.D., 1994 TAX PARCEL NO.: 11-006.10-218

ALL that certain lot, piece or parcel of land with the improvements thereon erected, situate in Pencader Hundred, New Castle County and State of Delaware, and being known as No. 7 Kullen Drive, also known as Lot No. 213, Section K, on the Plan of Brookside Park, as said Plan is of record in the Office of the Recorder of Deeds, in and for New Castle County, Delaware in Plat Book No. 2, Page 79, more particularly bounded and described in accordance with a recent survey made by Phillips and Dickinson, Civil Engineers and Surveyors, dated June 9, 1971, as follows, to-wit:

BEING the same lands and premises which Vernon D. Walker and Janice A. Walker, by Deed dated February 28, 1975 and recorded in the Office of the Recorder of Deeds, in and for New Castle County, Delaware in Deed Record E, Volume 90, Page 917, did grant and convey unto Leo L. Barnett and Lorraine Barnett.

Seized and taken in execution as the property of LEO L. BARNETT AND LORRAINE C. BARNETT, HIS WIFE.

TERMS OF SALE; 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE AUGUST 1, 1994.

MAY 31, 1994

SHERIFF'S SALE

By virtue of a writ of LEV FAC #39 MY A.D., 1994 PARCEL #11-019.40-156

ALL THAT CERTAIN lot, piece or parcel of land with the buildings thereon erected, known as 133 Council Circle, Village of Tahoe, New Castle County, Delaware.

BEING THE SAME LANDS and premises which Tahoe Development Co., by Indenture dated April 16, 1990, and of record at the Office of the Recorder of Deeds in and for New Castle County, Delaware, in Deed Book 1020, Page 157, did grant and convey unto Damon W. Hurst and Lori A. Hurst, his wife.

Seized and taken in execution as the property of DAMON W. HURST AND LORI A. HURST, HIS WIFE..

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE AUGUST 1, 1994.

MAY 31, 1994

SHERIFF'S SALE

By virtue of a writ of LEV FAC #40 MY A.D., 1994 0804220122C0135

ALL that certain Unit of real property existing under and by virtue of the Unit Property Act of the State of Delaware, known as Unit No. 135, in Birch Pointe Condominium, a condominium community situate in Mill Creek Hundred, New Castle County and state of Delaware. (4705 Birch Circle, Unit No. 135, Wilm., DE 19808)

BEING the same lands and premises which Reston Corporation, by Deed dated July 3, 1986 and recorded in the Office of the Recorder of Deeds, in and for New Castle County, Delaware, in Deed Book 395, Page 201, did grant and convey unto Michael L. Meade, in fee.

Seized and taken in execution as the property of MICHAEL L. MEADE.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE AUGUST 1, 1994.

MAY 31, 1994

Michael P. Walsh
Sheriff
Sheriff's Office
Wilmington, Delaware
np 7/1,7/8

EVENING AUCTION
FRIDAY, JULY 8, 1994 • 5 PM
LOCATION: #6100 Balt. Pike, 1½ mi. south of Oxford, PA. Bear right at McLeod-McCafferty Ford/Mercury. Just north of Post House Restaurant.
Antiques, Household Items, Tools, Furniture, China, Glassware, Etc.
Jeffrey E. Whiteside, AU-2368
(610) 932-2114
Estates Bought, Sold, Appraised, Cleanouts
cw 7/6, np 7/8

ATTENTION
OWNERS - INVESTORS
207½ MATTHES AVE., WILMINGTON, DE
RICHARDSON PARK - JUST OFF RT. 4 - MD AVE. ASSUMABLE FHA MORTGAGE. 10% FIXED. LIVE IN ONE APT. AND RENT THE OTHER. OWNER MOVED - MUST SELL.
AUCTION
-IMMEDIATE POSSESSION-
-FHA FINANCING-
PREVIEW: SUN., JULY 17 • 1-3 PM
SALE: SAT., JULY 23 • 11 AM
ON THE PREMISES
OPEN ONE HOUR PRIOR
This property is zoned for multi-family in a quiet residential area. Previous rental income: Two (2) bedroom apt. on the 2nd floor with large deck at $495 per mo. One (1) bedroom apt. on the 1st floor at $485 per mo. Basement has been finished with a toilet and shower. Both garages are rented for $35 per mo. Ranges, refrigerators are included. Lot is 50 feet by 100 feet.
TERMS OF SALE: $5,000.00 at time of auction, settlement within 60 days. FHA assumable mortgage is only $602 per mo. Purchaser to pay all settlement costs and fees.
The information contained was obtained from reliable sources and are for advertising purposes only. Accuracy cannot be guaranteed.
R.C. BURKHEIMER & ASSOC.
REALTORS - AUCTIONEERS - APPRAISERS
"TRI-STATE'S FOREMOST AUCTION FIRM"
(410) 287-5588 • FAX (410) 287-2029
1-800-233-4169

864 Autos Over $5000

HYUNDAI EXCEL GS - '93
ECONOMY SPECIAL
$7,495
JEFF
D'AMBROSIO
610 932-9090

LASER-92
AWD, AC, tilt, cass, 2000 ml. $11,995*
$255* mo
60 months
*$2000 down cash/trade, state fees additional
COUNTRY
OXFORD, PA
610 932-0500

Dodge Daytona 1990 4cyc, auto, a/c, rear def, tilt, p/s, p/b, air bag. $5400. Call 410 398-1681 after 5pm.

Isuzu Rodeo 1992. 36k miles, 5 spd, a/c, am/fm stereo cass, clean. $12,000. 302 999-1300.

Dodge Daytona, 1989. Fully loaded. Auto, t-tops. Exc cond. Asking $7100. 410 275-8847 10:30am-8pm.

Mazda Protege-'92
Teal Green, 5 spd, air, am/fm cass, good economy sedan.
$7495
#146069A
Advantage
410-392-4200
800-394-CARS
RT. 40
ELKTON, MD

MITSUBISHI VAN-88
AT, AC, PW, PL, cass, tilt, cruise.
$6,995*
$188* mo
48 months
*$2000 down cash/trade, state fees additional
COUNTRY
OXFORD, PA
610 932-0500

NISSAN 240 SX-89
AT, AC, AM/FM, PS, PB.
$7,995*
$218* mo
48 months
*$2000 down cash/trade, state fees additional
COUNTRY
OXFORD, PA
610 932-0500

864 Autos Over $5000

NISSAN SENTRA-'89
5spd, a/c, 1 owner car
NEWARK TOYOTA
1344 Marrows RdNewark DE
302-368-6262

Olds Cutlass Supreme-'91
4dr, V6, auto, ps, pb, AC, pwindows, plocks, tilt, cruise. #11515A.
$8995
NU CAR PONTIAC
738-6161 - Newark, DE

