

## UP FRONT

### Bedford is right for NHS

By **MARTY VALANIA**

NEWARK POST STAFF WRITER

The state championship celebration on the field of Frawley Stadium was gleeful, fun and not all that unexpected given the quality of players on the Newark High baseball team.

However, just three months earlier this scene didn't seem probable at all.

It was the spring of 1996 and Harry Davies, the long-time and very successful Yellowjackets coach, had resigned. The coaching vacancy

was given to a 24 year-old assistant, who just six years earlier played on a Jackets' state title team under Davies.

It's difficult for any 24 year-old to be a head coach of a varsity team in any sport at any school. But this was Newark High where baseball had a rich tradition. This was Newark High where the core group of players on that 1996 team had success (state championship success) at every level of play from Little League on up.

Winning was demanded from this group – by the community, by the parents and by the players themselves.

That young coach, though, fended off every challenge – on the field and off – and navigated the Jackets through the spring to the state title game at Frawley.

There, Newark defeated St. Mark's to win the state title.

Curt Bedford can only hope his first year as principal of Newark High School can go as well as his first year as head baseball coach.

See **UPFRONT**, 7 ▶



Valania



It wasn't your typical stage show. At a recent practice of the Newark-based Pickle Splash, plots ranged from Sesame Street workers corralling a hungry Cookie Monster to an interview with the President of Poland about his country's secret weapon: the butter bomb.

Scenes unfolded, hilariously, as they came to the actors, who surprised even themselves, at times, with the absurdity of the comedy they had created.

But this show was a one-time engagement, as it's the nature of improvisational theater to create something from nothing, only to have it disappear again when the scene ends.

For the past two years, Pickle Splash, a local improv troupe, has been creating comedy, spontaneously, on area stages.

The group has eight members, most



of them recent graduates of Newark High School. They perform a type of improv known as "long form." This differs from the popular TV show, "Who's Line Is It Anyway?," which uses short form improv games. Instead of getting laughs with one-liners, the drama games played by Pickle Splash create whole scenes that, often, fit together to tell an elaborate story – all created, ad lib, by this funny group of guys.

Brandon Gorin, a member of Pickle Splash, said the actors don't discuss scenes or situations beforehand. "Everything that happens, happens on stage," he said.

Ben Morrison added that the group may reuse some plotlines or characters they know draw a laugh, but the scenes they create and

See **PICKLE**, 16 ▶

## Making a splash in local improv

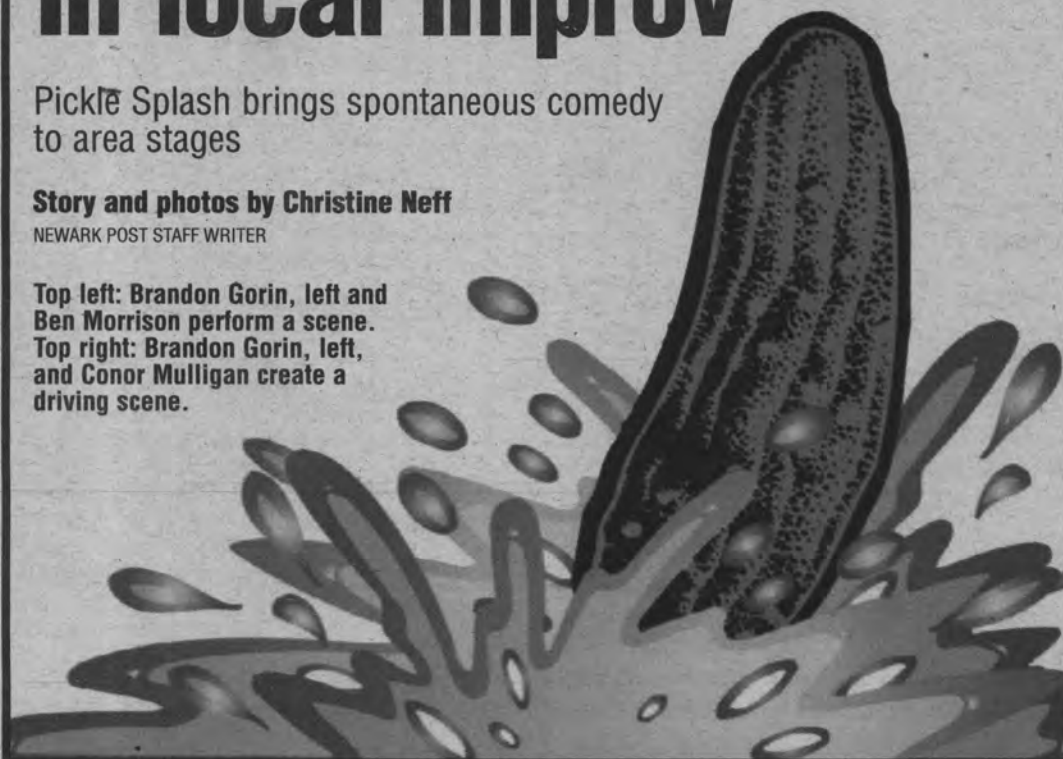
Pickle Splash brings spontaneous comedy to area stages

Story and photos by **Christine Neff**

NEWARK POST STAFF WRITER

Top left: Brandon Gorin, left and Ben Morrison perform a scene.

Top right: Brandon Gorin, left, and Conor Mulligan create a driving scene.



## New police chief for Newark

New Jersey native tapped for top spot

By **CHRISTINE NEFF**

NEWARK POST STAFF WRITER

The Newark Police Department will have a new police chief starting this September when New Jersey native Paul M. Tiernan takes on the position.

Tiernan, 48, is currently Chief of Police in Teaneck, N.J., a community of 40,000 residents, just outside of New York City, N.Y. He has served the department there for more than 27 years, four years in its top position.

Tiernan said he became interested in Newark when his family toured the University of Delaware. His daughter will be starting as a freshman there this fall.

See **CHIEF**, 12 ▶

## State developing school leaders

DOE given \$1.5 million to continue leadership development system

By **MARY E. PETZAK**

NEWARK POST STAFF WRITER

The Wallace Foundation, headquartered in New York City, awarded \$1.5 million to the Delaware Department of Education (DOE) in June to continue strengthening a statewide school leadership system. In collaboration with higher education, the school districts, professional organizations and the legislature, the Delaware DOE has used \$1.4 from the Foundation since 2001 to develop a cohesive system for school leaders that has received national attention.

"This generous grant from the

See **LEADERS**, 18 ▶



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**Police Blotter** is compiled each week from the files of the *Newark Police Department*, *New Castle County Police* and the *Delaware State Police* by the newspaper staff.

### Lightening causes Academy Hills fire

The Delaware State Fire Marshal's Deputies have determined a Newark house fire on Tuesday, July 10, to be the result of a lightening storm.

The Aetna Hose, Hook and Ladder Fire Department was called to the unit block of Michigan State Drive in the Academy Hills neighborhood of Newark for a house fire around 5 p.m. last Tuesday.

The fire was located in the basement, and was quickly extinguished, causing minor damages. All occupants escaped and there were no injuries.

State Fire Marshal Deputies

later determined the fire to be accidental.

Damage is estimated at \$5,000.

### Arrest made after road rage incident

A Newark man was arrested and charged with third degree assault after an apparent act of road rage on Ogletown Road at Library Avenue on Friday, July 13, at 10:12 p.m., said Newark Police. Police said a 22-year-old Elkton, Md., man reported being struck in the face by another driver as he sat in his car at a red light. The victim said he and the driver, later identified as Lawrence Schnell, 45, of the unit block of Chaucer Drive in Newark, had exchanged words after Schnell's car cut off the victim's. While stopped at the light, Schnell allegedly got out of his vehicle and punched the victim in the face, causing injury, police

## Counterfeits found at Wonderland Records

By **CHRISTINE NEFF**

NEWARK POST STAFF WRITER

The owners of Wonderland Records, a music store at 110 W. Main Street near the intersection of Main Street and Elkton Road, were arrested on Friday, July 13, on charges related to the sale of counterfeit compact discs, said the Newark Police Department.

Police were tipped off to the counterfeit sales by a representative of the Recording Industry Association of America who visited the store and purchased a bootleg compact disc.

On Thursday, July 5, Newark Police officers conducted a search at the record store, finding more than 100 pirated compact discs there.

Officers also found the store was selling whipped cream canisters that are commonly used as inhalants; people can obtain a "high" by inhaling the contents of the canisters, said police.

Police arrested the owners of Wonderland Records, Demetri Theodoropoulos, 40, and his wife, Monica Theodoropoulos, 34, both of the unit block of Allison Lane in Newark, on July 13.

The couple was charged

with improper labeling of more than 100 sound recordings. They were also charged with selling substances that release vapors or fumes, said police.

Police said the owners were arraigned by videophone and released on \$4,000 unsecured bonds. The couple will face these charges in a court hearing later this month.

According to the Recording Industry Association of America, consumers can look for the following signs to tell if a compact disc is counterfeit:

A counterfeit CD is often priced well below retail value. The printing on the CD insert tends to be blurry, have a faded color and often has misspelled words. The recordings are made on CD-Rs (recordable compact discs) that have a greenish or bluish tint on the underside of the disc. The shrink-wrap is not factory-grade quality, and there is no bar code on the packaging. The true name and address of the record label is not shown, is fake or incorrect.

The Recording Industry Association of America is a trade group that represents the U.S. recording industry and works to protect intellectual property rights. For more information on music piracy, visit [www.riaa.com](http://www.riaa.com).

were told. Schnell was released pending a court appearance.

### Fight at College Square

A 27-year-old New Castle man reported being punched and kicked by a group of unknown males in the 100 block of College Square on Saturday, July 14, at 11:57 p.m., after he and his friends exchanged words with the men. A second victim, a 27-year-old Newark man, was punched in the back of the head by an unknown suspect, police were told. The suspects fled the scene before police arrived.

### Other incidents:

Unknown suspects kicked in the front doors of four townhouse units under construction in the unit block of North Street and broke a lower level window in one unit, police were told on Saturday, July 7, at 8:47 a.m.

A purse was stolen from an apartment in the 100 block of Wilbur Street while its owner hosted a party, police were told on Saturday, July 14, at 11:58 a.m.

A bike carrier valued at about \$70 was taken from the back yard of a home in the unit block of N. Chapel Street, police were told

on Friday, July 13, at 2:56 p.m.

An unknown suspect threw a rock through a sliding door at a home in the unit block of Ethan Allen Court, police were told on Friday, July 13, at 11:25 a.m. The rock, which had ink writing on it, shattered the glass.

Police investigated a report of a suspicious man in his 30s riding a mountain bike on Chrysler Avenue in the area of Willa Road who approached a 15-year-old girl and asked her personal questions on Thursday, July 12, at 7:05 p.m.

An unknown man riding in a Jeep Wrangler mooned a group of Upward Bound students standing in the unit block of Ray Street and yelled obscenities at them, police were told on Thursday, July 12, at 3:52 p.m.

An unknown suspect tried to use a trash can to climb into an open second-floor window of a home in the unit block of McKean Place, police were told on Tuesday, July 10, at 12:35 a.m.

A shoplifter was caught trying to conceal four containers of yogurt under her daughter's clothing at a supermarket in the 400 block of New London Road, police were told on Monday, July 9, at 3:37 p.m.

See **BLOTTER**, 16 ►



## Weekly crime report

STATISTICS FOR JULY 1-7, 2007, COMPILED BY NEWARK POLICE DEPARTMENT

|                            | INVESTIGATIONS  |                 |              | CRIMINAL CHARGES |                 |              |
|----------------------------|-----------------|-----------------|--------------|------------------|-----------------|--------------|
|                            | 2006<br>TO DATE | 2007<br>TO DATE | THIS<br>WEEK | 2006<br>TO DATE  | 2007<br>TO DATE | THIS<br>WEEK |
| <b>PART I OFFENSES</b>     |                 |                 |              |                  |                 |              |
| Murder/manslaughter        | 0               | 0               | 0            | 0                | 1               | 0            |
| Attempted murder           | 0               | 0               | 0            | 0                | 0               | 0            |
| Kidnap                     | 0               | 3               | 0            | 11               | 1               | 0            |
| Rape                       | 6               | 6               | 0            | 2                | 4               | 0            |
| Unlawful sexual contact    | 2               | 5               | 0            | 0                | 1               | 0            |
| Robbery                    | 47              | 20              | 0            | 48               | 36              | 0            |
| Aggravated assault         | 29              | 32              | 1            | 31               | 32              | 0            |
| Burglary                   | 70              | 96              | 7            | 38               | 183             | 1            |
| Theft                      | 464             | 483             | 13           | 147              | 221             | 1            |
| Auto theft                 | 71              | 52              | 1            | 8                | 9               | 0            |
| Arson                      | 6               | 1               | 0            | 6                | 0               | 0            |
| All other                  | 42              | 39              | 1            | 49               | 100             | 3            |
| <b>TOTAL PART I</b>        | <b>737</b>      | <b>737</b>      | <b>23</b>    | <b>340</b>       | <b>588</b>      | <b>5</b>     |
| <b>PART II OFFENSES</b>    |                 |                 |              |                  |                 |              |
| Other assaults             | 208             | 231             | 1            | 124              | 210             | 5            |
| Receiving stolen property  | 1               | 0               | 0            | 20               | 21              | 0            |
| Criminal mischief          | 405             | 295             | 12           | 270              | 117             | 1            |
| Weapons                    | 4               | 7               | 1            | 52               | 61              | 2            |
| Other sex offenses         | 5               | 11              | 0            | 5                | 5               | 0            |
| Alcohol                    | 199             | 216             | 5            | 455              | 423             | 14           |
| Drugs                      | 72              | 74              | 3            | 240              | 222             | 10           |
| Noise/disorderly premise   | 380             | 324             | 5            | 230              | 183             | 5            |
| Disorderly conduct         | 722             | 548             | 18           | 95               | 126             | 2            |
| Trespass                   | 93              | 73              | 1            | 33               | 60              | 0            |
| All other                  | 310             | 310             | 6            | 115              | 137             | 2            |
| <b>TOTAL PART II</b>       | <b>2399</b>     | <b>2089</b>     | <b>52</b>    | <b>1639</b>      | <b>1565</b>     | <b>41</b>    |
| <b>MISCELLANEOUS</b>       |                 |                 |              |                  |                 |              |
| Alarm                      | 734             | 812             | 12           | 0                | 0               | 0            |
| Animal control             | 313             | 313             | 8            | 34               | 3               | 0            |
| Recovered property         | 161             | 136             | 8            | 0                | 0               | 0            |
| Service                    | 4994            | 4330            | 168          | 0                | 0               | 0            |
| Suspicious person/vehicle  | 493             | 534             | 13           | 0                | 0               | 0            |
| <b>TOTAL MISCELLANEOUS</b> | <b>6695</b>     | <b>6125</b>     | <b>209</b>   | <b>34</b>        | <b>3</b>        | <b>0</b>     |

|                    | THIS WEEK 2006 | 2006 TO DATE | THIS WEEK 2007 | 2007 TO DATE |
|--------------------|----------------|--------------|----------------|--------------|
| <b>TOTAL CALLS</b> | <b>497</b>     | <b>14778</b> | <b>487</b>     | <b>14168</b> |



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## IN THE NEWS

# State legislators recount session's successes, struggles

Vow to take up some issues again next January

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

The state legislators representing Newark residents in the Delaware General Assembly met with constituents last Thursday, July 12, to speak on their successes and struggles in the legislature this past year.

