

Health, Education special sections inside!

# NEWARK POST

Greater Newark's Hometown Newspaper Since 1910

83rd Year, Issue 51

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For the week beginning January 21, 1994

Newark, Del. • 35¢

## THIS WEEK

### In sports



Glasgow's Cory Curtis drives by Newark's Jody Russell Saturday.

DRAGONS DEFEAT  
'JACKETS' 70-65 IN  
BASKETBALL  
ACTION. **1B**

GLASGOW GIRLS'  
HOOP TEAM OFF  
TO A GOOD  
START. **3B**

UNIV. OF DELAWARE  
AT HOME THIS  
WEEKEND. **1B**

### In the news

CANDIDATE  
ULBRICH VOWS  
TO TAP THE TALENT  
OF NEWARK  
RESIDENTS. **3A**

### In Lifestyle

LOCAL ACCOUNTANTS  
GEAR UP FOR A VERY  
TAXING  
SEASON. **6A**

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## Theater trades seats for tables

Chestnut Hill site proclaimed  
first 'twin cinema draft house'

By JENNIFER L. RODGERS  
NEWARK POST STAFF WRITER

Imagine sitting in a movie theater, enjoying a great movie, and a waiter or waitress asks if they can bring some food or drinks.

There's no need to snap-out of this dream because it will soon be a reality.

No more putting up with people who put their feet up on the seat in front of them. They can't do this anymore because there will be a table there—filled with food and drinks.

Bob Weir is betting such a place will be a hit and is reopening both sides of the movie theater in Chestnut Hill Plaza as a cinema and draft house. He said it will be the only twin cinema and draft house in the country.

Weir is remodeling the theater and plans to open it on Feb. 11. He will be hiring 14 employees. The theater will show second run movies during the early evening hours and it will show "off-the-wall horror movies" at 11 p.m. and 1 a.m. on Friday and Saturday nights.

A movie will cost \$3.50 and each 130-seat theater will open a half hour before show time. While customers get settled for Weir's first movie, "Jurassic

See THEATER, 2A ▶

## NBA president allowed to run for third term

By JENNIFER L. RODGERS  
NEWARK POST STAFF WRITER

The Newark Business Association Board of Directors voted Jan. 13 to wave the term limit for the office of President so current President John Wisniewski can run for a third term.

Wisniewski said the nominating committee recommended he be able to run again so the transition from a part-time development director to full-time director remain smooth. The business association hired their first full-time development director, Louis Ruggerio, last September.

"They didn't want five months of me and then a different president to work with Louise," Wisniewski said.

Dominick Sicilia, the current vice president and director of the Bob Carpenter Center, would

have run for president, but instead he will run for a second term as vice president.

Wisniewski said the Newark Business Association has nearly doubled its membership in the last year. They now have more than 70 members.

He attributes this success to a full-time development director. He said 90 percent of members used to be Main Street business people, but the association is expanding—trying to promote the greater Newark area in addition to downtown promotions.

Downtown promotions include Newark Night, an Easter egg hunt, Trick-or-Treat Newark and January and February art exhibits.

Guy Cunningham, manager of Wilmington Trust on Main Street, will run for treasurer and the owner of El Sombrero on Elkton Road, Jim Lacey, will run for secretary.

## Quiet council meeting?

Some say no news is good news. If this is true then Newark City Council has good news for its meeting Jan. 24 at 8 p.m.

City Manager Carl Luft said he isn't sure why things are slow but, "it's just as well... we've all got our hands full with ice, snow, cold weather and so forth."

Council will hear first readings for ordinance amendments that would add, change or delete the words in existing ordinances to include things such as mandatory bike racks in existing and proposed subdivisions, litter removal, parking fines and rental fees for apartments and other dwellings.

—Jennifer Rodgers

## End of an era



A Newark institution since 1918, the Newark Department Store will close at the end of the month.

## Newark Department Store's final day is Jan. 29

By JENNIFER L. RODGERS  
NEWARK POST STAFF WRITER

The Newark Department Store was more than a store for many of its loyal shoppers.

For some it was a place to go where everybody knew your name.

Pat Dunion, the store's manager and 20-year employee, said most shoppers didn't even need to get out their charge cards when they bought something, the clerks knew who they were.

The 76-year-old department store will be closing its doors for good on Jan. 29. It opened in 1918 on Main Street where the mini mall is now. In 1955, the store's owners recognized that the strip mall was the wave of the future and moved their business to its present location in the Newark Shopping Center.

The store hasn't changed much since then. It didn't go high-tech like other department stores. There were no music videos playing in the junior section and no neon lights to attract the eye. In fact, there weren't even what most people today would say is a normal cash register. The store used a tube system similar to those found in drive-thru lanes at a bank.

Gloria Stieska, a 20-year employee, remembers the days when the department store was "the place to shop." When she and her family moved to the area in 1964, one of the first things she remembers seeing upon driving into Newark was a billboard that said, "The best dressed families shop at the Newark Department Store."

"And it was true," said Stieska. "The Newark Department Store was the hub of the whole shopping center."

Stieska started shopping at the department so often that a woman who worked in the shoe



NEWARK POST STAFF PHOTOS BY JENNIFER RODGERS

Long-time Newark Department Store employee Gloria Stieska (left) with store manager Pat Dunion.

department finally dared her to fill out a job application.

She's been working there ever since and has even had the opportunity to brush elbows with Newark's rich and famous. While working in the men's department she waited on rock-star George Thurogood about three different times.

"He bought socks, wallets, underwear, but never fashions—just the basics," Stieska said. "I got his autograph for my granddaughter."

Aaron Handloff founded the department store that originally sold notions and yard goods. Dunion said he worked every day until he was 96 years old.

The Handloff's sold the store to the Krapf's, the shopping center owners, in 1990.

Co-owner Tom Krapf said the store began losing significant money during the past five years. He said the Handloffs probably kept the store open

See CLOSING, 3A ▶

## Newark's Madelene Mahan celebrates a century

By TONJA CASTANEDA  
NEWARK POST STAFF WRITER

Although Newarker Madelene Mahan was born when Grover Cleveland was president of the United States, she was very pleasantly surprised when current President Bill Clinton sent her a card for her 100th birthday.

President Clinton and First Lady Hillary wished her "warmest congratulations on her special day and good health and happiness throughout the coming year."

A friend sent the information to the president about Mahan's birthday.

Mahan, a resident at Newark Manor Nursing Home, turned 100 on Jan. 18.

She celebrated by having birthday cake with friends and fellow church members from Union Methodist Church in Bear.

Born in downtown Wilmington in 1894, Mahan is the oldest—and only surviving—child of six born to Edward and Greta Watson.

Throughout her lifetime, Mahan has witnessed enormous change. From the invention to the commonplace of automobiles, airplanes, radio and television.

She saw women fight for the right to vote and now observes them enjoying success with both career and family.

"It's an odd thing to pay someone to take your child," said Mahan, "and go out and make money to pay for them to watch the child." She and her husband did not have children.

"There have been great changes," said Mahan, about living for a century.

"My family was not rich enough to own a horse and buggy," said Mahan. "But one of my uncles owned one."

She remembers trolley cars in Wilmington before buses became the mode of public transportation. Mahan said she has never flown in an airplane and does not watch television. She said when she was younger people listened to gramophones.

Her dad was a candy salesman and when she was about 12, her family moved to Trenton, N.J. But Mahan moved back to Wilmington and lived with her grandmother.

She attended Wilmington High School but did not finish. "I wanted to be a dress maker and eventually I had a little trade of my



NEWARK POST STAFF PHOTO BY JENNIFER RODGERS

Madelene Mahan, with greetings from President Clinton.

own." She made dresses for friends and neighbors.

At age 16, Mahan worked in a millinery shop on Delaware Avenue making hats for \$3 a

week. At age 20, she married William Fessimire—a carpenter.

She met her husband at a social. "In those days they had

cake and ice cream socials in homes and played family games such as spin the plate," said Mahan.

She remembers well when her husband spent three years overseas in Europe fighting in World War I as an engineer. "It was a wonderful thing when the war was over," she said. "We (her and his family) all prayed for him to come home."

She lived in the same house, which her and William built near Prices Corner, for about 65 years.

She was married to her husband for over 70 years until he died in 1984.

"You have to put up with a lot of things," she said, about being married for so long. "And you have to give and take."

Mahan now spends most of her time reading and writing letters to friends. "I used to love to knit and sew but now with my arthritis I don't," she said.

Mahan said she never dreamed she would be 100 years old. And although the years do add up, Mahan does not look her age and could pass for decades younger. "I have no beauty secrets," she said. "I use a little bit of cold cream when I have it."

## Fire calls

**Thursday, Jan. 13**

**5:49 a.m.**— 80 Christina Road. Building fire. Christiana Fire Co.  
**7:34 a.m.**— 204 Chestnut Crossing Drive. Auto accident. Aetna Hose Hook & Ladder and Christiana fire companies.  
**11:12 p.m.**— 23 Marlin Drive. House fire. Aetna Hose Hook & Ladder Fire Co.

**Friday, Jan. 14**

**6:22 a.m.**— 1001 Dawson Drive, Delaware Industrial Park. Auto accident. Aetna Hose Hook & Ladder Co.  
**10:17 a.m.**— 44 Fairway Road, Admiral Club Apartments. Building fire. Aetna Hose Hook & Ladder and Mill Creek fire companies.  
**6:26 p.m.**— Capitol Trail and Harmony Road. Auto accident. Aetna Hose Hook & Ladder Fire Co.

**Saturday, Jan. 15**

**12:27 a.m.**— 501 Stonegate Blvd.,

Cecil County. House fire. Aetna Hose Hook & Ladder Co.  
**1:14 a.m.**— Porter and Woods roads. Auto accident. Christiana Fire Co.  
**4:38 a.m.**— Appleby Road and U.S. 40. Auto accident. Christiana Fire Co.  
**12:01 p.m.**— 290 Churchmans Road. Auto fire. Christiana Fire Co.  
**12:11 p.m.**— Wilmington Courtyard by Marriott, 48 Geoffrey Drive. Alarm. Christiana Fire Co.  
**1:38 p.m.**— Louis Dreyfus Corp., 1089 Elkton Road. Alarm. Aetna Hose Hook & Ladder Co.  
**2:32 p.m.**— Toys "R" Us Inc. store, 10 Geoffrey Drive. Auto fire. Christiana Fire Co.  
**2:59 p.m.**— 930 Elkton Road. Investigation. Aetna Hose Hook & Ladder Co.  
**5:18 p.m.**— Louis Dreyfus Corp., 1089 Elkton Road. Investigation. Aetna Hose Hook & Ladder Co.  
**7:16 p.m.**— 121 W. Main St. Gas odor. Aetna Hose Hook & Ladder

Co.  
**8:14 p.m.**— Louis Dreyfus Corp., 1089 Elkton Road. Investigation. Aetna Hose Hook & Ladder Co.  
**8:45 p.m.**— Louis Dreyfus Corp., 1089 Elkton Road. Investigation. Aetna Hose Hook & Ladder Co.  
**8:57 p.m.**— Christiana Hospital, Stanton. Alarm. Christiana, Belvedere, Minquas, and Mill Creek fire companies.  
**Sunday, Jan. 16**  
**3:21 p.m.**— 400 Red Fox Lane, Henderson Place Apartments. Investigation of broken pipes. Aetna Hose Hook & Ladder Co.  
**3:49 p.m.**— Hopkins Bridge and Thompson Station roads. Auto accident. Aetna Hose Hook & Ladder Co.  
**4:17 p.m.**— 5916 Kirkwood Highway. Building fire. Aetna Hose Hook & Ladder and Mill Creek fire companies.  
**4:38 p.m.**— 2885 S. College Ave., DuPont Co.'s Glasgow site.

Investigation. Christiana Fire Co.  
**5:19 p.m.**— 300 Sandburg Place, Village of Windhover Apartments. Investigation of alarm. Christiana Fire Co.  
**5:29 p.m.**— Newark Opera House Apartments, 91 E. Main St. Investigation. Aetna Hose Hook & Ladder Co.  
**6:33 p.m.**— 361 Thorn Lane, Town Court Apartments. Investigation of broken pipes. Aetna Hose Hook & Ladder Co.  
**8:54 p.m.**— 1094 Elkton Road. Building fire. Aetna Hose Hook & Ladder Co.  
**8:56 p.m.**— 260 Christiana Road, Georgetown Village apartments. Building fire. Christiana Fire Co.  
**9:44 p.m.**— Brewster Drive and Capitol Trail, Sycamore Gardens. Natural gas odor outside. Aetna Hose Hook & Ladder Co.  
**10:36 p.m.**— 2809 Stone Place, Village of Kent apartments. Investigation. Christiana Fire Co.

## Police beat

### Drug arrest

**at Newark High:** A 14-year-old from Newark was arrested Jan. 12 and charged with possession of marijuana during school hours, according to Newark police. The youth was given a summons to appear in family court at a later date.

**Government van stolen:** A United States Government van was reported stolen Jan. 11 from behind the Air Force Recruiting Building on Main Street, Newark police said.  
**Camcorder and \$400 stolen:**

A camcorder was reported stolen Jan. 16 from a house in the unit block of South Chapel Street. Police said a person living in the house reported that suspects had been entering the house for approximately three weeks and stealing cash from the bedroom, totaling \$400. Police report the camcorder was set up by the person to record the thieves.  
**Stereo and camera stolen:** A 35 mm camera and a stereo were reported stolen Jan. 15 from a house in the 500 block of Country Club

Drive. Police said entry to the house was gained through a basement window.

### Class ring stolen

**at Newark High:** A Newark High School student's ruby and diamond class ring was reported stolen Jan. 14 after it was placed on a teacher's desk for collateral to borrow a pencil, Newark police report.

**Radio damaged:** The face plate of a car radio was damaged Jan. 17, as was the driver's side door, while the car was parked in Southgate Garden Apartments. Also, during

the same time, a bedroom window of an apartment was smashed.

### Down Under

**door damaged:** The front door of the Down Under on North College Avenue was damaged Jan. 14. Newark police have a suspect and arrests are pending.

**Small tree stolen:** A three-foot-tall Spruce tree was reported stolen Jan. 14 from the front of Park Place Apartments on Lehigh Road. Police report the tree appeared to be pulled from the ground.

**Display window shattered:** A 10-foot-wide by 10-foot-tall display window at Eagle Furniture on Main Street was reported shattered Jan. 16.

**Windshield shattered:** Police report Jan. 14 a rock was thrown through the rear windshield of a car parked in the 100 block of East Delaware Avenue.

**Car window damaged:** The rear driver's side window of a car was reportedly damaged Jan. 17 while parked in the unit block of Kells Avenue.

**Restaurant sign stolen:** A wooden sign for Satori Natural Food Restaurant on Main Street was reported stolen Jan. 14.

**Bicycles stolen:** A magenta 21-speed bicycle was reported stolen Jan. 12 from the unit block of Ethan Allen Court. Police said the bike was locked to a short pole. Also, a black 15-speed bike was reported stolen Jan. 12 from College Square Shopping Center. The bike was not locked.

## BACK FROM THE BOWL



NEWARK POST STAFF PHOTO BY TONJA CASTANEDA

Four Glasgow High School students performed at halftime during the Citrus Bowl in Orlando, Fla. The New Year's Day game pitted Pennsylvania State University against Tennessee State University. Pictured (L to R) with the flags and maracas they used in the performance are Mary Pierce, a sophomore; Heather Buchanan, a senior; Christy Dilts, a sophomore and (in the center) Matt LaVon, a junior. The four were chosen from band camp last summer to perform with 1,700 other students from throughout the country.

## 'Draft house' to open soon

### ► THEATER, from 1A

Park" and late night horror, "Return of the Living Dead Part Three", they can choose from menu items such as: pizza, nachos, burgers, fries, salads and vegetarian dishes. "We want to have something for everyone," Weir said.

Weir is not just a casual moviebuff. He started working at the State Theater on Main Street when he was in high school. He came back later to run it just before it closed in 1984. He has run movie theaters as far away as Texas and has an eight-foot projection movie

screen in his own home.

Weir is currently taking a sabbatical from the Wilmington Playhouse where he is head Lighting Technician.



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12 classes start February 10 - cost: \$69

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Tuesdays, 6-8 PM, Christiana High School

10 classes start February 8 - cost: \$64

### WINDOWS 3.1

Tuesdays, 7:30-10 PM, Christiana High School

6 classes start February 8 - cost: \$64

### LOTUS 1-2-3 on DOS

Tuesdays, 4-6 PM, Christiana High School

10 classes start February 8 - cost: \$74

Tuesdays, 8-10 PM Christiana High School

10 classes start February 8 - cost: \$74

Thursdays, 4-6 PM, Christiana High School

10 classes start February 10 - cost: \$74

### MORE LOTUS 1-2-3

Thursdays 6-8 PM, Christiana High School

8 classes start March 10 - cost: \$59

### INSTANT DOS

Thursdays 6-8 PM, Christiana High School

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Thursdays, 5:30-8 PM, Wm. Penn High School

12 classes start February 10 - cost: \$64

### BEGINNING KEYBOARDING B

Wednesdays, 7-9:30 PM, Newark High School

12 classes start February 9 - cost: \$64

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# Here comes the brides!

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# Candidate Ulbrich vows rapport with residents

By JENNIFER L. RODGERS

NEWARK POST STAFF WRITER

Stephanie Ulbrich, the Republican candidate for State Representative in the 25th District, is planning to tap into the Newark area's natural resources for solutions to some of its ongoing problems.

Natural resources meaning local residents, that is. Ulbrich said there is a good cross section of people with different backgrounds in Newark and she plans to use their diverse opinions to help evaluate weak spots.

"I will seek input from different people representing their experience and perspectives," Ulbrich said. "Not because the best answer is the current popular opinion, but because the best answers to our problems often come from combining a fresh perspective with experience."

Education and transportation are two of Ulbrich's main concerns right now.

With the election about 11 months away, Ulbrich is "talking to as many different people" as she can to develop a formal evaluation of problems in education.

Ulbrich said recent desegregation meetings about court ordered busing have brought people who aren't normally involved into the open and she plans to use this opportunity to get some new

answers.

"The possibility of change means more people will be involved and you will get better answers," Ulbrich said. "It boils down to a fresh approach."

She supports the idea of a neighborhood school, but said, "That's an ideal situation and the real world can't succeed by looking only at the ideal situation," she said. "Sending a child to a school close to home may not be a solution to getting the best education."

As for transportation, Ulbrich's first priority will be to bring the "Christina Parkway extension back to the front burner."

"We need to figure out how to work with Maryland," Ulbrich said. "I've studied the background and it (extension project) seems to come the forefront and then fade."

Ulbrich has spent the last eight years working on her economics and political science degree from the University of Delaware. She graduated with honors on Jan. 8.

In between raising a family and working on her degree, Ulbrich maintained her involvement in the community.

She was the Chapter President of the Newark Jaycees and the Management and Training Vice President of the Delaware Jaycees. During her service with the Delaware Jaycees she started a public awareness campaign for the first Hospice program in Delaware. She



Ulbrich

also worked as a liaison for prison inmates involved in the Jaycees at Smyrna State Correctional Facility.

Ulbrich is also the Vice President and Summit View representative of the West Chestnut Hill Residents' Association and a member of the corporate fund-raising committee for the Newark Senior Center. Her work with seniors also included providing transportation

for them through FISH of Northern Delaware.

The candidate is also a member of the League of Women Voters and New Castle County Civic League.

Ulbrich has also worked to promote her party. She is currently the Newark Regional Chairperson and was formerly the Chairperson of the 25th Representative District. She was chosen as a delegate for the 1988 National Convention and an alternate-at-large for the 1992 convention.

The candidate also served as Republican Steve Amick's campaign treasurer in 1986, 1988 and 1990. Amick, the current 25th District Representative, is stepping down to run for Republican Sen. James Neal's seat. Sen. Neal announced he wouldn't be running for re-election last fall.

Ulbrich and her husband Rich have been married 21 years. They are originally from Bloomington, Ill. They have two children, Bradley, 13 and Meredith, 11. She is a member of Holy Family Catholic Church in Newark.

## IN THE COMMUNITY

### Girl Scout cookies for sale

Girl Scout cookies are on sale through March 9. The cookies cost \$2.50 per box and come in seven varieties. The cookies can be ordered through local girl scouts or by calling 456-7150.

### Cancer Society sells Daffodils

The American Cancer Society is selling Daffodils. A bunch of 10 cut flowers costs \$5, 25 bunches cost \$125 and for 50 bunches it is \$250. For more information, call 324-4227.

### Womens' sports leadership conference at The Bob

A "Links to Leadership" conference, to promote leadership for women in sports, is being held on Jan. 29 from 1 to 8:30 p.m. in the Bob Carpenter Center on the University of Delaware campus in Newark. Cost of the conference is \$40, which includes dinner. For more information, call 831-8606.

### Preschool sponsored by the Jewish Community Center

Registration materials will be available on Feb. 1, for a preschool beginning in September at Temple Beth El in Newark. The Children's Center of the Jewish Community Center will offer a three day preschool program for children ages 3 and 4. For more information, call 366-8330.

## Series topic: Delmarva

The Friends of the Newark Free Library will sponsor a book discussion series beginning Jan. 26 at 7 p.m. in the library, located off Del. 72 across from College Square Shopping Center.

The series, "Soil, Soul and Sea," will discuss five books, along with

lectures by local scholars. Discussion will explore some historical and cultural details of the Delmarva Peninsula — one of the oldest settled regions in the United States. Its heritage encompasses a wealth of cultural and historical experience. Although many farm and seafaring families can trace their ancestry back several generations in the same locale, the unique vision of America that Delmarva continues to offer is vanishing under the onslaught of metropolitan sprawl surrounding the area.

The series is free and open to the public. To register for one or all of the five sessions and to receive related books, call the library at 731-7550.

## Department Store closes

► CLOSING, from 1A

longer than they really wanted to. It was barely breaking even.

"It took a lot of soul searching, but we finally made the decision to close the store," Krapf said. "We talked about it for a year and every time we thought about it, we put it off."

Krapf said they didn't remodel the store because most of the clientele was older and he didn't believe it would be "a major factor in turning the store around and making it more profitable."

He couldn't say for sure what will fill the void once the store is gone, but he would like to see a national chain there.

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# Opinion

EDITORIALS COLUMNS • PAGES FROM THE PAST • LETTERS

## Newark Department Store's closing a sad page in our history

Things just won't be the same in Newark after the Newark Department Store closes its doors forever at the end of the month.

To many of us, the Newark Department Store was like a dear old aunt. It was comforting to know she was there when we needed her, although we took it for granted that she would always be around.

When she recently began to show signs of her failing health — living on just one level and shutting down her pneumatic tube arteries — we didn't want to face the sad news that one of our favorite relatives was dying. Instead, we lashed out at her, replacing our inner sor-

row with outward anger, sniping at the effect of the changes being made instead of pondering their cause.

Unfortunately, when we did visit, it wasn't often enough as it should have been. Had we paid a call more often, we would have discovered she was just as interesting today as she was in our childhood memories. But we had been taken away from her company by younger, flashier suburban stores — painted ladies with lots of looks but little personality.

Now our dear old aunt will soon be gone. Her's will be a death brought on by the loneliness our infrequent visits created, and we'll mourn her passing — sheepishly.