Pontiac Trans Am CPE, 1993. 350, V8, leather, red, p/w, p/l. $21,695.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Pontiac Grand Prix CPE, 1993. P/w, p/l, p/s, cruise, white. $14,995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Pontiac Sunbird CPE, 1992. Auto, air, cassette. Aqua. $8995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Pontiac Sunbird CPE, 1991. Auto, air, tilt, cruise. Red $8995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Buick Park Ave SDN, 1991. Full power. Blue $15,995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Buick Regal CPE, 1990. P/w, p/l, tilt, cruise. White. $8995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Buick LeSabre SDN, 1990. P/w, p/l, p/s, tilt, cruise. Blue. $9995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Pontiac Bonneville SDN, 1990. P/w, p/l, tilt, cruise. Blue. $10,995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Chevrolet Sport TK, 1990. V8, auto, air, p/w, p/l. Black. $12,995.
Pinno Pontiac Buick
Oxford, PA
215-932-2892

Chevrolet Beretta CPE, 1989. 5 spd. p/w, p/l, cass, sunroof. Black. $7995.
Pinno Pontiac Buick
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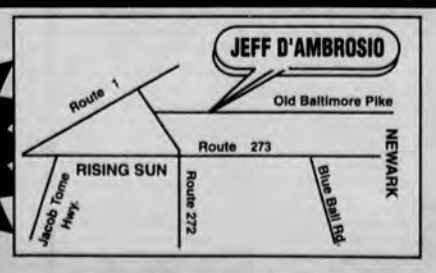

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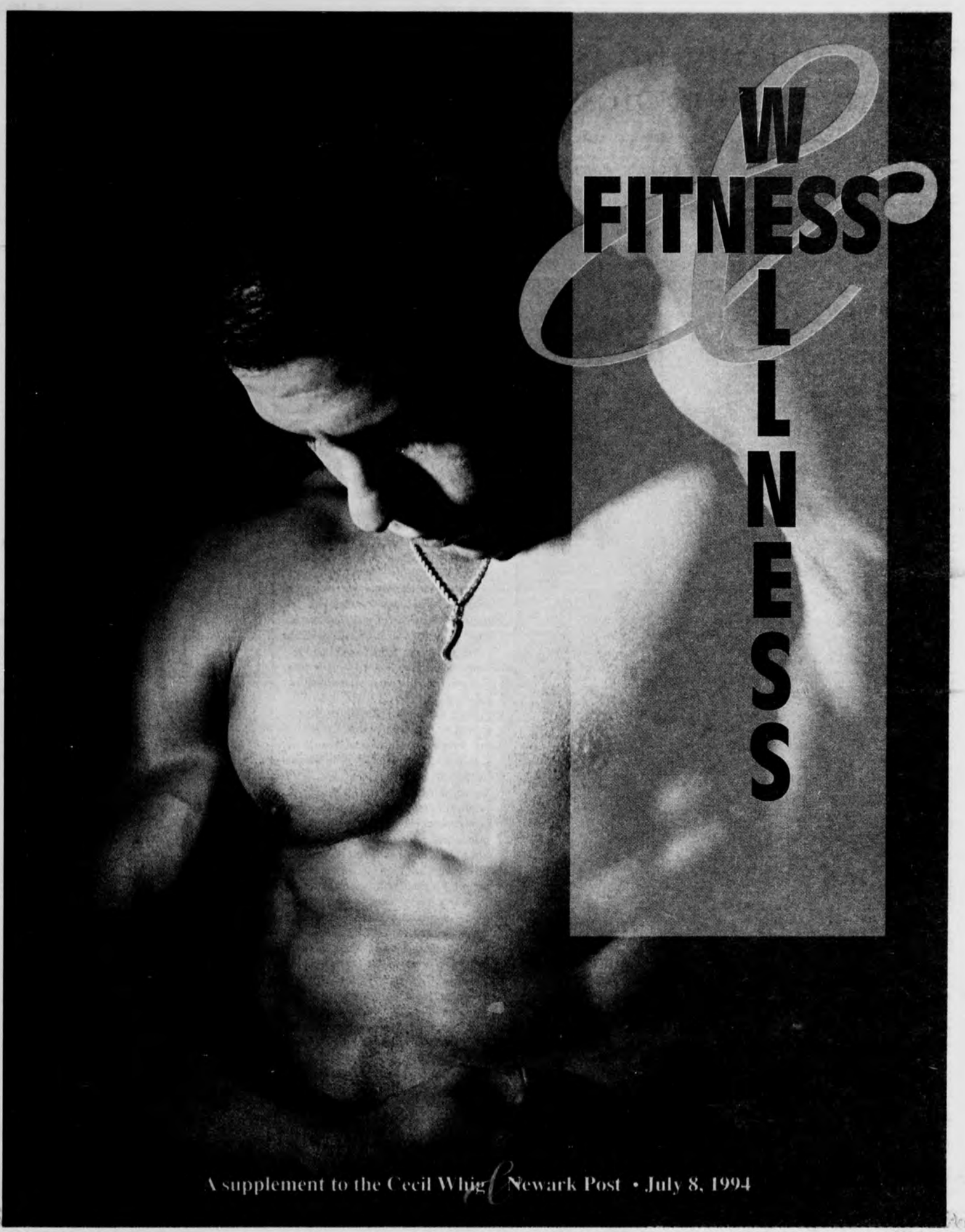

A supplement to the Cecil Whig & Newark Post • July 8, 1994

When making up is hard to do: Paramedical professionals teach welcome skills

Wendy Hiester Gilbert
Special Sections Editor

Most people in the beauty business get a kick out of sending their clients out the door looking better than when they walked in.

For Becka Bane of B. Ramsey Bane Studio in Aberdeen, sending out burn and accident victims and cancer patients with smiles on their faces is what she lives for. Clients who've suffered all their lives with disfiguring birthmarks, port wine stains or scars may come in the private enterance in the back, but chances are they'll leave through the front door.

"I've been a cosmetologist for 20 years, I want to do more than stand behind a chair," said Bane from her wig-fitting studio.

She studied and became certified in several skills that has opened her professional talents to service a number of people in need.

Bane says that within the last five years, the promotion and availability of paramedical camouflage makeup has become widespread. Many hospitals have aesthetic rooms in their burn wards. She works closely and often with the Phoenix Society, dedicated to burn survivors. "They go into hospital burn units and help people realise through this devastation there is a life. When they look in a mirror, the person they've known all their lives isn't there. The society helps them get back to a normal life and helps their families cope.

Becka Bane at her Aberdeen studio.

PHOTO: Deny Howeth

"You don't see burn victims. It's a shame. Our society does not accept anything different," Bane said.

The new makeup can make a tremendous difference. "A woman can come in here, miserable, in tears and leave with a smile. That's what you strive for," Bane said.

Not only do clients receive the benefits of Bane's expertise, they also learn to apply the products themselves. "The goal is teach them to be independent of us."

For insurance purposes, Bane refers to wigs for clients as cranial prostheses. Physicians write prescriptions for the wigs which run anywhere from $50 to $130. "I stock and sell for all ethnic groups, I can get any piece in any color," Bane said. It's best if a chemotherapy patient can choose a wig before she (or he) loses hair. Not only is it easier to get a match, it can be far less traumatic.

"When you lose your hair, you're devestated. Some say they'd rather lose their breasts than their hair. That's how important it is to us," Bane said, recalling the words of her clients.

For most, the hair loss is temporary and a synthetic wig is the affordable and appropriate choice. A human hair wig is more uncomfortable to wear (especially in warm weather) and costs about $500.

Bane is certified to fit post-mastectomy bras and prostheses. A private setting is available.