Sen. Steve Amick (R-10), Sen. Liane Sorenson (R-6), State Rep. Pam Maier (R-21), State Rep. Terry Schooley (D-23) and State Rep. John Kowalko (D-25) told of their experiences in the first half of this two-year session, which resumes in January 2008. Any

bill not passed by June 30 of this year remains in committee or on the table and can be revived when the legislature reconvenes.

Amick said the Newark legislators work together to represent the community "as best as we possibly can," not letting party affiliations stand in the way. "I will say we probably have as good a team working together as any I know," he said.

Freshman legislator Kowalko, who unseated incumbent Stephanie Ulbrich in 2006, thanked his colleagues for their help in acquainting him with the legislature. "This group in particular has made the transition so pleasant for me that I actually enjoy every moment of

the session," he said.

Kowalko said, though he did not get a bill he sponsored passed this session, he plans to pursue several again next year, including one to ban trans fats from public schools and one to establish an Interstate Job Cooperative Task Force. The task force, he said, would work with surrounding states to bring jobs to the Newark area and fill — with Newark area workers — jobs created nearby by the Base Realignment and Closure Plan.

Maier said she plans to continue pursuing legislation to establish a statewide recycling program with the intent of raising recycling rates. Delaware, she said, needs to "get on track with the rest of the world when it comes to recycling."

## Healthy yards, healthy streams

By PATRICIA E. LANG

NEWARK POST CONTRIBUTING WRITER

On Saturday, July 7, the White Clay Creek State Park presented the first in a new program series, called Conservation Partners "Healthy Yards, Healthy Streams."

"With Conservation Partners, we want to provide the public with information on how to conserve," said Angel Lynn Burns, Nature Center manger. "We want them to feel that they have some support and encouragement, a partner if you will."

Vivian Williams, a specialist in Botany and Stream Studies at The Stroud Water Research Center located in Chester County, Pa., took a group of interested citizens for a walk next to White Clay Creek. They stopped alongside the creek to talk about the stream's relationship to the plants and trees, which grow next to it.

Trees are important to water quality, Williams stressed. We need water to drink and to live. Indiscriminate cutting of trees leads to poor water quality, she said.

Williams suggested that, economically, the argument is in favor of taking care of our trees and streams now, not repairing the damage of poor planning and reckless destruction of our environment later.

Standing near the stream's edge, Williams pointed towards the edge of the bank on the other side of the stream. She talked about how the outside currents will tear down the soil, which is one of the reasons why homeowners shouldn't build their houses so

close to streams.

Ground water, which is water from deep within the earth, will feed into the stream. This underground water is cooler, so it keeps

"Chemistry is a snapshot of the moment," Williams said. "If you take a sample from a stream and find a mature mayfly who is about to hatch, that water is good.



NEWARK POST PHOTO BY PATRICIA E. LANG

**Vivian Williams, a specialist in Botany and Stream Studies at The Stroud Water Research Center in Chester County, Pa., took a group of interested citizens for a walk next to White Clay Creek.**

the streams cooler as do trees that line the bank. Their shade provides needed relief from the harsh mid-day sun.

There are many different "slices of life" in a stream and alongside a stream. For example, if a tree falls into the stream, it brings a new habitat, such as insects, microbes and helpful bacteria.

Another habitat in the stream is the insect eggs deposited in the water, such as mayflies, stoneflies and caddis flies.

Any slight aberrant would throw it off."

For anglers, keeping the streams cold is in their best interest — trout live in cold streams.

Trees provide shade, which keeps things cool. Their roots give the soil structure. Williams described a forest floor as "a rich, thick sponge, which holds water. The deeper the sponge, the better the hold," she stressed. "It fil-

See STREAMS, 17 ►

## NSC plans to expand parking

Grant received from Delaware Community Foundation will assist

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

Anticipated growth in the number of Newark residents aged 55 and over has prompted a planned expansion of the parking facility at the Newark Senior Center (NSC) on White Chapel Drive.

NSC's Executive Director Carla Grygiel said the addition will increase the parking capacity on site by 33 percent. "With all of the new 55-and-over communities being built in and around town, we're trying to prepare... On many days, this is something we need now, and we anticipate needing it more often in the future," she said.

The project is expected to cost nearly \$300,000. A requirement by Delaware's Department of Natural Resources and Environmental Control to provide stormwater management through regrading and retention ponds added to the cost, considerably, said Grygiel.

The Center has received sever-

al grants and contributions for the project, including a \$10,000 grant from the Delaware Community Foundation. Also, funding has been received from the Longwood Foundation, the Phillip and Carolyn Smith Foundation and the City of Newark.

Grygiel said between \$50,000 and \$70,000 more is needed to completely fund the project. She is hoping to receive additional contributions to avoid dipping into the Center's savings, which goes to fund operating and programming expenses. "If we have to, we will tap into our savings," she said.

Grygiel expressed her appreciation for the DCF grant and other funding sources. "We are very appreciative of all the community support we have received over the years for all of our different projects," she said.

The parking expansion project has been in the planning stages for several years and is now under review by city staff. Grygiel said, on receiving final approval, the project will be put out to bid. Construction may start as soon as later this summer.

Anyone wishing to contribute to the project should contact Grygiel at 737-2336.

## Ramp repairs set for I-95 and Route 896

DelDOT announces detour routes for construction

Newark motorists entering and exiting I-95 at Route 896 will face some detours this week, as contractors for the Delaware Department of Transportation (DelDOT) make significant upgrades to six ramps there.

The construction began at 8 p.m. on Wednesday, July 18, and is expected to continue until 5 a.m. on Monday, July 23. The nearly \$600,000-rehabilitation will consist of removing the old road surface, patching and paving the ramps, which have deteriorated over time due to high traffic volume.

The following ramps will be closed for rehabilitation over the next few days. Detour routes have been established during construction.

- Ramp from I-95 southbound to Route 896 northbound will be closed until Thursday, July 19, at 5 a.m.

- Ramp from Route 896 to I-95 southbound will be closed until Thursday, July 19, at 5 a.m.

- Ramp from Route 896 southbound to I-95 northbound will be closed at 8 p.m. on Thursday, July 19, through 5 a.m. on Friday, July 20. Detour route: Follow Route 896 southbound to Route 40. Turn right onto Route 40 westbound and follow to Summit Bridge Road. Turn left onto Summit Bridge Road, and then turn left

onto Route 40 eastbound. Turn left onto Route 896 northbound and follow to exit ramp for I-95 northbound.

- Ramp from I-95 northbound to Route 896 will be closed at midnight on Thursday, July 19, through 5 a.m. on Friday, July 20. Detour route: Follow I-95 northbound about two miles to Exit 3/Route 273 westbound. Stay on exit ramp/on ramp to get back onto I-95 southbound. Follow I-95 to Route 896 southbound exit ramp.

- Ramp from Route 896 northbound to I-95 northbound will be closed at 8 p.m. on Friday, July 20, through 5 p.m. on Sunday, July 22. Detour route: Follow Route 896 northbound to Route 4/Chestnut Hill Road. Turn right onto Route 4 eastbound, then right turn onto Old Chestnut Hill Road. Follow to Route 896 southbound. Left turn on Route 896, follow to exit ramp for I-95 northbound.

- Ramp from I-95 southbound to Route 896 southbound will be closed at midnight on Friday, July 20, through 5 a.m. Monday, July 23. Detour route: Exit onto Route 896 northbound and follow to Route 4/Chestnut Hill Road. Right turn onto Route 4 eastbound to Old Chestnut Hill Road. Follow Old Chestnut Hill Road to left turn onto Route 896 southbound.

Detour signs are in place. DelDOT has advised motorists to use caution when traveling through the area.



# In Our Schools

EDUCATION NEWS FOR NEWARK FROM LOCAL SCHOOLS

## NOTE PAD

### Neighborhood schools

Christina District will start a second set of Neighborhood Schools Plan Design Workshops on Tuesday, July 24, with a meeting from 6 to 8 p.m. at Sarah Pyle Academy in Wilmington. The same workshop will be held on Tuesday, July 31, from 6 to 8 p.m. at the Eden Support Services Center in Bear. Three sets of workshops are being held at the two locations to give as many interested persons as possible an opportunity to participate and comment on a Neighborhood Schools Plan to be presented to the state DOE in the fall. For more information call 552-2610 or visit [www.christina.k12.de.us](http://www.christina.k12.de.us).

### Avoid 'September Slump'

Local libraries want to help families avoid the "September Slump" in which children who don't read over the summer may take several months to catch up to their previous level in the fall. A summer program offers a free book, as well as a certificate, to children who read. Children can read all kinds of books and older siblings are encouraged to read to a younger brother or sister, so pre-readers can develop the habit of reading. For information visit a local library or [www.co.new-castle.de.us/library/](http://www.co.new-castle.de.us/library/).

### Risky teen driving

A recent AAA survey shows that 61 percent of teens admit to various risky behaviors while driving, including sending and receiving text messages and talking on a cellphone. The survey also found that 11 percent of teens drink and drive, 40 percent exceed the speed limit and 58 percent drive with other teens in the vehicle. Parents are urged to be role models of safe driving behavior and create a parent-teen driving agreement. All teen drivers in Delaware must have a licensed adult driver in the passenger seat in the first six months. There are restrictions on the hours teens can drive with the intent of keeping inexperienced drivers off the roads late at night. Lastly, all passengers must wear safety belts.

## Independence School shines in foreign languages

Independence School middle schoolers earned high marks in 2007 national French, Spanish and Latin contests.

In the National Spanish Exam, 11 Independence middle school students placed in the top 10 spots in the state of Delaware in the seventh and eighth grade "regular test" levels. Tyler Tate earned first place in the state in the Level I "Outside Experience" category.

### Spanish National Silver Medal Certificates

Kevin Xia, Craig O'Donnell, Paul Jolly, Kevin Kwak, David Sang, Tyler Tate, Nicole Walsh, Zachary Fritz, James Duffy.

### Bronze Medal Certificates

McKenzie Culotta, Dmitry Levin, Jeffrey Mu, James Reilly, Ahmad Abdullah, Erica Brown, Brandon Snyder, Jaewoong Yoo, Nicholas Bair, Parker Knox.

### Honorable Mention

Alex Armstrong, Mike Edmonds, Aaron Brown, Gregory Scott, Alexander Gojmerac, Kelly Repka, Omid Nagshineh, Chelsea Rozanski, Christopher Grivas, Daniel McCabe.

Twenty-eight sixth, seventh and eighth grade students placed in the top 10 of grade level tests in the State in the National French Exam. Amanda Walsh and Meredith Brown placed among the top 10 rankings nationally.

### French National Winners

Amanda Walsh (7th place)



The middle school at The Independence School consists of grades six, seven, and eight with a total enrollment of approximately 210 children. Foreign Language is a daily academic subject in middle school, with students selecting from among Spanish, German, French or Latin.

Meredith Brown (10th place).

### Seventh & Eighth Grade State Winners

Amanda Walsh, Meredith Brown, Mackenzie Lewis, Evi Lowman, Lindsey Washall, Kevin Schectman, Laura Cooney, Saki Inoue, Kevin Zhao, Audrey Damewood, Jordan Dennis.

### Sixth Grade State Winners

Caroline Dougherty, Emma Lam, Diana Advani, Daniel Gildea, Serena Zheng, Pallavi Mathur, Shawna Chopko, Katie Halpern, Brandon Lee, Jessica Pivonka, Anna Nastasee, Samantha Scarpone, Ryan Georgov, Safiyah Mansoori, Troy Holland, Lauren Samuels, Sam Glandon, Isabella Cochran, Olivia Xu, Kacie Iwaszyk, T.J. Barnett, Emily Orzada, Jennifer Silverman.

Middle school students also achieved outstanding results in the 2007 National Latin Exam. Of the 74 sixth, seventh and

eighth grade students who took the exam, 53 earned awards.

### Latin

#### Gold Medalists

**Summa Cum Laude:** Kim Fabian, Christopher McCord, Christopher Sepelyak, William Holler, Eric Staats, Ryan Conklin, Robyn Crisp, Candace Galantine, Haley French, Nadia Kiamilev, Cara Bottorff, Taylor Kolle.

#### Silver Medalists

**Maxima Cum Laude:** David Debski, Emma Sweeney, Rebecca Ryan;

**Magna Cum Laude:** John Claudy, Michael Whetzel, Richard Serra;

**Cum Laude:** Alicia Latham, Anders VanWinkl.

#### Perfect Score "Introduction Exam"

Emily Smith.

### Introduction to Latin: "Outstanding Achievement"

Emily Smith, Sean Sullivan, Kerith Wang, Michael Martin, Megan Parikh, Jessica Hicken, Zachary Boulden, Megan Feick, Ming-Hsi Chen, Nick Galentine, Celina Holler, Michael Ryan, Kristin DeMayo, Priya Bhaidaswala, Eugene Greggo, David Myrick, Erin Yatzus, Lydia Viner, Briana Chapman, Seth Adams, Emily Widdoes, Emily Bollinger, Brandon Kolle, Marielle Riveros, Ravi Barua, Jordan Hill, Connor Jones, Justin Casanova, Arnav Sharma.

### Achievement

Emma Whitney, Ethan Schaeffer, Aaron Dacosta, Kurt Hill, Andy Chen, Chris Klemens, David Frymoyer, Shoumick Hasan, Michael Hurff, Ryan Donnelly, Nicole Burke, Lindsay Dempsey, Jacqueline Thomson, Logan McCabe, Jonathan Parmer.

Foreign language study has been an important component of The Independence School curriculum since the school was founded in 1978. Foreign language study begins in the first grade at The Independence School. French, Spanish and German have been offered in grades one through four. Latin is introduced in the fifth grade. Foreign language is a daily academic subject in middle school.

The Independence School is a co-educational day school serving students age three through grade eight on Paper Mill Road in Newark.

## Pulaski fifth graders author Books of Hope

Fifth grade students at Pulaski Intermediate School this year wrote and illustrated books for children in northern Uganda and India who have lived through a civil war or been rescued from slavery.

The Books of Hope project is a part of the Memory Project started by Ben Schumaker after a visit to Central America. He founded the Wisconsin-based



Home of the "Pulaski Panthers"

project to raise awareness of the needs and rights of children throughout the world.

The Pulaski students became aware of the Books of Hope project after reading a news article and knew immediately that they wanted to participate. After sharing information with other classes, the project quickly grew into a fifth-grade service project. Some of the students' book topics and

titles are "ABC Books," "Winter," "Sports and Health," "Counting in English" and "The Great Moon Stone." Books were shipped to Wisconsin during the first week of May and then delivered to children in both countries.

All "Pulaski Panthers" are urged to Be Positive – Be Persistent – and Be Productive – in short, just Be Pulaski.



## IN OUR SCHOOLS

# Brader student is Young Environmentalist of the Year

Tessa Hicks, a rising fourth grader at Brader Elementary School, was selected as the 2007 elementary school level winner of the Young Environmentalist of the Year Award given by the State of Delaware Department of Natural Resources and Environmental Control (DNREC).