ONE FROM THE ROAD

## Post office and IRS in cahoots?

By SKIP HOLLINGSWORTH  
SPECIAL TO THE NEWARK POST

My state tax forms have arrived, but where-oh-where have my federal tax forms gone? This is highly unusual and most disturbing. It could mean there's a problem! Could there be a wrong address or social security number? Could it be lost forever in the postal system, or worst of all, there could be a computer foul-up. I may be computer-deceased or even confused with some tax escape artist, and I'll have to do the time.

I really don't want to call the IRS, prematurely pose the question and draw unnecessary attention to myself at this stage of the game. However, I must have that pre-printed label that has codes and stuff on it! My handwriting, it seems, nobody can read. Can you imagine the havoc I could cause myself without that printed label for the top of that form?



Hollingsworth

There's the problem with the W-2s. I worked at two jobs this year and have received only one W-2. I hope both are the same size this year, so I can fold them nicely into those envelopes they provide. Let me warn you. Be sure to send the

right copy of those W-2s to the right place. Heaven only knows the problems of crisscrossing the state and federal copies.

One thing's for sure. The bank does not fool around. They tell you right up front that they told the IRS all about your personal business dealings with them last year. If you don't use the numbers they provided, you're on your way to the IRS Slammer.

The way it looks, I can deduct the mortgage interest and property taxes, but the bank already told them that. They know what my income is because my employers already told them that. Well, they said they were going to simplify the tax system, and they did. Why do I have to file a form? They already know everything!

The way I see it, there's a joint venture between the IRS and the Post Office. .29 cents for the federal return and 29 cents for the state return.

PER CHANCE

## Exhibit honors a Del. leading lady

By ELBERT N. CHANCE  
NEWARK POST COLUMNIST

Visitors to the Morris Library on the University of Delaware campus frequently enjoy opportunities for enrichment that have nothing to do with the reason that brought them to the building in the first place.

Members of the professional staff prepare exhibits on a variety of topics, including continuing displays of new books published by the University of Delaware Press or written by members of the faculty.

Well worth a look is an exhibition continuing through Feb. 11 devoted to the life and work of the distinguished Delaware astronomer Annie Jump Cannon. A native of Dover, she was born in 1863 during the Civil War and was the daughter of Wilson Lee Cannon, whose deciding vote as a member of the



Chance

state's general assembly assured Delaware's position with the union.

A pioneer in variable star research at the Harvard College Observatory, she created The Henry

Draper Catalogue, which includes the classifications of about a quarter of a million stellar spectra. It remains an authoritative source of information to this day.

So significant were Miss Cannon's accomplishments that honors previously denied women were rapidly granted to her.

She was the first woman elected to honorary membership in the Royal Astronomical Society of Great Britain (1914) and the first woman to receive an honorary degree from Oxford University (1925). She also was the first woman to receive an honorary degree from the University of Delaware when the first women's College class was graduated in 1918.

Wellesley College, her alma mater, the University of Groningen,

See CHANCE, 5A ►

UPON MY WORD

## Workers go beyond call of duty

By SHIRLEY M. TARRANT  
NEWARK POST COLUMNIST

Ah, the Ice Storm of '94: one of Mother Nature's surprises which awakened me at 3:48 a.m. with a "hum-m-m". What on earth was that sound and from whence did it cometh? I lay in my bed and listened closely for a few minutes. Was it our heater? Was it our sump pump? My husband stirred next to me in bed; obviously, my sitting up in bed and pulling aside the window shade had disturbed his sleep. Upon a query from me, "Psst, are you awake?", my husband roused enough to listen and confirm that there definitely was a different kind of sound coming from somewhere. Then, he turned and went back to sleep.

Not me! With the curiosity and concern of a genuine Gemini, I fumbled for my slippers and proceeded downstairs. All was quiet on the first floor and in the basement. So, it was *not* the heater or sump pump. I paraded around the downstairs three times. On the third trip,



Tarrant

the "hum" seemed to come from the north side of the house toward the street. So, this "hum" wasn't IN the house after all. I opened the front door. What a spectacular winter wonderland—it had started snowing huge flakes and the trees and shrubs were dancing in their ice costumes, accompanied by the "hum", no doubt! The sound was definitely

outside and it was coming from up the street near West Main St.

But, what was it? I called our dedicated and responsive Newark Police Department and apologized for my phone call at 4:10 a.m. I described the "hum" to the officer and where I thought was its approximately location. The officer was very courteous and understanding and explained that "many power lines are down and crews are working to restore service. They leave their trucks running, so that probably is the noise you hear."

Sounded reasonable to me. I returned to bed and sure enough, at 4:40 a.m., the "hum" revved up, came down our street, turned the corner, and left our generally quiet neighborhood in solitude. Ah, the quiet. NO MORE HUM—thanks to the power line crews who were working in what must have seemed like a "winter wonderland". They were out there in the cold, wet snow and working under brutal icy conditions. And thanks to the pleasant

See TARRANT, 5A ►

## OUT OF THE ATTIC



This week's photo, from the files of the Newark Lumber Company, reveals one way to dress for the snow 90 years ago in Newark was to wear wool knickers. Readers are invited to loan, for publication, historic post cards and photographs of people and places throughout the region. Special care will be taken. Call Scott Lawrence, editor, at 737-0724 for details.

## PAGES FROM THE PAST

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

Issue of Jan. 22, 1919...

### Thieves Again Visit Newark

Burglars entered the office of the Newark Garage and Electric Co. between 5:40 and 7 p.m. on Sunday evening by breaking the glass door between the shop and the office with a license tag then turning the deadlatch on the inside. The cash register was rifled of \$106 in money and \$200 in checks. Payment was stopped on the checks, none of which up to the time of writing had been presented. No clue to the identity of the thieves has yet been found.

### Diamond Hill Farm Makes Record Showing

At the twelfth annual meeting of the Corn Growers' Association held at Bridgeville, January 14-17, Newark was well represented both in attendance and in exhibit. Of the Experimental Station staff Dean Harry Hayward, Professor A. E. Grantham, R. O. Bausman, C. A. McCue, M. O. Pence, John Davis, and T. T. Martin attended. Miss Fernald from Women's College, John A. Hopkins, and Wallace Cook were also present. The latter had two of the finest exhibits ever shown in Delaware, both, as usual, bringing home a number of prizes. Diamond Hill Farm, Wallace Cook exhibitor, won the state sweep-

*This column is compiled each week by staff writers Tonja Castaneda, Jennifer Rodgers and Tricia Strader from historic files. The wording of the news articles has been preserved as it originally appeared to accurately reflect the period in which it was written.*

stakes medal for the best 10 ears of corn entered in any class; a pig valued at \$40 for the best 20 ears entered in any class; and for the best 50 ears in class A, a silver medal.

Cook also won in the State Boys' and Girls' Corn Judging Contest, a first prize of \$5. Stanley Short of Smyrna, won second prize, \$4. The three remaining prizes went to Robert Mason of Farmington, Harrington Messick of Bridgeville, and A. Cannon of Seaford.

Issue of Jan. 22, 1969...

### Support of Police In Bid For 20 Year Pension Mounts

Moral support, private and organizational, is mounting behind the Newark Police Department in their battle for a 20 year pension plan.

Negotiations with the City are at a standstill. Newark's F.O.P. Lodge held a meeting Thursday night at the Aetna Fire Hall on Academy Street to consolidate their drive for greater benefits.

A unanimous resolution was adopted by the Newark New Century Club in the a special meeting Monday night and to Mayor Handloff and City Council in support of the police department.

### Hire Veterans First Says VFW Post To Business

The Commander of the J. Allison O'Daniel Post 475 called on local employers to give returning veterans preference when they have jobs to fill.

In reporting on the "employ the new veteran" resolution passed by his post on Thursday, January 16, 1969, Commander Harold 'Butch'

Wilson said that action by employers in Newark, Delaware would benefit the community and veterans as well as the employers.

### Kindergarten Association Enlarges

In anticipation of a growing Newark area, Newark Kindergarten Association, 16 Tyre Ave., will expand its coming fall program.

N.K.A. will add a nursery school class for four year olds. The nursery class and the regular kindergarten class will be under the direction of Mrs. Natalie B. Hammond.

Issue of Jan. 19, 1989...

### Newarkers to March in the Inaugural Parade

Tyler Quarter Horses of Newark will be one of 22 equestrian units in the 1989 Inaugural Parade in Washington, D.C. tomorrow.

Tyler Horses was selected to represent Delaware along with the A.I. duPont High School Marching Band. Each state will have at least one official entry in the parade.

### City Water Customers Find Pressure Low

Reminiscent of last summer, some of Newark's water customers are experiencing problems with low water pressure.

This time, though, the problem is not due to dry weather but to mechanical woes. And the problem is not wide spread, but is limited to the Stafford and Windy Hills areas.

Joseph Dombrowski, city water director, suspect mechanical problems with a valve.

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## LETTERS TO THE EDITOR

## Don't incorporate Bear/Glasgow

Editor:

Civic and state leaders are considering either proposing annexing Bear and Glasgow into the City of Newark, creating joint or separate town governments, or leaving things as they are.

One of the issues fueling fourth-level government consideration is the obscene amount of money assessed by New Castle County for street lights from some residents. Some residents have experienced a 266 percent increase in the last five years because the county failed to keep up with growth. So the people that got stuck for the high bill were paying for those the county could not find. It's funny how they knew just where to send my property taxes within a month of moving to Bear!

All of us should realize that a fourth level of government will mean yet another level of taxation. City of Newark residents pay property taxes to the county and 41 cents per \$100 of property value to their town government. Even if this were reduced to allure our area in, it's still taxes we don't pay now, while being forced to pay the county for services we presently don't

## Hats off to outdoor workers

► TARRANT, from 4A

police officer who assuaged my concerns.

While I was trying to get back to sleep, unsuccessfully, I was inspired to write this column, as I thought of the many people who do work the night shifts outside in intolerable weather: police, firefighters (including volunteers), ambulance crews, rescue squads and paramedics. These people work OUTSIDE so that you and I can remain INSIDE—warm and safe and sleeping.

Well, some of us can sleep! Just as my thoughts of gratitude were winding down and I was feeling relaxed, I heard a "whir-r-r" sound next to me in bed. My husband was shifting into first gear of a snore. (Can anyone relate to a snoring bed partner?) It was 5:17 a.m.! We have a digital bedroom clock. That is why my times here are so precise. Hum-m-m... Whir-r-r... HUM-BUG!



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Our street lights are owned by Delmarva Power. The county government collects the money for the company and charges a 10 percent administration fee but not before applying a tax of either 9 or 32 cents per \$100 of an individual's property value assessment, depending upon style of street light. Through a complicated mess of figuring in the total street lights per development, the final inflated figure is reached. Delmarva Power is not the crook here.

This tax can be looked at two ways: First, is the county charging us property tax for property that does not personally belong to us? Second, is this a sales tax that simply uses a property tax formula to figure the amount, and has the state government authorized the county to tax using a sales tax?

When it's all said and done, Delmarva Power can install, maintain and power a turn-of-the-century street light for \$20 a month per light and do the same for an ornamental street light for \$14. Considering there are three, four, or five homes between street lights, the cost is not that much at all to promote safer neighborhoods.

Thanks, New Castle County government, for screwing up the works. Will these people who have been over taxed be refunded their money for your screw up? Come on now, fellows, even the IRS returns

over-paid taxes.

Seems we have too much government already. Let's instead talk county secession. Anyone like a little tea at Becks Pond?

Greg Callaway  
Bear

## Thanks for providing school coverage

Editor:

I am writing you to express our appreciation for the coverage that you have given to St. Mark's High School and other area schools in your newspaper. Your articles by Marty Valania and the accompanying photos have been exceptional. After each sports event, we wait anxiously for the Post to come to the news stands. Your paper does not highlight the problems in the area, but instead the accomplishments especially made by the students in the state. I speak for the many friends and family members of the students at St. Marks. Thank you again and keep up the good work.

Barbara R. Gordon  
Wilmington

## Cannon exhibit continues into February

► CHANCE, from 4A

Oglethorpe University, and Mt. Holyoke also awarded honorary degrees.

Miss Cannon was named the nation's leading woman scientist in 1922 by the League of Women Voters and one of the 12 greatest living women in 1929. In 1931 she became the first woman recipient of the Henry Draper Medal for astronomical physics presented by the National Academy of Sciences, and in 1932 she received the Ellen Richards Research Prize awarded by the Society to Aid Scientific Research by Women.

In more recent years, she was inducted into the Hall of Fame of Delaware Women.

Members of the Cannon family still reside in our state. When a portrait of Miss Cannon by Millsboro artist Orville H. Peets was presented to the university in 1959, Mrs. Barton H. Mackey, a niece and cousins Henry P. Cannon II, a trustee, Mrs. Marjorie W. Speakman and Henry P. Cannon III attended the ceremony.

That portrait is included in the current exhibition.

Miss Cannon is one of several women for whom University of Delaware building have been named. The Cannon residence hall on the south campus, a gift of benefactor H. Fletcher Brown, opened in 1952.

An Annie Jump Cannon Fund

also was established by the Mt. Cuba Astronomical Observatory, Inc., with a long-range goal of endowing a chair of astronomy at the university. Initially, income from the fund was used to support postdoctoral fellowships.

The Cannon exhibition, prepared by David L. Langenberg, an associate librarian in the library's reference department, includes quotations from Miss Cannon's writings and insights about those who influenced her career. It should be of interest to all Delawareans, but especially to students who might have passed Cannon Hall through their years on campus without knowing the fascinating story behind the name.



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# Lifestyle

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## It's all adding up for local accountants

By TONJA CASTANEDA  
NEWARK POST STAFF WRITER

While some frenzied taxpayers will be up at midnight April 15 finishing up tax returns, two local accountants—whose business is taxes—will be playing golf and enjoying dining out with friends on the deadline day.

"If tax returns are not done by noon on April 15, they aren't going to get done," said Bill Kane, a certified public accountant with Dingle & Kane accounting firm in Newark.

Kane, of Bear, and Fred Dingle, of Elkton, Md., have been in business together for five years.

Years ago, while at another firm,

Kane toiled away with then coworker Dingle until 2 or 3 a.m. on April 16 finishing up returns. This experience taught the accountants to relax on April 15.

Kane said other members of the office staff get together for dinner that night too, celebrating the successful completion of tax season. And they all take off work April 16.

Although tax season is a ways off for most of us, it is already here for accountants.

"We do about 45 percent of our business in four months— from January to April," said Kane.

During tax season, the partners work between 52-60 hours a week. "It's necessary to work long hours," said Dingle. "People simply need personal and business tax returns done."

Kane, an accountant for 13 years, said the hours are not too bad considering other firms have

employees working 75-80 hours a week during these hectic months.

"We look forward to tax season," said Dingle, "but by April we're ready for it to be over."

Dingle, preparing taxes professionally for 18 years, said the key to successful time management during tax season is planning and organization.

"We hire another CPA to do personal tax returns and a person to do data entry during the busy months," said Kane.

Their business handles about 500 personal and 250 business returns each year.

Dingle and Kane, it seems, are more organized than some other firms.

Kane recalls working at another firm when a client brought in his records in a garbage bag and it accidentally got tossed in the garbage. "We had to retrieve it out of a garbage truck," he said.

He said had the receipts not been found it would have taken several months and hundreds of dollars to reconstruct the records.

Are most of us slobs? Not according to Dingle and Kane. "About 85 percent of our customers bring their records in some orderly fashion," said Dingle.

"There is always going to be 15 percent who bring their receipts in a grocery bag," said Kane. "That's fine, but it's going to cost them more."

Dingle and Kane handle both complex and simple returns.

Kane said the most difficult returns are those with income earned in five or six states.

He said the returns are difficult because the computer is only set up to figure Delaware and Maryland taxes, so the accountants do the other state returns by hand.

Kane said some of the very complex returns are those with eight to ten rental properties and a couple of businesses.

Their firm does all federal tax returns on computers.

"To do some tax returns without a computer would at least quadruple the time it takes to do them," said Kane.

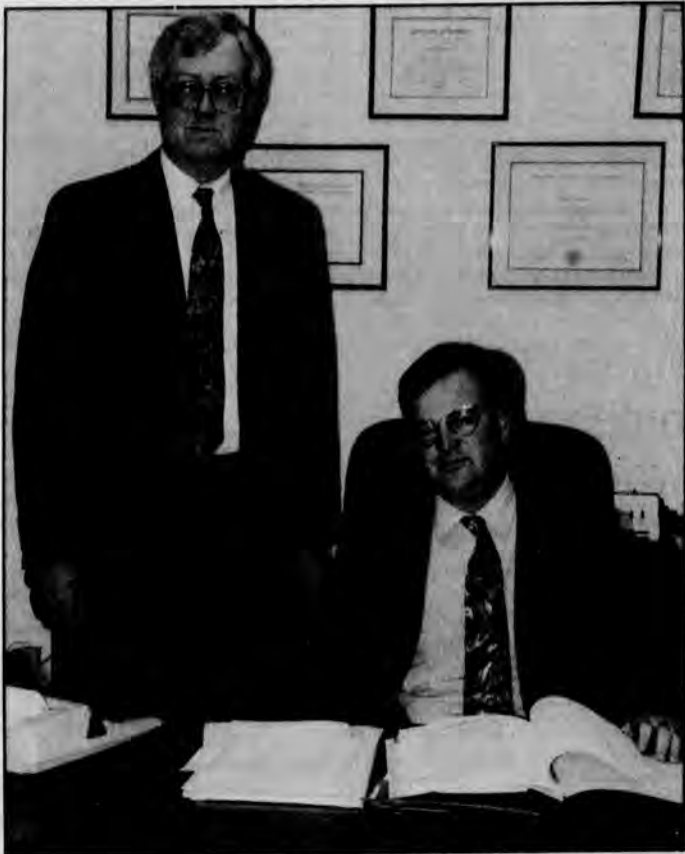
He said there are not a lot of new tax laws.

"The main change in tax laws this year is that people with upper-incomes will have an increase in their tax rates," said Kane. He said generally, this will affect married couples making a combined income over \$140,000.

Another change this year is married couples can file a 1040EZ form. "It's a good way to go if you don't itemize and one source of income is under \$400 in interest and dividends," said Kane.

Kane said there has not been a significant change in Delaware tax laws for six years, except for some tax reduction rates.

For taxpayer assistance about federal forms call the Internal Revenue Service at 1-800-829-1040. Delaware state tax questions can be answered at 577-3300.



NEWARK POST STAFF PHOTO BY TONJA CASTANEDA

Certified Public Accountants in Newark Fred Dingle (left) and Bill Kane believe planning and organization are the keys to getting income tax returns completed so they can play golf on April 15.

**YOU ASKED**

*A feature devoted to discovering the answers to curious questions about people and places in Greater Newark.*

BY NANCY TURNER

This week's question: "I have heard that it is almost impossible for a new business to get a liquor license in the City of Newark. Does the city limit the number of licenses it grants in any way?"

The City of Newark does not grant liquor licenses. This is a duty of the Delaware Alcoholic Beverage Control Commission.

If the city has any bearing on the issuance of commercial liquor licenses, it is through the Newark zoning code.

The DABCC recognizes Newark's zoning code, and will not issue a license to an establishment that does not conform to local zoning requirements.

According to Roy Lopata, city planner, if you are located within 300 feet of what the code terms "protected use properties", i.e., a residence, church, library, school, hospital, or nursing home, you cannot have live entertainment or dancing. Alcoholic beverages cannot be sold there after midnight; there is no carry-out liquor service; you can't have "happy hour" type reduced price alcohol specials; and you have to have more than 50 seats in the facility.

"What those particular restrictions are saying is that you can have a restaurant, not a night club or a bar, if you are near protected uses. There are still many businesses in town that have received liquor licenses under those requirements."

The most important result of the code restrictions is that liquor-serving establishments are confined to the commercial areas of town.

"These laws are not so unusual," said Lopata. "They are found in many towns. We have been fiddling with them over the years. Years ago, we had no regulations at all, and one of the problems Newark had, like other communities of the state—namely beaches—was that restaurants became bars at night. Over the years, we have gotten a much better handle on things."

Whether you have a question about people or places in Greater Newark or are just plain curious about something, staff writer Nancy Turner might just be able to find an answer for you. Send your question to Nancy, in care of the Newark Post, 153 East Chestnut Hill Road, Newark DE 19713. Be sure to include a daytime telephone number where you can be reached.

## Use horticulture oil for landscape pest control

### NEWARK OUTLOOK

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

Petroleum products have received a lot of negative publicity again recently, but one product which merits favorable reviews is the newest class of horticultural oil spray. Fruit growers have used oil sprays for the last hundred years or so. This treatment has been known as "dormant oil" for most of that time, because it was limited to use on leafless trees during the dormant season. High viscosity and contaminants such as sulfur caused browning or death of green plant tissue.

Recent advances in purification processes have led to extremely lightweight oils that can be used on many landscape plants throughout the growing season.

Whereas most other pesticides control only one or two of a pest's life stages, oil spray can kill all stages, egg through adult. Small, soft-bodied pests such as aphids, scales, and spider mites are most susceptible to dormant and growing season oil sprays. Even young caterpillars may succumb to oil sprays during the growing season. Oil sprays during the dormant season help prevent pest problems before they occur. Insects and mite pests of many kinds spend the winter on the bark and twigs of host plants. These same pests can be

killed in the summer when hit directly by oil sprays.

Researchers believe that oil sprays kill by two different methods. One is that the oil simply clogs up pests' air intake systems, causing them to suffocate. The other is that oil poisons the pests' basic metabolic functions.

Successful use of oil during the growing season requires you to spray pests directly and under conditions that help the spray dry quickly. Oils damage green tissue more when the solution sits "wet" for long periods due to humid weather, heavy dew or fog or light rain at spray time. A sunny day with a light breeze is ideal for oil spraying.

Make sure you buy a product suitable for summer use by reading the label on the container. When in doubt whether a particular plant might tolerate summer oil, test an inconspicuous part of the plant by spraying it during the hottest part of the day. Examine the results after 12-15 days; if no browning is evident, you may then treat the entire

plant.

Oils with the designation "6E" have been used without problems during the summer on species such as maple, birch, dogwood, ash, holly, juniper, flowering cherry, oak, yew, linden, hemlock, cypress, and zelkova.

If you inspect your plants at least every other week during the summer, you can use oil spray to effectively control pests before the problem gets out of hand.

Oil spray in a pest control program is less deadly to beneficial insect predators and parasites than other pesticides. Pest insects seem unable to develop resistance to the effects of oil, as they have to many pesticides. Oil spray products are economical to use and they leave little residue to contaminate the environment.

Drawbacks to oil spray include the requirement that the spray contact pest directly. There is no residual action against the pests once the spray has dried down. Pests that spend their lives on the underside of the leaves, such as lace bugs and



This week's author: Jo Mercer

whiteflies, may be difficult to treat with oil in large or dense plants.

The new lightweight horticulture oils are just as good as the old types for dormant use, too. Follow the label directions for rates to use. Then during a break in the weather (mid-February to mid-March), get out to "oil" trees and shrubs that had mite or aphid problems last year. Be sure to generously spray the bark where many of these pests overwinter. Once the growing season begins, switch to the "summer" mixing rate to spot treat pests as they occur.

### Vision Teaser



Find at least six differences in details between panels.