Bane's studio also provides private electrolysis. In addition to traditional electrolysis services, Bane has seen the need for it in burn victims. Depending on where on the body skin grafts were taken, unwanted hair can be an unexpected result. For example, if the skin for a graft is taken from the back of the neck and placed on the nose, hair may grow. Electrolysis may be the best response.

Across the hall is an aromatherapy room. As in the rest of the stuido, track lighting is used to reduce any discomfort for clients who have cataracts or wear contact lenses. Bane said special services like massage and aromatherapy works wonders and was most recently used to calm a very distraught bride-to-be.

A private room for makeovers and Color Me Beautiful consultations is stocked with a variety of makeup and skin care products. Skin products for any ethnic group is readily available. Alternative lifestyle makeovers and consultations are also available.

When tattoos aren't "you" any more

Becka Bane uses camouflage makeup to "remove" a tattoo.

Photos: Deny Howeth

Fitness & Wellness
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Beauty and the beast

Chemotherapy patients can look good and feel better

Wendy Hiester Gilbert
Special Sections Editor

The emotional fallout following chemotherapy can be as devestating as the physical loss of hair. Bobbing around, looking strange and feeling stranger can sap the self-esteem of the strongest people.

An interesting program at Union Hospital called "Look Good, Feel Better" was designed to strengthen the self-esteem of cancer patients and is in its infancy. Susan Trone, a registered nurse in the patient education division who directs a number of cancer patient support groups, said the one-time-only program is free of charge to all patients. There is no requirement that you receive treatment at Union Hospital.

"If you look your best, it gives you the inner strength to fight the disease," said Trone.

Janice Palagruto of Elkton, a licensed esthetician and certified image consultant, helps clients look and feel their best. The program is specifically designed to aid chemotherapy and other cancer patients. The changes caused by chemotherapy, radiation and other drugs can be quite alarming. Burns, dry skin, discoloration and hair loss vary from patient to patient, but living with it is a 24-hour ordeal which as Palagruto points out, "begins with that first look in the mirror."

"Even though they know about make-up, chemo changes everything," said Palagruto.

Camouflage makeup, commonly used to disguise birthmarks, tatoos and port wine stains is a blessing for covering up hyper-pigmentation and dark circles under the eyes caused by cancer treatments.

"If applying this type of makeup has you daunted, Palagruto says it's really pretty simple. "I've taught blind people how to apply makeup."

The short class, next offered on July 25, takes about one hour. In addition to wigs, and expert one-on-one skin care consultations, clients receive a bag of top-notch skin care and cosmetic supplies by names like Estee Lauder and Chanel. These are also free.

"Paying extra attention to our appearance helps us gain control," said Palagruto.

Wigs are an especially nice aid. Most wigs are manufactured with too much hair so that they can be trimmed to fit individual styling needs. Some women become so intrigued by wigs, they end up with several in different colors. The Look Good, Feel Better program is always looking for wig donations-which will be cleaned and reconditioned. It is perhaps the single most important element of a program that has far reaching effects.

Cancer patients may also experience complete changes in skin tone, Palagruto is a "Color Me Beautiful" expert and can determine the best colors to wear.

Fat

School lunches to get lean

Robert Greene
Associated Press Farm Writer

WASHINGTON – The government wants to change school meals so children can have their cake and eat something healthier, too.

New rules from the Agriculture Department intend for the 25 million children who get school lunches to receive less fat, cholesterol and sodium and more fiber through fruits, vegetables and grains.

"Good nutrition is the preventive medicine our children should be taking each and every day," said Agriculture Secretary Mike Espy, in announcing the proposed rules, which would take effect in four years.

Under the rules, schools will have to make sure that no more than 30 percent of lunch calories come from fat and no more than 10 percent from saturated fat. Other nutritional targets are less specific.

But those targets can be met over a week rather than each day. Computer software with food information will help schools plan menus.

The way the rules could work, children still might get some of their favorite foods, like pizza and hamburger, but not all on one day.

Rather than a side of fries with a burger or pizza, children might get carrot sticks. The fries might show up later in the week – alongside melon, salad and grilled chicken.

Children might get one chocolate cake a week for dessert, with fruit served the other four.

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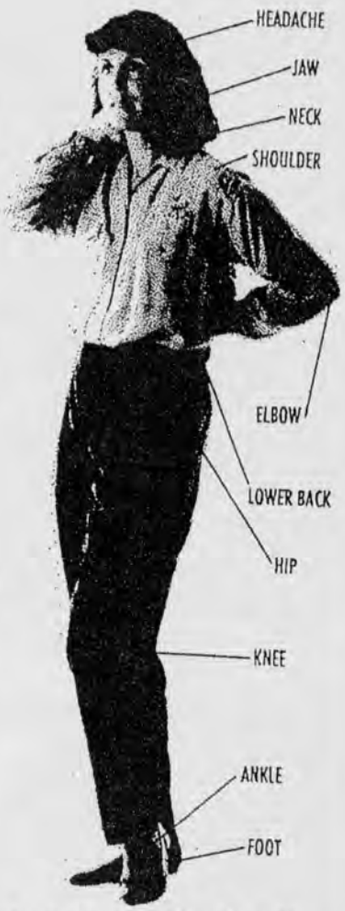

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Nutrition hotline

American Dietitic Association answers questions

CHICAGO- Although many people know that the foundation of good health is eating a variety of nutritious foods, many are unclear on how to achieve a healthful diet.

That's why The American Dietetic Association (ADA) and Nabisco Biscuit Company have joined forces to educate people about using an important nutrition tool — the USDA's Food Guide Pyramid.

"Many recent surveys document the public's growing interest in nutrition and desire to learn how to make practical food choices. However, there is a gap between what consumers know and what they do.

The purpose of this campaign is to help consumers change their eating habits using an easy-to-understand tool," said ADA President Sara C. Parks, RD (registered dietitian).

"The Food Guide Pyramid is an excellent graphic description of what registered dietitians and other nutrition experts have been advising for years: Build your diet on a base of grains, vegetables and fruits. Add the recommended quantities of lean meat (as well as poultry, fish, eggs, legumes) and dairy products, and use fats and oils in moderation as part of an overall healthful diet," Parks said.

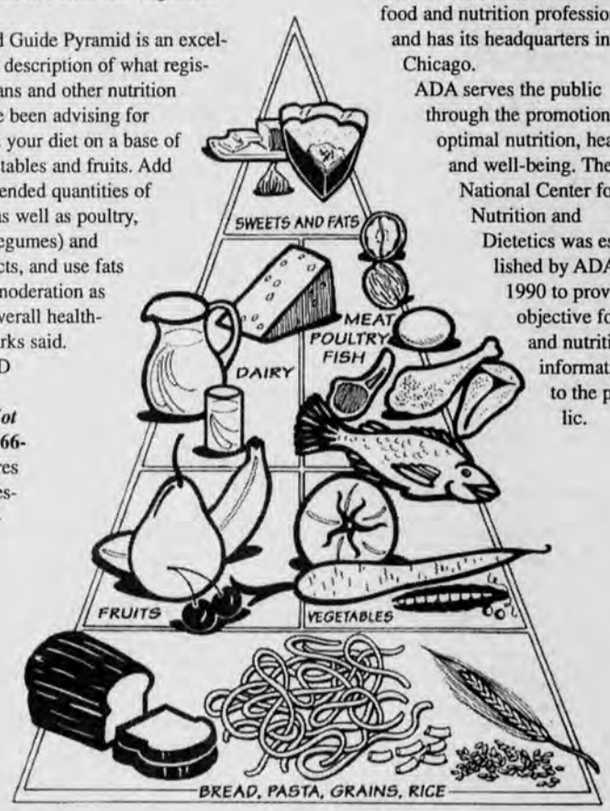
The NCND ***Consumer Nutrition Hot Line*** **(800-366-1655)** features recorded messages weekdays from 8 a.m. to 8 p.m. (Central Time). Additionally, from 10 a.m. to 5 p.m. (Central Time) callers can ask RDs specific food and nutrition-related questions, or be referred to local RDs for individual and group counseling.