This annual award is open to Delaware students in grades 1 through 12. DNREC encourages teachers, classmates, parents, club or group leaders and others to nominate students who are working to make a difference in the environment. Nominations must be based on actions or projects that took place between

July 1, 2006 and June 30, 2007. A winner was chosen from each of the following categories:

- Elementary for students in grades 1-4
- Middle School for students in grades 5-8
- High School for students in grades 9-12

The winners are selected from a pool of Delaware students whose actions have resulted in the protection, restoration or enhancement of Delaware's natural resources through one or more of the following means:

- Demonstrating Environmental Stewardship
- Initiating an Innovative Project

- Increasing Public Awareness
- Demonstrating Environmental Ethics

This is the 14th year for this award program, which was established by DNREC colleagues and friends in honor of Dr. Edwin H. (Tody) Clark II, who served as Secretary of DNREC from 1989 until 1993.

The award which includes a \$100 savings bond and a gift certificate for a canoe, kayak or pontoon boat trip at one of Delaware's State Parks, will be presented to Hicks and the other award winners at a ceremony during Governors Day on Thursday, July 26, at the Delaware State Fair in Harrington.

## St. Mark's students chosen to attend Leadership Conference

Seven students from the 2006-07 junior class at St. Mark's High School were among the 600 student leaders nationwide who were chosen to attend the Leadership Experience and Development (LEAD) conference held in Baltimore, Md.

St. Mark's student leaders were:

- Jason Aviola, a junior homeroom representative and chair of the t-shirt committee, and the son of Dominick and Kathleen Aviola of Newark;

- Allison Bell, also a junior homeroom representative and chair of the junior ring dance, and the daughter of G. Scott and Nancy Bell of Newark;

- Paige McCall, junior class treasurer and the daughter of Sean and Rebecca McCall of Newark;

- Megan McGovern, also a junior homeroom representative and chair of the junior prom, and the daughter of Patrick and Christine McGovern of Hockessin;

- Shannon Mossman, junior class secretary and daughter of Mark and Sharon Mossman of Newark;

- Gabriela Serio, junior class vice president and the daughter of John and Clare Serio of Newark;

- Tyler Sheldon, junior class president and the son of Scott and Christine Sheldon of Newark.

During the conference, the students attended workshops focused on improving leadership skills, problem solving, student project planning and student activity program development. In addition, they participated in special sessions presented by popular motivational speakers.

The LEAD conference is hosted by the National Association of Secondary School Principals

(NASSP), which sponsors the National Honor Society, the National Junior Honor Society and the National Association of Student Councils.



"The LEAD conferences offer talented young people from across the country the opportunity to hone their leadership skills in order to make a difference in

their schools and communities," said Dr. Gerald N. Tirozzi, executive director of NASSP.

The students were joined at the conference by two members of the St. Mark's faculty: Joan McConnell, foreign language teacher and junior class moderator, and Carol Zukowski, math teacher and freshman class moderator.

St. Mark's is a Catholic, college-preparatory, co-ed high school located off Kirkwood Highway at Pike Creek Road.

Through its programs and student leadership services, NASSP promotes the intellectual growth, academic achievement, character development, leadership development and physical well-being of youth.

## BRIEFLY

### Wilson has Outstanding Safety Patroller

Angela Becker, a fifth grader at Wilson Elementary School, was selected by AAA Mid-Atlantic as the Outstanding Safety Patroller in 2007 representing New Castle County Schools. She received a plaque and a \$150 U.S. Savings Bond for her accomplishment.

### 'March for the Arts' features NHS String Quartet

The Newark High School String Quartet, under the direction of teacher Rosaria Macera, performed at the fourth annual "March for the Arts in Education" celebration held at Legislative Hall in Dover.



### Math poster contest winners

Christina District named five district-level winners in the 2007 Delaware Council of Teachers of Mathematics Math Month Poster Contest. This year's theme was Mathematics and Agriculture. Students winners and grades:

K-3: Hailey Zirkle and Roxanne Franum, Marshall Elementary (3rd grade);

4-6: Abhishhek Rao, Marshall Elementary (5th grade);

7-8: Preeti Jain and Josh Banfill, Gauger-Cobbs Middle School (8th grade).

Local poster contest winners go on to compete at state level.

### Keene basketball league has successful season

Keene Elementary School celebrated another successful basketball season with an end of the season banquet and awards ceremony. Special guests this year were the Philadelphia 76er's cheerleaders as well as guest speakers Mike McCleary and Nate Mariano of the Christiana High School basketball team.

Sponsors for this year's league included Pepsi Bottling Group (Raffles), T.G.I. Fridays on Route 13, Dirt Vaporizing Cleaning Company, Michael Murphy (Uniforms), Pat Cooke (Trophies), Keene PTA and the Keene administration.

### Message of peace for students

Pulaski Intermediate students heard a strong message of peace and non-violence from a group of dynamic speakers who told

students to make good choices, resolve conflict in ways that don't involve violence, and to make this a safe summer where no one is hurt. The message was brought to the school by the non-profit CTAC (Churches Take a Corner) organization, who used music, dance, and strong role models to bring their positive message to kids.



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# Opinion

EDITORIALS | COLUMNS • PAGES FROM THE PAST • LETTERS

POST COLUMNIST

## Letting go is a tough thing to do

By JON BUZBY

NEWARK POST COLUMNIST

One of my favorite movies growing up was about two comedians, Steve Martin and the late John Candy, and their adventures traveling across America trying to get home for the holidays. They traveled by plane, train and automobile and each adventure was wackier and funnier than the last.



Buzby

My son has traveled on all three, but never alone. Next week he's heading to Florida with two neighborhood friends to visit a former cul-de-sac buddy. They'll be driven to the airport, take a train through it and then board a plane. Just the three of them — ages 13, 14 and 15. I will be nowhere to be found.

If I thought I could get away with it I'd probably fly with them. Maybe on the back of the plane out of sight. Certainly not within radar of my son. He'd be mortified and might try to have me de-planed.

I've flown to almost every state in the country so I know how easy and safe it is to fly. I've been seated with, in front of, and behind children traveling alone. They are treated like royalty, as they should be. Yet, I still worry.

I don't even think it's just the flight I'm worried about. It's the fact that he's going to be a plane ride away having a blast while I miss and worry about him like crazy. And my guess is, like most teenagers, the only time my name will pop into his head is if he needs more money.

He wanted to go last year but sprung it on me at the last minute and I said no. He was told if he wanted to go next year he'd have to plan ahead and save his money. I guess I was banking (no pun intended) on him not having his share of the fee. But he does and next week he taxis down the runway without me.

He is headed to a lakefront house with a dock loaded with water toys. And did I mention they are within biking distance of the world's biggest playground — Disney World? It's a teenager's dream vacation.

His days will be spent running, swimming, laughing and having a grand old time. Mine will be spent

worrying.

He'll sleep like a rock at night. Just not in his own bed at home.

He's in great hands down there. They just aren't mine.

It's a once in a lifetime opportunity for him. Just not with me.

I expected many questions from him about traveling alone with at least a slight show of nerves. I'm getting none. He's going into this trip with no fear. It reminds me of his first time on ice skates. He skated circles around me then, he's circling the globe without me now.

I guess I should be happy that he's excited to go and in some ways proud that I've raised a child mature enough to take such a grownup trip. Maybe when he gets back I will be.

It seems like just yesterday he couldn't go anywhere without me loading him in the infant carrier and clicking him in. And then he graduated to the booster seat, the seat belt in the back and then finally the front seat. Next year at this time he can drive himself to the airport if he chooses.

I guess it's time to let go — at least for a week. As I drop him off at the airport with Riley in the infant carrier in the back seat, I'm sure I'll turn around at some point and it will be like a flashback in time. A time I thought would never end, or come.

It will be the longest week of my life. But I also realize just the first of many long weeks ahead. Soon it might be summers, next will come semesters and eventually, he'll be away forever, coming home only to visit. Each night this week that my oldest is gone I'll go into Riley's room and kiss him goodnight — twice. Once from me and once for his brother. And then I'll pop in the empty bedroom next door and stare at the empty bed. I'll close my eyes and trust he is safe and hope that when his head finally hits the pillow several states away, maybe, just maybe, he might miss me just a little.

I sure will miss him — a lot.

It's tough letting go.

■ Jon Buzby writes about parenting and youth sports for newspapers, magazines and Web sites around the country. Send him e-mail at [JonBuzby@hotmail.com](mailto:JonBuzby@hotmail.com).

## OUT OF THE ATTIC



This week's Out of the Attic features a photograph thought to have been displayed in the old Washington House at one time. Former Newark residents Dorothy and Howard Cage acquired a collection of photographs when the tavern closed, said their nephew Bill Barrow, who donated the photos for use in this space. This photo shows the West Main Street. Readers who have a historic picture and would like to share it with other readers are invited to loan their photos for reprinting in this space. Special care will be taken. For information, call the *Newark Post*, weekdays, 8:30 a.m. to 5 p.m., at 737-0724.

## PAGES FROM THE PAST

News as it appeared in the *Newark Post* through the years

### July 21, 1932 Fountain Fairyland with Legion Pageant

With the recent completion of the new fountains, Longwood Gardens, the P.S. du Pont estate, near Kennett Square, gains undisputed place as the "premier American estate."

In front of the broad, vine-covered expanse of the building housing the Longwood conservatory in a space once entirely smooth green lawn, the last word in colored fountains and landscape gardening has transformed it into a real "Fairyland of Fountains."

### Col. S.J. Smith presents 'Purple Heart' Medal awards

Eleven veterans of the World War who served with distinction overseas and were either wounded or cited for valor were

decorated with the "Purple Heart" medal at special exercises held in the rooms of Lieutenant J. Allison O'Daniel Post Veterans of Foreign Wars, Tuesday, July 19. The exercises were attended by relatives and friends of those decorated. The medals were received from the War Department and the presentations were made Tuesday night by Colonel S. J. Smith, of Newark,

who was recently elected State Commander of the Veterans of Foreign Wars for Delaware.

### July 20, 1977 This year's 'weird' weather confuses watchers...

During the harsh cold months of the past winter, one of the most common daydreams shared by Newark residents was filled with images of tropical beaches, palm trees and sunshine, a respite from the snow, sleet and freezing temperatures which plagued most of the East coast.

The dream has come true, at least as far as the sunshine goes, the winter's ideal is rapidly becoming the summer's nightmare. Although the heat and humidity presently baking the area have not reached



"Pages From The Past" is compiled from early editions of the *Newark Post* and its forerunners by staffers. Efforts are made to retain original headlines and style.

See PAGES, 7 ►



## COMMENTARY

# In support of a Delaware Interstate Job Task Force

To: the Editor  
From: State Rep. John Kowalko, D-25

As a state, we stand at a crossroads when it comes to economic development, and where we go from here will impact the lives and futures of many for years to come. Recent developments in Delaware and Maryland concerning job availability and job losses should spur us to a new course of action to coalesce statewide efforts in that regard.

With the closing of the Avon facility and the Daimler Chrysler plant, both in Newark, we as a state must work to ensure that quality jobs are available for all citizens. While the fight continues in helping to save the DaimlerChrysler plant, a new window of opportunity for the people of Delaware has been opened with the announcement of a major increase in the number of jobs at the Aberdeen Proving Ground and Fort Meade in Maryland.

Due to the Base Realignment and Closure Plan (BRAC) submitted by the Department of Defense, by 2009, between 14,000 and 16,000 high-paying, high-tech positions will be added to the base, which is only a half an hour from Delaware. When considering indirect jobs, such as contractors, the numbers jump to between 45,000 and 60,000 people.

This is wonderful and welcome news not only for Maryland, but also for the state of Delaware. Housing deficiencies in Maryland mean that many could choose to live in Delaware, considering that the Aberdeen Proving Ground is less than 30 minutes away. Not only would this add to our already vibrant local economy, it would bring new opportunities to sustain job growth in the area.

In order to ensure that Delaware benefits from the creation of thousands of jobs in the area, we (myself and State Rep. James Johnson, D-16) are proposing to establish the Delaware Interstate Job Cooperative Task Force. House Concurrent Resolution No. 26 would establish a comprehensive coalition of groups that would engage the discussion at the state level and enable discourse between the General Assemblies of both Maryland and Delaware. Taskforce participants would include a wide array of stakeholders, including the Department of Labor and the Economic Development Office, state and local union organizations, local municipalities, and at large members of the public.

The state of Maryland may find it difficult not only to provide housing for the number of new workers proposed, but also to supply the number of workers with the training and skills necessary to fill these positions. Delaware can offer a highly-skilled and dedicated work-



force. Geographical boundaries of neighboring states should not impede job growth, job availability, or industry needs, and therefore, we would like to propose creating this task force in

order to ensure that the people of Delaware are able to be a part of this wonderful opportunity. By establishing a relationship with the state of Maryland, we will be able to sustain cooperative efforts in the future regarding job creation, job availability, and industry growth, and we will be able to promote economic stability within the region.

The task force could and should be expanded over the course of time to engage neighboring states in the discussion.

It would eliminate the territorial and parochial attitudes that may hinder a smooth intertwining of job appointments and manpower availability. The key to effective interstate job creation is to elevate the discourse to the state level while still including a wide variety of stakeholders. We feel that this will guarantee engagement at the highest level of state government and therefore ensure a responsible path to a stable economic climate throughout the region.

## Being principal was a longtime goal for Bedford

### ► UPFRONT, from 1

Bedford, who will be 35 in August, graduated from Newark in 1990 and played on the state championship baseball team his senior year.

"When I started, all I wanted to do was teach and coach," said Bedford, who coached the Newark baseball program for 10 years. "I was fairly young when I started coaching and I thought I would coach for 30 years."

Bedford, though, had been a leader all of his life. He was captain of the state title baseball team and was responsible for 45 or so players in his baseball program as its coach. He went back to school and became a guidance counselor at Newark, taking responsibility for 400 or so students.

Former Newark principal Frank Hagen began giving him

extra responsibility within the building and the number of students Bedford was responsible for kept going up. He took the necessary classes to become an administrator and later became an assistant principal at Newark.

He moved over to Christiana High, where he was also an assistant principal and at the end of this past school year was awarded the Newark job.

He now has responsibility for 1,900 students.

"I just can't thank Dr. Lowery (Christina School District superintendent) enough for having confidence in me and giving me this opportunity," Bedford said. "It was a goal of mine to be principal. It just happened a little sooner than I thought it would."

Not only did it happen sooner, it happened in Newark.

Bedford grew up in Newark. His father went to Newark High.

His mother went to Newark High. His brothers went to Newark High.

Curt Bedford knows all about Newark and Newark High. He has a passion for the community and a passion for the school.

He's always been a leader and has had success at every level of leadership — from being a team captain to being an assistant principal.

Clearly, there are challenges within the Christina School District and within Newark High. Curt Bedford, however, is exactly the person that this school district needs to have leading this school at this time.

The stakes now are a lot higher than a state baseball title. Have confidence, though, that the results will be the same.

## Will worms ease county landfill woes?

### ► PAGES, from 6

the extremes of the sweltering, record-breaking summer of 1955, officials at the National Weather Service's Wilmington office have described the scorching temperatures as a "Continental Heat Wave."

### Will worms ease county landfill woes?

A subject that's slowly inching its way into the minds of New Castle County officials

may be the solution to ongoing problems at the old Llangollen landfill.

The subject is a little known process called "annelidic consumption" and its secret lies in one word — worms.

Lots of worms. Hungry, garbage-eating earth worms. Hold the giggles, because this is serious stuff. Serious enough, in fact, that New Castle County Council has scheduled a workshop to allow proponents of the process to tell how it might answer the county's landfill worries.