Differences: 1. Sign is added. 2. Hair is changed. 3. Hair is raised. 4. Napkin holder is moved. 5. Name is changed. 6. Beard is missing. 7. Hand is raised. 8. Napkin

### Super Crossword

- ACROSS**

1 Wording

5 Syllable

46 before hood or house

10 Gave one's word

15 Transmission setting

19 Take on board

20 Buffalo Bill, for one

21 Cretan capital

22 "Time—My Side" (64 song)

23 Floridian's favorite Crosby tune?

27 Actor Alejandro

28 Turgenev's birthplace

29 Karras or Haley

30 Ain't right?

31 Funny fellow

32 — up (evaluated)

34 Affair of 1798

36 Placicker's prop

37 Fleet

40 Old goat?

41 Gibbons of "Entertainment Tonight"

43 Couple

44 In the bag

45 Atmosphere

46 Soap setting?

50 Tony Curtis' juiciest movie?

55 Akbar's city

56 Copped some z's

57 Kind of paint

58 It needs to be threaded

59 Buggy site?

60 Warehouse store

61 Clean-hair sound

62 Furtive

65 Sully horse

66 Held back

67 Mollere colleague

68 Singer Ian

69 Haleakala's locale

70 Red as —

71 Boring

72 Where you live

76 Scheme

77 Parseghian's produce?

81 So, state

82 "The Party's —" (song)

83 Loton additive

84 Drill accessories

85 — Ababa

87 "On the Waterfront" director

89 Mom's final words

91 Bikini half

94 Be free (of)

95 Amusing

96 "The Ghost and Mrs. —"

97 Theatrical salesman

99 Singer's rival

100 Hypocrisy

101 "Kidnapped" monogram

104 Orchard-worker's form?

110 Fenwick or Carter

111 Thalia's sister

112 Popeye's love

113 Singer

114 "Bambi" extras

115 Broadcast

116 Hunts and work

117 Bouillabaisse or burgoo

**DOWN**

1 "Edda" character

2 O'Connor's country

3 Very revealing

4 Jack's predecessor

5 — Leone

6 Fiddled (with)

7 Way off base?

8 Homeric character

9 MIT grad

10 Dental instrument

11 Played in a pond

12 Jet-black

13 Auto acronym

14 — de Cologne

15 Wharf

16 Until now

17 TV exec

18 First name in coaching

24 Urge on

25 Allergic to work

26 Deride

31 Semi stuff

32 Delhi wrap

33 Particular

34 Corporate copycat?

35 Century segment

37 Inclined

38 Super Bowl shouts

39 Demeanor

40 Kid stuff?

41 Medieval

42 Problem solver?

44 Ready to drop

45 Fall flower

47 Come to terms

48 Riser's relative

49 Peddle

51 Marmot or mouse

52 Blue hue

53 Tenor

54 Thar features

58 Apt rhyme for worm

60 — Major (constellation)

61 Iraq's neighbor

62 Nautical rope

63 Swell place?

64 Strauss city

65 Origami supply

66 Clerical title

67 Engrossed

68 "Daisy Miller" author

69 Mercer University site

71 Like shocking pink

73 Brazier bit

74 Cruise

75 Some NCOs

77 City near Stockton

78 Shake up

79 Massacre

80 Journal ending

86 Bond foe

87 Fawn

88 Field of study

89 Light weights?

90 Multitalented

91 Mixture

92 Literary lover

93 More than enough

95 — Carlo

96 Novelist

98 Shake spearhead title start

99 Get wind of

100 Pretty a poodle

101 Brilliant display

102 Isolated

103 Chilly

104 Isolated

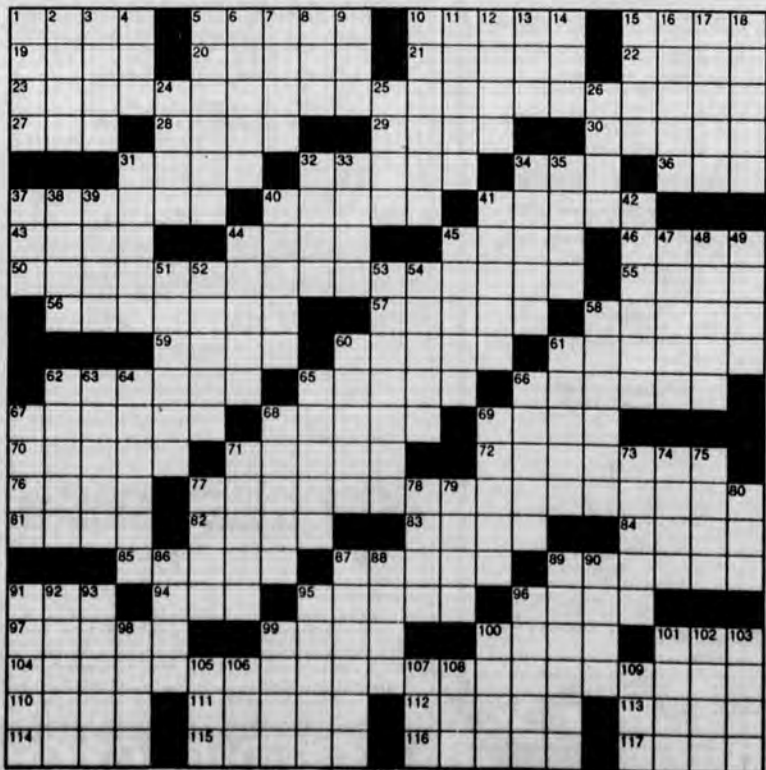
105 "Be my guest!"

106 Clubber

107 Portrayal

108 Thickness

109 Recipe abbr.





Mr. and Mrs. James Andrew Jacoby

## Grant, Jacoby exchange vows at Kingswood U.M.

Tammy Lynne Grant and James Andrew Jacoby were married Saturday, Oct. 9, 1993, during a candlelight ceremony at Kingswood United Methodist Church.

The Rev. Willard Robinson officiated at the double-ring ceremony. The bride is the daughter of Mr. and Mrs. Albert B. Grant Jr. of Newark.

She was given in marriage by her father.

The bride wore a white embroidered brocade gown with Queen Anne neckline and chapel-length train. It was accented with a fingertip veil and pearl and crystal headpiece.

She carried satin roses, carnations and mums.

Music for the wedding included "Trumpet Volantaire" and the "Wedding March."

The Matron of Honor was Mrs. Linda Grant, sister-in-law of the bride.

Bridesmaids were the bride's sister, Cathy Jacoby of Atco, N.J.;

Wilmington resident Sharon Grant, aunt of the bride; and Michele Defino of Pennsauken, N.J., friend of the groom.

The bridesmaids wore dresses of embroidered black velvet on emerald green satin.

The Best Man was the groom's friend, Anthony Defino of Pennsauken. Ushers were brother of the bride William Grant of Bear; and Richard Jacoby of Atco, N.J. and Robert Jacoby of Lindenwood, N.J., brothers of the groom.

A reception followed the ceremony at Minquadales Fire Hall near New Castle.

The bride is a graduate of Caravel Academy and Goldey-Beacom College. She is employed by Hilyard's, Inc.

The groom, son of Mrs. Mary Jacoby-Hensgen of Pennsauken, is a graduate of Pennsauken High School and employed by Guardian.

The couple honeymooned in St. Kitts, West Indies, and now resides in Newark.

## Obituaries

### Ronald L. Wessel

Newark resident Ronald L. Wessel died Friday, Jan. 14, 1994, at Christiana Hospital where he was a patient of Non Hodgkins Lymphoma.

Mr. Wessel, 42, was a pipefitter/welder for the Occidental Chemical Corporation, Delaware City, for the past 20 years.

The Port Huron, Michigan native was a member of Holy Family Catholic Church, Newark.

Mr. Wessel enjoyed being with his family, fishing, playing pool, ping pong, basketball, and sports in general.

He is survived by his wife of 22 years Teresa M. Kline Wessel; two sons, Michael V. and Christopher J. Wessel, both at home; his father Bernard Wessel of Newark; four brothers, Stephen E. Wessel of Newark, David J. Wessel of Port Orchard, Wash., Alan P. Wessel of Middletown, and Dennis M. Wessel of Millsboro; three sisters, Sister Margaret Wessel, S.S.J. of Nazareth, Mich.; Joan L. Rossi of Newark and Anne D. Jogerst of Lynchburg, Va.; and eighteen nieces and nephews.

Mass of Christian Burial was offered Jan. 17 in Holy Family Catholic Church, Newark. Burial was in All Saints Cemetery, Kirkwood Highway.

The family suggests contributions to the Bone Marrow Transplant Unit of Christiana Hospital.

### Carl B. Monds

Red Lion resident Carl B. Monds died at home Thursday, Jan. 6,

1994, of cancer.

Mr. Monds, 56, owned and operated C. Monds Roofing and Siding, Bear, from 1956 until becoming ill in early fall, when his nephew, Carl Verucci, took over the company.

He was a member of Liberty Baptist Church, Glasgow, and enjoyed playing pool and fishing. In his 20s, he raced at Cecil County Dragway, near Rising Sun, and in New Jersey.

He was raised in Arkansas and moved to Collins Park in 1954. About three years ago, he moved to Red Lion.

Mr. Monds is survived by three daughters, Terri A. Megginson of Elsmere, Carla Momot of Newark and Michelle L. Workman of New Castle; a brother, George of Texas; four sisters, Minnie Mata of Texas, Evelyn Wilson of Townsend, Clara Butler of Wilmington and Katherine Lowman of Oscoda, Mich.; five grandchildren; his former wife, Carolea Monds of New Castle and his companion, Juanita Coleman, with whom he lived.

A service was held Jan. 11 in Gebhart Funeral Home, New Castle. Burial was in Gracelawn Memorial Park, Minquadales.

The family suggests contributions to Delaware Hospice or American Cancer Society.

### Fred Herbert Moorhead

Newark resident Fred Herbert Moorhead died Wednesday, Jan. 5, 1994, of heart failure in Christiana Hospital.

Mr. Moorhead, 77, retired in 1982 after 26 years as a procurement group leader at DuPont Co.'s

Louviers engineering department. Previously, he worked at American Car and Foundry, Berwick, Pa., for 20 years.

He was a Navy veteran of World War II.

He was a member of St. Thomas Episcopal Church, Newark; Newark Symphony Society; Newark Senior Center; and a former member of DuPont Country Club.

He enjoyed golfing and outdoor work, especially gardening.

Mr. Moorhead is survived by his wife, Kathleen Joyce Broadway Moorhead; four sons, Keith N. Fenimore of Atlanta, Kevin J. Fenimore of Newark, Thomas Moorhead of Newport and James Moorhead of Wilmington; two daughters, Kimberly A. O'Rourke of Newark and Mary Ann Lilley of Eastburn Acres; a brother, Roland of Berwick, Pa.; and eight grandchildren.

A service was held Jan. 8 at Spicer-Mullikin & Warwick Funeral Home, Newark. Burial was in Gracelawn Memorial Park, Minquadales.

The family suggests contribu-

tions to St. Thomas Episcopal Church, Newark, or Alzheimer's Association, Wilmington.

### Thelma B. Moore

Newark resident Thelma B. Moore died Tuesday, Jan. 4, 1994, of heart failure in Christiana Hospital where she was a patient.

Mrs. Moore, 68, was a factory worker at National Vulcanized Fiber. She retired in 1985 after 24 years of service.

She enjoyed playing bingo.

Her husband, Rodney "Dick," died in 1972. She is survived by three brothers, James Bingham Sr. and Elva Bingham Sr., both of Newark, and Bill Bingham of Wilmington; and two sisters, Josephine B. Dolgas of Newark, with whom she lived, and Myrtle E. Sampson of Newark.

A service was held Jan. 7 at Robert T. Jones & Foard Funeral Home, Newark. Burial was in Newark Cemetery.

The family suggests contributions to American Cancer Society, in care of Robert T. Jones & Foard.

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Sunday School .....9:45 a.m.  
Otis L. Doherty, Sr. Pastor  
"Child care provided!"

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Located at the corner of Red Mill Rd. and Route 273, at the "Unused Overpass."  
"A Church where you are accepted and loved!"

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1421 Old Baltimore Pike • Newark  
737-5040  
Sunday School .....9:15 a.m.  
Sunday Worship .....10:00 a.m. & 5:30 p.m.  
Wednesday .....7:00 p.m.  
FAMILY NIGHT (YOUTH GROUP, ROYAL RANGERS, MISSIONETTES & RAINBOWS)  
Paul H. Walters, Pastor  
Tom Reigel, Youth Pastor

**PENCADER PRESBYTERIAN CHURCH**  
Corner Of Rt. 896 & 40  
(302) 368-4565  
Worship .....10:30 a.m.  
Adult & Children  
Sunday School .....9:15 a.m.  
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Sunday Evening Adult & Youth Activities 6:30 pm  
Handicapped Accessible/Nursery Provided  
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Wednesday  
Testimony Meeting .....7:30 p.m.  
Reading Room  
..... Sat., 10:00 a.m. - Noon  
ALL ARE WELCOME  
CHILD CARE PROVIDED

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469 Salem Church Road  
(302) 738-4822  
Morning Worship .....8:30am & 11:00 am  
Sunday School .....9:45 am  
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Little Lambs Nursery, All Programs & Children's Church, Available All Services  
"YOU ARE WELCOME"  
Rev. Dr. J. Ron Owens, Pastor

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292 West Main St. • Newark  
(302) 731-5644  
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10:30am ..... Worship  
7pm ..... Youth Meeting  
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Ramp Access  
For The Handicapped  
Pastors Barry P. Dawson & Jeffrey W. Dandoy

**CHRISTIANA PRESBYTERIAN CHURCH**  
15 N. Old Baltimore Pike  
Christiana, DE  
368-0515  
Sunday .....9:45am  
Worship .....11am  
NURSERY AVAILABLE  
HANDICAPPED ACCESSIBLE  
Robert Bruce Cumming, Pastor

**ST. NICHOLAS EPISCOPAL CHURCH**  
Chestnut Hill Rd. & Old Newark Rd.  
Newark, DE • 368-4655

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Divine Worship .....10:00 a.m.  
Summer Worship .....9:00 a.m.  
Holy Communion  
..... 1st & 3rd Sunday  
CARL H. KRUELLE, JR., PASTOR

**RED LION EVANGELICAL FREE CHURCH**  
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834-8588  
Sunday School .....9 a.m.  
Worship Service .....10:30 a.m.  
Evening Service .....6:30 p.m.  
Sr. Minister  
Rev. Irvin R. Pusey  
Asst. Minister  
Ronald Cheadle

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Worship Service  
(Nursery Available) .....10 a.m.  
"Sharing Christ In Mutual Ministry"  
ALL WELCOME

**EVANGELICAL PRESBYTERIAN CHURCH OF NEWARK**  
308 Possum Park Rd.  
Newark, DE • 737-2300  
Sunday  
Worship .....8:25 & 11:00 a.m.  
Fellowship Time .....9:30 a.m.  
Sunday School .....10:00 a.m.  
Evening Worship .....6:30 p.m.  
Sr. Pastor,  
Dr. Robert Auffarth

**FIRST ASSEMBLY OF GOD**  
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Newark, DE 19713  
368-4276 731-8231  
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Join us as we welcome  
our new pastor

**SUNDAY SERVICES**  
Bible Study 9:30 am  
WORSHIP SERVICES  
Morning Worship 10:30 a.m.  
Junior Churches 10:30 a.m.  
Evening Worship 7:00 p.m.  
FAMILY NITE  
WEDNESDAY 7:00 p.m.  
Adult Bible Study  
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(1-1/2 mi. S. of Rt. 40 & Rt. 896)  
834-4772  
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Morning Worship .....10:30 a.m.  
Pastor Rev. Charles F. Betters  
Assoc. Pastor Rev. Douglas Perkins

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The Body Of Christ  
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Home Meeting .....7:30 p.m.

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WORSHIP .....11:00 AM  
WEDNESDAY: FELLOWSHIP DINNER .....5:45 PM  
BIBLE STUDY .....6:45 PM  
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**RED LION UNITED METHODIST CHURCH**  
1545 Church Road • Bear, DE 19701  
(Located At The Intersection Of Rt. 7 & 71)  
834-1599  
Sunday School  
Ages 2-Adult .....9:30am  
Worship  
Nursery & Jr. Church Avail. 10:45am  
Wednesday "Family Night"  
Children's Club (Ages 8-12) .....6:30pm  
Youth Group (Teens) .....6:30pm  
Worship & Study .....7:00pm  
"Crossroads" WNRK Sundays 9:00am

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## THE FRUGAL GOURMET



By JEFF SMITH

**T**artufo Bianco, the white truffle, one of the great treasures of the food world, can only be found in Italy. It grows in the Piedmont region of the North, and it is shipped throughout the world, if you are willing to pay enough.

There are basically two kinds of truffles, one black and the other white—or actually a light tan color. Italy grows both.

These recipes are for both the white and black truffles. Also note our use of truffle oil on pasta and polenta. The oil is a blend of olive oil and the essence of the white truffle and can be found in any large Italian market.

You will not need much as it is to be used like a perfume on your food, not as a cooking oil.

### RISOTTO WITH WHITE TRUFFLES

This is the best way to show off your fresh white truffle or your canned one for that matter. The season for white truffles is from October through the first week or so of December.

Prepare a batch of Basic Risotto (recipe below) and place on individual serving dishes.

Shave the white truffle over the top.

Use a truffle shaver—found in gourmet cook-ware shops—for this or a potato peeler.

This is a wonderful celebration of the one food product that no one else in the world seems to have, just the peoples of Piedmont.

No wonder they are so arrogant and proud about the quality of their food.

### BASIC RISOTTO

(Serves 6-8 as a side dish)

7 cups of fresh or canned chicken stock  
3 tablespoons olive oil  
2 cups arborio rice  
Salt and pepper to taste

In a small saucepan bring the stock to a gentle simmer.

Heat a 4-quart heavy-bottomed pot and add the oil.

Add the arborio and toast the rice a few minutes but do not burn.

Ladle in 1 1/2 cups of the simmering stock initially, stirring the

rice constantly. Cook the rice over medium-low heat.

When the liquid has almost been absorbed by the rice, add another 1/2 cup of the hot stock.

Continue stirring and adding the remaining stock 1/2 cup at a time as the stock is absorbed. This should take 30 minutes to cook and the arborio should be tender but firm to the tooth when done.

Add salt and pepper to taste.

### COLD MUSHROOMS CREAMED

(Makes about 4 cups)

This dish is used in Milan as a salad, a side dish or a sandwich filling. You can use any kind of mushrooms that you have on hand, as long as they are not canned.

1 1/2 pounds mushrooms, sliced  
1/8-inch thick

2 tablespoons olive oil

### THE DRESSING

1/4 cup mayonnaise  
1/4 cup sour cream  
Salt and freshly ground black pep-

per to taste

1 tablespoon chopped parsley

Saute the mushrooms in the olive oil over high heat a few minutes until just tender. Do not brown too much!

Drain well and cool—use the juice in another dish.

Mix the dressing and toss with the mushrooms. Refrigerate 1 hour.

### MUSHROOM SOUP

(Serves 4-6)

Mushroom soup is a joy to most of us. To the Italians it is a necessity. We found something close to this version in a restaurant in Florence, a good place called the White Boar. The soup is a bit unusual as the chef uses potatoes rather than a roux for thickening. Very good!

1/2 ounce dried porcini mushrooms  
3/4 cup hot water

2 pounds russet potatoes

2 tablespoons olive oil

2 cloves garlic, crushed

1 pound fresh mushrooms, thinly sliced

3 cups fresh or canned chicken stock

1/2 cup dry white wine

1 tablespoon chopped parsley

1 teaspoon mushroom powder—grind up a few additional pieces of dried porcini in an electric spice grinder

Salt and pepper to taste

Place the porcini in a water glass and add the hot water. Allow to soak for 45 minutes.

Drain the soaked mushrooms, reserving the liquid.

Rinse the porcini to be sure they

have no sand.

Chop the porcini and set aside.

Boil the potatoes with the skin on until they are tender when pierced with a knife, about 35 to 40 minutes. Drain the potatoes and allow to cool.

Peel the cooked potatoes and run them through a ricer into a bowl. Set aside.

Heat a large frying pan and add the oil, garlic and porcini. Saute for 1 minute and add the sliced mushrooms and saute until the mushrooms are just tender.

Remove the sauteed mushrooms to a 4-quart pot.

Pour the reserved porcini liquid through a fine strainer into the pot.

Add the riced potatoes and the remaining ingredients except the salt and pepper to taste.

Bring the pot to a boil, cover and simmer 1 hour.

Add the salt and pepper to taste. This soup is richer and more flavorful the next day.

### TRUFFLE OIL OVER PASTA

I admit that truffle oil is expensive, but it is to be used like a perfume, a condiment, a light garnish. The dollars you invest in a small bottle of this stuff will give you more than enough pleasure.

Cook any fresh pasta you wish in fresh or canned chicken stock.

Drain, reserving the used stock for another dish.

Add a bit of butter and perhaps some salt to the pasta.

Toss and add a few drizzles of truffle oil.

Nothing else is needed for this unusually delicious dish.

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# Diversions

THEATRE • EVENTS • EXHIBITS • NIGHTLIFE • MEETINGS

FRIDAY

21

**COUNTRY WESTERN DANCE** at Mill Creek Fire Company at 8 p.m. \$6. 999-1738.  
**WINTER LIFE AT GEORGE READ II HOUSE** on Saturdays and Sundays until Feb. 27. On Jan. 15, cooks will be dressed in colonial dress preparing a full meal in the open hearth. Fee. 655-7161.  
**2 X 4'S SQUARE DANCE CLASS** at 8 p.m. at Wilson Elementary

School, Newark. Student dancers welcome. Fee. 731-4147.  
**"SHE STOOPS TO CONQUER"** by Delaware Theatre Company in Wilmington at 8 p.m. Fee. 594-1100.

**THE RED HEEL THEATRE AND RELACHE ENSEMBLE** at 5:30 at Philadelphia Arts Bank at University of the Arts. (215) 545-0590.

**DANCE PROGRAM** at 8 p.m. at Philadelphia Arts Bank at University of the Arts. (215) 545-0590.

**MUSIC ENSEMBLE MATINEE** at 2 p.m. at Philadelphia Arts Bank at University of the Arts. (215) 545-0590.

**ARDEN THEATRE ARTISTS** perform at 8 p.m. at Philadelphia Arts Bank at University of the Arts. (215) 545-0590.

**BORNEO HORNS** with saxophone soloist Lenny Pickett at 8 p.m. in Mitchell Hall auditorium at University of Delaware. Admission. 831-2204.