The campaign's first hot line message, "Summer Snacking the Food Guide Pyramid Way," is featured during June and July. A free colorful fact sheet, which offers snack ideas as well as general information about the pyramid, is available to callers.

In September, there will be a message and fact sheet on back-to-school nutrition. A message and fact sheet on holiday eating are planned for later in the year.

The 64,000-member American Dietetic Association (ADA) is the nation's largest organization of food and nutrition professionals and has its headquarters in Chicago.

ADA serves the public through the promotion of optimal nutrition, health and well-being. The National Center for Nutrition and Dietetics was established by ADA in 1990 to provide objective food and nutrition information to the public.



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10 tips for happier feet

Feet that hurt can make you feel grouchy, tired and less productive. Eighty-seven percent of us suffer from foot ailments at one time or another. Instead of scowling, try these ten foot-pampering tips from Dr. Suzanne Levine, D.P.M., to make your feet happy again.

1. Feet travel an average of 100,000 miles in a lifetime, so be sure to choose shoes carefully. New shoes shouldn't have to be broken in. Buy shoes that are comfortable from the word "go."

2. When trying on shoes, make sure the ball of your foot rests on the widest part of the shoe and your heel fits snugly — your foot shouldn't move around at all.

3. When it's possible, alternate heel heights to help avoid stress on any one muscle group.

4. Take a contrast bath. Soak tired feet in extremely cold water for one minute and then move them directly into a pan of hot (though not scalding) water for another minute. Continue to switch back and forth between the two temperatures. This helps increase circulation and relieves foot fatigue.

5. Smelly shoes make your feet and your friends unhappy. Don't wear the same shoes day after day. Whenever possible, wear light-colored or white all-natural socks or stockings.

6. Try spraying foot deodorant directly on your feet — or you can spray underarm deodorant into your shoes for the same effect.

7. Exercise your feet when they start to ache. Tap your toes or try writing out the letters of the alphabet on the floor with your feet.

8. If you have callused tissue, try soaking your feet for 10 minutes in warm, watered-down chamomile tea. Then use a pumice stone or soft brush on the callused areas.

9. Treat yourself to a foot massage. Use your fingers on the bottom of your foot and your thumbs on top. Slowly work your way up the foot toward the ankle using small circular motions. Don't forget your toes. Massage each one, pulling lightly as you go.

10. After each bath or shower, use moisturizing cream on your feet after thoroughly drying them. Once a week clip toenails straight across to help prevent in-grown toenails.

Foot care booklet

Levine has written a new free booklet, "When My Feet Hurt, I Can't Think" to help Americans put their best foot forward. The booklet gives innovative tips on basic foot care, foot massages and even foot exercises.

For a free copy of "When My Feet Hurt, I Can't Think," send a self-addressed, stamped, #10 envelope to NaturalSport, 847 W. Jackson, Chicago, IL, 60607.

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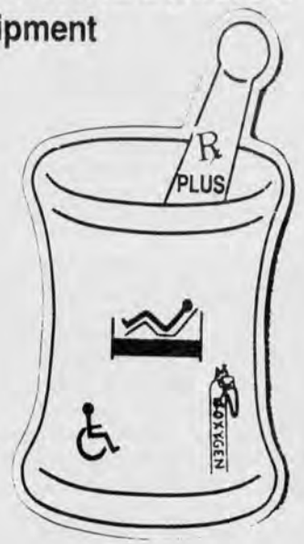

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Garden fresh cookery

From Artichokes to Zucchini

Nancy Hardy
Cecil Whig Staff Writer

Vegetables never taste better than when they are out of your garden or brought home fresh from a roadside stand. While we all know that dietary recommendations call for five fruits and vegetables a day the daily fare can get a little boring when you just open a can or freezer bag.

Garden Way's 10th Anniversary edition of the Joy of Gardening offers so many new and interesting ways to cook vegetables, your family could try a different recipe each night and never be bored again.

Although author Janet Ballantyne has created the recipes for fresh vegetables, she suggests you freely substitute and use common sense to create something your family might like even better.

The front of the book is devoted to when to pick, preparation techniques and even how to prepare vegetables that may have surpassed their prime. For less-experienced cooks, she explains how to cut vegetables for various recipes and explains cooking methods such as steaming, blanching, puree and braising.

But it's the more than 300 recipes under 31 different vegetables categories as well as chapters on herbs and fruits that are truly impressive.

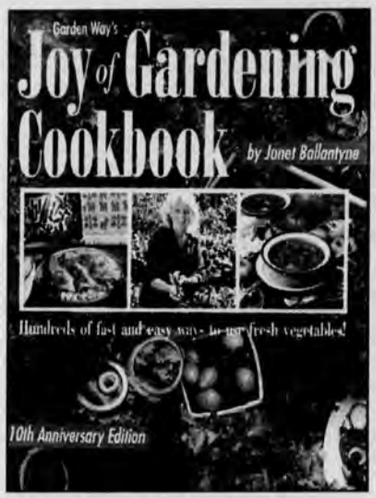
There are 15 different recipes for cucumbers – ranging from soups to side dishes. I just use them in tossed salads or add vinegar and onions in the summer.

Don't know what to do with your over-abundant harvest of green beans? Ballantyne has compiled 17 different ways to prepare them.

A chapter at the end of the book, New Vegetables, includes recipes for what she calls "oddball" vegetables – Jerusalem artichokes, fennel, kohlrabi and celeriac.

I sampled three recipes from the book which I can truly say were delicious, although preparation time for three new recipes in one meal was a bit overwhelming. The Broccoli-filled Chicken Breasts would be perfect for a special company dinner. I quickly abandoned the recommendation to brush on the glaze for the Baked Sweet Potato Sticks, finding it easier to drop them in the glaze. Squash Caterpillars were easy to make and a new twist on a summer standby.

Garden Way's Joy of Gardening Cookbook is available wherever quality books are sold for $17.95 or by writing to Storey Communications Inc., P.O. Box 445, Pownal, VT 05261 or calling (800) 441-5700.



Baked Sweet Potato Sticks

5 cups sweet potato-sticks (large french-fry size)
4 tablespoons butter
2 1/2 teaspoons Dijon-style mustard
1 teaspoon brown sugar

Preheat the oven to 400° F.

As you slice the potatoes, drop the slices into cold water to prevent browning.

Melt the butter. Stir in the mustard and sugar until the mixture is smooth.