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# Lifestyle

RELIGION • PEOPLE • DIVERSIONS • THE ARTS

## OUTLOOK

### 4-H does that?!

By KATIE E. DALY

SPECIAL TO THE NEWARK POST

It's not everyday you walk into your office to be greeted by bags of fleece from sheep, especially when working in Newark. However, with the Delaware State Fair approaching, you never know quite what to expect.

Over the past few days, the New Castle County Extension office has been filling up with 4-H exhibits from all across the county, including many from right here in Newark. Fleece from sheep projects, outstanding watercolor paintings, bird houses made from scratch; you name it and there is probably a 4-Her that has made it. Each year, 4-H youth ages 5 to 19 gather up the many different crafts and exhibits they have worked on to enter in the Delaware State Fair.

During fair week, the Delaware 4-H organization proudly displays several thousand exhibits that demonstrate the life skills, leadership and citizenship that 4-Hers have learned and developed over the course of the year. The 4-H building starts out as an empty ice skating rink and virtually overnight is transformed into every craft enthusiast's and educator's dream. The display tables and walls are decked with gorgeous prom dresses, impressive Adirondack chairs, unique handbags, vibrant flowers, delicious home baked foods, homegrown vegetables and so much more. Visitors are exposed to the many offerings of 4-H and gather some educational information as they wander through the building. Exhibits centered

'Outlook' is a weekly feature prepared by the New Castle County Cooperative Extension Service

See OUTLOOK, 9 ►

## Fun in the sun

YMCA camp brings 1,000 kids to Lums Pond State Park

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

More than 1,000 kids, ages 6 to 15, converged at Lums Pond State Park in Bear on

Thursday, July 12, for a Summer Camp Celebration hosted by the YMCA of Delaware.

Kids came from YMCAs based around the state, from as far away as Sussex County to as close by as the Newark area facilities, Western Family YMCA and Bear-Glasgow Family YMCA.



The day's events included inflatable play spaces, athletic contests, a water slide, magic and clown shows, games, live music and picnic-style food.

The purpose, said program director David Halley, was to give children the chance to interact with other kids around the state.

"A lot of what we do occurs in each individual branch. This is a way to give kids the big picture of what the YMCA does," he said. This is the second year the event has been organized by the YMCA, which had more than 100 staff members on hand.



NEWARK POST PHOTOS BY CHRISTINE NEFF

More than 1,000 kids from throughout the state of Delaware converged on Lums Pond State Park last week for a day of fun in the sun sponsored by YMCA Delaware. Kids from the Bear Glasgow YMCA and the Western Family YMCA were among those participating.



## LIFESTYLE

# Jazz singer performs at library

Judith Kay has performed across the U.S.

By PATRICIA E. LANG

NEWARK POST CONTRIBUTING WRITER

On Wednesday, July 11, singer/guitarist Judith Kay, co-founder of the Arden Jazz Guild, played for an audience of approximately 30 people at the Newark Free Library. Her performance was titled "Jazzy Sounds from Brazil to the U.S."

"Relax and listen," she advised, "playing some mellow sounds tonight." She started with songs from the 1930s and 40s, an era of music that she favors.

Kay has performed across the United States and internationally.

In between her songs, she shared what she knows about the music, telling the audience how unique composer Irving Berlin



NEWARK POST PHOTO BY PATRICIA E. LANG

**Judith Kay, co-founder of the Arden Jazz Guild, played for an audience at the Newark Free Library on Wednesday, July 11.**

was for his time in writing both music and lyrics. She played two

Berlin songs – "Putting on the Ritz," and "Dancing Queen to Cheek."

Aware that there would probably be children in the audience, Kay did a song by Hoagy Carmichael called "Baltimore Oriole." Asking for the assistance of one of the children, she included, in the song, a background of an Oriole singing, adding, as a treat, the sound of a rooster, cardinal and robin. Her assistant produced these sounds on an instrument of Kay's – a Birdsong identifier. The song was fun for both adults and children, the lyrics humorous such as the line, which began with "When a two-timing Blue Jay met the divine Miss O..."

Kay is a lyricist, a composer and arranger. One highlight of the night was her demonstration and explanation of chord substitution, a technique used by jazz

musicians. A chord is "a group of three or more notes sounded together in harmony." A chord substitution is the substitution of a sound in place of another sound in a musical progression. The new chord must have something in common with the original chord; it must "jive" with the rest of the composition.

Kay used chord substitution in her interpretation of George and Ira Gershwin's "Love is Here to Stay" to give the song a "boost." She talked about chord substitu-

tion and showed the audience what the original song was like, and how her interpretation differed.

"I don't like tampering with the melody," she said, advising the musicians in the audience, who might try chord substitution, to show respect for the original tune/composer.

Another highlight of the night was Kay's scat singing, which was scattered throughout the songs.

See JAZZ, 11 ►

## 4-Hers put skills into action

► OUTLOOK, from 8

on environmental topics teach about conservation and ecology, while photographs tell stories about fun in the sun.

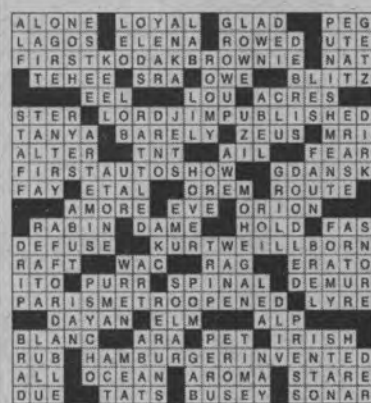
In addition to the exhibits, 4-Hers put their skills into action. Demonstrations, public speaking competitions, financial literacy and avian bowls, etc., all take place on the center stage for everyone to see. You can join in and learn about ways to prepare healthy snacks, how to do wood burning, how to care for your sheep or what makes a rocket launch. Or sit back and relax as 4-Hers from across the state entertain you with their impres-

sive talents from acting to singing and dancing. Outside of the building, 4-Hers will show off their archery skills and several different types of livestock they have raised and cared for.

By this point in the summer, going to the pool may not be as appealing as it was a few weeks ago. Why not take a trip to the Delaware State Fair to see what local 4-Hers have been learning throughout the year? You and your family can learn a lot as well, and I'll bet you will have a great time doing it! 4-H is a community of young people across America learning leadership, citizenship and life skills. To learn more about how you and your family can get

involved, call the New Castle County 4-H Office at 831-8965.

**Solution to The Post Stumper on Page 11.**



## Newark man gets winning ticket

Jorge Jaquez had been planning to take his oldest son to visit his grandfather in Chihuahua, Mexico, for some time. Now the 42-year-old roofer from Newark won't have to worry how he's going to pay for it, as he recently came forward as the first winner of the \$10,000 jackpot on the Money Plus instant game.

Jaquez, who is originally from Mexico and is a married father of three, said he is a regular Delaware Lottery player and especially enjoys the instant games.

"I like to play, but I never thought I'd win the big money," he said. "I couldn't believe it. My wife still didn't really believe it

until I brought it [to the Lottery office for verification]."

Next month, Jaquez and his 14-year-old son, will start the drive to Chihuahua from Newark. And despite his win he is still determined to drive.

"It's about a 40-hour drive," he said. "It will be good to be with my son and the money will come in handy. Yesterday was just my lucky day."

Money Plus is a \$5 ticket released on May 29. It features three \$10,000 top prizes of which two are still available. Jaquez purchased his winning ticket at Fairwinds Liquors on Pulaski Highway in Bear.



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# Diversions

THEATRE • EVENTS • EXHIBITS • NIGHTLIFE • MEETINGS

FRIDAY

20

**DANCE PARTY** 9:30 p.m. "Awesome 80s." Deer Park Tavern, 108 W. Main St., Newark. Info, 369-9414.

**HEARING WORKSHOP** 1-3 p.m. Conducted by Kevin Kresniak of Interton. Free. Costco Wholesale, 900 Center Blvd, Newark. Info, 894-0979.

**HARRY POTTER NIGHT** 10:30 p.m. Celebrate the release of "Harry Potter and the Deathly Hallows" with a book sale at one minute after midnight. Come dressed as a favorite character. Captain Blue Hen Comics, Main Street, Newark.

Info, 737-3434.

**MIDNIGHT MAGIC PARTY** 6 p.m. - 2 a.m. Celebrate the release of the newest Harry Potter book with activities, a costume contest, prizes and food. All four Harry Potter movies will be shown. Book on sale one minute after midnight. Cecil Community College Technology Center, One Seahawk Dr., North East, Md. Info, 410-287-4740.

**EVENING TRAIL RIDE** 6:30 - 8 p.m. Saddle up at Sunset Stables and ride through the park. \$36, Newark residents \$31. Lums Pond State Park, Newark. Info, 366-7060.

**LIVE APPEARANCE** 8 p.m. An appearance by Joe Ganascoli, who played Vito Spatafore on the long-running HBO series, "The Sopranos." \$10. Gators Sports Bar, 519 Basin Rd., New Castle. Info, 322-4766.

**FAMILY NIGHT** 6:30 p.m. Kids can catch fireflies and enjoy a concert with "Milkshake," where they can play, sing-along and dance to a variety of songs. Included in general admission. Longwood Gardens, 1001 Longwood Rd., Kennett Square, Pa. Info, 610-388-1000.

**CONCERT** 7:30 p.m. Also July 21 at 7:30 p.m. and July 22 at 2 p.m. "Manhattan Melodies - A Night of Broadway Favorites." Adults \$10, students and seniors \$8. The Church of the Vineyard, Vineyard Way & 796, West Grove, Pa. Info, 610-255-1634.

SATURDAY

21

**LIVE MUSIC** 9:30 p.m. Featuring "Omnisoul." Deer Park Tavern, 108 W. Main, Newark. Info, 369-9414.

**NEW YORK BUS TRIP** 8 a.m. Newark Parks & Rec sponsors a trip to New York City. Bus departs from municipal building. Fee is \$42, Newark residents, \$37. Info, 366-7060.

**5K WALK/RUN** 8:30 a.m. Proceeds benefit the Blood Bank of Delmarva. \$20. Frawley Stadium, Wilmington. Info, 737-8405.

**CD RELEASE PARTY** 8 p.m. Mythica releases

## 'ANIMANIA'

An exhibit of artwork featuring animals is on display now through Aug. 11 at the Newark Arts Alliance Gallery on Elkton Road. Creatures pop up in sculpture, paintings, photos, fabric art and jewelry created by area artists. The exhibit includes this piece, "C for Chicken," by Trish Middings Kuhlman. For more information, visit [www.newarkartsalliance.org](http://www.newarkartsalliance.org) or call 266-7266.



their first full length CD, "Vicarious." Free. Deep Blue Bar & Grill, 111 W. 11 St., Wilmington. Info, 463-8731.

**GARDENING WORKSHOP** 8:30 - 10 a.m. and 10:30 a.m. - noon. "Summer propagation of woody plants, perennials and tropicals." Priapi Gardens, 5996 Augustine Herman Hwy, Cecilton, Md. Info, 410-275-9458.

## SUNDAY, JULY 22

**TEXAS HOLD'EM** 1:30 - 7:30 p.m. Benefits Howard Weston senior and adult day care. \$5 max bid. Poker Room, Four Seasons, Route 896, New Castle. Info, 328-6626.

## MONDAY, JULY 23

**CONCERT** 6 - 9 p.m. Club Phred will perform music of the '60s and '70s to benefit the Rebekah G. Leithren Foundation. \$10, students \$2 with ID. Shaggy's on Main, Newark. Info, 731-9713.

**ALCOHOL AWARENESS CLASS** 7 - 9 p.m. Presented by the Division of Substance Abuse and Mental Health's 36th Summer Institute. Free. UD Clayton Hall Lobby, Newark. Info, 255-9480.

**AUDITIONS** 6:30 p.m. God's Power and Light Co. will hold auditions for their Christmas musical, "I'll Be Home for Christmas." Forest Presbyterian Church, 44 W. Main St., Middletown. Info, 602-1638.

## TUESDAY, JULY 24

**LIVE MUSIC** Featuring Joe Daphne. No cover charge. Deer Park Tavern, 108 W. Main, Newark. Info, 369-9414.

**SUMMER CONCERT** 6:30 p.m. "White Clay Tributary" will play traditional bluegrass and folk music. Park entrance fees apply. White Clay Creek State Park, 425 Wedgewood Rd., Newark. Info, 368-6900.

**PARISH CARNIVAL** 5:30 p.m. Through July 28. Midway rides open at 7 p.m. St. Joseph's Parish, Main Street and Cleaver Farm Rd., Middletown. Info, 378-5800.

**BUSINESS WORKSHOP** 5:45 - 8:45 p.m. And July 31. Score presents a two part series on "Effective Business Plan Writing Made Easy." \$70, Registration required. Newark Senior Center, 200 White Chapel Dr., Newark. Info, 573-6552.

**HISTORY PROGRAM** 12:30 - 4 p.m. Creek Kids programs continue with period music, quilting and making a 19th-century toy. Included in regular admission. Hagley Museum, Route 141, Wilmington. Info, 658-2400.

**FILM SERIES** 7 p.m. Documentary by Bill Moyers, "Buying the War." Free. Westminster Presbyterian Church, Grace Hall, 1506 W. 13th St., Wilmington. Info, 656-2721.

## WEDNESDAY, JULY 25

**BUSINESS SEMINAR** 8:30 a.m. - Noon. The Delaware Small Business Development Center continues its workshop series with, "Your finances are important." \$50 for series. Delmarva Power/Conectiv Conference Center, Newark. Info, 831-0783.

**ISRAELI FILM FEST** 7:15 p.m. "Halfon Hill Doesn't Answer," a comedy about reserve soldiers stationed in the Sinai. Free, refreshments served. The Bernard and Ruth Siegel Jewish Community Center, 101 Garden of Eden Rd., Wilmington. Info, 427-2100.

**ISRAELI DANCING** 7:30 - 9:30 p.m. With Howard Wachtel. \$4. Arden Gild Hall, 2406 Granby Rd., Wilmington. Info, 478-7257.

**HEALTH EDUCATION PROGRAM** 8:30 - 11:30 a.m. Christiana Care

See **EVENTS, 11** ►

## SATURDAY, JULY 21

**MEN'S BREAKFAST** 7:30 a.m. Saturday. \$5 donation goes to missions. Life Community Church, 750 Otts Chapel Rd. Info, 738-1530.

## MONDAY, JULY 23

**MHA DEPRESSION SUPPORT GROUP** 7 - 9 p.m. Mondays. Sponsored by Mental Health Association in Delaware. To protect privacy of members, meeting locations provided only with registration. Info, 654-6833.

**NEWARK ROTARY CLUB** 6:15 - 7:30 p.m. Mondays. Timothy's, 100 Creek View Rd, Newark. Info, 453-8853.

**SCOTTISH DANCING** 7:30 p.m. Mondays. St. Thomas Episcopal Church, 276 S. College Ave., Newark. Info, 368-2318.

**ENGLISH CLASSES** 1 and 7 p.m. Mondays. English Conversational Classes. Free. Newark United Methodist Church, 69 E. Main St., Newark. Info, 368-8774.

**TAI CHI** 3 - 4 p.m. Monday (Advanced); or Wednesday, 4:30 - 5:30 p.m. (Begin/Intermediate). \$20 per month. Newark Senior Center, 200 White Chapel Dr. Info, 737-2336.

**TAI CHI** 10 - 11 a.m. and 11:45 a.m. - 12:30 p.m. Monday through Friday. \$70/month. Shaolin Martial Monks School, 181 Main St., Newark. Info, 373-2918.