**JANUARY COFFEEHOUSE EVENING** with performers and open mike at Treat's Bakery, Main Street Newark, at 7 p.m. 836-0216.

**WEST CHESTER CONCERT CHOIR** at 8:15 p.m. at St. Agnes Church, West Chester. (215) 436-2563.

**DELAWARE SYMPHONY ORCHESTRA** at 8 p.m. at Grand Opera House, Market Street, Wilmington. Fee. 656-7374.

**TONY STONE, NORM KLAR AND MICHAEL ARONIN** at Wilmington Comedy Cabaret at 9:30 p.m. Admission. 652-6873.

**"AS SHE DREAMS IT: BARBIE THE MUSICAL"** at 8:15 p.m. in the Bacchus Cabaret Theatre, Newark. Fee. 831-2428.

**BOWLING** at Newark Senior Center at 9 a.m. 737-2336.

**CELEBRATING GIRL SCOUTS AT ROCKWOOD MUSEUM** sit down tea and tour at 11 a.m. and 2 p.m. 761-4340.

**"DAS BARBECU"** country/western comedy by Center Stage in Baltimore at 2 p.m. and 8 p.m. Fee. (410) 332-0033.

**"CAGED"** starring Mump & Smoot (clowns) by Center Stage in Baltimore at 8 p.m. Fee. (410) 332-0033.

**POKER NIGHT** at 7 p.m. at Newark Senior Center. 737-5535.

**"ALICE IN WONDERLAND"** performed by the Newark High School Student Group at 11 a.m. at Wesley College in Dover. No admission will be charged. 656-5256.

**DELAWARE SYMPHONY ORCHESTRA** will perform at 8 p.m. at the Grand Opera House, Market Street, located in Wilmington. Fee. For more information, call 656-7374.

**BILLIONS AND BILLIONS OF SHELLS** at Delaware Museum of Natural History, 12:30 p.m. and 2 p.m. Fee. 658-9111.

**BEEF AND BEER** sponsored by Christiana Fire Co. at 8 p.m. \$12.50. 737-2042.

**SUPER BOWL PARTY** sponsored by the Leukemia Society at Hercules Country Club from 6 p.m. to 9 p.m. For more information, call 764-7700.

**DULCIMER CONCERT** at 7:30 p.m. at Ashland Nature Center. Fee. 239-2334.

**WILMINGTON COMEDY CABARET** See Friday.

**WINTER LIFE AT GEORGE READ II HOUSE** See Friday.

**"AS SHE DREAMS IT: BARBIE THE MUSICAL"** See Friday.

**"SHE STOOPS TO CONQUER"** at 2 p.m. and 8 p.m. See Friday.

SATURDAY

22

■ Tell us about your events, exhibits, or meetings.

Send them to Tricia Strader at the *Newark Post*, 153 E. Chestnut Hill Road, Newark, DE 19713 or fax them to (302) 737-9019.

Please use organizational letterhead and submit information at least two weeks prior to your event.



Lenny Pickett is saxophone soloist for Borneo Horns. The program starts at 8 p.m. in Mitchell Hall auditorium at the University of Delaware. For more information, call 831-2204.

**"BACH TO BACH"** CONCERT at 2:30 p.m. at Longwood Gardens, Kennett Square, Pa. Admission. For more information, call (610) 388-6741.

**BOMBAY HOOK RAPTOR TRIP** sponsored by Brandywine Creek State Park, Wilmington. \$5 fee will be charged. 655-5740.

**BRANAGH FILM FESTIVAL** concludes with "Swan Song" at 7:30 at University of Delaware's Kirkbride Lecture Hall. Free. 831-2791.

**WEST CHESTER UNIVERSITY CONCERT CHOIR** at 3 p.m. at Second Baptist Church located in Wilmington. Fee. For more information, call 478-5921.

**CHAMBER MUSIC CONCERT** 3 p.m. at University of Delaware, Newark. Fee. 831-2204.

**COMMUNITY SHOWCASE PERFORMANCE** 3 p.m. at First and Central Presbyterian Church in Wilmington. Proceeds go toward winners of Twenty-First Annual Delaware Contest for Young Musicians. 366-1968.

**DJ DANCE PARTY** 8 p.m. at Air Transport Command, New Castle. Fee. 1-800-ECOLOGY.

**SINGLES DROP IN SOCIAL** 5 p.m. at Clemente's Ristorante, West Chester. Free. (215) 344-7644.

**"FIESTA DE ARGENTINA"** at Il Cappuccino in Wilmington at 5:30 p.m. Fee. 652-3228.

**"HOT MUSIC FOR A COLD MONTH"** concert at Wilmington Music School at 5 p.m. 654-4094.

**PARENTS WITHOUT PARTNERS OPEN DANCE** 7:30 p.m. at Talleyville Fire Hall. Fee. 998-7258.

**DULCIMER CONCERT** at 1 p.m. See Saturday.

**GEORGE READ II HOUSE** See Friday.

**BILLIONS AND BILLIONS OF SHELLS** See Saturday.

**"SHE STOOPS TO CONQUER"** at 2 p.m. See Friday.

SUNDAY

23

■ January 24

**MUSIC CONCERT** at 7:30 p.m. at Cokesbury Village, Hockessin. Free. 239-2371.

**WONDERFULLY WILD** 10 a.m. at Delaware Museum of Natural History. 658-9111.

**THE ACTOR'S LAB** at O'Friel's Irish Pub. Free. 656-5097

**THE FABULOUS GREASEBAND** at Porky's Dance Club 8:30 p.m. 429-6633.

WEDNESDAY

26

**STEWART COPELAND AND THE RHYTHMATISTS** at 8 p.m.

at Grand Opera House, Market Street, Wilmington. Admission. 658-7897.

**CREATING STUFFED TOPIARY** gardening demonstration at

Longwood Gardens, Kennett Square, Pa. Admission. (610) 388-6741.

**THE NIGHT SKY** 7 p.m. at Brandywine Creek State Park Nature Center, Wilmington. 655-5740.

**"DAS BARBECU"** at 1 p.m. See

Saturday.

**"SHE STOOPS TO CONQUER"** See Friday.

**WONDERFULLY WILD** See Monday.

WINTERTHUR, SWITZERLAND

**STRING QUARTET** will perform

at Loudis Recital Hall at University of Delaware at 8 p.m. Admission.

831-8245.

**FASHION SHOW** by Country Lane

Boutique and Kathy's Gowns at 7:30

p.m. Oxford Masonic Temple, Oxford, Pa. \$3.

**"DAS BARBECU"** See Friday.

**"SHE STOOPS TO CONQUER"** See Friday.

THURSDAY

27

## EXHIBITS

### ■ DELAWARE

**WATERCOLOR PAINTING DISPLAY** of works by Newark artist John Dumel at Newark Municipal Building during the month of January from 8:30 a.m. to 5 p.m. 366-7091

**"RESOLUTIONS & REVOLUTIONS"** at Kaleidoscope Gallery located in Hardcastles Gallery in the Newark Shopping Center. Exhibit runs through January. 368-3084.

**"AT HOME"** photographs of sense of self and the unfolding of everyday life by Catherine Gruver will be on display at Gallery II in Wilmington through February. 736-5304.

**"PAINTINGS"** by Newarker Cathy Raymond will be on display at Gallery I in Wilmington through Jan. 28. 739-5304.

**COMMUNITY QUILT DISPLAY** at Delaware Art Museum in Wilmington through March 31. A community quilt crafted by a variety of community groups. 571-9590.

**QUILT NATIONAL '93** at Delaware Art Museum in Wilmington through February 6. Exhibition celebrates the "art quilt" and innovations in quilt design. 571-9590.

**JURIED MEMBERS' EXHIBITION** with theme "Black and White" presented by Delaware Center for Contemporary Arts through January 30. 656-6466.

**WATERCOLORS BY ANNA B. FRANCIS** of Cochranville, Pa. will be on display at Delaware Center for Horticulture through January 30. 656-6466.

**SMOKEY BEAR MEMORABILIA** on display at

local fire companies from January 26-29. 739-4811.

**"CHIAROSCURO IN BLACK AND WHITE"** exhibition of works and photographs in black and white at Somerville Manning Gallery in Greenville from January 21-February 19. Opening reception Jan. 21 from 5:30 p.m. to 8 p.m. For more information, call 652-0271.

### ■ NEW JERSEY

**CONTEMPORARY GLASS FROM MURANO, ITALY** on display at Wheaton Village in Millville, N.J. January 22 through March 6. Admission. (609) 825-6800.

### ■ PENNSYLVANIA

**"GARDENS OF THE BRANDYWINE VALLEY: THE PHOTOGRAPHS OF GOTTLIEB HAMPFLER"** will be on display January 22 through February 28 at Longwood Gardens, Kennett Square, Pa. (800) 737-5500.

**"WELCOME SPRING"** including colorful bulbs in bloom as refreshing preview to spring will be on display January 22 through April 30 at Longwood Gardens, Kennett Square, Pa. Admission. (800) 737-5500.

**"THE BOOK LOVERS: ILLUSTRATIONS FROM THE COLLECTION"** celebrating and surveying Brandywine River Museum's collection of American illustration, from January 22 through March 13. Admission. (610) 388-2700.

## MEETINGS

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

### ■ January 22

**"RE-INTERPRETING MONTICELLO: A NEW VIEW OF JEFFERSON'S HOME"** slide lecture at 3:30 p.m. at Winterthur on Del. 52. Fee. 888-4600.

### ■ January 24

**"YOUR AGING RELATIVES: HOW FAMILIES CAN HELP"** meeting at St. Philip's Lutheran Church, Kirkwood Highway, at 7:30 p.m. 654-8886.

**"NEW DIRECTIONS"** meeting at 7:15 at Aldersgate United Methodist Church, Concord Pike. 764-0148.

**"U.S. POLICY IN THE NEW WORLD ORDER"** lecture at 7:30 p.m. at Clayton Hall, University of Delaware, Route 896. 831-1463.

**SEPARATED & DIVORCED SUPPORT GROUP** meeting at the Franciscan Center on North Market Street, Wilmington, at 7 p.m. 656-0711.

**"THE UNIVERSE"** by Scott Jackson as part of Monday Night Lecture Series at Mt. Cuba Observatory, at 7:30 p.m. \$2. nonmembers 654-6407.

### ■ January 25

**"GARDENS OF ENGLAND AND SCOTLAND"** lecture at 7:30 p.m. at

Delaware Center for Horticulture, Wilmington. Fee. 658-6262.

**"ABE LINCOLN TALKING ABOUT HIS ALMA MATER"** lecture at Cokesbury Village, Hockessin, at 7:30 p.m. 239-2371.

**"WRITE ON"** eight-week fiction writing course begins at Neumann College at 7 p.m. Fee. (610) 566-5996.

### ■ January 26

**DIABETIC OUTPATIENT** class from 1 p.m. to 3 p.m. at Union Hospital, Elkton, Md. 731-0743 ext. 2612.

**NOON HOUR GRIEF SUPPORT GROUP** meeting at 11:45 a.m. at the

Franciscan Center on North Market Street, Wilmington, at 7 p.m. 656-0711.

**NEWARK WHITE CLAY KIWANIS** dinner & meeting at Holiday Inn on Del. 273 at 6:30 p.m. \$12. 737-6530.

**NEW MEMBER RECEPTION** of New Castle County Chamber of Commerce at 7:30 p.m. at County Commerce Office

Park, Wilmington. 737-4343.

### ■ January 27

**"MINIMIZING PRINTING COSTS AND UNDERSTANDING BULK POSTAL MAILING,"** as part of New Castle County Chamber of Commerce

small business workshop series, at 7:15 a.m. at County Commerce Office Park, Wilmington. 737-4343.

**PARENTS WITHOUT PARTNERS** new member orientation at 8 p.m. at Aldersgate United Methodist Church, Wilmington. 998-7258.

**"COMPUTER SOLUTIONS TO MANAGE YOUR SMALL BUSINESS"** seminar at 1 p.m. at Apple Market Center, Philadelphia. (800) 967-6628.

Answers to Super Crossword

TEXT	STATE	SWORE	PARK
WIRE	TOWAN	CANEA	ISON
ORANGE	YOU	GLAD	YOU
REY	ORLE	ALCK	AGENT
GARD	SIRI	NYR	YEE
ARMADA	BATVA	LEESA	
PAIRA	SURE	AURA	BATH
THRO	PEIM	POSTOR	AGRA
SNOR	ZE	LATE	OGNE
OUNE	CASES	SQUEAK	
GOVERN	PACER	PAUSED	
RACINE	JANIS	MAUI	
ABEY	VAPID	ADDRESS	
PLAN	TIME	SORS	CRIM
TIENN	OVER	ALOE	BITES
ADOTIS	KAZAN	ORIGINE	
BAR	ADIT	MORE	MURR
ROMAN	HOWE	GANT	ALS
EMPLOY	MENT	APPL	EATION
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# Photo exhibit highlights sunken city of Caesarea

If you like the sea but think it is a bit chilly for bathing and scuba gear this time of year, one of the fine museums in our area may have something of interest to you. If you like history of the land and sea — and combinations thereof — the same museum does have something of interest to you.

The museum is at the University of Pennsylvania and the exhibit is "Secrets from an Ancient Sea: Marine Archaeology at Caesarea Maritima, Israel." This new photographic show highlights marine excavations of the 2,000 year old city of Caesarea, once a bustling center for international trade located in what is now Israel.

How different is it exploring under millions of tons of water? According to the University Museum's Pam Kosty, "For a group of marine archaeologists, exploring ship wrecks and submerged cities is not at all that different than working on dry land, except for the addition of scuba tanks and strong currents!" Brave souls to be sure.

Marine archaeology and the excavation at Caesarea are really brought to life in the new "Secrets of the Ancient Sea" at the Sharpe Gallery of the museum. It will be on display through Feb. 20. This exhibit was developed by the University of Colorado and will be moving on after in closes in Philadelphia.

We can follow the marine explorers as they leave their floating base and begin their excavating duties on the sea floor. The divers, with their digging equipment, air tanks, metal detectors, etc., can be seen working on the bottom and

## THE ARTS



By PHIL TOMAN

bringing their treasures to the surface for documentation and evaluation. Some of the artifacts include ceramic ware, oil lamps, leather objects, anchors, coins and animal bones. These objects can provide the explorers, and the visitors to the University Museum, insights into the trade and everyday life at Caesarea in a most interesting way. What more can we ask of a museum than learning and fun?

The city was begun in 21 B. C. by King Herod and complete in 12 years. The show in the Sharpe Gallery gives a superb overview of the history of the ancient city. The city endured long after Herod, some six centuries, becoming a major seaport. In the king's foresight, he had construed the first major artificial harbor in an open sea in order to serve as a breakwater and allow safe passage in and out of the harbor. This plan, which also include a secondary retaining wall, allowed the harbor to be used throughout the year.

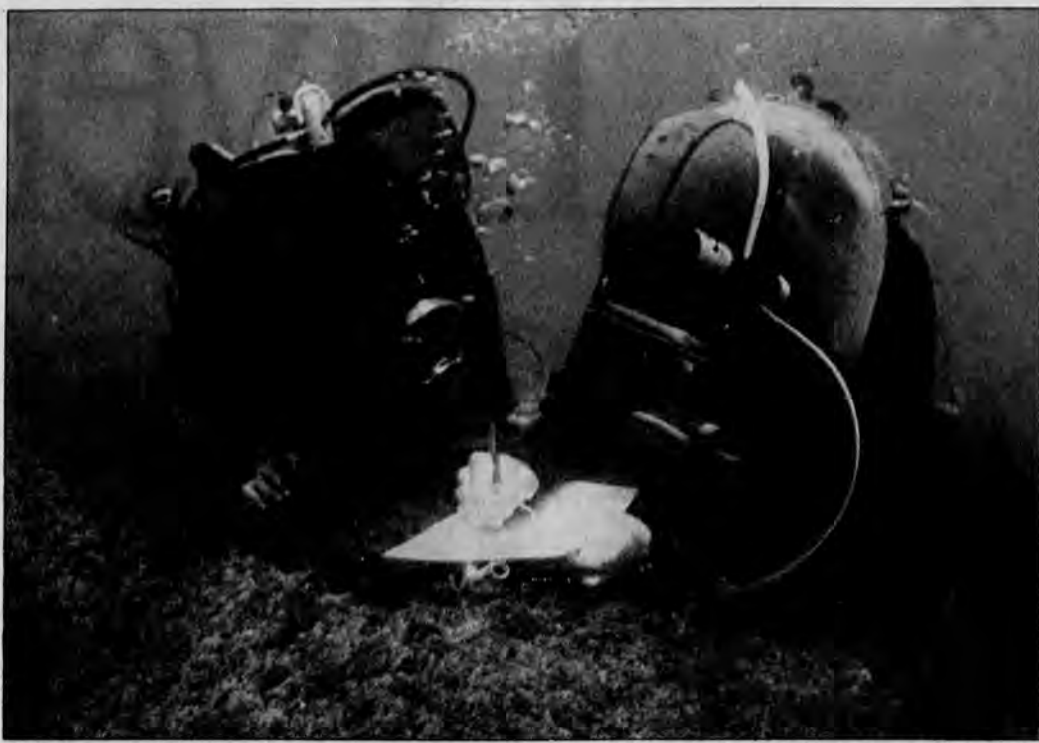
We take such things for granted today, but this port was a marvel in its time. Because of Herod's work, later engineers could construct ports wherever they were needed, with little concern to the natural forces of water. The exhibit has a number of photographs showing the inner and outer basin.

There is a fascinating history to the city. If you don't know it (like me) a trip up to the University Museum will help! I will share just a bit of it with you. After Herod's death the city was absorbed by the

Roman Empire. For the next 600 years Caesarea was the capital of Palestine and for a while became more important than Jerusalem. After the Arabs took over in 641 A. D., the city was used primarily for agricultural purposes and, not realizing the gem that they had, let the harbor deteriorate.

The Crusaders occupied the city from 1101 to 1291. The Egyptian military, the Mameluks, razed Caesarea to make sure western invaders could never again use it. Once the two great barriers were removed, the sea quickly swallowed the city. A settlement of Bosnian Moslems was moved there in 1892 and survived until the creation of Israel in 1948.

Many ages of your family could enjoy this exhibit. There is so much to see and learn. Now, in the middle of the winter doldrums, would be a super time for a family outing. It is very easy to get to the University Museum located at 33rd and Spruce Streets in Philadelphia. If you use either SEPTA or Amtrak, 30th Street Station is a short walk. If you drive, just go up I-95 to I-76. Get off at the Civic Center exit and follow the signs to the Civic Center. Drive by the Civic Center to the next intersection and turn right. You can see the building shortly after your right turn. There is some



Exploring under the sea to find the secrets of the ancient city of Caesarea is the subject of an exhibit in the Sharpe Gallery of the University Museum in Philadelphia through Feb. 20.

on-street parking and plenty of security patrolled parking within a two blocks.

There is much more to see than just this one exhibit there. Plan to have your family spend some time and don't miss their world famous Egyptian exhibit, mummies et al. The University Museum is open Tuesday through Saturday from 10 a.m. to 4:30 p.m. and on Sunday from 1 to 5 p.m. If you need more information, you may call 215-898-4000.

Enjoy!

## Adams enters council race

Republican Erik Adams has announced he will run against incumbent Democratic Chris Roberts for the 6th District New Castle County Council seat.

Adams is a graduate of Delaware Technical & Community College in Mechanical Engineering Technology. He is the co-owner of two small businesses in New Castle.

His first business is Arcadian Design, Ltd., a computer aided drafting and design firm established in 1990. The second is The Delaware Historic Plate Company, an authorized manufacturer of authentic black and white porcelain license plates, established in 1991.

The candidate said he is running to offer "intelligent land management, a sound fiscal policy and an honest representation to the resi-



Adams

denents of the 6th District."

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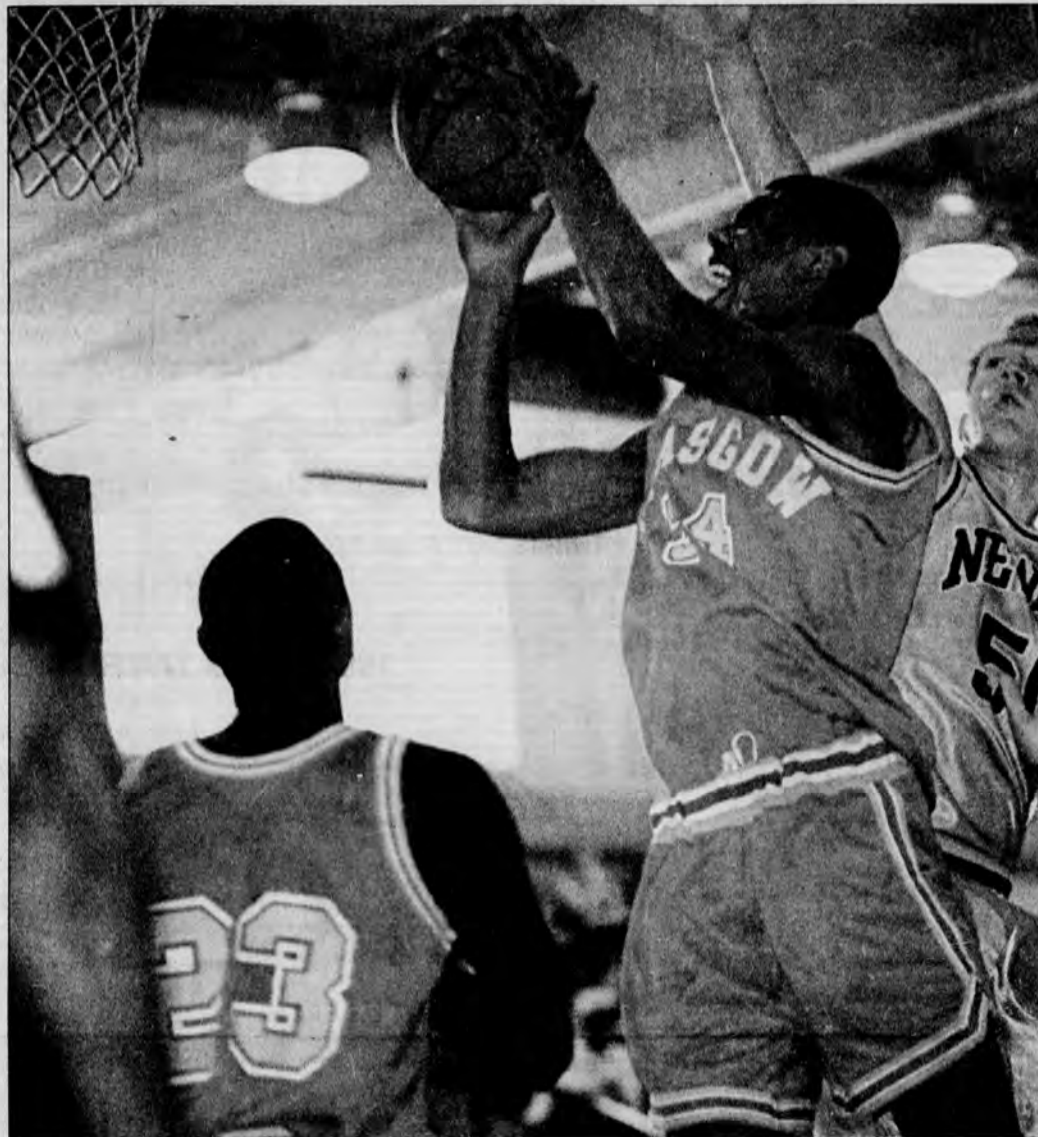
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## Glasgow rallies to nip Newark



PHOTOS SPECIAL TO THE NEWARK POST/ERIC FINE

Glasgow's Taron Richardson powers his way inside for a basket against Newark last Saturday in a Flight A game at Newark High between the Christina District rivals.

*Pressure defense ignites fourth-quarter spurt that pushes Dragons past 'Jackets*

By MARTY VALANIA

NEWARK POST SPORTS EDITOR

It was an opportunity for one team to save its season and the other to, perhaps, make its season.