Pat the potatoes dry. Lay the potato sticks out on a baking sheet. Using a pastry brush, coat the sticks with the mustard butter mixture. Be sure to cover all surfaces or the potatoes will discolor.

Bake for 20-30 minutes, or until the potatoes are tender.

Preparation Time: 20 minutes
Baking Time: 20-30 min-

Tip: It's always best to pick vegetables when they're young and tender, but when past their prime, look for recipes that use grated or pureed vegetables or simmer them in a soup or stew.

Recipes to try

Broccoli-Filled Chicken Breasts

Leftovers from this recipe—if there ever are any—are delicious sliced in a sandwich.

2 cups finely chopped broccoli
4 tablespoons butter
1/4 cup chopped scallions with some green tops
1 cup ricotta cheese
1 teaspoon grated lemon rind
4 teaspoons lemon juice
salt and white pepper
4 whole boneless chicken breasts with skins
approximately 1 cup chicken broth
2 tablespoons all-purpose unbleached flour

Preheat the oven to 350° F. Steam the broccoli until it is barely bright green and tender crisp, 2-3 minutes.

Melt 1 tablespoon of the butter, and saute the scallions until limp. Combine the broccoli, scallions, ricotta, lemon rind, and 3 teaspoons of the lemon juice. Season to taste with salt and white pepper.

Divide the chicken breasts in half to make 8 portions. Peel back the skin and spoon in some filling. Cover the filling with the skin and curl the edges of the breast under to form a tight logshaped roll. Place the chicken breasts in a buttered baking dish. Brush the top of the chicken with 1 tablespoon melted butter and bake for 60-55 minutes.

Drain and reserve the liquid from the chicken breasts and keep them warm. Add enough chicken broth to the liquid to equal 2 cups.

Melt the remaining 2 tablespoons of butter. Stir in the flour to form a smooth paste. Pour in the chicken broth, a little at a time, stirring well after each addition to prevent lumps from forming. Season the sauce with the remaining 1 teaspoon of lemon juice and salt and pepper to taste.

Slice the breasts and arrange on a serving platter to make neatly overlapping 1/2-inch slices or leave the breasts whole. Then pour the sauce over the chicken and serve.

Preparation Time: 30 minutes
Baking Time: 50-55 minutes

GARY METZBOWER
Baltimore City Fire Lieutenant

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Do's & Don'ts for sun worshipers

By Jo Ellen Bacon
Nutrilogics
Special to Fitness & Wellness

The best advice is definitely to abstain from sunbathing, but for those who can't resist, here are a few tips will alleviate some of the immediate effects of this very popular summer activity.

DO'S:

1. Be sure and take extra **B-complex vitamins**. To produce the tanning pigment melanin, the body has to have tyrasine, an amino acid that is part of the B-complex. Sunbathing robs your stored amount of B vitamins. It is up to you to replenish the stock by ingesting more of the B complex from food and/or supplements.

2. When you have over-indulged in the sun, use **cucumber compresses** which will minimize the swelling of sun-puffed eyes. Place a few thin slices of fresh cucumber over your eyelids.

3. A **tea facial** is an anti-burn response remedy due to the tannic acid in tea (chamomile is a good selection). Use two tea bags to brew a strong solution. Put the bags into a pan of boiling water and simmer for 5 minutes, then turn off heat. When the tea is cool, place the wet bags on your face, but don't rinse off immediately-fan yourself dry, then rinse with cool water.

4. **Salad oil body treatment** is a two-part pain reliever. First soak a non-nap cloth in natural apple cider vinegar. Lay the wet cloth against your skin, lie down and relax for 10-15 minutes. Remove the vinegar soaked cloth (or cloths) and very gently massage skin with polyunsaturated salad oil (avocado oil is loaded with vitamins A & E and has high penetration). Stay oiled and vinegared for as long as is possible and later bathe in tepid water. Use lots of body lotion after the bath (one effective combination is baby oil and Nivea lotion, equal parts of each) and air-dry your skin.

DON'TS:

1. Do not be lax about burn-prevention once you have an adequate base coat.

2. Do not play "nature-person" by letting your hair dry in the sun after a swim - salt and chlorine are hair poisons. Shower in fresh water after a swim.

3. Don't believe that no sun damage can be done after 3 p.m. Late afternoon sun can truly compound earlier damage.

4. Do not worry about getting a burn through the car windshield. Infrared rays permeate, but the skin-burning ultraviolet ones do not.

Eye protection

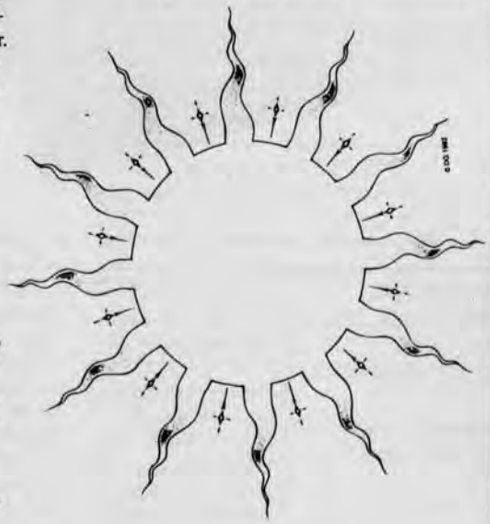
Unprotected eyes will lose 50 percent of their night vision after a day's exposure. It can take up to a week for eyes to completely recover. Don't toy around with inferior sunglasses. The ideal situation is to be fit by an optometrist, but not too many young people feel the need to go to that trouble and feared expense, so their eyes take the brunt of it.

Here are some practical testing hints to ascertain that your sunglass purchases are worthwhile—it is possible to pay a good price for sunglasses but still not receive the quality needed to do the intended job. Proper shades must filter out all but 15-25 percent of the light. While outdoors ,at home, driving or shopping, your lenses should allow only 30 percent of the light to reach your eyes.

The shades to look for have ground-glass lenses. Before you purchase check the lenses—turn them so than an overhead light reflects on the inside, then move the glass slowly from left to right so the reflection travels across the lens. If you can spot a wave or wiggle, the glasses should go back on the rack.

Check the frame. The side pieces should always be reinforced with an alloy of some type for resilience and to allow you to adjust them for proper fit; temples should be no more than 1/2" wide because of possible vision blockage or distortion; also the frame and the side piece should be joined with a screw, ***not*** a pin.

It could be difficult to check the light passage through the lenses if you are purchasing your glasses at a drug or department store. When you try them on, if you can see your eyes clearly, the lenses aren't nearly dark enough unless they are sun-sensitive lenses.



Jo Ellen Bacon is a certified nutritionist from Newark.