**JAZZERCISE LITE** 10:15 - 11:15 a.m. Mondays, 5:30 - 6:30 p.m. Tuesdays, 9 - 10 a.m. Wednesdays, and 8:30 - 9:30

a.m. Fridays. Low Impact, modified version for Seniors. Newark Senior Center, 200 White Chapel Dr. Info, 737-2336.

**JAZZERCISE** 5:45 - 6:45 p.m. Mondays, Wednesdays and Thursdays; 8:45 - 9:45 a.m. Tuesdays, Thursdays and Saturdays; 4:30 - 5:30 p.m. Tuesdays and Thursdays. Certified instructor Nadine Weisenbach. George Wilson Center, 303 New London Rd., Newark. Info, 366-7060, or [www.newarkjazz.net](http://www.newarkjazz.net).

**PILATES** 11:30 a.m. - 12:30 p.m. Mondays, 9 - 10 a.m. Tuesdays, 6:45 - 7:45 p.m. Wednesdays, 10:15 - 11:15 a.m. Thursdays. Newark Senior Center, 200 White Chapel Dr., Newark. Info, 737-2336.

**STRENGTH TRAINING** 9 - 10 a.m. Mondays; 6:45 - 7:45 p.m. Tues. and Thurs.; 10:15 - 11:15 a.m. Wed. and Fri. Newark Senior Center, 200 White Chapel Dr. Info, 737-2336.

**STRENGTH & FLEXIBILITY CLASS** Mondays, Wednesdays, & Fridays; 9:30 - 10:30 a.m. \$4 per session/\$50 for 6 weeks. First Presbyterian Church, 292 W. Main, Newark. Info, 731-5644.

**KUNG FU** 6 - 7 and 7 - 8 p.m. Mondays, Wednesdays, and Fridays. \$70/month. Shaolin Martial Monks School, 181 Main Street, Newark. Info, 373-2918.

**KUNG FU** 6:30 p.m. Mondays, Wednesdays, and Fridays; 10 a.m. Saturdays. \$100/month unlimited sessions. Shao Lin Tiger and Crane Kung Fu Academy, Market East Plaza, 280 E. Main, Newark. Info, 737-4696.

**PANIC RELIEF** 7 p.m. Mondays and Wednesdays. Phone workshop. Programs

## MEETINGS

available. Overcome fears, anxiety and agoraphobia, and achieve positive self-image. Info, 732-940-9658.

## TUESDAY, JULY 24

**HEALTHY HIKE** 8 a.m. Tuesdays. White Clay Creek State Park, 425 Wedgewood Rd., Newark. Info, 368-6900.

**SUMMER NIGHT STROLLS** 7 p.m. Tuesdays through July. 6:30 p.m. in August. Nature hikes in the park. White Clay Creek State Park, 425 Wedgewood Rd., Newark. Info, 368-6900.

**CONSTITUENT BREAKFAST** 7 - 8 a.m. Tuesdays. Join Rep. John Kowalko for coffee and conversation. Friendly's Rest, 1115 S. College Ave., Newark. Info, 577-8342.

**NEWARK DELTONES** 7:45 p.m. Tuesdays. For men who like to sing. New Ark United Church of Christ, 300 E. Main St. Info, 376-8934.

**DIAMOND STATE CHORUS OF SWEET ADELINES** 7:30 - 10 p.m. Tuesdays. Women's acapella singing group. Curious and enthusiastic singers welcome. Life Community Church, 750 Otts Chapel Rd., Newark. Info, 731-5981.

**PARKINSON'S STRENGTH TRAINING** 10:30 a.m. Tuesdays. Newark Senior Center, 200 White Chapel Dr., Newark. Info, 737-2336.

**OPEN SWIM** 4:30 - 7 p.m. Tuesdays and

Thursdays. Gore Aquatic Center, Newark Senior Center, 200 White Chapel Dr., Newark. Info, 737-2336.

**YOGA** 2 - 3:30 p.m. Tuesdays, 9 - 10 a.m. Thursdays. Newark Senior Center, 200 White Chapel Dr., Newark. Info, 737-2336.

**TAI CHI** 6 - 7 and 7 - 8 p.m. Tuesdays. \$70/month; Shaolin Martial Monks School, 181 Main St., Newark. Info, 373-2918.

**TAI CHI** 6:30 p.m. Tuesdays and Thursdays. \$70/month unlimited sessions. Shao Lin Tiger and Crane Kung Fu Academy, Market East Plaza, 280 E. Main St., Newark. Info, 737-4696.

## WEDNESDAY, JULY 25

**ISRAELI FILM FEST** 7:15 p.m. Wednesdays. Celebrate Israel at 60. Free. Bernard & Ruth Siegal Jewish Community Center, 101 Garden of Eden Rd., Wilmington. Info, 427-2100, ext 30.

**BIKE AND HIKE** 5 - 8 p.m. Wednesdays. Three-mile loop. \$2. Hagley Museum, Route 141, Wilmington. Info, 658-2400.

**BINGO** 12:45 p.m. Wednesdays. Lunch available for \$2.25 a platter at 11:45 a.m. Newark Senior Center, 200 White Chapel Dr. Info, 737-2336.

**EVENING YOGA** 5:30 - 7 and 7 - 8:30 p.m. Wednesdays. Sponsored by Newark Parks & Rec. Newark Senior Center, 200 White Chapel Dr., Newark. Info, 366-7060.

**TAI CHI** 9:30 a.m. and 5:30 p.m. Wednesdays. Free for people touched by cancer. The Wellness Community in New

Castle, 4810 Lancaster Pike, Wilmington. Info, 995-2850.

**DIVORCECARE** 6:30 - 8:30 p.m. Wednesdays. Support group meeting. Evangelical Presbyterian Church, 308 Possum Park Rd. Info, 737-2300.

**GRIEF SHARE** 7 p.m. Wednesdays. Seminar and support group for those who have lost someone close to them. Praise Assembly, 1421 Old Baltimore Pike. Info, 737-5040.

**RELIGIOUS DISCUSSION GROUP** 7 - 8:30 p.m. Wednesdays. Current events and religious discussions led by Rev. Bruce Gillette. Limestone Presbyterian Church, 2301 Limestone Rd., Wilmington. Info, 994-5646.

**ANXIETY DISORDER** 6:15 - 7:30 p.m. Second and fourth Wednesday. Support group sponsored by Mental Health Association in Delaware. To maintain the privacy of members, support group locations not published. Info, 654-6833.

**ADULTS WITH ADHD SUPPORT GROUP** 7:30 p.m. Fourth Wednesday. Newcomers meet at 7 p.m. New Ark United Church of Christ, 300 E. Main St., Newark. Info, 737-5063.

## THURSDAY, JULY 26

**STORYTIME** 10:30 a.m. Thursdays. Animal stories read by a lively storyteller. Near the Otter exhibit, The Brandywine Zoo. Info, 571-7747.

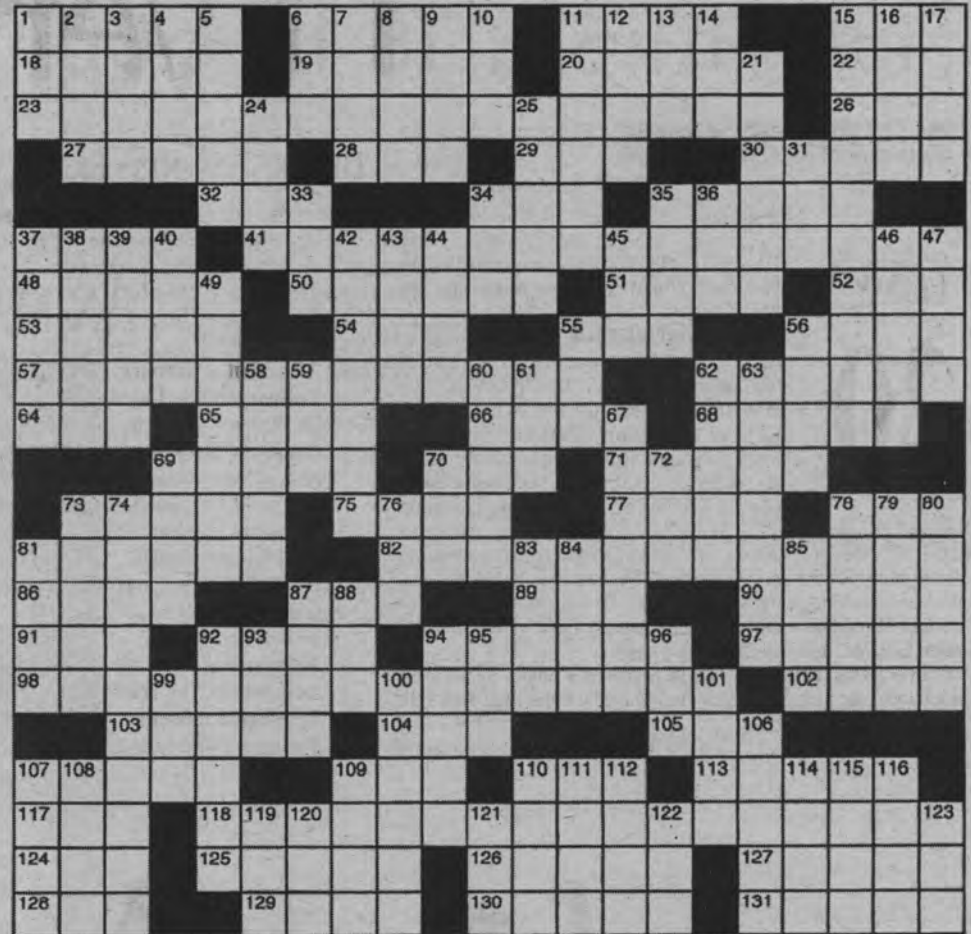
**YOGA** 10:30 a.m. and 5:30 p.m. Thursdays. Free, pre-registration is required. For

See **MEETINGS, 11** ►



## THE POST STUMPER

- ACROSS**
- 1 "Home —" (90 film)  
6 Faithful  
11 Elated  
15 Tighten the tent  
18 Nigerian city  
19 Actress Verdugo  
20 Paddled  
22 Multi-purpose vehicle  
23 Photography event of 1900  
26 "Unforgettable" name  
27 Snicker sound  
28 Mexican Mrs.  
29 Have a mortgage  
30 Attack  
32 Sniggler's quarry  
34 Baseball's Piniella  
35 TV's "Green —"  
37 Young follower?  
41 Literary event of 1900  
48 Roberts or Tucker  
50 Only just  
51 Olympic VIP  
52 Med. test  
53 Take in, perhaps
- 54 Big bang letters  
55 Distress  
56 Terror  
57 Exhibition event of 1900  
62 Solidarity city  
64 Weldon or Wray  
65 And others  
66 Utah city  
68 Way to go  
69 Donizetti's "L'elisir d'—"  
70 Queler or Arden  
71 Heavenly hunter  
73 Mel's successor  
75 Knight's wife  
77 Clasp  
78 Scale notes  
81 Ease a situation  
82 Musical event of 1900  
86 Huck's craft  
87 Service div.  
89 "— Doll" ('64 hit)  
90 Urania's sister  
91 Skater Midori  
92 Act catty?  
94 Anesthetic type  
97 Object
- 98 Transportation event of 1900  
102 90 Across' instrument  
103 Moshe of Israel  
104 Shady character?  
105 High peak  
107 Multivoiced Mel  
109 Coach Parseghian  
110 Favorite  
113 — terrier  
117 Massage  
118 Culinary event of 1900  
124 Every last bit  
125 Humpback's home  
126 Luncheonette lure  
127 Gawk  
128 Payable  
129 Makes lace  
130 Actor Gary  
131 Detection device
- DOWN**
- 1 TV ET  
2 Cafe au —  
3 Fairy-tale fiend  
4 Snack  
5 Cosmetician Lauder  
6 Papal name  
7 Auto pioneer  
8 Century  
9 "Lonely Boy" singer  
10 Research site  
11 Become an adult  
12 Rob of "Wayne's World"  
13 Barley beard  
14 "Agnus —"  
15 Word in a Dostoyevsky title  
16 Coup d'—  
17 See  
21 Rubble  
24 Boat bottom  
25 Commodious  
31 Guitarist Paul  
33 Tennis stroke  
34 "— Abner"  
35 Cain's victim  
36 Actor Gulager  
37 Rod  
38 Actress Shire  
39 Threshold  
40 Bread and booze  
42 Upset  
43 Bond foe  
44 New York team  
45 "Raid on Entebbe" weapon  
46 Rub out  
47 Bogarde or segment  
49 Apollo's sister  
55 Veneration  
56 Hawthorne's was marble  
58 Make amends  
59 Mideastern letters  
60 Fly a chopper  
61 Trams transport it  
62 Barbecue  
63 Drew while distracted  
67 Connecticut native  
69 Border on  
70 Aussie walker  
72 Hugo's "Le — s'amuse"  
73 Lasso  
74 Priced right  
76 Canine grp.  
78 Full of froth  
79 Pianist Schnabel  
80 A little night music?  
81 Wet blanket  
83 Junket  
84 Fade away  
85 Songwriter Jacques architect  
88 — deco  
92 '60 Hitchcock classic  
93 Actress Thurman  
94 Like some energy  
95 Petite pooch  
96 Thompson or Salonga  
99 Rocker Whitcomb  
100 August shows  
101 554, to Tiberius  
106 Preserve a petunia  
107 Nail type  
108 Berg opera  
109 Blind as —  
110 Callao's country  
111 Desire deified  
112 Use a stopwatch  
114 Division word  
115 With  
17 Down, famed saxophonist  
116 51 Across' missis  
119 Pretend  
120 "Cry — River" ('55 song)  
121 Yak  
122 Aye opponent  
123 Augsburg article



## ► MEETINGS, from 10

people touched by cancer. The Wellness Community in New Castle, 4810 Lancaster Pike, Wilmington. Info, 995-2850.

**TAI CHI** 4:15 p.m. Thursdays. Free for people touched by cancer. The Wellness Community in New Castle County, 4810 Lancaster Pike, Wilmington. Info, 995-2850.

**LET'S DANCE CLUB** 4 - 6 p.m. Thursdays. Features ballroom and line dancing. Free. Meets at Newark Senior Center, 200 White

Chapel Dr., Newark. Info, 737-2336.  
**WOMEN'S DEPRESSION** 7 - 9 p.m. Thursdays. Support group sponsored by Mental Health Association in Delaware. Free. To protect privacy of members, meeting locations provided only with registration. Info, 654-6833.

**NEWARK MORNING ROTARY** 7 - 8:15 a.m. Thursdays. Meeting and breakfast. The Blue & Gold Club, Newark. Info, 738-9943.

**BLUEGRASS/OLDTIME JAM** 7:20 - 10 p.m. Thursdays. Any skill level welcome. Bring your own instrument. St. Thomas

Episcopal Church, 276 S. College Ave., Newark. Info, 368-4644.  
**TOASTMASTERS** 7 p.m. Second and fourth Thursday. Develop potential and overcome fear of public speaking. Public welcome. Check info desk for room location. Union Hospital, 106 Bow St., Elkton, Md. Info,

443-553-5358.  
**G.O.A.L.** 7:30 p.m. Second and fourth Thursday. Meeting for widows and widowers sponsored by Going On After Loss. Aldersgate United Methodist Church, Concord Pike, Wilmington. Info, 368-8980.  
**COLONIAL STATE KNITTERS** 7 p.m.