Glasgow High (4-6 overall, 3-2 Flight A), which had lost six of its last eight games, edged crosstown rival Newark (8-2, 3-1) 70-65 Saturday afternoon at Newark High. The win was the defending state champions first over a team with a winning record and their first in a tight game this season.

The Dragons battled back from a seven-point, fourth-quarter deficit to win the game.

Trailing 51-44 with 7:10 remaining in the game, Glasgow started its rally with a three-point shot by Antoine Haman (19 points). From there the defense took over forcing the Yellowjackets into a stretch where they turned the ball over five times in six trips down floor.

"Everybody turned it up a notch," said Glasgow Coach Don Haman. "It was the determination and sheer hustle of the kids on the defensive end. It became contagious."

A Wayne Richardson steal and layup tied the game 53-53 with 4:55 left in the game. A Corey Curtis (20 points) free throw and another Haman three-pointer put the Dragons ahead 57-53 — a lead they would never relinquish.

"This is a tight game that we finally finished," Haman said.

"It's the first time all year we came out on top of one of these types of games."

Glasgow built the lead to 64-57 with just 1:18 to play in the game but the 'Jackets wouldn't go down easily.

Trailing 66-63 following a Dwayne Pritchett free throw, Newark got a steal from Pritchett, who immediately put up a 14-foot jumper that bounced off the rim. Curtis rebounded the ball for Glasgow and was fouled.

The game wasn't over but that was Newark's last good chance to pull out the game as Curtis hit two free throws and a layup in the last 14 seconds to seal the Glasgow victory.

"When we did have the lead Antoine Haman hit a couple of big three-pointers to bring them back," said Newark Coach Jim Doody. "They also beat us badly on the boards, but that's their game."

Indeed, Glasgow — on the strength of offensive rebounding — had 28 more shot attempts than Newark.

The 'Jackets were also hampered by foul trouble — a situation made worse by the absence of starting guard Jerry Pritchett. Newark outshot the Dragons (23-of-42 compared to 20-of-73) but were outscored 19-14 from the charity stripe and 21-9 from beyond the three-point arc.

Many of Newark's point came inside as senior center Jody Russell notched a game-high 27 points.

See NEWARK, 3B ▶

## Christiana falls to top-ranked William Penn in boys' hoops

*Foul trouble hurts Vikings' chances for win*

By JOHN HOLOWKA

NEWARK POST SPORTS WRITER

NEW CASTLE — When you play with the big boys, you really can't afford to lose your own.

Christiana High lost 6-foot-5 middle man Chris Washington to foul trouble and fell short 87-69 to top-ranked William Penn Thursday evening in a Flight A showdown.

"Washington and (Michael) Winchester gave them headaches first half," said Viking Coach Ron Hollis. "I think the difference in the game was Washington getting into foul trouble in the third quarter. At that point we were giving them a run; when I pulled him out they pulled away."

"He was making them alter their shots. The rest of our kids don't play above the rim like Penn," Hollis said. "With Chris out of there they were uncontested. If he would have stayed in I think it would have been closer."

William Penn led 20-16 after the first period and the Vikings trailed 43-30 starting the third period.

Christiana inched to within 10 points early in the third but was forced into a man-to-man coverage in the middle of the quarter and was outscored 23-13 after Washington went out.

"William Penn is a very good team," Hollis said. "By far, they're one of the best in the state as far as overall talent goes. They have assorted shots, can knock down the three-pointers and are very strong underneath."

"I look at William Penn and when I see they had five players in double figures, I'm very pleased with the performance of our kids. We play consistently hard for the community and for the school. They play their hearts out."

The unbeaten Colonials (12-0, 4-0 Flight A) were led by Lenny Brown, who scored 23 points and grabbed 12 rebounds. Tail Davis netted 17 and Gary Lumpkin added 15 points, five assists and three steals. Myke Terry chipped in with 14 points and Lamar Stewart had 10.

Senior Anthony Laws led No. 8 Christiana (5-5, 2-2) with 17 points, including a pair of three-pointers.

See VIKINGS, 3B ▶



SPECIAL TO THE NEWARK POST/ERIC FINE

Christiana's Damon Bagwell drives to the basket in Vikings' loss to William Penn.

## Remsburg memorial a wonderful tribute

By MARTY VALANIA

NEWARK POST SPORTS EDITOR

Last Friday night's memorial service for Charlie Remsburg was a tremendous tribute to a well-respected and much loved man.

Over 300 people braved miserable weather to hear over a dozen people speak eloquently about the teacher/coach/writer.

The service was held at McCullough Elementary in New Castle. The significance being that McCullough is the former De La Warr High. De La Warr is the place that Remsburg coached, taught and was an administrator in pre-deseg years.

Many players from Remsburg's De La Warr basketball teams were in attendance. The 1969 and 1970 teams won back-to-back state championships



POST GAME

under him. Remsburg is still the only coach in Delaware to accomplish the repeat feat.

Co-workers from the De La Warr days set up the service and were featured speakers.

There were, however, people from all different eras in attendance. There were people of different ethnicities, ages and schools. It was a true testament of how widespread Charlie's respect was.

While everyone's comments were eloquent and emotional, the final speaker may have articulated everyone's feelings best.

The man didn't know Charlie Remsburg. He had seen Charlie at basketball games with his sons, thought he was a good guy, felt bad about his death and decided to attend the memo-

See POST GAME, 3B ▶

## Blue Hens fall twice on road; look to right ship at home

By MARTY VALANIA

NEWARK POST SPORTS EDITOR

University of Delaware men's basketball coach Steve Steinwedel thought it may be an advantage to open the North Atlantic Conference season on the road.

Maybe not.

The Blue Hens fell twice — 85-77 to New Hampshire and 97-84 to Maine — last weekend and now find themselves in the basement of the NAC standings. It was the first time since joining the NAC that Delaware lost consecutive conference games.

"We continued to breakdown," Steinwedel said following the Maine game. "It wasn't the type of defensive effort good enough to beat a good team on the road."

Will the losses hurt the confidence of the young Hens?

"I hope not," said Steinwedel. "Certainly

when you lose a game you want to go into the next game in the right frame of mind. I think [after a week of work] we'll be able to do that."

The good news for the Hens is that they come home for key weekend games with Boston University (Friday, 7:30 p.m.) and Northeastern (Sunday, 1 p.m.).

The Terriers and the Huskies split last weekend's conference games and are 1-1 in league play, a game behind Drexel and Hartford, both of which are 2-0.

Friday's opponent BU (7-5 overall) fell 99-92 to Hartford in double overtime in its NAC opener but bounced back to nip Vermont 90-87 in the second game.

The Terriers finished last in last season's NAC race with a 3-11 league record and a 6-21 overall slate. Already this season, BU has secured more victories than all of last.

One big reason for the turnaround is freshman

See HENS, 3B ▶

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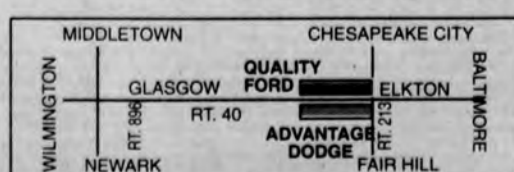
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## ATHLETE OF THE WEEK



LAURIE BROSNAHAN - GLASGOW HIGH

By MARTY VALANIA  
NEWARK POST SPORTS EDITOR

The Glasgow High girls basketball team has championship aspirations this season.

Last week was a key one in the Dragons' drive for a state tournament berth. With junior guard Laurie Brosnahan leading the way, Glasgow notched three wins during the week to improve its record to 8-2 overall, 3-2 in Flight A.

Brosnahan scored 44 points in the three-game stretch.

Glasgow jumped to a 5-0 start on the season but dropped two straight games to Flight A rivals Concord and William Penn. That made last week's three games against Christiana, Brandywine and Newark all that more important if the Dragons were going to retain any championship hopes.

"It was a real good week," said Brosnahan, who led Glasgow in scoring all three games with 15 against Brandywine, 15 versus Christiana and 14 against Newark. "Our intensity was there all week. We knew it had to be if we wanted any shot at the state tournament."

"It was great to come back [after the two losses] with three straight wins."

After several losing campaigns, this year has been a special one for Glasgow.

"It's a lot more fun," said Brosnahan, who is on track to become the first-ever Glasgow athlete to pick up 12 varsity letters. "Practices are even more fun. We work hard and are able to enjoy it. It's not like we're 0-16 and just going through the motions."

## Christiana falls to WP

► VIKINGS, from 1B

Washington scored 12 and Winchester and Damon Bagwell each canned 10 points for the Vikings, who shot only 4-of-14 from the line.

"Anthony Laws is always a key player," said Hollis, noting that the senior guard has been contacted by a number of Division I colleges. "I feel he could play at the Division I level; he's a candidate for all-conference and has all-state potential. Just for comparison, Penn has four players with that potential."

Both teams emptied the benches in the latter stages of the game.

Prince Williams scored eight points, Everett Rogers, Jerry Moore, Chris Gatewood, Alonso

Ross and Clarence Casson each had two points and Ernest Fobbs added a foul shot.

"I cleared it after a bit," said Hollis. "I felt that playing against a good team like William Penn the experience will help later in the season or next year."

Christiana hosts Brandywine Friday and then plays Seaford and Delcastle.

"I suspect we should make the playoffs," Hollis said. "Of the five teams we lost to, no team has more than two losses. We still get points from losing to those teams; it's almost the same as playing lesser opponents and losing points. We only have two returning players, but we're responding to the immaturity."

## Hens to host BU, Northeastern

► HENS, from 1B

forward Tunji Awojobi, who is leading the Terriers in scoring (17.9 points per game) and rebounding (9.1 rebounds per game). Awojobi also leads the entire conference in field goal percentage, hitting at a 60% rate, and blocked shots (2.7 per game). The super frosh is also fourth in the league in steals and ninth in the league in free throw percentage.

Senior guard Dan Delgado, who averaged 10.9 points last season, is also back and sixth in the conference in three-point field goal percentage.

"BU is a very good team," said the Delaware coach. "We're going to have our hands full with both BU and Northeastern."

Northeastern (7-6 overall) edged Vermont 90-89 and fell 62-47 to Hartford last weekend.

The Huskies, preseason favorite to win the NAC, are led by senior guard Anthony Brown who is averaging 19.6 points per game. Seven other returning lettermen were supposed to have Northeastern atop the league standings.

However, Brown's driving layup at the buzzer to beat Vermont and is the only thing keeping Northeastern from being 0-2. The Huskies have been hurt severely by injuries.

Senior center Dan Callahan, a second team All-NAC player last year, is out for the season due to a back injury.

Senior guard Ben Harlee is also out with an ankle injury. Harlee, who averaged 12.4 points per game

## Glasgow girls edge Newark in b-ball

By MARTY VALANIA  
NEWARK POST SPORTS EDITOR

GLASGOW — The Glasgow High girls' basketball team is off to one of its best starts ever.

The Dragons outgunned crosstown rival Newark 39-34 last Friday afternoon in a game that featured scoring sprees by both teams. Glasgow (8-2 overall 3-2 Flight A), however, had one more streak than the 'Jackets.

The win completed a perfect 3-0 week for Glasgow to catapult it back into the Flight A championship hunt.

"It was a great week," said Glasgow Coach Larry Walker. "We beat Christiana, Brandywine and Newark. It really got us back on the winning track."

Leading 25-22 early in the third quarter, Glasgow ran off 10 straight points to apparently take command of the game.

Newark, however, responded with eight straight points to close the quarter down only 35-30.

"We spent the third quarter trying to make up for our poor start after halftime," said Newark's first-year Coach Dave Simpson. "We just treaded water. We had to work so hard just to get back into the game."

Both teams sputtered in the fourth quarter scoring just four points apiece. That was enough for the Dragons, though, as they held on for the win.

"We tried to hold the ball a little bit in that last quarter," Walker

said. "But we really didn't play that well down the stretch."

The first big scoring streak of the game came in the first quarter with the Dragons trailing 4-3. Glasgow ran off seven consecutive points to take a lead.

Newark (4-7, 2-2), as was the case throughout the contest, answered with a 7-0 spurt of its own to tie the game 13-13.

The Dragons responded with eight straight points of their own to go back on top 21-13.

The 'Jackets were able to close the gap to 23-18 at halftime.

Laurie Brosnahan led Glasgow with 14 points while Toni Burke and Chas Friant added eight each. Friant also contributed 18 rebounds. Lakiska Rahming scored five points.

Tyra Webster led Newark with 13 points while Amy Monaghan added nine.

Despite the loss Coach Simpson feels the 'Jackets are headed in the right direction.

"We have some very promising young players," he said. "There's always an adjustment [when a new coach comes in] period. But things have gone very well."

For Glasgow the win is another in a season which is shaping up well.

"So far, we've been putting it together," said Walker. "The two early conference losses will hurt us but I think the Flight A winner will have at least two losses. It's a wide-open year. On any given day I think there are five teams that can beat one another."

## Spartans fall 37-35 to Ursuline in Catholic Conference thriller

By JOHN HOLOWKA  
NEWARK POST SPORTS WRITER

MILLTOWN — As Catholic Conference clashes go, this one was a classic.

St. Mark's rallied from a 22-13 halftime deficit behind a pair of Val Speakman three-pointers in the third period, but top-ranked Ursuline hung on for a 37-35 victory Friday night in girls basketball action.

The Spartans had two chances to upset or tie the Raiders with 48 seconds remaining, but Andrea Beccaria's three-pointer missed bounced off the metal and Ginny Santilli's layup with 25 ticks left rolled harmlessly off the rim.

"It was just an all-around great game," said Spartan Coach John Fiorelli. "Our kids were determined not to be embarrassed. We started off slowly; we're kind of young but our intensity level rose tonight because we were playing Ursuline."

"And when you play Ursuline you have to be ready to play. We were ready (Friday) but we made a few young mistakes and dug ourselves a little hole. I was happy we came back, and if the ball bounces our way at the end it's a different story."

Ursuline (11-1, 3-0 conference) led 8-7 after one period and extended that lead to 22-13 at halftime as the Raider full-court press limited St. Mark's to six second-period points. Ursuline Coach Joe Pennell opted for a man-to-man after the

ed that lead to 22-13 at halftime as the Raider full-court press limited St. Mark's to six second-period points. Ursuline Coach Joe Pennell opted for a man-to-man after the break, however, and the Spartans rallied and trailed 29-27 entering the final quarter.

"We had adjusted and put a bet to set up our offense a bit."

Speakman led Spartans (8-5, 1-1) with 12 points and Santilli added nine and three steals. Liz Stapleford had six points, Allison LaFazia four and Beccaria chipped in with two points.

"I'm real proud," Fiorelli said. "Most of the time I'm proud with them anyway, but (Thursday) they showed real character. What Ursuline makes us do is really focus. We had good practices the last few days and what that does is make you know what to do in all situations."

Santilli pulled St. Mark's to 34-33 with 3:34 left in regulation and Stapleford knotted the game 35-35 with 1:42 to go. Kristin Freeberry was fouled and hit both to give Ursuline the 37-35 lead and the victory.

## Delaware Hawks teams win in ice hockey action

Squirts beat Chester County

The Hawks Squirts beat Chester County 6-0 last Friday at the University of Delaware's Gold Arena.

Mark Stroik led the Hawks with two goals and an assist. Other Hawks' goals were scored by Jared Kranz, Jim Brainard, J. P. Dawson and John Mancuso.

Jeremy Larkin, John Brainard, Bob Crystle and Bill O'Donnell assisted on the goals.

Bantams win two in league play

The Hawks Bantam team picked up another two wins in the Capital Beltway Hockey League last weekend.

The Bantams beat Chevy Chase 12-1 last Saturday.

Keith Collins had a seven-point game with three goals and four assists. Ryan Davis also scored three goals while Jesse Turner and Eric Schurman scored twice each.

Eric Chance and Frank Maier completed the Hawks potent scoring attack.

Patrick McKay had a light day in goal facing only seven shots and saving six.

The Bantams came back Sunday to whip the Cap Boys 11-0 at the Wells Ice Ring in College Park, Md.

Collins led the scoring with four goals. John Neighbors added three goals and two assists. Turner scored twice while Anthony Pales and Maier had one goal each.

Goalie Ross Pugh was perfect in goal, saving all four of the Cap Boys' shots.

## SPARE THOUGHTS

A bowling column contributed by Blue Hen Lanes

Some people start off a new year with a blast, others end the old year with a bang.

Jim Young of Bear chose the latter as he rolled scores of 201, 228 and a perfect 300 game on Dec. 30, while bowling in the Thursday Men's Handicap League.

The 38-year-old Young has, in one way or another, been involved in bowling almost all his life. At the age of eight, Jim and his brothers joined a "Chief Halftown Junior Bowling League" at Doverama Lanes.

While his brothers went on to other endeavors, Jim found himself becoming more and more interested in the sport and credits Mary Novak, his junior coach at the time, as "simply the best bowling coach I ever had."

Mary's dedication to the sport is also evident in that even today, 30 years later, she is still with Doverama Lanes.

During the intervening years, Young has been involved in every facet of bowling. A 10-year former member of the Professional Bowlers Association, Jim's other bowling accomplishments include 300 games during tournaments, although this was his first during sanctioned league competition, games of 299 and a career high 787 series. This year, the 204 average bowler has also recorded high game scores of 242, 259 and 260 as well as high series of 703, 729 and 757.

Currently a successful realtor in Glasgow, Jim once owned a bowling center in North Carolina before moving back to Delaware three years ago.

A golfer during fair weather, Jim now limits his bowling to just the three games a week bowled with his team, the Blisters.

Obviously, he doesn't need to bowl much more than that, with these kind of scores.

## Pro baseball clinic at Bo Manor

Chicago White Sox scout Reggie Lewis has organized a Professional Baseball Skills Clinic to be held at Bohemia Manor, Sat. Jan. 29 from 10 a.m. - 5 p.m.

The clinic work group will consist of approximately 35 professional players and scouts. The agenda will comprise of speaker presentation, demonstration and classroom sessions. All skill and fundamental areas of the game will be covered.

A tee setup will be included for players to gain individual instruction with their hitting. Arrangements are being made to have a fast-pitch softball instructor for girls interested.

The clinic will include door prizes each hour, raffles, a radar

gun and an informational table where players can receive information where to purchase instructional tapes, videos and books to improve skill areas.

Area pro minor league clubs such as the Wilmington Blue Rocks, the Bowie Bay Sox and Frederick Keys will have 1994 schedules and ticket information available.

An equipment display will also be available.

A \$6 admission fee, with benefits going to the Bohemia Manor High athletic department, will be charged.

For directions or more information call (410) 885-2075.

## Newark grapplers fall to A.I. in Blue Hen Conference match

By MARTY VALANIA  
NEWARK POST SPORTS EDITOR

The Newark wrestling team lost nine of 13 bouts and a hard-nosed match to Alexis I. DuPont last Thursday night.

Many of A.I.'s victories came in bouts that could've gone either way — last Wednesday they all went the way of the Tigers.

"[A.I.] was well prepared," said Newark Coach Kevin Martin. "They wrestled well and deserved to win. We've got to win those tight matches. Hopefully, we came out of here with a checklist of things we'll have to work on in practice — things that may turn some of those matches our way."

After winning the first two bouts by decision, the Tigers were in danger of seeing their 6-0 lead being erased quickly by Newark's Mark Lovelace, who had Angel Valentin on his back for much of the 119-pound bout, including the last minute of the third period.

Valentin, almost pinned on several different occasions, fought off Lovelace's furious attempt and finished the six minutes losing a major decision 19-5. The effort left A.I. with a 6-4 lead.

The 125-pound match was certainly one that could've gone either way, but was won by a Tiger.

Newark's Lew Fanny and A.I.'s Ruben Hernandez hooked up in a

see-saw bout that saw both wrestlers hold three leads. Tied 7-7 after three periods, Hernandez finally won with a takedown 40 seconds into the overtime period. The win put A.I. ahead 9-4.

The 130-pound bout pitted Newark's Joe Marra — ranked third in the state by Delaware Wrestling Boosters Association — against Luis Reyes — the state's fifth ranked 130 pounder.

Reyes was the better last Thursday easily decisioning Marra 10-4 to improve the Tigers lead to 12-4.

Andy Manning got Newark back on the winning track with an 8-3 decision over Fauston Gonzalez at 135 to close the gap to 12-7.

At 140 Newark sent another one of the state's top ranked wrestlers to the mat in Justin Cassells (fifth ranked) but, again, another Tiger — Terry Bradshaw this time — came out on top with a 17-11 decision.

Another tight loss, 10-9, by Jerry Milstead at 145 pushed Alexis I. DuPont's lead to 18-7.

Todd Meredith provided Newark with a spark by gaining a fall in the 152 pound match.

"Todd wrestled a good match for us," Martin said. "That was the highlight of the night for us."

Newark's other victory came from Jerry Harrison, the state's fourth ranked wrestler, by pin in the 189 pound match.

## SCUBA INSTRUCTION



Instructing for over 30 YEARS

NEW CLASSES START Feb. 13th at Carpenters Sports Bldg.

998-6357

FIRST STATE SPORTS, INC

NAUI Certified Scuba Instruction

Group or Private Day or Eve Lessons Available

## Glasgow girls hoops' off to good start

► POST GAME, from 1B

rial.

"Take a look around and look at the diversity of the crowd," said the speaker. "All of these people come out in bad weather to pay tribute to this man; he must've been a great person."

"If everyone was like him, the world would be a better place."

Glasgow girls rolling

The Dragons boys' basketball team has received a lot of attention over the past few years; this year

the girls team at Glasgow is quietly having a fine season as well.

The junior-dominated squad is off to an 8-2 start. Last week it won three straight conference games, after dropping its first two, to improve to 3-2 in Flight A.

Defending state champion William Penn leads the Flight A race but Glasgow Coach Larry Walker believes that there are five teams in the league — William Penn, Newark, Christiana, Concord and Glasgow — that could beat each other on any given day.

A state tournament berth is definitely within reach for Glasgow if it

continues this winning pace.

Weather wreaks havoc

This miserable weather has canceled numerous sporting events in the area.

It will be tricky finding time to fit all the events back into the remainder of the winter schedule.

The Christina District schools, because of mid-term exams, had minimal games slated for this week and probably had the least amount of rescheduling to do. That will change if it goes to a mid-term schedule next week.

EATING RIGHT CAN HELP REDUCE THE RISK OF CANCER.

## NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on Tuesday, Feb. 22nd, 1994 at 10:00 A.M. at the Public Storage facility located at 3801 N. DuPont Hwy., New Castle, DE 19720 the personal goods stored therein by the following:

A-128 -- John L. Malone -- Roto-tiller, stereo, kero heater, 2 tires, kid car.  
A-165 -- Maryann Clanton/Sherry Blackson -- Dresser, 2 fans, 8 boxes, bed, h/hold goods.  
A-236 -- Steven Hackett -- VCR, bar, child's seat, rug, 4 boxes.  
B-402 -- William Mosby, Jr. -- Duffle bag, box of clothes, bag.  
C-606 -- Maurice Clark -- 27 Rolls of carpet.  
E-1037 -- Thelton Wallace -- Shovel, rake, crib, bbq, bike.