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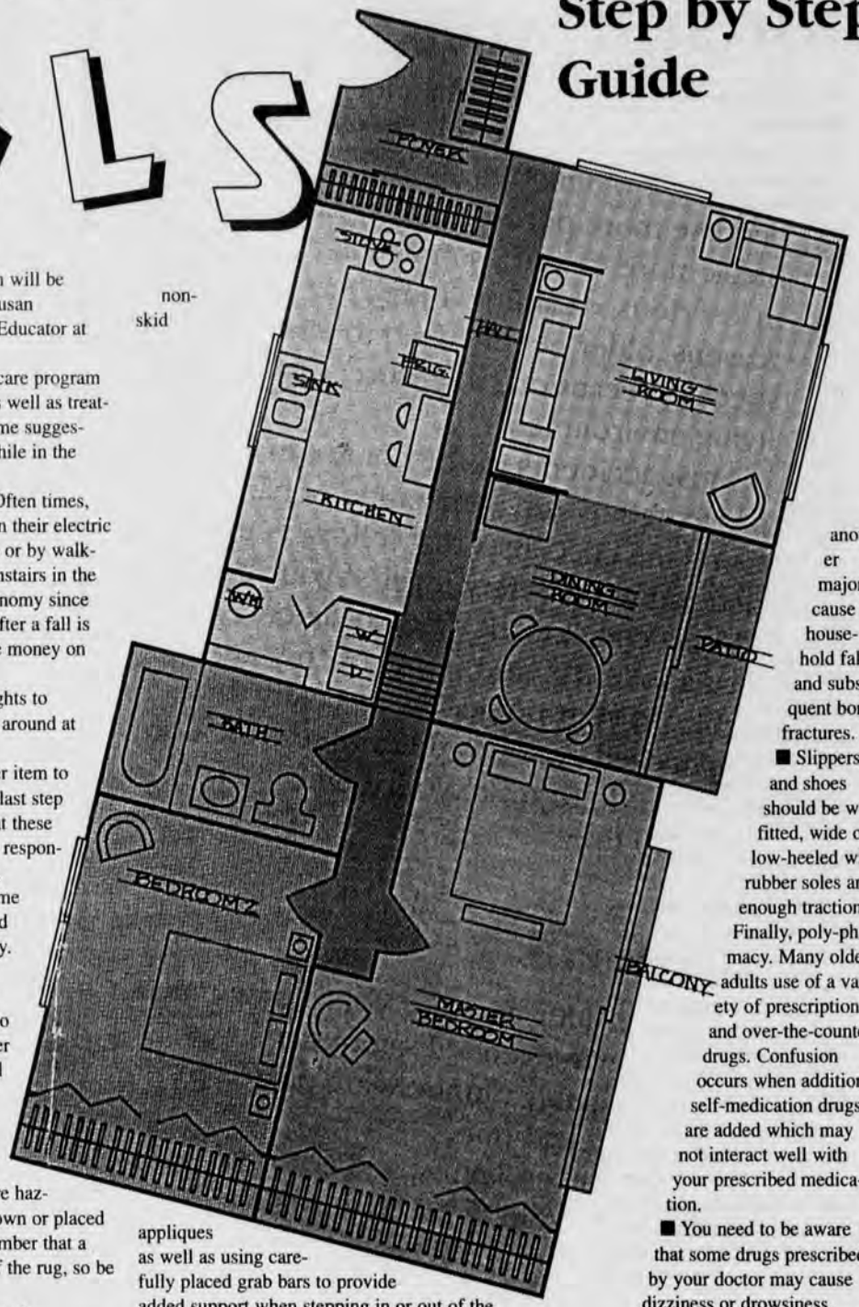
How to prevent . . . FALLS

A Step by Step Guide



By Wendy Biggs
Eldercare Coordinator, Union Hospital

Falling is a common and serious problem, often causing injury or death, particularly for the elderly. According to the National Safety Council, falls are the second leading cause of accidental death in the United States. In Maryland alone, accidental falls account for thousands of hip fractures each year and are the most prevalent home accident.

Persons age 65-74 have three times the risk of serious falls than those under age 65; by 75 years of age, the risk is twenty times greater. The reasons why older adults have this increased risk of falling can include normal physical aging declines, certain disease processes, and the effects of medication.

Normal Aging—There are certain factors, which are all part of the normal aging process, that can contribute to the potential of falling: slower reaction time, changes in body shape which can cause changes in balance, decreases in muscle strength and endurance, hearing loss, and diminished vision.

Disease Processes—Various diseases (Parkinson's disease, strokes, arthritis and osteoporosis, to name a few) can affect body balance, cause shakiness and changes in posture and walking patterns, all increasing the risk of falling.

Medications—Certain drugs or combination of drugs can be a major cause of imbalance and thus cause falls as well. In fact, there's twice the risk of falling with the use of sedatives, antidepressants, diuretics and blood pressure medicines.

Since people can and do fall anywhere, including at home, nursing homes, hospitals and elsewhere, Union Hospital is developing a fall prevention program for its older patients.

Each patient over the age of 60 will be evaluated for the risk of falling, and a care plan will be prepared accordingly, reports Susan Trone, R.N., M.S.N., a Patient Educator at Union Hospital.

Since Union Hospital's Eldercare program is concerned with prevention as well as treatment, Union Hospital offers some suggestions on how to prevent falls while in the home.

Keep those bright lights on! Often times, older adults try to economize on their electric bill by using low wattage bulbs or by walking from room to room or downstairs in the dark. This amounts to false economy since the cost of the hospitalization after a fall is much higher than saving a little money on your electric bill.

■ Use a flashlight or night lights to brighten your way as you walk around at night.

■ Tape a button or some other item to the banister at the top step and last step to alert and remind yourself that these two steps, plus poor vision, are responsible for most falls down stairs. Further, outside steps can become safer with the use of sand-added paint to make them less slippery.

Beware of balance changes. Some older adults may not lift their feet as high as they need to when they walk; therefore, older adults should be aware of small changes in height such as a padded carpet, door jams, or electric cords that may cause tripping.

■ Throw rugs in particular are hazardous and should be tacked down or placed upon a non-skid mat (but remember that a mat will slightly raise height of the rug, so be careful).

Even the bathroom can be unsafe.

■ Protection from slipping in the tub or shower areas may be prevented by using non-skid appliques as well as using carefully placed grab bars to provide added support when stepping in or out of the tub or shower.

■ Be sure the bath mats are rubber backed.

■ It is also suggested that there are grab bars near the toilet or perhaps a raised seat on the toilet to assist standing up or sitting down without falling. How we love our old, comfortable shoes and slippers! However, old shoes and slippers tend not to have enough foot support and traction on the soles. Therefore, tripping in or slipping in these favorite items are another major cause of household falls and subsequent bone fractures.

■ Slippers and shoes should be well fitted, wide or low-heeled with rubber soles and enough traction.

Finally, poly-pharmacy. Many older adults use of a variety of prescription and over-the-counter drugs. Confusion occurs when additional self-medication drugs are added which may not interact well with your prescribed medication.

■ You need to be aware that some drugs prescribed by your doctor may cause dizziness or drowsiness, which can promote falls. Other side effects may include diarrhea and frequent urination, which may cause a problem if you need to use the bathroom during the night when you are not fully alert and are at higher risk of a fall. If you have any questions about medication side effects or drug interactions, ask your doctor or call Union Hospital's "Ask the Pharmacist" at (410) 392-7072 or toll-free from Rising Sun at 658-4757, extension 7072. Union Hospital's "Ask the Pharmacist" is a free service offered to the community Tuesday-Friday, 11 a.m.-3 p.m.

Safety Checklist

Does your area conform to these standards?