Fourth Thursday. Limestone Medical Center, Room 005, Limestone Rd., Wilmington. Info, 838-0446.  
For a complete list of meetings visit our website: [www.newarkpostonline.com](http://www.newarkpostonline.com)

## ► EVENTS, from 10

Health Systems presents "Living with Diabetes." Christiana Care Preventive Medicine and Rehab Institute, Wilmington. Info, 428-4100.

## ■ THURSDAY, JULY 26

**MUG NIGHT** With Cliff Hillis & Ian Walsh. Deer Park Tavern, 108 W. Main, Newark. Info, 369-9414.  
For a complete list of events visit our website: [www.newarkpostonline.com](http://www.newarkpostonline.com)

## Music needed in world today

## ► JAZZ, from 10

Scat singing is a well-established jazz technique, improvised singing of syllables without significant words or coherence.

In honor of the Friends of the Newark Free Library who sponsored her appearance, Kay sang, "You got a Friend" by Carole

King and got the audience to sing along.

Asking if anybody in the audience played an instrument, Kay smiled at the show of hands. "Play music," she advised, before going on to the next song. "The way things are nowadays, we have to," intimating that music was a way of keeping one's sanity

in a crazy world.

For further information about Judith Kay and her music, go to [www.judithkay.com](http://www.judithkay.com).

To find out about the Friends of the Newark Library, and other Summer Programs offered at the Newark Library, go to [www.nccdelib.org/newark](http://www.nccdelib.org/newark) or call 302-731-7550.

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## IN THE NEWS

# Tiernan starts in Sept.

## ► CHIEF, from 1

"In 2005, we were visiting the university with our daughter, and we just fell in love with the city at that time," he said. "I saw it had a great police department and a sense of community with all the festivals and events."

Tiernan was one of 92 candidates to apply for the job of Newark's chief, which opened after the death of Police Chief Bill Nefosky in January. The nationwide search attracted candidates from as far away as Houston, Texas, to within the department, said City Manager Carl Luft.

He said 13 applicants were interviewed by a team made up of city staff, which included Luft, his assistants, Carol Houck and Charles Zuzag, Planning

Director Roy Lopata and Parks and Recreation Director Charlie Emerson.

Luft credited Tiernan's "good skills, very solid background" for making him stand out among the applicants. He cited Tiernan's experience in emergency response planning, community policing, neighborhood relations, budgeting and policy development as strengths that will be important in heading the department here.

Calling Teaneck, N.J., an "extremely diverse community" in terms of residents' social and economic backgrounds, Luft said, "I think Tiernan will bring some good, new experiences to our city."

Tiernan said he is looking forward to the challenge. Newark, he said, is comparable in many ways to his hometown. Fairleigh

Dickinson University has a campus in Teaneck, N.J., and the city, like Newark, runs under a council-manager system.

Tiernan has taken tours of the Newark Police Department and visited parts of Newark. "I'm hoping to sit down with command staff and do a lot of ride-alongs to get to know the city," he said.

Tiernan, who has a master's degree in criminal justice from New Jersey University, will begin work here on or about Sept. 10. He is married and has two daughters, one of whom is enrolled in the law school at Seton Hall University.

## Troop 56 completes community service project at cemetery

Boy Scout Troop 56 of Newark completed a service project in conjunction with the Memorial Day holiday.

On Saturday, May 26, 23 scouts, leaders and parents placed small American flags on veterans' graves at the All Saints Cemetery located on the Kirkwood Highway. The scouts placed approximately 1,000 flags on veterans' graves during the Saturday morning project.

The Troop will also retire a number of worn American flags given to the scouts by All Saints, in a flag retirement ceremony when Troop 56 attends summer camp in mid-July.

Boy Scout Troop 56 is chartered by the First Presbyterian Church of Newark and meets Thursday nights at 7 p.m. in the church's Memorial Hall. F. Charles Shermeyer is the scoutmaster.



Scouts Clay Newcomb, left, and Joey Disk place an American flag on a veteran's grave at All Saints Cemetery.

## NHS Class of 1972 seeking classmates

Newark High School's Class of 1972 is having a 35th reunion on Friday, Aug. 10, at the Newark Country Club. The event will be from 7

p.m. to 11 p.m. Cost is \$60 per person. For more information or to register, call Linda Roushey Downs at 623-4579 or e-mail ldowns625@comcast.net.



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Footboard and Wood Side Rails

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# Sports

HIGH SCHOOLS UNIVERSITY OF DELAWARE • LEAGUES

## Mench adapts to Milwaukee

Former UD star tries to get used to platoon situation

By TOM TOMASHEK

NEWARK POST STAFF WRITER

Kevin Mench is midway through a season of mix emotions.

The 6-foot, 215-pound outfielder is playing for a winning team in the Milwaukee Brewers, leaders in the National League Central, but playing less than he'd like to be in his sixth season of major league baseball. The Newark native and former University of Delaware All-America had only 40 starts through Sunday and had less than 200 at-bats through 91 games.

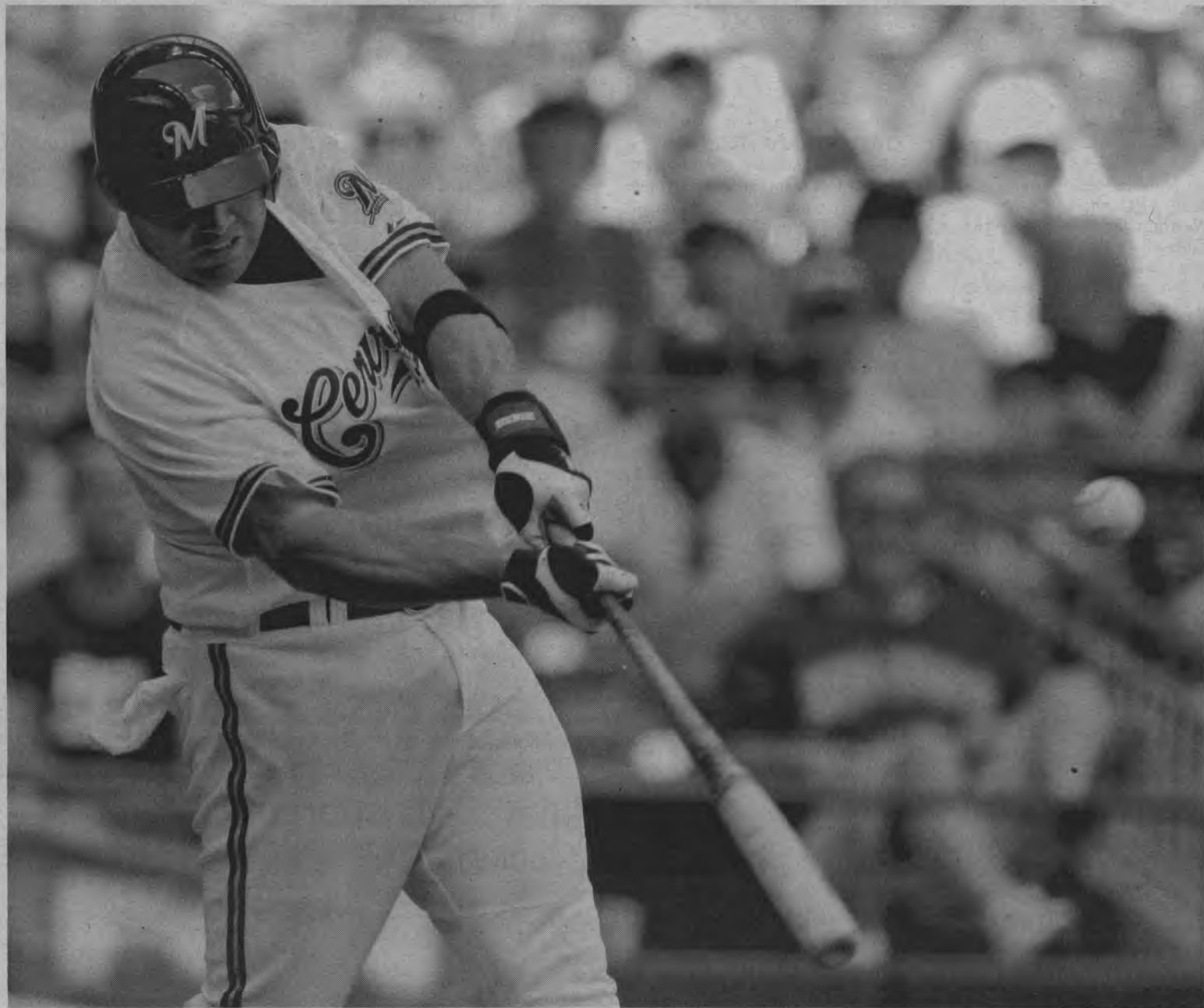
"The winning takes a little sting out of [limited play]," Mench said shortly after the All-Star break, "but there are days when you get a little upset, especially when you've gone a week or so without playing. It's difficult to get into a rhythm when you aren't playing on a fairly regular basis."

His play through this season's midway point was the least he's played since launching his big-league career with the Texas Rangers in 2002, rather the least he's played while healthy. Mench played only 38 games in 2003 when injuries interrupted what appeared to be a breakout season, the 6-foot, 215-pound rebounded the next two seasons and hit a combined 51 home runs and driving in 144.

He had a less than cordial relationship with Rangers manager Buck Showalter, but was loved by the Texas fans and respected by American League pitchers.

That situation combined with his strong start last season — a .284 batting average with 12 home runs and 50 RBI — made his trade to Milwaukee as shocking as it was disappointing to Mench, now a resident of the Dallas-Ft. Worth area.

Then came the 2006 meltdown in Milwaukee where in part-time play he hit .230 and only one home run in the 40 games he played. His popularity with the fans also dropped off in Milwaukee, particularly after he groused about being platooned. Trade rumors began. He has a one-year contract for \$3.4 mil-



Kevin Mench, a former standout at St. Mark's and the University of Delaware, blasts a game-winning triple for Milwaukee in Sunday's game against the Colorado Rockies.

lion, and the trade rumors continue to fly.

What didn't abate was his keen sense-of-humor, something the former Hen slugger demonstrated in his days at Delaware. He concedes that the trade was an emotional setback for a variety of reasons, personal and professional, but this spring when asked what advice he'd have for a player who's traded, he responded: "Get traded in the off-season."

Although Mench struggled for comfort last season after the shocking trade, he seems to be coping much better on the field

this season as a platoon player. In his last 10 games through Sunday, he went hitless in only one contest and improved his season batting average to .284. Last Sunday, his seventh-inning pinch-hit triple and run scored helped propel the Brewers to a 4-3 victory over Colorado.

Monday, despite his Sunday's heroics, he once again was absent from the Brewer lineup.

"I believe that I'm capable of playing every day, but what are you going to do?" Mench said in a telephone interview. "All I can do is study the upcoming pitch-

ers and be prepared for when I'm going to play."

Mench is one of only two right-handed hitting outfielders on the present Brewers roster, with the third being Brewer Bill Hall on the 15-day disabled list with a high ankle sprain through at least this Friday. So, Mench will just continue his weekly homework and try to make the best of his opportunities, as he did Sunday, until the season ends in what he hopes will be the playoffs.

As unsettled as his situation might be, Mench said he is certain about a couple things, one

being that he will never leave Texas where he, wife Shana, and son Keith reside, and two, he'll remain an avid Eagles fan despite his proximity to the Texas Cowboys. And he said he has no major complaints about his life. He's living a childhood dream playing major league ball, making millions of dollars doing it, and he has the perfect wife.

"She's great," Mench said of Shana. "She loves to work and hates to shop, which is unusual to find in this business."



## IN THE NEWS

## SUBURBAN SWIM LEAGUE RESULTS

Valleybrook 168 Crestmoor 352 - Valleybrook Triple Winners- Z. Maurer, J. Foran, K. Foran, A. Barczak; Valleybrook Double Winners- J. Harrold-Mansk, K. Fanning, M. Cross; Crestmoor Quadruple Winners- K. Hatfield, Z. Hatfield, S. Castagna; Crestmoor Triple Winners- C. Carney, A. Windsor, A. Riley, S. Pedicone, K. Kosinski, J. Wayne, J. Gonsalves, J. Riley, A. Poake, N. Gioffre, O. Riley Crestmoor Double Winners- P. Wright, R. Windsor, N. Poake, N. Blankenship.

Persimmon Creek 328, Westminster 310 - Persimmon Creek Triple Winners: Nikki Bugher, Lindsay Crawford, Alysia D'Aguiar, Micaela Davis, Amy Horney, Gabrielle Pagan, Katelyn Thatcher, Cori Whatley, Ellie Whatley; Persimmon Creek Double Winners: Nicole Farina, Katie Henshaw, Haley Novak, Brad Brooks, Alex Hampel, J. Nieuweboer, Brian Novak, Sean O'Connell, Craig Young, Westminster Triple Winners: Curtis Ramsey, Brandon Snively, Ben Creekmore, Mary Hanes, Elle McCarthy, Westminster Double Winners: Stephen Kane, Michael Brant, Sean Cochran, Tuckerman Kunz, Dominic Teoli, DJ Bailey.

Delaware Bluefish 329 vs. Nottingham Green 314 - Triple Winners DBF: Erin Simmons, Emilee Witman, Erik Halberg NG: Karlie Dryden, LeeAnn Hollenbeck, Katie MacKenzie, Grant Otto; Double Winners DBF: Anna Baxter, Jenna Derrick, Sara Desmond, Emily Marron, Samantha Ringler, Ben Hitchcock, Jake Hayman, Josh Hayman, Cole McQuilken, Cullen Robinson, Kurtis Wittman NG: Katie Buell-Fleming, Hannah Crook, Collin Cunane, Madison Finnan, Lizzy Garver, Donald Ostmann, Matthew Otto, Billy Rocker, Jeffery Ruocco, Connor Sweeney, Kaitlyn Trent, Kaiti Reynolds.

Western YMCA 346, Penn Acres 162 - Triple Winners: S. Parks, K. Dornstauder, L. Taddei, J. Nixon, C. Clarke, A. Goslin, C. Berger, K. Blake, J. Faull, S. Taylor, N. Manocchio, K. Weston, N. Peterson, J. Faull, J. Brennaman, B. Deakyne Double Winners: Daniel O'Donnell, Jacob Roache, K. Pike, M. Slocumb, K. Wheatley, C. Nixon, N. Smith, S. Hernandez, C. Mesko, L. Minka, J. Foraker, R. Figueroa, B. Pelligrini, J. Szymanski, M. Taddei, P. Williamson, R. Wheatley, T. Jordan, C. Slocumb, J. Taylor.

Three Little Bakers 341.5,

Drummond Hill 299.5 - Three Little Bakers - Triple Winners

E. Awtry, A. Murray, S. Chen, O. Awtry, C. Sewell, T. Kurz, A. Cattafesta, S. Kurz, B. Saunders; Drummond Hill - Triple Winners - G. Cochran, E. DeMatteis, A. Thomson, T. Armiger, A. Becker; Three Little Bakers - Double Winners - B. Saunders, G. Rodammer, S. D'Amico, A. Turulski, S. Emmi, R. Breylinger, J. Buckanavage, D. Earley, K. Winiarz, C. Hunter; Drummond Hill - Double Winners - K. Bodycot, V. Henry, M. Armiger, M. Faccenda, A. McFoy, N. McFoy, P. McGay, J. McKeever, A. Meese, J. Short, S. Smith.