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Public Storage reserved the right to bid. Sale is subject to adjournment.  
np 1/14, 1/21

# Classifieds

CALL 1-800-220-1230 • BUY • SELL • HELP WANTED • SERVICES • NOTICES

## 100 Items Under \$100

**Craftsman 32" Lawn Sweeper** 3yrs old. \$90. 410 658-9679.

**Lawn Sweeper Craftsman 32"** 3yrs old. \$90. 410 658-9679.

**GE-Dishwasher 26"** Butcher Block top. \$100. 30" Hood w/ fan, tan \$95. Rust up-holstered platform rocker \$50. 410 885-5458 or 410 885-2552.

**Kitchen Set Oak**, brown leather roll chairs, 5 1/4" long, 3 1/4" wide, oval. \$80. 410 287-8725.

**Pot Belly Pig Frog**. All shots & neutered. Male. 410 287-2932 after 4pm.

## ITEMS UNDER \$100

**2 Leaded Stain-Glass Inserts** for cabinets or windows. \$85 ea. b.o. 410 287-2737.

**Vacuum Hoover**, Constellation. All tools \$25. Exc cond. 410 392-5757.

## 101 Announcements

**Adoption** Can provide your new born w/ endless love & opportunities. Financially secure, professional couple, married 6 yrs ready to adopt. Expenses paid. Call Rebecca & Jeff 1 800 538-6545.

## 102 Adoption

**Public Notice** Notice is hereby given that the undersigned will sell at Public Auction on 2/22/94 at 11:30 A.M. at:

**PUBLIC STORAGE**  
425 NEW CHURCHMANS ROAD  
NEW CASTLE, DE 19720

the personal property heretofore stored with the undersigned by:

H-005 - Rose Haines -- 50 boxes and bags  
C-001 - Samuel Shird -- Bunk Bed, Table, Speakers, T.V., chair, sled.

G-025 - Brenda Roane -- 2 end tables, dresser, fan, bed, mirror, chair.

G-021 - Edward Shank -- Dresser, cooler, fan, 4 boxes.

G-011 - William Gurnick -- Water bed, fan, dresser.

E-033 - Means Alarm & Prot.-DTM -- 2 Hair Dryer, dresser, 5 boxes, 3 chairs

E-005 - Benjamin Margerum -- Fridge, 12 boxes, 3 bags

C-152 - Janice Davis -- Bed, coffee table, 1 end table, microwave

B-040 - Larry Johnson -- 1 Bike, 1 bed, too full to completely inventory

C-035 - Melissa Bartell -- Microwave, dresser, sofa, 6 boxes, 4 bags

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Public Storage reserved the right to bid. Sale is subject to adjournment.

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## 116 Lost & Found

**Lost Yellow Lab 1yr old, male.** Port Herman/Hollywood Beach area. Missing since 1/14. Answers to Barney. Reward. 410 885-5754.

## 117 Notices

**Theatre Volunteers Wanted**

• Carpentry/Painting

• Clerical Help

• Running Crews - Costume, props, make-up

Contact The Covered Bridge Theatre 410 287-1037.

## 200 Real Estate Sales

## 210 Houses For Sale

**Elkton-Buckhill 3BR**, rancher, w/family rm, laundry rm, storage rm & shed on lg corner lot. \$99,500. 410 398-9415.

## LEGAL NOTICE

**PUBLIC NOTICE**

Notice is hereby given that the undersigned will sell at Public Auction on 2/22/94 at 1:30 P.M. at:

**PUBLIC STORAGE**

201 BELLEVUE RD.

NEWARK, DE 19713

the personal property heretofore stored with the undersigned by:

F-144 - Leslie Kuhn -- 14 boxes child. books

E-104 - James W. Buchanan -- 2 tires, 1 vacuum, 1 microwave, 1 lamp, 1 bed, 8 boxes

E-032 - Dan Wisniewski -- asst. items

E-021 - Elizabeth Hellman -- 1 TV, 1 fridge, 1 BBQ, 1 roto tiller

C-016 - Ellis Thomas, Jr. -- 1 Heater, 1 stereo, 1 fan, 1 trunk

B-084 - Jason Jackson -- 2 Lamps, 1 recliner, 6 boxes, 1 rod, 1 tackle box, 1 picture

B-012 - Eugene Isaac Cur & Cushion Billiards -- 1 Meat slicer, 2 boxes, 1 counter, 1 S.S. table, 1 sm fridge, 1 mop bucket

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Public Storage reserved the right to bid. Sale is subject to adjournment.

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## 210 Houses For Sale

**TOME REALTY CO.** Real Estate and Appraising Valley View Village. You don't want to miss this one, a lovely remodeled Townhouse, 3 bedrooms, 1 full bath (on second floor, 0.5 bath (on first floor), Kitchen (new cabinets and floor covering), dining area, living room, C/A (new heat pump), Hardwood floors. \$69,900.

Little New York Road- Do you want to help your mother-in-law? Look at this rancher, 3 bedrooms, full bath, country kitchen, living room, den, basement/ includes an attached efficiency with 3 bedrooms, full bath, country kitchen & living room. \$129,900.

Camp Meeting Ground Road- Look at this two story colonial, 2 bedrooms, full bath, country kitchen, living room and family room. Den & built in garage in basement/ includes an efficiency on second floor with 2 bedrooms, full bath, country kitchen & living room. \$129,900.

Howard B Tome, Broker

565 Blige Hwy, Rising Sun,

410 378-3568/ 658-5510

## 222 Retail Space

**Commercial Space** store front w/office space, all utils included in rent. 410 287-2330.

## 230 Houses For Sale

**GOVERNMENT HOMES** from \$1 (u repair) Delinquent tax property. Repossessions. Your area 805 962-8000 ext GH-9045 for current repo list.

**Newark Townhouse** by owner. 2BR, 2 1/2 ba, deck, full bsmt, t/p, all appls. Call 302 656-9384 to see.

**North East-3BR Ranch**, 3yrs old, sm lot in quiet neighborhood on end street. Heat pump w/c/a, full bsmt w/outside entrance, s-door to deck, off eat in kitchen, many extras, mint cond & ready to occupy. Priced to sell at \$82,900. 410 287-2388.

**Rancher-3BR** For sale by owner. 2ba, country kitch, LR, FR, game rm, office, t/p, 3 stall barn of 4 ac. \$137,500. 410 658-6712 after 5pm.

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**Commercial Space** store front w/office space, all utils included in rent. 410 287-2330.

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Retail Space**

**Commercial Space**

<b>262</b> <b>Housing To Share</b> Executive Home - In North East, private bath, house privileges, refs req'd. \$250/mo + 1/3 electric. Call Lonnie at 410 287-6264. 410 398-4044 Place your ad quickly in the Cecil Whig by using our FAX.	<b>272</b> <b>Rooms For Rent</b> Newark Area Lg furnished rm, private lounge area, garage, w/d & kitchen privs. \$90 wk & deposit req'd. Male or female. 302 737-3956. Look to the index on the first page of classified section to find an item easily!	<b>272</b> <b>Rooms For Rent</b> <b>MOTEL ROOMS</b> EFFICIENCY APARTMENTS 410-392-9623 302-658-4191 North East & Elkton. Affordable budget motel units. \$85. No dep req'd. 410 287-9877 or 410 392-9623.	<b>272</b> <b>Rooms For Rent</b> <b>MOTEL ROOMS &amp; EFFICIENCY APARTMENTS</b> ELKTON & WILMINGTON AREAS 410-392-9623 302-658-4191 302-656-7373
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## LEGAL NOTICE

**CITY OF NEWARK DELAWARE COUNCIL MEETING AGENDA**  
January 24, 1994 - 8 P.M.

- SILENT MEDITATION & PLEDGE OF ALLEGIANCE**
- CITY SECRETARY'S MINUTES FOR COUNCIL APPROVAL:**
  - Regular Meeting held January 10, 1994
  - ITEMS NOT FINISHED AT PREVIOUS MEETING:**
    - None
  - RECOMMENDATIONS ON CONTRACTS & BIDS:**
    - None
  - ORDINANCES FOR SECOND READING & PUBLIC HEARING:**
    - None
  - RECOMMENDATIONS FROM THE PLANNING COMMISSION/DEPARTMENT:**
    - None
  - ORDINANCES FOR FIRST READING:**
    - Bill 94-1 -- An Ordinance Amending Ch. 17, Housing & Property Maintenance, By Increasing the Rental Fee for Apartments & Dwelling Units & Providing for a Penalty for Late Payments
    - Bill 94-2 -- An Ordinance Amending Ch. 27, Subdivision & Development Regulations, By Requiring Bicycle Racks in Existing & Proposed Subdivisions
    - Bill 94-3 -- An Ordinance Amending Ch. 20,

Motor Vehicles & Traffic, By Increasing the Fines for Certain Parking Violations if Not Paid Within Thirty Days

D. Bill 94-4 -- An Ordinance Amending Ch. 16, Garbage, Refuse & Weeds, By Providing for the Clearing of Litter from Occupied Property

**8. ITEMS SUBMITTED FOR PUBLISHED AGENCY:**

**A. COUNCIL MEMBERS:** None.

**B. COMMITTEES, BOARDS & COMMISSIONS:**

1. Appointments to Memorial Day Committee - One Year Terms
2. Appointments to Election Board - Districts 1 & 2 - Three Year Terms
3. 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: None.

B. Alderman's Report & Magistrate's Report C. Financial Statement

**\*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 1/21

**300**  
**Merchandise**  
**304**  
**Appliances**  
Washer/Dryer Westinghouse. Good cond, \$125 ea. Call 410 398-8223, after 4pm.  
Washer & Dryer whirlpool, extra heavy duty, excel cond. \$325 pair, \$175 each. 410 287-0371.  
Washer Montgomery Ward's, 7 cycle, heavy duty. \$75. 410 287-5386.  
Christmas Special: Heavy duty w/d, 1yr guarantee, \$119 delivered. 410 398-9282.

## LEGAL NOTICE

**RE: Deadly Weapon**  
I, Terry Cruz residing at, 20 Sandalwood Dr. #10 Newark De. 19713 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.

Terry Cruz  
1-14-94

np 1/21

**320**  
**Firewood, Fuel**  
Square Deal Will cut any length all Oak. You haul pickup load \$45.1 haul locally extra charge. 410 287-8934.

## 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**  
LUIS ZAVALA, (a minor) by and through his natural parents Jose Luis Zavala and Maria T. Aguilar de Zavala PETITIONER(S) TO

LUIS ZAVALA AGUILAR NOTICE IS HEREBY GIVEN that LUIS ZAVALA 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 name to LUIS ZAVALA AGUILAR.

Jose Luis Zavala (father)  
Maria T. Aguilar de Zavala (mother)  
Petitioner(s)

np 1/7, 1/14, 1/21

**322**  
**Furniture**  
Bunk Beds brand new, never been used. Light wood. \$250 or best offer. 410 392-6614 ask for Lynn.

## LEGAL NOTICE

**NOTICE OF TAXI 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 \$38 assembled. 4pc sectional \$438. 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!**  
King Size Bed 4 poster cannon ball style. W/g matching chest of drawers, \$450. Must sell soon 410 378-3512.

**Red's New & Used Furniture**  
1516 Singler Rd. Elkton, MD. New Chest of drawers \$58-\$68, day beds complete \$169, 2 and tables & coffee table \$179, recliner \$169, 3 piece living room suites \$599-\$599, table 2 benches & 2 chairs \$279-\$379, dressers & beds. Used tables & chairs, beds, chest of drawers, dressers, rockers, living room suites & much more. 410 398-7638.

**380**  
**Pets/Livestock**  
**384**  
**Cats**  
2-Kittens Free to good home. Take together or separate. Good w/children. Call 410 287-9115.

## LEGAL NOTICE

**RE: Deadly Weapon**  
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Terry Cruz  
1-14-94

np 1/21

**386**  
**Dogs**  
Lhasa Apso AKC, Champ Bl, female, 8 mo old. Complete w/bed & toys. Moving must sell. 410 287-9489.  
Puppies 7wks, Lab/Chow mix. Free to good home. 410 398-6288.

## LEGAL NOTICE

**RE: Deadly Weapon**  
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Terry Cruz  
1-14-94

np 1/21

**AUTO SERVICE DIRECTORY**

<b>MUFFLERS</b> <b>Jerry's Auto Repair</b> Muffler & Brake Shop 34 BUCKLEY AVE. Rising Sun, MD 21911 410-658-6455 • 658-2121 <b>MUFFLER \$29.50</b> SPECIAL PLUS INSTALLATION	<b>OIL CHANGE</b> <b>OIL CHANGE</b> \$19.95* Includes 5 Quarts, Filter <b>Carpenter's Auto Repair</b> 2558 Augustine Herman Hwy. Chesapeake City, MD 21915 (Across from DMV) 410-885-2260 *Most cars, some may be slightly higher
<b>MOTORCRAFT OIL and OIL FILTER SPECIAL</b> Includes up to 5 quarts of Motorcraft Oil, Motorcraft Oil Filter and installation. Probes and diesel-equipped vehicles higher. Repair Order No. _____ <b>TOTAL SPECIAL PRICE - PARTS and LABOR</b> \$16.98 ANY APPLICABLE TAXES EXTRA	<b>MOTORCRAFT ENGINE TUNE-UP SPECIAL</b> Solid state tune-up includes installation of Motorcraft Spark Plugs; inspection of choke, throttle linkage, spark plug wires and distributor cap; checking of idle speed and timing. Aerostars, Econolines, 3.8L sixes, Platinum plugs and dual plug ignition vehicles higher. <b>TOTAL SPECIAL PRICE - PARTS and LABOR</b> 4 Cylinder 6 Cylinder \$38.00 \$43.00 8 Cylinder \$58.50 ANY APPLICABLE TAXES EXTRA

**QUALITY FORD, INC.**  
560 East Pulaski Hwy.  
ELKTON, MD 21921  
410-398-3600

**TO ADVERTISE IN THIS DIRECTORY CALL JERRY LYNN AT 398-1230**

# Restaurant DIRECTORY

<b>AMERICAN</b> <b>MIRAGE</b> 100 Elkton Road, Newark DE (302) 453-1711 ~ Fine dining is our specialty ~ We cater to business functions Come Enjoy Our Atmosphere...	<b>ITALIAN</b> <b>ROBERTO'S</b> 106 W. Main Street, Elkton MD (410) 392-6003 Dine In OR Dine Out but try our delicious Chicken, Veal & Seafood dishes. - Now Offering FREE Delivery -
---	--

**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

**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, Scramble, Hotcakes & Eggs.  
~ Also serving Lunch & Dinners ~  
5am-6pm, Mon-Sat  
6am-2pm, Sun.

**To advertise your restaurant**  
**Call the Classified Department**  
**410-398-1230**  
**or 1-800-220-1230**

## LEGAL NOTICE

**RE: Deadly Weapon**  
I, Terry Cruz residing at, 20 Sandalwood Dr. #10 Newark De. 19713 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.

Terry Cruz  
1-14-94

np 1/21

## 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**  
LUIS ZAVALA, (a minor) by and through his natural parents Jose Luis Zavala and Maria T. Aguilar de Zavala PETITIONER(S) TO

LUIS ZAVALA AGUILAR NOTICE IS HEREBY GIVEN that LUIS ZAVALA 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 name to LUIS ZAVALA AGUILAR.

Jose Luis Zavala (father)  
Maria T. Aguilar de Zavala (mother)  
Petitioner(s)

np 1/7, 1/14, 1/21

## LEGAL NOTICE

**NOTICE OF DIVORCE ACTION**  
TO: ROBERT R. MORGAN III, Respondent  
FROM: Clerk of Court - Divorce

New Castle County  
MARY R. MORGAN, Petitioner, has brought suit against you for divorce in the Family Court of the State of Delaware for New Castle County in Petition No. 35, 1994. If you do not serve a response to the petition on Petitioner's Attorney RICHARD S. McCANN, ESQ. 94 East Main Street Newark, DE 19711 or the petitioner if unrepresented, and the Court within 20 days after publication of this notice, exclusive of the date of publication, as required by statute, this action will be heard without further notice at Family Court.

np 1/21

## LEGAL NOTICE

**Estate of Joseph Whitney Day, Deceased.**  
Notice is hereby given that Letters Testamentary upon the estate of Joseph Whitney Day who departed this life on the 28th day of November, A.D. 1993, late of Cokesbury Village, 726 Loveville Road, Hockessin, DE 19707, were duly granted unto Heidi D. Assimos on the 28th day of November, A.D. 1993, 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 twenty-eighth day of July, A.D. 1994, or abide by the law in this behalf.

Heidi D. Assimos  
Executrix  
Piet H. vanOgtrop, Esq.  
206 East Delaware Ave.,  
Newark, DE 19711  
np 1/7, 1/14, 1/21

**332**  
**Miscellaneous**  
Electric Stoves 3, 2 washers & 2 dryers from \$100 to \$125 each. Works good. 410 378-2858.  
Exercise Bike Lifestyle Ergo Meter 575. \$150. 410 398-8718.  
Kerosene Heater New Sears, 3300 BTUs. \$75. Fireplace set, \$30. Sofa bed, queen, \$275/b.o. 410 398-9625.  
Ski K-2 160. Slalom 66. Marker 23 binding, metric 44" poles & tote \$175. Ladies Raichle boots rear entry, size 5 1/2, \$150 never used negot. 410 658-6367.  
Steamer Trunk Blue, great for storage/student's rm, \$25. China Hutch-antique, door w/bowed glass, asking \$400. Dry Sink-copper insert, \$200. 410 392-9407.

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Terry Cruz  
1-14-94

np 1/21

## LEGAL NOTICE

**UNION HOSPITAL** is accepting applications for the following positions:

- REGISTERED NURSE**, part-time, Med/Surg. 7 a.m. til 3 p.m. with rotation, including weekends and holidays.
- SCHEDULING CLERK**, for Surgical Services, part-time (24 hrs./wk). Requires 2 yrs. related exp. including knowledge of scheduling and medical terminology, with excellent communication skills and proficiency with Word Perfect 5.1.
- MICROBIOLOGY TECHNOLOGIST**, 1-2 weekends per month, day shift. Must be experienced and ASCP qualified.
- PHLEBOTOMIST**, part-time, hours and days of work will vary. High school graduate with previous phlebotomy experience.
- SPD TECHNICIAN**, part-time (0-16 hrs./wk), responsible for the ordering, distribution, cleaning and sterilization of hospital supplies and equipment. High school graduate, previous experience desired.
- RN**, full-time, Critical Care Unit, 11 p.m.-7 a.m. shift. One year Critical Care required. ACLS preferred.

**UNION HOSPITAL** is dedicated to providing the finest health care to the people of the Northern Bay area through caring and compassionate staff, state-of-the-art service and the most up-to-date equipment and facilities. If you are interested in joining our team, please send your resume or a brief letter of application to:

**UNION HOSPITAL**  
Human Resources Dept.  
106 Bow Street  
Elkton, MD 21921

## LEGAL NOTICE

**EMT**  
With good patient skills and common sense. Starting salary \$7.00/hr. with a 40 hour week. Send copy of cards and resume to:  
**P.O. BOX 65**  
**GALENA, MD 21635**

## LEGAL NOTICE

**EMT**  
With good patient skills and common sense. Starting salary \$7.00/hr. with a 40 hour week. Send copy of cards and resume to:  
**P.O. BOX 65**  
**GALENA, MD 21635**

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With good patient skills and common sense. Starting salary \$7.00/hr. with a 40 hour week. Send copy of cards and resume to:  
**P.O. BOX 65**  
**GALENA, MD 21635**

**PUBLIC AUCTION**  
**MONTHLY CONSIGNMENT SALE**  
FRIDAY, FEB. 4, 1994 • 6:30 PM  
CALVERT GRANGE HALL  
Rt. 273 & Wood Valley Rd., Calvert, MD  
This fine sale will feature antiques, glassware, good furniture, crockery, pottery, tools and any other good saleable items that will be consigned. We are taking consignments for this sale and will charge 15% commission. There will be no buyers premium and you will not have to pay for a bidders number. If you would like to consign your merchandise, please give us a call. We will not accept appliances, tires, paint or any other chemical products or junk. This will be a good sale of reasonable quality or better merchandise.