❒ Steps and walkways are in good condition

❒ Handrails are sturdy and securely fastened

❒ Doorways are well lighted

❒ Porches, balconies, terraces, copings, window wells and other elevations or depressions are protected by railings, are closed with bannisters or accordion gates or are otherwise protected

❒ Hedges, trees or shrubs do not obscure the view of the street from the driveway or hide the presence of a child moving toward the driveway.

❒ Garage doors are of a type that are easy for you to operate, even when snow is piled against them.

❒ The house is equipped with a lightning rod system if it is situration in a relatively high, isolated place, antennas are grounded.

❒ Large trees are healthy and well maintained and have no dead limbs.

❒ Swing-out (awning and casement) windows do not project over walks or other traffic areas.

When working outdoors, do you . . .

❒ Store garden and lawn equipment and tools safely?

❒ Avoid using flammable liquids other than charcoal lighter fluid to start fires for barbecuing?

✻✚

Keep topic materials (for example, pesticide and fertilizer) in their own containers, not in unlabeled

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Wendy Hiester Gilbert
Special Sections Editor

The benefits of walking are nearly infinite. From reducing depression, aging and cancer risk and promoting weight loss, the benefits of walking cannot be denied. Then why don't more people do it?

In 1984, Jim Fixx, author of The Complete Book of Running, died of a heart attack while running. The nation's penchant for exercise seemed to die with him.

And despite the well documented benefits of exercise, most Americans seem more content to read about it than do it.

Everyone has their own list of excuses — it's too hot, too cold, fear of blisters, shingles, cramps, boredom, lack of time, fear of personal safety . . . the list goes on.

For those who wish to conquer their excuses, fears and doubts, a good book or magazine on the subject may be just the ticket.

It seems odd, but the references being written today about walking are packed with useful information.

Prevention's **"Practical Encyclopedia of Walking for Health"** by Mark Bricklin and Maggie Spilner is a good resource, as is **"Walking"** by Casey Myers, both available through the Cecil County Public Library. And there are many more. Take the time to browse through the titles and pick one that suits your needs and answers your questions.

Three tickets for success:
A good pair of shoes.
A good partner.
Good documentation of your efforts.

There is no substitute for proper walking shoes and appropriate socks for making your walking experience enjoyable and beneficial.

An important key to continued success is a partner who is dedicated, perhaps even more dedicated to the daily walk than you are. Find someone who is earnestly ready to walk, is pleasant to walk with and motivational.

To keep yourself motivated, take note. Take notes. Keep a log or journal of your walking experiences, mileage, whatever you wish. Documenting your efforts is an easy way to keep yourself on the right track.

And of course, consult your physician before beginning a strenuous exercise program, especially if you have never excercised before.

For seniors: **"Full Life Fitness: A complete Exercise Program For Mature Adults"** by Janie Clark sets a safe and sound pace. It includes much more than standard advice about seniors and exercise. If you are especially concerned about overdoing a new program, consult this resource by Human Kinetics Publishers.

Medical reference collection expands

The Cecil County Library has recently expanded it's Health References. Among the titles now available:

Psychiatric Dictionary
Dorland's Illustrated Medical Dictionary
Melloni's Illustrated Medical Dictionary
Encyclopedia and Dictionary of Medicine, Nursing and Allied Health
Dictionary of Medical Syndromes
Mosby's Pocket Dictionary of Medicine, Nursing and Allied Health
Stedman's Medical Dictionary
ABMS Compendium of Certified Medical Specialists
American Hospital Guide to the Health Care Field
American Medical Directory
Directory of Medical Specialists
Guide to the Nation's Hospices
Merk Manual of Geriatrics
AMA Encyclopedia of Medicine
Kerr and Ash's Oral Pathology
Geriatric Medicine
Handbook of Poisoning
DSM-III
Nelson's Essentials of Pediatrics
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Reduce your sleep debt: Make sleep a top priority

Its the easiest piece of health advice to follow, and yet, most don't. There's no counting calories or going to the gym. It's painless, it's simple, and a recent survey of 1,000 adults found it's something people don't do it nearly enough—sleep.

"Sleep debt is potentially the most costly problem to our society in terms of both dollars and human suffering."
Dr. William Dement

ALEXANDRIA, VA. —A new poll confirms that most adults don't get the sleep they need. Though three-quarters of all adults believe that sleep loss is bad for their health, more than half admit to not getting enough sleep, according to a recent survey of 1,000 adults commissioned by the Better Sleep Council (BSC).

The poll examined adults' sleep deficit—the amount of sleep people need but don't get. Results indicate that North America's sleep deficit is running high. In fact, according to the National Commission on Sleep Disorders Research, adults today are getting 20 percent less sleep than they did 100 years ago.

Experts who reviewed the study found it underscored their concerns. "Sleep debt is potentially the most costly problem to our society in terms of both dollars and human suffering," says Dr. William Dement, Director of Stanford University's Sleep Disorders Clinic and Research Center in Palo Alto, Calf. Sleep's role in a healthy lifestyle should not be underestimated, he adds: "Sleep should be a full partner in the triumvirate of health—fitness, good diet, good sleep.'"

Paying off the sleep debt

What's the best way to pay off the sleep debt? "The only way to reduce a sleep deficit is to sleep more or get better quality sleep," says Dr. James K. Walsh, Director of the Sleep Medicine and Research Center at St. Luke's Hospital in Chesterfield, MO.

Quality is particularly important: people with busy lives may find it difficult to control the quantity of sleep they get, but they can control the quality. As Dr. Walsh explains, "The entire sleep environment should be examined to ensure a quiet, comfortable place to sleep. This includes factors such as light, noise, temperature and mattress quality." Sleep debt symptoms and repercussions

"Feeling drowsy during the daytime generally means you have a sleep debt," says Dr. Dement. But many people have mistakenly learned to accept daytime drowsiness as a fact of life—ignoring its implications.

"People must acknowledge that sleep is a biological imperative and make it a priority -- sleep is not a negotiable need."
Dr. Mark Mahowald

Dr. Mark Mahowald, Director of the Minnesota Regional Sleep Disorders Center in Minneapolis, suggests that "we're taught that the way to keep up with increasing demands is to get less sleep—in short, that sleep is unimportant. This implies that sleep loss has no consequences, which is untrue."

Indeed, the study found evidence of some of those consequences. Half of those surveyed in the new BSC poll said that lost sleep caused them to lose energy. With so many already reporting a lack of sleep, the results—lack of energy and productivity—are significant and widespread. Dr. Walsh adds, "There are obvious consequences of the sleep debt, such as traffic and industrial accidents. However, more difficult to measure is fatigue's undoubtedly substantial role in family and social relationship problems associated with depression and irritability." The bottom line, according to Dr. Mahowald, is that "people must acknowledge that sleep is a biological imperative and make it a priority—sleep is not a negotiable need."