Fairfield 348, Yorklyn 291 - Triple Winners: Fairfield: Zoe Coffing, Camille Kauffman, Sydney Cochran, Emily Kauffman, Chase Wunder, Alex Mink, Scott Shinton, Yorklyn: C. Rurak, Shel Foreman, A. Paxton, E. Dwyer, D. Berg, G. Rotsch. Double Winners: Fairfield: Mellie Way, Hannah Carney, Michaela Naughton, Jen Angelo, Abby Cochran, Sarah Ilvento, Jack Fossler, Will Reader, Nathan Coffing, Tom McGovern, Nick Capretta, Yorklyn: J. Ehret, S. Dwyer, Sydney Foreman, G. Barbieri, Shannon Foreman, J. Swift, Michael Aboff, M. Ernst, L. Starr, C. Ernst, M. Rutz, S. Swift, O. Porth.

Fairfield 330, Maple Valley 309 - Triple Winners: Fairfield: Sydney Cochran, Emily Kauffman, Chase Wunder, Scott Shinton, Maple Valley: Julianna Danese, Sarah Poursaied, Camryn Scully, Emma Thomas, Brandi Berry, Connor Panaccione, Jack Portman, Bryan Panaccione.

Double Winners: Fairfield: Issy Cochran, Abby Cochran, JP Fossler, Chet Greene, Kevin Kruelle, Chris Lopez, Maple Valley: Kimberly Riordan, Meghan Jones, Peyton Lehman, Gail Banks, Regan Lehman, Jordan Sawyer, Christina Taylor, Caitlyn Williams, Kerry McIntyre, Karen Mandrachia, Bryce Ciarlo, Kevin Poursaied, AJ Panaccione, VJ Ciarlo.

Drummond Hill 346, Skyline 293 - Triple Winners: Drummond Hill: Elizabeth DeMatteis, Matt Armiger, Thomas Armiger, Brian Batson, Alan Becker, John McKeever, Jarrett Short, Skyline: A. Nunes, E. Jogani, L. Gugerty, E. Wallace, T. McElwee, Ma. Williams, M. Wellborn. Double

Winners: Drummond Hill: Catharine Armiger, Grace Cochran, Megan Cochran, Elizabeth Keiser, Maggie Yount, Mike Faccenda, Cullen Gaston, Sean McClory, Patrick McGay, Skyline: S. Minnich, L. Jogani, J. Minnich, L. Sorantino, T. Otowski, M. Burgess, J. Hand.

Hockessin Athletic Club 339.5, Arundel Swim Club 261.5 - Double Winners HAC: H. Lucey, J. Peters, M. Dolan, E. McKeown, M. Wheatley, J. Gennusa, E. Dougherty, S. Cichani, W. Aruthur, K. Wilson, A. Goldberg, R.

McLean, P. Crane, C. Dougherty; Double Winners Arundel: A. Buchanan, S. Kidwell, A. McLaughlin, P. Davis, J. Farmer, C. Perez, P. Correale, R. Bachetts, N. Witkowski, S. Buchanan; Triple Winners HAC: R. Salasin, M. Crane, K. Soltow, S. Damaraju, S. Casini, A. Brush, S. Pietrobono, C. Walker, C. Cichani; Triple Winners Arundel: S. Perez, M. Perez, B. James.

Penn Acres 108, Nottingham Green 237 - Triple winners - Penn Acres: Paul Boudart, Kenny Elder, Jessica Jamison; Nottingham Green: Adam Ostmann, Grant Otto, Matthew Otto, Annie Reidinger, Selby Seador, Connor Sweeney, Kaitlyn Trent; Double Winners: Penn Acres: Jess Behornar, Cody Latchford, Maggie Latchford, Rollin Shephard; Nottingham Green: Andrew Collier, Noah Cunane, Caroline

Davis, Madeleine Delbeau, Karlie Dryden, Lizzy Garver, Talbot Long, Sumner Long, Josh Mover, Jack Munro, Allie Munro, John M. Neyman, Donald Ostmann, Paul Sharp, Samantha Spoor, Anna Windle, Nathan Windle, Tori Strangari.

Western YMCA: 340 Delaware Blue Fish: 272 Triple Winners: Keith Libert, C. Clarke, K. Blake, T. Slocumb, C. Mesko, J. Faull, K. Weston, J. Minka, T. Smith, Z. Leng, B. Pellegrini Double Winners: Samantha Ringler, Erin Simmons, Andrew Halberg, Jake Hayman, Cullen Robinson, Ryan Steckline, L. Taddei, M. Slocumb, C. Blake, K. Wheatley, C. Nixon, N. Clarke, K. Andrews, S. Park, K. Dornstauder, K. Pike, S. Taylor, N. Manocchio, B. Deakyne, J. Faull, M. Taddei, L. Minka.

Valleybrook 216; Glasgow Pines 192 - Valleybrook Quadruple Winners- Jaime Judefind, Michelle Cross, Kimberly Foran, Alyssa Barczak, Darryl Remedio; Valleybrook Triple Winners- Amber Fanning, Rebecca Krysiak, Erin McGrellis, Jeffrey Filliben, Zachary Fanning, John Foran Valleybrook Double Winners- Jordan Harrold-Mansk, Kaitlin Fanning, Christine Harris, Alli Barczak, Taylor Filliben; Glasgow Pines Quadruple Winners- J. Moody, K. Lesene, C. Rurigi Glasgow Pines Triple Winners-

B. Churu, R. Wilson; Glasgow Pines Double Winners- C. Betley, K. Klair, B. Juma, P. Peters, R. Juma, J. Churu, C. Moody, J. Dillon.

Persimmon Creek 343, North Star 293 - Persimmon Creek Double Winners:

Ellie Gabbard, Katie Henshaw, Grant Boyd, Samson Crawford, Andrew Jernejcic, J. Nieuweboer, Zack Sigmund, Molly Parsons, Cori Whatley; Triple Winners:

Elaina D'Aguiar, Nicole Farina, Haley Novak, Brad Brooks, Matt D'Aguiar, Brian Novak, Sean O'Connell, Ryan Sigmund, Craig Young, Gabrielle Pagan, North Star

Double Winners: K. Barrett, B. Coffin, O. DelPizzo, A. Dixon, A. Reilly, E. Jackson, K. McCue, S. Mullen, C. Barrett, D. Behrens, J. Marine, P. Archer, A. Alls; Triple Winners: H. Davis, S. Braatz, J. Snavey, M. Aghajanian, E. Pfeifer.

Oaklands 341, Fairfield 289 - Triple winners Oakland: Marie Dickson, Lily Dubroff, Lindsee Edge, Stephanie Harper, Maddy Lang, Katie Rechsteiner, Crystal Sheehan, Kim Sheehan, Ethan Edge, Alec Giakas, Tim Hegedus; Maple Valley: Bryan Pannaccione, AL Pannaccione; Double winners Oakland: Courtney Edge, Nina Giakas, Olivia Palmeri, Robbie Dickson, Ben McCartney, Eric Sawka, Kevin Sawka; Maple Valley: Meghan Jones, Peyton Lehman, Emma Thomas, Regan Lehman; TJ Thomas, David Rowland, Toby Berry, VJ Ciarlo.

## Tyrant Wrestling Camp scheduled

Tyrant Wrestling Summer Camp has been scheduled for July 30-August 3, 2006 9am-3pm Camp is available for wrestlers kindergarten through 12th grade. Wrestlers will be divided in to groups based on age and experience to maximize their full potential. Each day will include drilling, technique instruction, live wrestling and team build-

ing. Team rates available upon request. Campers will need to bring their lunch and drinks. Camp will be back in the air conditioned gym this year. Please email tyrantwrestling@comcast.net for registration information. Cost is \$175 per wrestler. Please forward this information on to your wrestlers.

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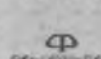
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## IN THE NEWS

## Have you been Pickle Splashed?

## ► PICKLE, from 1

the dialogue they use change for each performance.

In fact, they often call on audience members to jumpstart their shows, asking for a single word or the name of a mythical place to

build their stories around.

Gorin described the group's comedy as "more absurd, darker" than other improv groups' in the region. "We're telling interesting, bizarre stories," he said. "(Our comedy) is not about everyday people in everyday situations."

That was certainly true at a recent practice when four actors played a drama game called Postmortem. The actors created characters and then spun tales relating how those characters died. They spoke in monologue, playing off each other's stories.

The tale was set—at the suggestion of an audience member—in the made-up town of Superville, "known for the world's tallest building and the world's smallest man." The actors built the story to a finale complete with a man-eating Yorkshire Terrier and a killer (literally) New England-style Clam Chowder. Not your everyday scenario.

But Pickle Splash is not made up of everyday actors, either. Several members trained in improv with Newark High School's Festival of Fools. Others, like Conor Mulligan, had backgrounds in traditional theater and learned improv after being asked to join the group. All but one of the actors are now students at area colleges.

Their humor has created a buzz in the Newark area. They now perform, regularly, at the Chapel Street Playhouse in Newark, which sponsors the group, and recently played at Cecil College.

They perform to an adult audience and warn that, since the show is spontaneous, cast members do not know ahead of time what will come out of their mouths;

the content may be offensive to some.

It will, they hope, be funny to all. "It's the worst," said Gorin, to perform for an audience that doesn't respond. But, he said, "If it's done well, it's the best high."

And, on rare occasions, the jokes they make stick around after

the performance. The troupe's name, Pickle Splash, did just that, originating in what members refer to now as "a really terrible scene."

Jay Stephenson was the culprit, though the details they keep hushed. "It comes from nothingness," said Stephenson, glibly, of the name "Write that down."

Pickle Splash members include Brandon Gorin, Jay Stephenson, Conor Mulligan, Ben Morrison, Ned Redmond, Mike Freebery, Jeff Kowalczyk and Alex Dettweiler.

The troupe, will be performing at the Chapel Street Playhouse on Saturday, July 28, at 7 p.m. Tickets are \$3. For more information, visit [www.picklesplashimprov.com](http://www.picklesplashimprov.com).

Have you been Pickle Splashed?



NEWARK POST PHOTO BY CHRISTINE NEFF

Pickle Splash members, left to right, Brandon Gorin, Jay Stephenson, Conor Mulligan, Ben Morrison and Jay Stephenson.

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## ► BLOTTER, from 2

An 83-year-old resident of the **Gardens of White Chapel** reported money stolen from the purse she keeps in her room on Monday, July 9, at 1:34 p.m.

Graffiti was found on the northern side of the city reservoir in the **200 block of Old Paper Mill Road**, police were told on Monday, July 9, at 8:15 a.m.

## Vehicles targeted

A truck parked in the **300 block of Matthew Flacco Drive** was scratched or keyed by an unknown suspect, police were told on Sunday, July 15, at 8:18 a.m. Damages were estimated at \$800.

An unknown object was used to scratch the driver's side of a Chevrolet Suburban parked in the **300 block of Matthew Flocco Drive**, police were told on Saturday, July 14, at 11:43 p.m.

A Toyota Camry parked overnight in the **600 block of Ogletown Road** was stolen, police were told on Thursday, July 12, at 3:22 p.m.

The front bumper, grill, lip and radio antenna of a car parked in the **200 block of E. Main Street** were removed by an unknown suspect while the car's owner watched a movie, police were

told on Wednesday, July 11, at 11:17 p.m.

The driver's sideview mirror of a Mitsubishi Eclipse parked in the **200 block of E. Delaware Avenue** was broken by an unknown suspect, police were told on Saturday, July 7, at 1:35 p.m.

## Alcohol, noise law violations detailed

The Alcohol Enforcement Unit and other officers of the Newark Police Department continued their stepped-up, strict enforcement of alcohol and noise related laws last week.

Some of the recent violations include:

**Jason Bucofsky, 19**, of Newark, underage consumption of alcohol, on Sunday, July 15, at 12:43 a.m., in the 100 block of E. Main Street;

**Clemente Bedolla-Olvera, 20**, of West Grove, Pa., driving under the influence of alcohol and underage consumption, on Saturday, July 14, at 11:13 p.m., on Elkton Road;

**Arturo Valdez Merida, 21**, of Newark, driving under the influence of alcohol, on Saturday, July 4, at 1:13 a.m., on E. Main Street;

Police said all were released pending court appearances.



## IN THE NEWS

# Trees, plants needed to keep streams clean

## ► STREAMS, from 3

ters and cleans the ground water, which feeds into the stream."

"Think of tree leaves as many umbrellas," Williams said. Without trees, soil cannot absorb the rain. The rain beats the soil down (and flooding occurs). The soil's ability to filter (make the water cold, and clean, for the nearby streams), is markedly decreased.

While the class walked through the woods, Williams pointed out several different kinds of plants and talked about how homeowners should not cultivate invasive plants in their yards. Williams

went on to explain that invasive plants are not natural to this geographic area. They grow like wildfire, killing off the native plants.

For the land to stay healthy and animals to survive, a variety of plants are needed. If one plant species dies, diversity lessens. Some of the invasive plants that Williams singled out were Japanese Hops, Multi-Flora

Rose and Garlic Mustard. She also found examples of native plants in the woods near White Clay Creek such as Spicebush and Sassafras. Other examples, of native plants, are Black-Eyed Susan and Butterfly Weed. Some of the trees, which are native to this area, are Red Maple, American Holly, the Flowering Dogwood and several kinds of Oaks.

Repeatedly, Williams stressed that it costs more to take care of water after the fact. One example she cited was in New York City. In the late 1980s, the city was given a choice; spend a billion dollars for reforestation or pay 8 billion dollars for a water treatment plant "after the fact." They choose to do the reforestation, and spend the lesser amount. That choice paid off. Recently, their

water was tested, and it is still clean.

For further information about keeping streams and yards healthy, go online to [www.stroudcenter.org](http://www.stroudcenter.org). For further information about White Clay Creek's programs call 302-368-6560, 302-368-6900 or go online to [www.destateparks.com](http://www.destateparks.com).

## Looking ahead

Schooley noted several gains made this session by the legislature's Kids Caucus, but, she said, more work needs to be done to get health insurance to more children in Delaware. Also, she said, she will pursue in the next year measures against predatory mortgages and a bill to create a task force to study child poverty.

Sorenson's successes included legislation regarding domestic relations, such as a bill that adds a felony level violation to the existing provisions for criminal contempt of a domestic violence protection order.

She supported several controversial bills, including one that proposed to do away with minimum mandatory sentencing for drug crimes, that did not pass.

Sorenson, also a member of the Kids Caucus, said she hopes to pursue legislation next year that will increase the share of childcare costs reimbursed by the state for low-income children to 75 percent of the market rate. "It didn't go through this year. I'm hoping it goes through next year," she said.

## Christiana High School classes to hold reunion

The Christiana Senior High School Classes of 1966, '67 and '68 will hold a combined class reunion at John Clayton Hall in Newark on Saturday, Aug. 11, at 6 p.m. To register or request more information contact Ellen (Satterfield) Comly at [comlypurple@aol.com](mailto:comlypurple@aol.com) or call 530-1717.