**TERMS - CASH**  
**UNITED AUCTION**  
W.D. Farmer - Auctioneer  
Elkton, MD • 410-398-3404

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np 1/21

<b>404</b> <b>Childcare Needed</b> Nanny/Housekeeper for 2 sm children. Live-in, exp & refs req'd. Call 302 427-9457 lve mess.	<b>432</b> <b>Miscellaneous</b> BILLING CLERK Challenging opportunity for a billing clerk. Responsibilities include daily billing, credit memos, invoice mailing, filing, and other billing related duties in a computerized environment. If you enjoy a fast-paced, non-smoking environment with a progressive company, please send resume with salary requirements to: Richard Stagliano, VP/Finance, United Electric Supply Company, PO Box 10287, Wilmington DE 19850. Edger Operator & General Laborer. Apply in person corner of Mason Dixon Rd & Cornwall Lane, Peach Bottom PA, 7am-3:30pm. Painter Exp w/knowledge of spray, brush & roll. 410 392-9341 please call after 5pm. Full Time experienced Data Entry Clerk background in AS400 and apparel business systems plus. Salary commensurate with experience. Send resume with salary history to: Flapdoodles, L.L.C., PO Box 1096 Newark, DE 19715 ATTN: Operations Manager NO PHONE CALLS Wesley UM Church is accepting bid for janitorial service. Deadline 1/31/94. 410 392-3031, fax 398-1928.	<b>432</b> <b>Miscellaneous</b> Looking For An Answer For Paying Holiday Bill? Sell Avon for info. 800-428-4138. Cashier Immed opening for friendly reliable person. Must be able to deal with public & count money manually. Apply in person to Parts Plus, Elkton, Rt.40. Customer Service Agent for United Van Lines is seeking a person to assist current customers and sales staff. Requires good written and social skills. Must have knowledge of word perfect. Competitive salary, benefits and pleasant working environment. Send resume to: Park Moving & Storage Co, PO Box 666, Aberdeen, MD 21001.	<b>452</b> <b>Trades</b> Drivers <b>INCREASE YOUR CASH BEHIND THE WHEEL</b> Whether you're a flatbed driver, exp OTR Van driver, or interested in a professional driving career, you can improve your personal financial situation by becoming a driver for J.B. Hunt. Here we offer: • Excellent pay • Training options • Top-notch late model equipment • Full executive style benefits • Much more! Stop by & visit w/our driver recruiter. Spouses are welcome & encouraged to attend. Tuesday, January 25 Meeting Start Promptly at 12pm & 6pm Best Western I-95 Exit 3 Newark, De 1 800 845-2197 If you have a CDL call: 1 800 368-8538 Experienced flatbed drivers call: 1 800 325-1067 J.B. HUNT The best run for the money EOE Subject to drug screen.	<b>452</b> <b>Trades</b> CRANE OPERATOR exp in Boom Trucks, up to 15 ton, conv up to 150 ton. 5yrs exp w/CDL lic. Must pass drug test. Call 302 573-8989. Bring in a Crowd! Advertise your yard/garage sale in the Cecil Whig for just \$10. (4 line ad, 3 days, additional lines \$1 ea). AND if it rains on your sale (1/4" or more), give us a call, we'll run it a second week free! <b>500</b> Business Opportunities \$500 <b>502</b> Business Opportunities <b>IT'S A "GOODIN"</b> After 30yrs in franchise industry, this is only solid business under \$30K I've seen that's not a plaything. Required by Federal law training provided. Limited territories. Call Mr Dix at 404 641-7601. Vending Route Earn a good living, priced to sell quickly. 1 800 284-VEND.	<b>600</b> <b>Professional Services</b> <b>610</b> <b>Bookkeeping &amp; Taxes</b> Taxes Prepared Personal/ small business/residential. Reasonable rates. Pick up & delivery available. Betty Moyers, 302 995-2956.	<b>620</b> <b>Instruction</b> COMPUTER TRAINING All Fields. Individual classes. Secretarial services. Your Place or Our Place. 410 392-6811. <b>638</b> <b>Typing &amp; Resumes</b> Resumes/Tech Documents Mac/Word 5.1. Call between 9am-5pm, 410 287-7856.	<b>800</b> <b>Recreational Vehicles</b> <b>818</b> <b>Power Boats</b> Malibu Comp Ski Boat 1989, 18ft. 350 Merc inboard, custom trailer, mag wheels. Exc cond. Low hrs. MUST SELL \$11,900/b.o. 410 885-2460, evas. Ask for Louis.	<b>850</b> <b>Transportation</b> <b>860</b> <b>Autos Under \$1000</b> 79' Chrysler Cordoba- 360 engine. Runs good, body good. \$300 firm. Call 410 398-2074 anytime. 85' Dodge Charger- 5-spd, runs well, \$1000/b.o. 410 642-2681. Camaro 1977. Runs, needs body work. Best offer. 410 287-6338. Chevy-Camaro 1977. Strong motor but needs little body work. \$900 or best offer. 410 398-3392. Ford Fairmont 1981. 4dr, 6cyl, good cond. \$500. 410 392-6921 after 4pm. Pontiac Firebird 1980. T-tops, parts or whole. Best offer. 302 733-0865. Pontiac Firebird 1981. V6, auto, PS, PB, cruise, am/fm cass. \$700/best offer. 410 398-2518. Rally Sport-Camaro 1979. California body. 410 398-6718. <b>862</b> <b>Autos Under \$5000</b> Chevy-Camaro 228 1985. T-tops, needs a little work. \$2000 or best offer. 410 287-3268.
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For The Best Traction & Handling



**'93 Pontiac Sunbird**  
 4 Door Sedan, 4 Cylinder, Automatic Transmission, Power Steering, Power Brakes, Anti-Lock Brakes, Air Conditioning, GM Program Car, Tilt Steering, VIN#P7528054  
**\$8,999**



**'93 Pontiac Sunbird Convert.**  
 2 Door Convertible, Automatic Transmission, Power Steering, Anti-Lock Brakes, Air Conditioning, Cruise Control, Cassette, Power Trunk, Tilt, Delay Wipers, Tilt Steering, Rear Window Defogger, VIN#P7576965  
**\$16,700**

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For The Best Driving Control



**'93 Buick Skylark Custom**  
 4 Door Sedan, 4 Cylinder, Automatic Transmission, Power Steering, Power Brakes, Anti-Lock Brakes, Air Conditioning, GM Program Car, Tilt Steering, Cruise Control, VIN#PC288593  
**\$10,995**



**'93 Grand Prix SE Coupe**  
 2 Door Coupe, V6, Automatic Transmission, Power Steering, Power Anti-Lock Brakes, Cruise, Air Conditioning, AM/FM Stereo/Cassette, 6 Speaker Performance Sound, Power Seat, Power Windows, Power Trunk, Power Antenna, Tilt Steering, VIN#PF314389  
**\$16,726**



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## Car Dealer Directory

Contact one of these new or used car dealers today!

<b>Buick</b> <b>ANCHOR</b> Pontiac & Buick 123 Bridge St. Elkton, MD 410-398-0700	<b>Ford</b> <b>BAYSHORE</b> 4003 N. DuPont Highway Route 13 at I-495 800-241-6644 NO HASSLE - LOW PRICES LARGE SELECTION	<b>Honda</b>  <b>Colonial HONDA</b> RT 40 & 222 - PERRYVILLE 642-2433/DE. 453-9175 Mon-Thurs 9-9/Fri 9-8/Sat. 9-5 #1 In Service-4 Years in a row!	<b>Pontiac</b> <b>PINNO</b> Oxford, PA 610-932-2892
<b>PINNO</b> Oxford, PA 610-932-2892	<b>CARMAN FORD</b> 193 S. Dupont Hwy New Castle, DE 19720 Taurus • F-Series • Escort • Mustang • Probe (302)323-FORD	<b>Lincoln-Mercury</b> <b>CARMAN</b> LINCOLN-MERCURY 3420 Kirkwood Hwy Wilm. DE 19808 Continental • Town Car • Villager • Sable (302)995-2222	<b>Subaru</b> <b>MATT SLAP</b> SUBARU, Inc. 255 E. Cleveland Ave. Newark, DE 302-453-9900
<b>Chevrolet</b> <b>JEFF D'AMBROSIO</b> Rt. 272 & Old Baltimore Pike Nottingham, PA 610-932-9090 For Fax Quotes 610-932-0411	<b>McCoy Motors</b> 1233 Telegraph Rd. Rising Sun 410-658-4801 410-642-6700	<b>Lincoln-Mercury</b> <b>CARMAN</b> LINCOLN-MERCURY 3420 Kirkwood Hwy Wilm. DE 19808 Continental • Town Car • Villager • Sable (302)995-2222	<b>Toyota</b> <b>NEWARK TOYOTA</b> 1344 Marrows Rd., Newark 302-368-6262 <b>USED CARS</b> No Credit Bad Credit No Problem! Newark Toyota Import Outlet
<b>WILLIAMS CHEVROLET</b> 208 W. Main St., Elkton, MD 410-398-4500	<b>JEFF D'AMBROSIO</b> Rt. 272 & Old Baltimore Pike Nottingham, PA 610-932-9090 For Fax Quotes 610-932-0411	<b>McCoy Motors</b> 1233 Telegraph Rd. Rising Sun 410-658-4801 410-642-6700	<b>Volksvagen</b> <b>SMITH VOLKSWAGEN, LTD.</b> 4304 Kirkwood Highway, WILMINGTON, DE 302-998-0131
<b>Dodge</b> <b>ADVANTAGE</b> Dodge-Chrysler-Plymouth 503 E. Pulaski Hwy. Elkton, MD 1-800-394-2277	<b>WILLIAMS CHEVROLET</b> 208 W. Main St., Elkton, MD 410-398-4500	<b>Nissan</b> <b>Alderman</b> 2317 N. DuPont Highway Rt. 13 btwn I-295 & I-495 (302) 652-3200 SAVINGS & SATISFACTION	<b>To advertise in this directory call Jerry Lynn 398-1230 1-800-220-1230</b>
<b>RITTENHOUSE MOTORS</b> 250 Elkton Rd. 410-368-9107	<b>BAYSHORE AUTO, Inc.</b> West end of High St. 398-7770 800-255-7770	<b>Oldsmobile</b> <b>JEFF D'AMBROSIO</b> Rt. 272 & Old Baltimore Pike Nottingham, PA 610-932-9090 For Fax Quotes 610-932-0411	
<b>STURGILL</b> Chrysler-Plymouth-Dodge U.S. Rt. 1 Conowingo, MD 1-800-675-6907 410-378-3131	<b>JEFF D'AMBROSIO</b> Rt. 272 & Old Baltimore Pike Nottingham, PA 610-932-9090 For Fax Quotes 610-932-0411	<b>BAYSHORE AUTO, Inc.</b> West end of High St. 398-7770 800-255-7770	



738-6161  
 Newark, DE

**SATURDAY SERVICE!**  
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<b>'94 TRANSPORT</b> FULLY EQUIPPED, 7 PASSENGER STK#11079  <div style="text-align: right;">                         LIST NUCAR REBATE \$22,066                          FACTORY REBATE \$1,175                          \$20,891  <b>*YOUR PRICE \$20,411</b> </div>	<b>'94 BONNEVILLE SE</b> ABS, DUAL AIR BAGS STK#11101  <div style="text-align: right;">                         LIST NUCAR REBATE \$21,797                          FACTORY REBATE \$1,505                          \$20,292  <b>*YOUR PRICE \$19,452</b> </div>
<b>'94 GRAND AM SE COUPE</b> A/C, ABS, AIR BAG STK#11044  <div style="text-align: right;">                         LIST NUCAR REBATE \$14,144                          FACTORY REBATE \$500                          \$13,644  <b>*YOUR PRICE \$12,999</b> </div>	<b>'94 SUNBIRD LE COUPE</b> A/C, 5 SPEED, ABS STK#10792  <div style="text-align: right;">                         LIST NUCAR REBATE \$11,463                          FACTORY REBATE \$564                          UNDER 30 REBATE \$400                          \$10,503  <b>*YOUR PRICE \$9,999</b> </div>

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'89 CHEVY S10 BLAZER STK#13038 \$6,995	'92 GEO TRACKER STK#11082A \$9,495
'92 SATURN SL2 4DR STK#11121A \$11,995	'99 PLYMOUTH SUNDANCE STK#10965A \$3,995
'89 PLYMOUTH VOYAGER STK#10955A \$7,995	'91 CHEVY CAMARO RS STK#10871A \$8,495
'92 PONTIAC GRAND AM SE STK#1301 \$11,695	'89 PONTIAC FORMULA STK#1305 \$7,995
'86 OLDS CALAIS 4DR STK#1365B \$2,995	'84 DODGE 600 4DR STK#11126F \$1,995

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862 Autos Under \$5000	862 Autos Under \$5000	862 Autos Under \$5000	862 Autos Under \$5000	864 Autos Over \$5000	868 Four Wheel Drive
Cadillac Cimarron 1988. PW, PS, PL, MD insp'd. new paint, new crank, dark blue. \$3500. 410 658-2068 or 658-6928.	Ford F150 1981, auto, a/c, cap, V8. Only 68k original miles. \$2800 or best offer. 302 994-1068. <i>Find it fast by checking our index on the first page of classified!</i>	Chevy Celebrity Wagon 1984. 4cyl, auto, a/c, am/fm stereo, power bench seat, PL, rear pop up 3rd seat, clean/out, 84k. Must sell. \$1195/Best offer. 410 398-9107 ask for Jeff.	Olds Toronado 1984. 307 CID, full power, nice car. \$1695/best offer. 410 392-6743 after 4pm.	'90 Ford F250 4x4. Exc cond, low mileage, new tires, rims, auto alarm. Asking \$12,000/obo. 410 658-2531.	Ford F150 4X4 1988. New paint. \$6995 firm. 410 885-5052.
			Plymouth Scamp 1974 hard top, 34K slant 6 auto, soon to be antique. \$2500. 410 398-7998.	Dodge Daytona, 1989. Fully loaded. Auto, 1-top. Exc cond. Asking \$7100. 410 275-8847 10:30am-8pm.	Ford XLT 150 PU 1987. 4X4, auto, cruise control, 1 owner. \$4995. 302 836-5358.
			Pontiac 6000 1989. 4 Front wheel drive, 4 dr, auto, a/c, am/fm cass, 2.5, 4 cyl, economical, cloth interior, exc cond. \$4995. 410 658-3817 afternoon & evens.	Dodge Dynasty 1992. Like new, loaded, 7,000K. \$10,600. 410 398-9628.	GMC Sierra Suburban 1988. 4x4, fully loaded, 70k miles, exc shape. \$9500 or best offer, must sell. 410 392-2468.
			Porsche 924 1979. Excellent cond, 55K original miles. \$4000/best offer. 410 398-4421.	RS-Camaro 1991. Red, V8, tinted windows, alarm system, am/fm stereo, loaded, new tires, will inspect, must see. \$10,500. 410 939-0639.	GMC Suburban 1988. 4 whl drive, loaded, exc cond. \$12,500. 410 398-4853 after 5pm.
			<b>864 Autos Over \$5000</b>	<b>866 Autos-Antiques</b>	<b>872 Pickups</b>
			'90' Acura Legend- Automatic, a/c, sunroof, garage kept. \$14,900. 302 421-3264, or 410 885-3533.	Chevy-Camaro 1969. Z28 body style. A/C, 350 w/2 speed Power Glide, 80% complete, running. \$3500. 410 398-4767.	Jeep Cherokee 1983. 4X4, auto, a/c, PW, PB, 6cyl eng has 16,600 miles. \$2900. 410 398-8119 please call after 6:30pm.
			'92' Dodge Dakota- V6, Maroon, auto am/fm cassette. 32k mi. \$10,000. 410 642-0124.	Ford Mustang 1968. Fast back, turquoise, 80% restored, runs great. Best offer. 410 287-6374.	Jeep Wrangler 1991. Red w/ tan top, 35K, CD player, great shape. Take over payments. 410 398-4438 after 5pm.
			Chevy Camaro RS, 1990. 305, auto w/CD, air, p/s, p/b, mirrors, rear window defrost, am/fm stereo cass, tint windows, tilt, cruise. \$8195. Call 410 392-3397.	Pantera De Tomosa 1971 By Ford, 351 Clev., ZF 5spd, 36,000 org miles, nice stock condition, yellow with black leather interior, pw, A/C, am/fm. Runs & looks great. \$28,500, trade or best offer. 410 592-6680.	
			Chrysler-Conquest TSI 1988. Asking \$5000. 410 658-4977 after 5:30pm.		

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715  
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I will videotape your birthday party. \$5. Have references. Weddings, graduations also. Within 30 miles of Elkton. Call Bob, 410 392-6928, anytime.

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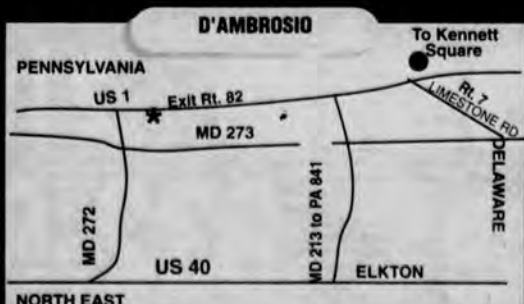
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steering, Cruise  
control, AM/FM  
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bag, Center console,  
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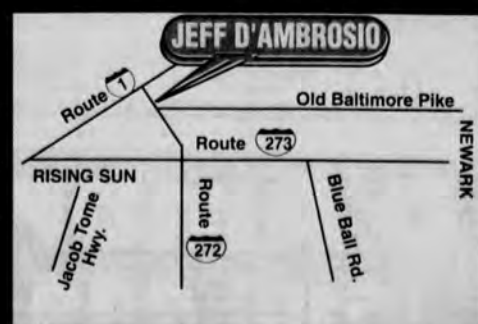
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Dr. Suri has practiced medicine in India, Canada and the United States, recently completing a two-year fellowship in Medical Oncology at the Hershey Medical Center. Dr. Suri is Board Certified in Internal Medicine and is pursuing Board Certification in Medical Oncology. Most insurances accepted.

# Pulse 1994

## Special Weight Loss Edition

### Trying to slim down for spring?

Read about Lorrie Fitzgerald of Elkton on page 3. She's walking her way to health.

For tips on eating, see pages 6 and 7 and get help from a professional dietitian.

Trying to trim the fat out of your diet? Get help from a butcher! See page 13.

Curious about food addictions and compulsive eating? Read about Overeaters Anonymous on page 5.

Need a little more motivation to exercise? Read articles on pages 4 and 10. Serious eating disorders are explained by a psychologist on page 9.

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Special Sections Editor: Wendy Hiester Gilbert

## ON THE COVER

Lorrie Fitzgerald of Elkton gazes at the future in a mirror. See her inspiring story on page 3.

Cecil Whig photographer Deny Howeth slimmed her reflection by computer enhancement.

Cover design: Deny Howeth and Janice Rash.



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# Walking down weight loss lane

## COVER STORY

By Wendy Hiester Gilbert  
Special Sections Editor

At 59, Lorrie Fitzgerald of Elkton, is overcoming a life time of miserable dieting habits. She's well on her way to permanent weight loss and for the first time, is enjoying the benefits of continuing weight loss.

She began a physician-monitored behavior modification program a year ago, following a stroke.

"I've been fighting the battle of the bulge for 20 years without too much success. I've been through them all. I've probably tried everybody's diet," Fitzgerald declared. None of them produced the results that she achieved in 1993—the loss of 37 1/2 pounds.

She'll be the first one to tell you, that at 5 feet 2 inches and around 200 pounds, she's not reached her goal, but the continual progress is a great motiva-

tor.

"It's great to go the doctor's and they're happy even if I've lost a few ounces," Fitzgerald said.

She takes a half-hour walk in the morning and another in the evening, usually five days a week.

The walks have helped her drop a dress size and have improved more than her waistline. "I just love walking," she said while strolling down Elkton's breezy Main Street last week.

She enjoys watching nature work its magic on the flowers and trees in the neighborhoods around her home.

Drinking in the fresh air and sunshine, she says she feels 20 years younger.

Exercise and a healthier diet and approach to food are keys to her success.

"Actually, I'm on a very high carbohydrate diet. That surprised the hell out of me."

Like many, Fitzgerald's former dieting experiences were often comprised of low carbohydrate, high protein foods.

Now she's instructed to eat six to 8 slices of bread each day as well as other starches. Meats (all kinds) are limited to

just a few ounces a day and are used more as flavoring for other foods.

"Mainly, I've changed the way I used to cook," Fitzgerald said. Gone are the fried foods, butter and gravies of the past. She uses lots of spices, which makes the salt (which aggravates her blood pressure) easier to live without.

She talked about comfort foods, too; things like her own spaghetti and meatballs and real ice cream. "Eating is a vicious cycle. You eat, you get fat. You don't like what you see. You get depressed. You eat more.

"It's really hard."

Once her emotional trigger foods were found, she simply eliminated them. She stopped mothering herself.

"I realize there are other things I can do in my life besides eat all the time."

She's mapped out a plan and will be returning to college to study computers at Cecil Community College's continuing education center very soon.

Her third floor apartment adds a little extra to her walking program. "I can beat my 50-year-old brother up the stairs!"

She'll admit he smokes, but doesn't relinquish pride in the accomplishment.

She volunteers at the Cecil County Arts Council and paints watercolors. Fitzgerald said, "After all, I can't sit in my house and watch 'The Price is Right' forever!"



Lorrie Fitzgerald of Elkton enjoys a walk.

By 11 a.m., Betty Meyer will be home to check on Goldie and the puppies.



Betty has cancer, but you'd never know it from the pace she keeps. She gets the care she needs and still has time for all the loves of her life, like breeding and showing her treasured Golden Retrievers.

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## Why don't you exercise? The president wants to know

By LAUREN NEERGAARD  
Associated Press Writer

WASHINGTON — Americans know they need to exercise more for good health. But a new survey shows they have no intention of doing it.

They're "too tired, too lazy too busy," said Phillip Wiethorn of the President's Council on Physical Fitness and Sports.

"Exercise has to be a habit not, 'Maybe I'll do it this week.' We don't say, 'Maybe I'll brush my teeth this week.'"

President Clinton asked the council to find ways to get Americans off their couches and moving around. But first, it had to figure out why so many adults—an estimated 60 percent—are sedentary.

So it surveyed 1,018 sedentary Americans last month and found they do have time for some physical fitness—they just don't believe they do.

Sixty-four percent of those polled said they would like to exercise more because they know it's healthy, but say they can't find the time. They said they had fewer than 10 hours of leisure time every week.

But 84 percent watch television at least three hours a week, meaning they have time for physical activity but are too lazy or prefer television, the survey concluded.

And 41 percent said they weren't likely to improve anytime soon.

Regular exercise lowers cholesterol and blood pressure and helps thwart heart disease and other illnesses. Nobody knows how much disease a sedentary lifestyle actually causes, but the Centers for Disease Control and Prevention estimates that the nation spends \$5.7 billion annually in medical

care and lost productivity for sedentary people with heart disease alone.

Yet adults need just 30 minutes of moderate exercise, anything from walking to yard work, five days a week for better health. And that 30 minutes can be accumulated through the day, 10 minutes here and 15 there.

"People don't realize that. It can be easy to get," Wiethorn said. "And it's got to be fun because nobody's going to sign up for pain."

Some people won't sign up regardless, the survey found. Thirty percent of those polled said they would exercise more if they had a fitness center at their workplace. Seventeen percent said they probably would. But 42 percent said it wouldn't change anything.

If employers offered to pay for a gym membership or fitness class, 36 percent said they'd exercise more and 15 percent said they probably would. But 38 percent said, again, it made no difference.

Most disturbing, Wiethorn said, was that most of these sedentary people were under age 45. A fifth were ages 18 to 29, and 32 percent were 30 to 44. Nearly half had attended college.

Encouragement from spouses, boyfriends and girlfriends and doctors does motivate sedentary adults to exercise a little more, the survey found.

Armed with this information, the president's council will spend two days this week meeting with exercise experts, doctors, even fitness counselors and YMCA workers to come up with ways to make Americans exercise more.

They'll forward the recommendations to President Clinton and Health and Human Services Secretary Donna Shalala later this month.

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# THE O.A. WAY

Help for compulsive eaters available at Union Hosp.

By Wendy Hiestler Gilbert  
Special Sections Editor

**C**ecil County's Overeaters Anonymous group meets every Friday night at 7 at Union Hospital.

"The problem is food is taking over our lives," a member explained in a telephone interview.

No Cecil Whig writer was permitted to attend a meeting. As in Alcoholics Anonymous, anonymity is a serious consideration.

O.A. is not a diet club, its members are not so much concerned about losing or maintaining weight loss, but about abstaining from compulsive eating.

"When I came in, I was well over 200 pounds and heading up. I was preoccupied with food, with dieting.... This (O.A.) is like a miracle in my life. I would pass for normal," she said.

Through O.A., members like her learn about the causes of their compulsive eating. And about food addictions so serious as to threaten, in some cases, their very lives.

While O.A. takes no stands on any kind of dietary regulation, the member said she strongly suspects food addiction.

"Certain people appear to have an attraction to certain foods," she said.

Some common food addictions include: sugar, fat, butter, wheat and refined flour and salt.

The O.A. spokeswoman said that sugar and fat can be especially addictive.

Often these addictions occur in combination. A perfect example of a fat and salt addiction: potato chips. No one can eat just one.

Processed foods are a real problem

for some. The O.A. member said she used to "circle the cookie jar until it emptied."

How are your personal food addictions discovered?

"You get honest. There's no big secret to discovering what your food addictions are. The bottom line is what is the component of the thing that makes you hungrier not full."

Although she did not disclose her exact food addictions, she did describe how her husband could eat half a piece of cake and say he was full. "I can get my fill of broccoli, but I can never get full of cake."

Indeed Overeaters Anonymous' focus is not on weight control. It is on overcoming compulsive overeating.

Patterned after Alcoholics Anonymous, O.A. features an adapted 12-step program and similar philosophy.

An Overeaters Anonymous group meets in the second floor conference room at Union Hospital on Friday nights.

## Number of people with high blood pressure declining in U.S.

CLEARWATER, Fla. (AP)—The number of Americans with high blood pressure fell to 50 million from 63.6 million in the last 10 years, according to the American Heart Association.

The report also estimated that 2.2 million American children ages 12-17 smoke cigarettes, and 9 million children under age 5 live with a smoker.