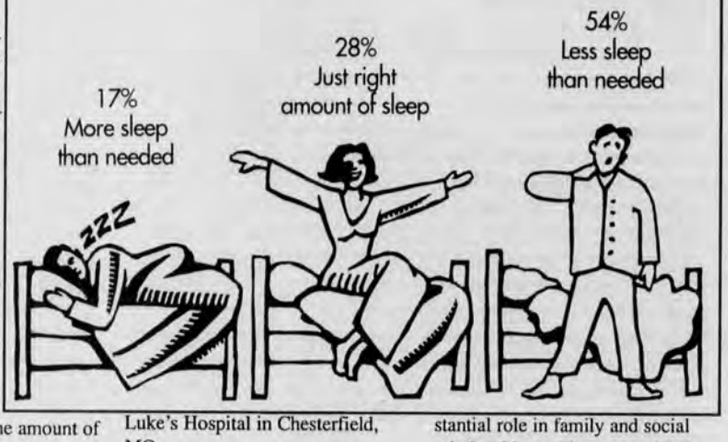
People need more than weekends to make up sleep debt

Poll results indicate that even people who know they need sleep try to do all their catching up on the weekend. Experts like Dr. Dement say that's not enough: "Even though the only way to reduce the sleep deficit is to get more sleep, most people's sleep debt is huge and can't be made up in one night." Nevertheless, the poll found that twice as many peo

(See *Sleep* on page 12)

Half of All Adults Don't Get Enough Sleep

Q: Do you think you get more or less sleep than you need?



10 Ways to Sleep Better, Live Better

1. Keep regular hours
2. Exercise regularly
3. Cut down on stimulants
4. Invest in a quality mattress and foundation
5. Don't smoke
6. Drink in moderation
7. Unwind in the evening
8. Don't go to bed too full or too hungry
9. Develop a sleep ritual
10. Make sleep a priority

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New cookbook, newsletter offer a Healthy Exchange

Wendy Hiester Gilbert
Special Sections Editor

Grocery store shelves are packed with sugar-free, fat-free products that are a boon to anyone trying to lose weight or control diabetes. The trouble is what to do with them and how to make the recipes you've spent a lifetime preparing taste good. The Healthy Exchanges cookbooks and newsletter were developed to respond to just that need. Filled with recipes that utilize reduced fat and non-fat dairy products, sugar substitutes and other products, Healthy Exchanges could be the answer. Each recipe includes weight loss and diabetic exchanges and complete nutritional information.

Designed by JoAnna M. Lund, Healthy Exchanges newsletters include information about cooking, dining out, maintaining diabetes, and letting go of old habits. Lund developed the way of life while she lost 130 pounds of stress-induced fat while her husband was on duty during Desert Storm. A trucker, her husband tests her recipes.

The food is for the family. "I'm just a common person with a common problem and I solved it with common sense, " she says.

Call 1-800-766-8961for information about the cookbooks and newsletter.

Recipes from the June 1994 Newsletter:

WOC Loose Meat Sandwiches

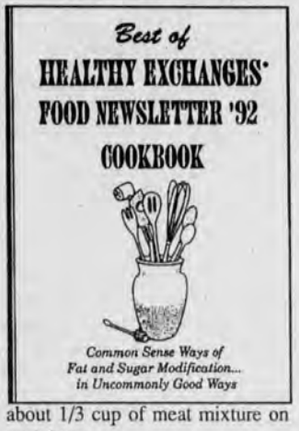
6 reduced-calorie hamburger buns (80 calories per bun)

16 oz. ground turkey or beef (90 percent lean)

1 cup chopped onions

2 cups Campbells Healthy Request Chicken broth

In a large saucepan sprayed with butter-flavored cooking spray, lightly brown meat, stirring often to loosen meat. DO NOT OVERBROWN. Add onions and chicken broth. MIx well to combine. Lower heat. Simmer, stirring occasionally, until almost all the broth is evaporated, about 20 minutes.For each sandwich spoon about 1/3 cup of meat mixture on each bun.



Each serving equals:

203 calories, 7 gm fat, 17 gm pr, 17 gm cal, 388 mg So

Diabetic: 2 Mt, 1 St

Sour Cream Cabbage

6 cups shredded cabbage

2 Tblsp. water

1/4 cup fat-free sour cream (15 calories/tsp.)

1 Tblsp. vinegar

1/4 tsp. salt

1/8 tsp. pepper

Spray a large skillet with butter-flavor cooking spray. Add cabbage and water to moisten. Cook, covered, on LOW heat until crisp-wilted. In a small bowl combine sour cream, vinegar, salt and pepper. Add to cabbage mixture. MIx well to combine.

Each serving equals:

42 calories, 0 gm fat, 3 gm pr, 8 gm Ca, 172 mg So

Diabetic: 2 Ve

Banana Split Cheesecake

1 6 oz. Keebler butter-flavor pie crust

2 (8oz.) pkgs. fat-free cream cheese

1 (4 serving) pkg sugar-free instant banana pudding mix

2/3 cup nonfat dry milk powder

1 cup canned crushed pineapple, packed in its own juice, undrained

2 cups fresh strawberries, chopped

1 medium banana, diced

3/4 cup Cool Whip Lite (8 calories per Tablespoon)

1 tsp. coconut extract

1/2 oz. chopped pecans

1/4 oz. mini chocolate chips (1 Tbl.)

1 Tbl. flaked coconut

4 maraschino cherries, halved

In a large bowl stir cream cheese with a spoon until soft. Add dry pudding mix, dry milk powder and pineapple with juice. Mix well using a wire whisk. Fold in strawberries and banana. Spread mixture evenly over top of filling. Evenly sprinkle pecans, chocolate chips, and coconut over top. Garnish top evenly with cherry halves. Chill until ready to use.

Each serving equals:

278 cals, 8 gm fat, 12 gm pro, 38 gm cal, 688 mg So

Diabetic: 1 1/2 St, 1 Mt, 1 Fr, 1 Fa

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- ❑ Stiffness
- ❑ Cold Hands/Feet

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NP 7/8

Reducing your sleep debt, continued -

(Continued from page 10)

ple's sleep debt is huge and can't be made up in one night." Nevertheless, the poll found that twice as many people (38 percent vs. 19 percent) get more than 8 hours of sleep on weekends than they do on weekdays. Men of all ages and young adults aged 18-24 are particularly apt to make up sleep this way.

"We commissioned this survey to bring the vast array of sleep statistics out there down to a personal level," explains Better Sleep Council Director Andrea Herman. "We also want people to realize it's not just how long they sleep but how well they sleep. In fact, some people don't get enough sleep even when they make a special effort to because they aren't getting good quality sleep."

In short, Herman explained, "better sleep is key to better health."

For more information on how to pay off your sleep deficit by getting a good night's sleep, send a stamped, self-addressed, business-size envelope to: **Sleep Deficit, P. 0. Box 13, Washington, DC 20044.**

Are fat 'burners' for real?

Health supplement enthusiasts are swallowing chromium piclonate these days in a big way.

According to Stuart Swinger of Nature's Way, Wilmington, the mineral is a major metabolic booster that metabolizes carbohydrates and fats more efficiently.

The consumption of no more than 200 mg of chromium piclonate is advised to, "burn a little fat, keep cholesterol in check and (provide) fuel for muscles.

Another popular fat-burner is MCT oil, a medium chain triglyceride that "seems to actually help the body break down fats."

As to how well it works, Swinger says is a tough call. MCT oil falls in the category of quality fats like some fish and olive oils.

"I believe a basic, good diet is very important. But considering the toxins in the air, water and food supply, I believe we require more than that, a extra edge," said Swinger.

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