Part of the decline in the number of people with high blood pressure may be due to better survey techniques, but much of it is likely due to healthier lifestyles, researchers said.

That includes better weight control, more exercise, reduced salt in the diet and less smoking, the heart association said.



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## Learning to live with yourself Dietitians can lead the way

By Wendy Hiester Gilbert  
Special Sections Editor

**D**o general diet plans and weight loss information seem too far off the map for you? Perhaps you need the personal touch of a registered dietitian

Union Hospital's Chris Haar can help.

Although many of her clients are physician-referred with medical problems such as diabetes, high cholesterol and the like, if you're looking for a little help, consider her office.

"I don't look at the weight loss per se," Haar said. "The scale is a very poor indicator of success."

A healthier and more active lifestyle inevitably leads to putting on muscle and losing fat — "the scale doesn't do anything."

People looking for rapid scale-needle movement often resort to quick weight loss schemes which Haar says often promote muscle loss and dehydration.

The evidence is mounting that the key to permanent weight loss is a combination of regular exercise and a lowfat diet.

"There really isn't any magic to it,"

says Haar.

Some of the most important parts of Haar's counseling include:

### ♦ Goal setting

"Set a reasonable goal. You're not going to change everything at once," Haar says.

"If you've never walked before, start with 5 minutes a day. People go with an all



Christine Haar

or nothing approach, but success is always based on meeting goals," she believes.

Haar recommends patients start by overhauling one meal at a time. Switch from bacon and eggs to cereal and skim milk at breakfast. "If you usually eat three doughnuts, try one doughnut."

### ♦ Flexibility

By talking to a dietitian about what you really eat and how you eat, you can make your important (traditional?) foods part of a healthy diet.

### ♦ Step by Step

"Don't be hungry ever. Because you binge otherwise," cautions Haar. She recommends eating three meals plus three snacks a day. A grazing approach.

## Resources

"The Exercise Habit" (author's name unavailable)

"Now That You've Lost It" by Joyce D. Nash, Ph.D.

"Maximize Your Body Potential" by Joyce D. Nash, Ph.D.

"Lean and Luscious and Meatless" by Bobbie Hinner and Mickie Snyder. And the Lean and Luscious series

"Controlling Your Fat Tooth" by Joseph C. Piscatella

"Eat More, Weigh Less" Dean Ornish

"Cooking Light" and "Eating Well" magazines

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# Learning to eat again

By Wendy Hiestler Gilbert  
Special Sections Editor

**A**ppetite control is a profitable business in this country. Lack of it is the reason many people say they are overweight. They overeat because they are always hungry, they say.

In fact, they might be thirsty.

Or eating "good foods" instead of the "bad food" they really want.

Or eating food just because it's there.

Or even eating food because of a television commercial.

Or eating so fast their brain doesn't have a chance to tell them they are full.

Or they are so out of touch with their true hunger signals that they eat constantly, never really achieving a true hunger signal.

Chris Haar, a registered dietitian a Union Hospital in Elkton and a teacher at the University of Delaware, teaches about two important food signals and how to respond to them.

## Humming Foods

"These are something you would get in the car to go and get.

"We should always try to satisfy

our humming cravings," Haar says.

What about the craving for a triple fudge sundae?

Haar said that sometimes these cravings can be redirected or substituted. If what you really want is chocolate, perhaps a cup of hot cocoa will do.

A pretzel has salt to satisfy that craving without the fat of a potato chip. Or perhaps a small candy bar will do the trick, rather than polishing off an entire bag.

The problem with not responding to a Hummer Craving is "you eat everything in the house and you still want the doughnut."

## Beckoning Foods

These are external food cues.

It happens every time. A steaming hot pizza commercial is followed by rotisserie chicken, followed by gourmet ice cream cones. The next thing you know, you're pushing buttons on the microwave. Before the show returns to the air, your 800 calories deep in a post-dinner snack?

Other beckoning foods can be found in the candy dishes and cookie jars of life.

These are the kind of foods eaten out of boredom, automatically.

(See *Learning to Eat* page XX.)

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# Seasoning Your Vegetables

By Wendy Hiestler Gilbert  
Special Sections Editor

Consider blending your own combinations of herbs, spices and vegetable powders to go with commercial no-salt blends.

When purchasing commercial "peppers," check for sodium content. Some have far more salt than pepper.

Don't know what herb goes with what veggie? Try some of these:

Toss ASPARAGUS with fresh lemon juice.



BEANS enjoy a garlicky vinaigrette.

Bake BEETS with raspberry, red wine or apple cider vinegars or season with coriander, caraway, fresh chives or oranges.

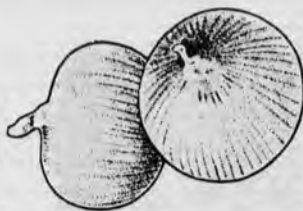
Season BROCCOLI with basil, celery seed, dill, garlic, lemon, marjoram, mustard, tarragon or thyme.

Cancer prevention cruciferous vegetables like BRUSSELS SPROUTS can be braised with chicken stock.

CABBAGE flavors are compatible



with ginger, nutmeg,



onion, sage, chile, dill, as well as vinegars and wines.

For a change of pace sprinkle CARROTS with cumin, tarragon,



chervil, anise, cinnamon or cloves. Mint, orange and parsley and maple syrup add pizzazz.

Cheeses aren't CAULIFLOWER's only friend. Try capers, caraway seeds, cumin, curry powder and savory.



CELERY can be simmered in a beef stock or seasoned with cilantro, cardamon, tarragon, thyme, rosemary, dill or a drizzle of sesame oil.



Just when you think it's impossible to eat SWEET CORN without butter and salt, experiment with: basil, chile, fresh minced chives, cilantro, cumin, saffron, nutmeg, sage, thyme, crushed mint and lime.

Bake EGGPLANT if you need to skip the normal salting.

MUSHROOMS can be baked in broth and sherry instead of smothered in butter. Garlic, lemon, parsley and olive oil are great complements. And do try varieties like shitake, matsu-

take, chanterelle and morel.

Pair PARSNIPS with tart apples, ground nutmeg and coriander.

Mint's not the only way to perk up your PEAS. Season with any of the following: basil, dill, lemon, parsley, nutmeg, savory, shallot, tarragon and thyme.



PEPPERS are a girl's best friend. Roast them for a smooth, flavorful and very '90s sauce.

Flavor POTATOES with non-fat sour cream or yogurt.

Mash them with garlic, pepper and skim milk.

Season with onion, parsley, rosemary, tarragon, fennel, garlic, dill, cilantro, chives, cardamon and cayenne pepper.

SWEET POTATOES are complemented by cardamon, ginger and maple syrup.

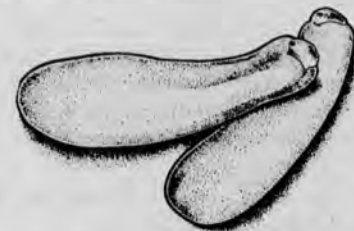


Sometimes fresh ground pepper and fresh lemon is all you need for SPINACH.

Parmesan cheese, dill, garlic, onion, mint, nutmeg, shallots and rosemary are great too.

Delicate SUMMER SQUASHES enjoy garden seasonings like basil, black pepper, tarragon, cilantro, chives and parsley. Heartier WINTER SQUASHES can take the heavier flavors of honey, mace, nutmeg, clove, curry and cardamon.

You never go wrong by seasoning TOMATOES with



basil, oregano, parsley and pepper. Add a little garlic and Parmesan cheese and you've got classic good taste. Try bay leaf, rosemary, savory, thyme, tarragon and chile pepper too.

Cook your ZUCCHINIS quickly in fresh garden herbs or stuff with thyme or basil.



According to some cooks, oregano and parsley are practically universal herbs. Grow it yourself and use it all year.

For information on these and more exotic herbs and spices, contact Cecil County's only herb farmers, Bill and Ann Stubbs, at Sinking Springs Herb Farm, Chesapeake City, 392-5740.



## Learning to eat, continued

(Continued from page 6)

These are the kind of foods eaten out of boredom, automatically.

If you're not sure you really want it, go do something for 15 minutes to interrupt the art of eating," Haar advises.

"You just don't want people to think that much about food. Think about choices. About making a conscious versus and unconscious decision."

## Keeping A Food Diary

Recording what you eat each day is a good way to budget your fat allocation and enlighten yourself at the same time.

For information on dietary counseling contact your local hospital or call Christine Haar at 392-7005.

## Psychological causes for unwelcome weight loss explained

By Wendy Hiestler Gilbert  
Special Sections Editor

**W**hat are the psychological causes of weight loss?

*Anorexia nervosa* is marked by a person's refusal to maintain a body weight over a minimum normal weight for age and height.

Dr. Mahendra Patel, an Elkton psychiatrist, said patients who suffer from *anorexia nervosa* have an intense fear of gaining weight and a distorted body image. "Many times they say they feel fat when they are obviously underweight."

A major depressive disorder can cause both a significant decrease in appetite and significant weight loss and at times, just the opposite.

Depression is a far more common cause of psychologically induced weight loss than *anorexia* or *bulimia nervosa*.

For people suffering from *bulimia*,



Dr. Mahendra Patel

Patel says weight loss is observed, but it does not fall below minimum standards.

The binge eating and subsequent vomiting that marks *bulimia* usually occurs in adolescence and early adulthood.

Other causes for weight loss may sometimes be a result of schizophrenia or as a side effect to some psychotropic drugs like Ritalin.

On the flip side—why do people overeat?

"They overeat because they've experience lots of other losses. Food becomes a substitute for gratification and they end up eating more and more," said Patel.

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# Hearing aid primer

*What's what in the devices that help your hearing*

By MATURE Outlook

If you turn the volume on your radio or television so high that others mention it, you could be a candidate for a hearing aid, says Mature Outlook magazine.

"Usually the person with hearing impairment is the last to know. Hearing loss comes on slowly," says Robin Holm, executive director of the International Hearing Society. "The best way to tell for sure is to have your hearing tested and to try a hearing aid. Many providers allow a 30-day trial rental period."

Hearing aids come in four basic types. They are:

■ **All in the ear.** A small device sits in the ear and is custom built to the wearer's particular hearing loss. Because they are custom built, all-in-the-ear models provide personalized amplification.

■ **In the canal.** This hearing aid is smaller than the all-in-the-ear variety and sits farther inside the ear canal.

■ **Behind the ear.** A fitted ear mold is connected to the hearing aid, worn behind your ear. This is helpful for folks with profound hearing loss and for those who have physical problems—such as arthritis—that would make it difficult to insert a smaller device.

■ **Body-worn hearing aid.** This type is usually reserved for people with severe hearing loss. A small box is worn on the chest with a receiver going to the ear.

Holm recommends that you discuss with the provider what the price of a hearing aid includes. It should cover postfitting counseling and adjustments. Depending on features, a hearing aid will cost between \$700 and \$2,000.

"You are developing a life-long relationship with your hearing aid specialist," Holm says. "You should be comfortable with this person."

Call: **Hearing Aid Helpline** Monday through Friday (1-800-521-5247.)

Pulse



By IRA DREYFUSS  
Associated Press Writer

WASHINGTON (AP) — If you've already forgotten the federal government's exercise guidelines, get set for a lot of reminders.

The Centers for Disease Control and Prevention, the American College of Sports Medicine and other organizations intend to turn up the media volume.

Officials hope that exercising for health becomes as much a part of the national consciousness as controlling cholesterol and blood pressure.

"We have got to be about the business of mobilizing a wide range of components of our society to make changes to meet this new standard," said Russell R. Pate, president of the ACSM. The ACSM worked with the CDC to develop the standard.

The new standard: 30 min-

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utes or more of moderate-intensity physical activity over the course of most days of the week.

People can do more if they want, and the guidelines are not intended to be the least they can get away with, Pate said. Instead, they are an attempt to figure the greatest benefit for the largest number of people, he said.

The experts say you can meet the standards through exercise programs or just by adding activity to your daily living. Gardening counts. So does walking upstairs instead of taking the elevator.

It's easier than the ACSM's former standard of 20 to 30 minutes of exercise at least three times a week at a minimum intensity of 60 percent of maximum heart rate.

That requires vigorous effort, generally through an exercise program such as jogging or brisk walking. The experts believed that this discouraged many would-be exercisers.

The changes are aimed at increasing the proportion of adults who get enough exercise to achieve worthwhile health

benefits above approximately one in five. Benefits include a reduced risk of heart disease, high blood pressure and diabetes.

When they were announced recently at a Washington news conference, the guidelines got front-page play in major papers and air time on the networks. "I think this is an effective start," Pate said.

A news conference, however, is a one-time event, soon forgotten. The goal now is to generate continual public attention, so people learn to change their behavior.

Government and private organizations have joined in such projects before; America's conversion to cholesterol-consciousness is one example. But they require money and organization. Leaders of the exercise-consciousness drive are trying to develop both.

The federal government should create a separate office on exercise and health to give focus to federal exercise efforts and provide leadership, said Pate and Dr. Michael Pratt of the CDC.

Government and private groups must work to create more exercise programs in schools and workplaces, Pratt said. Doctors also will be targeted. A study is determining whether people follow up on doctors' advice, Pratt said.

Besides the paid media, proponents count on getting free exposure. The new guidelines are expected to become the nation's exercise prescription, cited repeatedly in newspaper, broadcast and magazine articles.

It would be nice if companies that would benefit from the increased attention would contribute some money, Pratt said.

Some plans to pool resources are already being developed.

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## Local health consultant defines Natural Hygiene, ancient philosophy

By ROBERT PORTER  
Mid Atlantic Health Institute

Natural Hygiene is a philosophy of healthful living that stems from the teachings of ancient physicians/pilosophers of the Greek and Egyptian civilizations. Its practical applications for supplying superb health were rediscovered in this country by Drs. Tilden, Trall, Graham, Shelton, and others from the 1940's to the present and are being put into practice by the members of the Physicians Committee for Responsible Medicine, Washington, D.C., and others.

It teaches that the human body requires no outside direction or interference because it is so masterfully constructed that it is self-directing, self-preserving, and self-sufficient when its simple needs are consistently provided. These needs are fresh air, pure water, rest and sleep, wholesome foods, served in small amounts and in simple combinations, cleanliness of person inside and out, warmth and sunshine, regular and vigorous exercise, occasional fasting, love and emotional security, constructive work, security of person and means, freedom from fear, and a positive spiritual life.

This philosophy maintains that humans are best adapted physiologically and biologically to a diet which consists of fruits, fresh vegetables, and edible nuts, seeds and roots.

Natural Hygienists believe that correct feeding constitutes the primary need for health maintenance and according to the U.S. Surgeon General's report on Nutrition and Health (1988), most of the illnesses in our country are caused by diet and lifestyle practices, and therefore are preventable. Atherosclerosis underlying heart disease, strokes and angina? rheumatoid arthritis, high blood pressure, multiple sclerosis, adult-type diabetes, obesity, constipation, and indigestion

are but a few of the common health problems that have been documented in the scientific literature to be dramatically benefited, even cured, by a healthy diet and lifestyle, says John A. McDougall, M.D., medical director of the nutritional program of St. Helenas Hospital and Health Center Deer Park California.

Michael Klaper, M.D. of Manhattan Beach, Calif. at the International Natural Living Conference, Georgetown University, Washington D.C., said to the assembled Natural Hygienists, "You folks have had it right all along and we are just discovering some of the scientific verification for it."

Joel Fuhrman, M.D. of Belle Mead, N.J., said at an American Natural Hygiene Society sponsored conference at Raritan, N.J. in March 1993 that diabetes, arthritis, heart disease, and most forms of cancer are totally preventable by following the teachings of Natural Hygiene practitioners. Fuhrman added that following the diet recommended by the American Heart Association is a sure way of increasing heart disease.

The Hygienist's view is a wholistic health concept that recognizes everyday living habits are the basis of positive wellness, and that these habits are under the control of each person.

No one else eats for us, drinks for us, breathes for us; sleeps for us, moves for us, thinks for us, meditates for us, etc. So if we do not know what creates good health and what contributes to illness, it is up to us to learn. We have to recognize that health comes from within, as does all curing, and that it is our responsibility rather than of someone else.

### Editor's Note:

Robert Porter is a Wholistic (his spelling) Health Consultant for the Mid Atlantic Health Institute, Elkton.

## Light drinks, fizzy, fruity water sales take off

Experts' dietary guidelines suggest that we drink alcohol only in moderation, and many Americans seem to be paying attention to this idea. Liquor sales are down, and sales of several varieties and flavors of fizzy and uncarbonated waters are going up. In 1986 Americans drank 300 million gallons of bottled waters, a 15 percent increase over 1985, and a 90 percent increase since 1980.

Annual consumption of spirits has been decreasing steadily from almost three gallons per adult in 1974 to 2.5 gallons a decade later. Even beer consumption has fallen from almost 37 gallons in 1980 to just over 35 gallons in 1984 despite proliferation of light and low-alcohol beers. In taverns and restaurants across the country, fizzy waters and non-alcoholic beers and wines are becoming the social lubricants and power-

lunch accompaniments.

The waters are divided into three categories: seltzer, which is tap water injected with carbon dioxide to make it fizzy; club soda, which is the same as seltzer with salts and minerals added; and mineral water, which comes from springs and contains minerals absorbed from the underground rocks through which it seeps.

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# Getting to the meat of the fat matter

By NANCY TURNER  
Newark Post Staff Writer

Increasing health awareness has had an impact on how many Americans enjoy meat. But according to butcher Tim Herman of Herman's Quality Meat Shoppe in Newark, consumers haven't thrown out their carving knives yet. We have just sharpened them a little.

Tim Herman is continuing the tradition of providing Newark's discriminating palates with custom cuts of meat and poultry that his father, Luther Herman began in 1967.

Everyday except Sundays, a steady stream of long established clientele, as well as newcomers, file into the small gray shop on Cleveland Avenue and emerge with brown bags brimming with pork, beef and poultry.

How have their orders changed over the years?

Their most popular orders are for filet mignon, ground beef, pork tenderloin or pork center, and poultry.

"People are more fat conscious," said Tim Herman, "but the industry has also changed.

"Pork is a minimum of 50 percent leaner today than it was a few years ago. The animals are control-fed so we are getting a leaner product to begin with. If you

buy something like a pork tenderloin, you have lowered the cholesterol significantly."

"When it comes to the cuts of beef," Herman continued, "the animal has all the same parts. But we have changed the cuts a little.

"Take the Porterhouse steak for example. A T-bone and a Porterhouse steak are the same thing. When a T-bone gets large we call it a Porterhouse. If you take the bone out of the T-bone, it separates into two muscles. One muscle is the filet mignon and the other is the New York strip. Years ago, customers bought the T-bone and Porterhouse. Now they buy the strip and filet individually. It's still the same meat, it's just a different way of looking at the meat. The bigger cuts were just too much meat and now people who are portion conscious are going for the smaller, individual cuts."

Herman says that orders are increasingly "boneless."

This is not because of any health problems associated with cooking meat with bones; however, it is more likely a result in changes in cooking recipes and convenience. For

example, stir-fry is no longer exclusively oriental fare, but appears frequently in American kitchens, adapted to individual tastes with a variety of seasonings.



Francine LeVasser with butchers Steve Cooke, Tim Herman and Glen Isom

Perhaps the most important point to remember when reducing fat in meat involves quality verses price.

If you buy ground beef for \$1 per pound and you pour off 50 percent of the weight in waste fat before you eat it. You have actually paid \$2 per pound for the meat.

Additionally, don't assume that ground turkey is automatically healthy. For a while, there were meat processors that added enormous amounts of fat and skin into their ground turkey. It reduced

the price and that appealed to consumers; but it defeated the health benefit of offering a reduced fat product. If you are seriously looking to reduce fat, you might take a long, hard look at the ground turkey that sells for \$.99 per pound. Make sure that it is really what you want.

"You can't have everything," says Herman. "You can't have the center out of everything and have it cheap too." So more likely than not, the bottom line when buying meat low in fat is the old adage: you get what you pay for.

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## Health care bills drop as employees' get fit, study finds

By Julia Prodis  
Associated Press Business Writer

DETROIT (AP)—Workers at a furniture manufacturer who have taken advantage of company programs to exercise, stop smoking and eat less fat have cut their medical bills in half, according to a recent study.

If all workers with high health risks adopted low-risk lifestyles, "the savings could amount to roughly \$20 million over three years," Steelcase of Grand Rapids, Mich., said in a

report to its 8,000 employees.

The study by the University of Michigan Fitness Center started in 1985 and has followed half of the company's workers. Evaluations of their health care risks are done every three years.

"The study confirmed that high-risk people are high-cost people. That makes sense but it needed to be scientifically corroborated," said D.W. Edington, center director.

Before Steelcase truck driver Joel Pounder of Grand Rapids sought help from the

company's program 1 1/2 years ago, he was 30 pounds overweight, smoked two to three packs of cigarettes a day, and had frequent colds and stomach and sinus trouble.

"I had been to see the doctor a couple of times and he didn't quite know what was making me sick," Pounder, 32, said Wednesday.

After he took advice to exercise, stop smoking and improve his eating habits, "I haven't been to the doctor since.... Exercise is a cure-all for a lot of things."

Workers in Steelcase's wellness program are evaluated and counseled on such programs as aerobics, stress management and smoking cessation. The company runs a health center with a lap pool and exercise machines.

In the nine years of the study, researchers found that 10 percent of the participants shifted from high risk to low risk while 5 percent shifted from low risk to high risk. Seventy-five percent remained in the low-risk category and 10 percent remained high risk.

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## Back pain most common cause of employee absenteeism

By COSMOPOLITAN  
Associated Press Special Feature

Back problems are an annual \$60 billion pain in the neck in the United States, where it is the most common cause of job absenteeism.

Back pain also is the most common cause of employee absenteeism in Canada, Sweden and Great Britain, Wyatt Townley wrote in an article in the current issue of Cosmopolitan, and it afflicts four out of five people at some point. Victims include Princess Di, John F. Kennedy and Elizabeth Taylor.

Some experts believe back problems occur because of lack of exercise.

"If you go out to the farms of Iowa, you don't find those farmers lying around, disabled by bad backs," said orthopedic surgeon Dr. Arthur White, medical director of the San Francisco Spine Institute.

Others attribute backaches to repressed negative emotions that create tension and restrict blood and oxygen flow to muscles.

Common back pain can be conquered. The spine is comprised of 33 interlocking bones called vertebrae. It has three natural curves—the cervical (neck), thoracic (upper back) and lumbar (lower

back.) With so much weight on the lumbar curve, the lower back suffers most. Problems arise from misuse through bad posture, overuse and nonuse.

It has been estimated that 96 percent of people don't stand properly. Fixing the problem sounds simple — keep your spine aligned. But most people don't know how. Tell them to stand straight and most will pull their shoulders back and stick their chest out.

"That's the worst thing to do," said Dr. Silvia Ferretti, dean of the Lake Erie College of Osteopathic Medicine. "This military alignment actually stresses the back."

The goal is to be vertical, to cross an imaginary line with all three centers of your body—head, heart and hips. Picture someone pulling on a wire attached to the middle of the crown of your head. The weight of your head stops exerting pressure on your body, your neck pulls up in line with your back, your pelvis swings forward and your lower back straightens out.

Loosen your jaw 90 your teeth aren't touching, let your shoulders drop down but not forward, and breathe easily.

You can throw your back out by overusing it.

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