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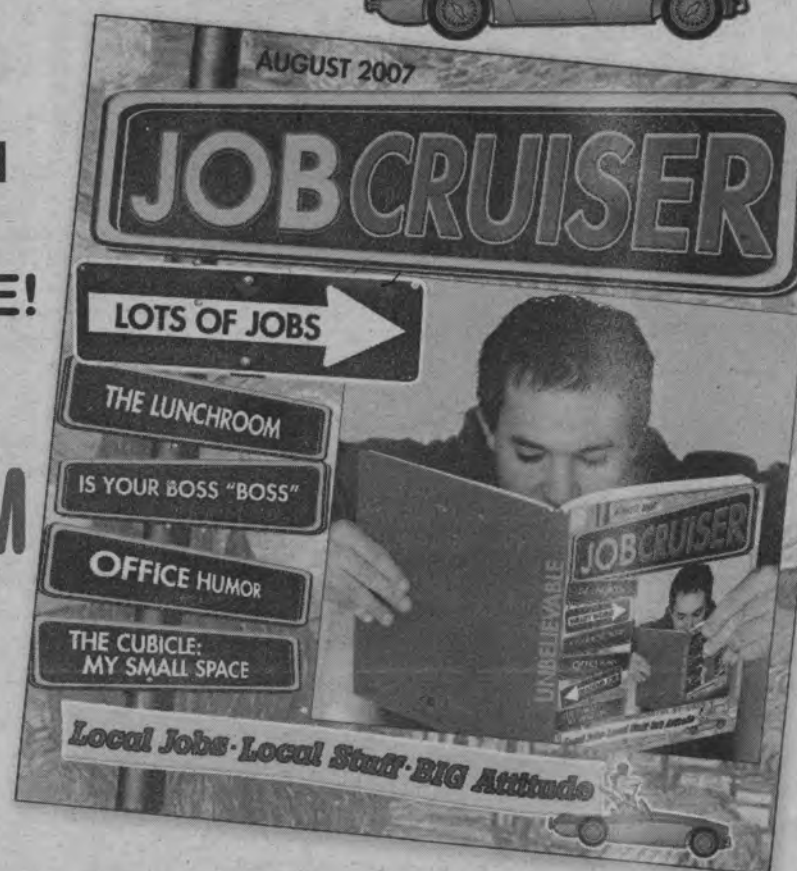


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- 3 As a last resort, Drop off at  
Cecil Whig, 601 Bridge Street, Elkton, Md

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## IN THE NEWS

# Christina schools among those with leadership programs

## ▶ LEADERS, from 1

Wallace Foundation is a wonderful opportunity for us to continue the important work of all of our initiatives," said Secretary of Education Valerie A. Woodruff. "Effective leadership is second only to effective teachers in ensuring high levels of student achievement. I am delighted that the Wallace Foundation has such confidence in us."

One of 22 states that have been supported by the Foundation, the Delaware DOE has worked in partnership with local school districts, charter schools and universities to develop a cohesive leadership system including a set of national standards for school leaders as the foundation and policies that support them as they work on improving student achievement in Delaware schools.

Glasgow High School and Gauger-Cobbs Middle School in the Christina District were among the six Delaware schools that received \$25,000 in 2005 to implement their proposed models

for "all school stakeholders to take on leadership responsibilities as well as accountability for student success."

The system also includes a revised licensure and certification system; redesigned pre-service preparation programs at Delaware universities offering masters and doctoral degrees in school leadership; a program approval process for school leadership programs; mentoring; a continuum of professional development aligned to the school leader standards; and a statewide evaluation system to assess school leaders' effectiveness.

"Delaware has made great progress in developing a leadership support system that connects all the important pieces together," said Secretary Woodruff. "It is essential that a strong framework is in place for educators throughout the system to take responsibility for increased student learning."

The Delaware Performance Appraisal System II (DPAS II) is currently being phased in for five Delaware school districts and

three charter schools. DPAS II is a national model for assessing the effectiveness of building principals, district office administrators, and superintendents. In addition, 12 middle and high school leadership teams have received training in distributed leadership while eight districts and charter schools have implemented models of succession planning.

"The Wallace Foundation approved this grant to highlight our ongoing initiatives," said project director Jacquelyn O. Wilson. "At the same time, they have challenged Delaware to continue to focus on working conditions for school leaders and continuous school improvement. Their investment in Delaware clearly acknowledges the work we have done but also prompts us to share the lessons we have learned with other states."

Currently, Delaware has more than 100 aspiring school leaders prepared to step into the role of assistant principal or principal as a result of succession planning. The state's mentoring program for school leaders is currently

being redesigned to provide stronger support and coaching for new school leaders.

Last month, the DOE, in collaboration with the Delaware Academy for School Leadership at the University of Delaware, hosted the Fifth Annual Policy and Practice Institute funded by the Wallace Foundation. The theme of this year's institute was Leadership for Learning: Developing Instructional Leaders for Delaware Schools. The Institute is open to all Delaware administrators, teachers, policy-makers and representatives from higher education, professional organizations, business leaders, and city and town government.

Keynote speaker Dr. Joseph Murphy, author and associate dean of the Peabody School of Education at Vanderbilt University, spoke on the topic of "Changing Roles and Responsibilities of School Leaders."

Attendees also heard from Angus McBeath, a retired superin-

tendent from Edmonton, Canada, home of the highest achieving school district in the world and the model school system for setting the standard for Delaware schools by the Vision 2015 committee. Woodruff, Dr. Dan Rich, provost at the University of Delaware, and Rob Resigno, liaison for Vision 2015, also discussed plans for implementing Vision 2015.

Wilson, also the associate director of the Delaware Academy for School Leadership at the University of Delaware, said the state's leadership system has been developed to include high quality university preparation programs and a certification system that is seamless. "It also means that once the individual steps into the role of assistant principal or principal, we support them with a quality mentoring program and professional development that improves their skills and knowledge along the career ladder," Wilson said.

## Newark brothers serving abroad

Collin Hague, right, has recently returned to San Diego Naval Base after a nine-month deployment to the Persian Gulf stationed aboard the U.S.S. Boxer. He was promoted to the rank of Petty Officer 2nd Class in December. Collin was a 2002 graduate of Delcastle Technical High School and is an Eagle Scout of Troop 250 of Newark.

Jolen Hague, left, is U.S.

Marine currently stationed in the U.S. Embassy in Baghdad, Iraq, where he has been since August 2006. Jolen has received a meritorious field promotion to the rank of Corporal for his dedication and service to the Corp. Jolen was a 2005 graduate of Newark High School and is an Eagle Scout of Troop 283 of Newark.



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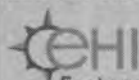
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## BUSINESS NEWS

# Escape Day Spa opens in Newark area

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

A new spa that opened last week in the Newark area has a location fitting to its name.

Escape Day Spa is housed in a homey building at 197 Possum Park Road, set back in the woods and away from the bustle of nearby Kirkwood Highway.

Light wood paneling covers the interior walls; on a recent visit, the fragrant scent of burning incense filled the air.

"I feel like this place was waiting for me," said owner Louella Williams of the space she has rented for her new business.

Escape Day Spa is Williams' second go at spa ownership. She ran Time for You Day Spa in Middletown until recently.

Williams, a native of Chester, Pa., and a single mom of two grown children, worked in the corporate world for 23 years before pursuing a longtime goal of studying and practicing skin care.

She attended a skin care school in New Castle about five years ago and decided to take it a step further. Her spa offers facial and body treatment services, waxing as well as massage services by three part-time employees.

Skin care, she said, is about more than applying products; it's

about educating customers on the type of skin they have, how to take care of their skin from the inside out and what products work best for them.

Some of her special treatments include a chocolate mousse body wrap and a chocolate and champagne facial. She has services

for everyone from teens to adults concerned about aging, and she's especially targeting men.

She thinks people should consider facials a necessity, not just an act of pampering, though there's lots of that involved.

For Williams, the ability to make a living doing something

she loves is a dream come true. "It's a passion," she said. "It doesn't seem like work at all."

Hours are Monday 11 a.m. to 4 p.m., Tuesday through Thursday 10 a.m. to 6 p.m., and Friday and Saturdays 9:30 a.m. to 4 p.m. For more information, call 731-7358.



NEWARK POST PHOTO BY CHRISTINE NEFF

Louella Williams, owner of the new Escape Day Spa on Possum Park Road.

## Prudential recognizes Newark realtors

Prudential Fox & Roach, REALTORS® has saluted sales associates in the Newark office for being the office leaders for the month of June 2007.

Mike Bartley has been recognized for listings and units. Licensed since 2003, Bartley is a lifelong resident of Newark.

Rob Medicus, GRI, broker, has been recognized for volume. Licensed since 1987, Medicus has been a resident of Newark for 21 years.

Prudential Fox & Roach, REALTORS®, the nation's fourth largest provider of home services in the United States, is an independently owned and operated member of the



Bartley



Medicus

## BRIEFLY

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### Newark physical therapist wins award

Tara Jo Manal, a physical therapist from Newark, recently received the American Physical Therapy Association's 2007 Signe Brunnstrom Award for Excellence in Clinical Teaching.

She was honored during an awards ceremony at Physical Therapy 2007: Annual Conference & Exposition of the American Physical Therapy Association in Denver, Colo., in June.

Manal is the director of clinical services at the University of Delaware Physical Therapy Department and director of the Orthopedic Physical Therapy Residency Program at the University's Physical Therapy Clinic.

APTA's Signe Brunnstrom

Award for Excellence in Clinical Teaching was established to recognize excellence in teaching effectiveness in the physical therapy clinical setting. Signe Brunnstrom was a pioneer researcher, author, and clinician in physical therapy who dedicated her life to clinical excellence.

### Skurla hired by PNC

PNC Bank has added officers to its credit card administration unit in Delaware. Marc J. Skurla of Newark has been hired as vice president and credit card business analytics manager. Skurla oversees business analytic projects, which provide various data to develop and support credit card product marketing. He is also responsible for developing and implementing the financial oversight of the credit card business.



Skurla

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 302-737-2300  
[www.epcnewark.org](http://www.epcnewark.org)



**NEWARK WESLEYAN  
CHURCH**

708 West Church Rd  
 Newark, DE  
 (302)737-5190

Pastor James E. Yoder, III

Sunday School for all ages.....9:30am  
 Morning Worship.....10:30am  
 Children's Church & Nursery Provided  
 Choir - Sunday.....5:30pm  
 Youth Meeting - Sunday.....6:00pm  
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Baptist Church**  
*"Lighting The Way To The Cross"*



801 Seymour Rd., Bear, DE 19701  
 (302)322-1029  
 Carlo DeStefano, Pastor  
 Schedule of Services

Sunday School 9:45am  
 Morning Worship 11:00am  
 Sunday Evening 6:00pm  
 Wednesday Prayer Meeting 7:00pm  
 (Nursery Provided for all Services)

[www.fairwindsbaptist.com](http://www.fairwindsbaptist.com)  
 Home of the Fairwinds Christian School  
 "Pioneer Gospel Hour"  
 Comcast Cable Channel 28  
 Thursday 8:00pm  
 "He Keeps Me Singing"  
 Comcast Cable Channel 28  
 Thursday 8:30pm

**The Way  
Ministries**  
 (an extension of Highway Gospel Com-  
 munity Temple, West Chester PA)

Highway Word of Faith Ministries is  
 presently worshipping @ The George  
 Wilson Community Center  
 303 New London Rd., Newark, DE

**Sunday:**  
 8:00-9:00am Christian Education  
 classes for all ages  
 9:00am Sunday Morning Celebration

**Wednesday: Location**  
 7:00-8:00pm Bible Enrichment Class at  
 Prayer Temple  
 49 New London Rd.  
 Newark, DE 19711  
 Mailing Address: P.O. Box 220  
 Bear, Delaware 19701-0220  
 Visit us online @ [www.theway.ws](http://www.theway.ws) or send us  
 a note at...[theway238@aol.com](mailto:theway238@aol.com)

**Unitarian  
Universalist**

Service 10am  
 Child Care &  
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Fellowship of  
 Newark  
 420 Willa Rd.  
 Newark, DE

Topic: TBA

Speaker: Rev. Greg Chute  
**(302)368-2984**



**Our Redeemer  
Lutheran Church**



Adult Bible Class 8:45 a.m.  
 Divine Worship 10:00 a.m.  
 Children's Sun. School 10:00 am

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 2712 Old Milltown Rd.  
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**SUNDAY WORSHIP 9:30 AM**

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[www.ogletown.org](http://www.ogletown.org)

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9:45 and 11:00am - Contemporary  
Sunday School at all three service times  
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Interim Pastor: Dr. David Lee  
Minister of Preschool & Children: Connie Zinn  
302-738-7630

PIKE CREEK  
BIBLE CHURCH

SUNDAY MINISTRIES:

- Christian Education 9:00am
- Contemporary Worship 10:30am
- Awana 5:30pm
- Youth Ministries 5:30pm
- Small Groups • Throughout the week
- Pastor Rick Dodson, ThM
- [www.PikeCreekBibleChurch.org](http://www.PikeCreekBibleChurch.org)
- 199 Polly Drummond Hill Rd.  
Newark • 302-731-7770

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2 Cor. 3:17  
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Lord is, there is liberty.

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Worship Service 10:30am

WEDNESDAY

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302-328-2811, 302-983-6436  
[www.rccgdelaware.org](http://www.rccgdelaware.org)

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of Christ,  
Scientist

48 West Park Place, Newark

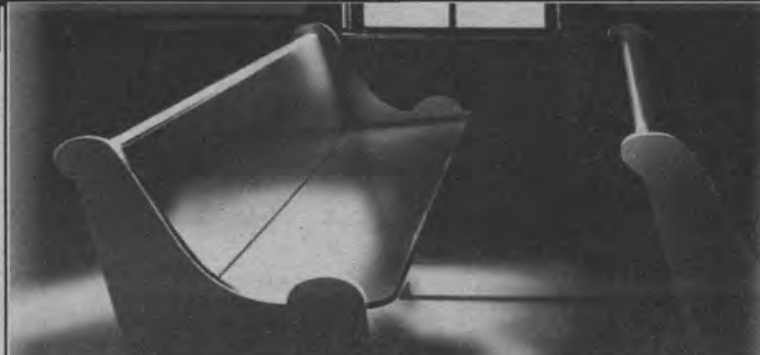
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8:00am Holy Eucharist, Rite One  
10:30am Family Worship - Holy Eucharist  
5:30pm Holy Eucharist, Contemporary Language  
The Rev. Ray Nelson, Rector  
Rev. Sarah Brockman, Associate Campus Minister  
Ms. Kay Leventry, Head Preschool Teacher  
Marc F. Cheban, Organist & Choir Master



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Sun 7:00pm .....Youth Fellowship

[www.firstpresnewark.org](http://www.firstpresnewark.org)



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E. Main & N. Chapel Streets

Daily Mass: Mon-Sat 8am  
Sunday Mass: 7:30, 9, 10:30am

Holy Angels' Catholic Church

82 Possum Park Road  
Weekend Masses: Saturday 5pm

Sunday 9, 11am  
1pm (Spanish)  
Pastor: Father Richard Reissman  
Parish Office: 731-2200



## OBITUARIES

■ Obituaries are printed free of charge as space permits. Information usually is supplied to the newspaper by the funeral director. Additional local obituaries are posted each week on the Newark Post web site. The web address appears at the top of every right-hand page.

### Ronald Terrell Neal

Ronald Terrell Neal, 23, of Newark, died on Monday, July 9, 2007.

Neal was a graduate of Christiana High School. He was employed by The Division of Child Youth and Families Services as a Youth Rehabilitated Counselor. He loved sports, and in his spare time was a defensive lineman for Wilmington Raiders, Philadelphia Panthers and the New Castle Longhorns.

A funeral service was held on Saturday, July 14, at Fight For Families Fellowship, 1016 Thames Street, Wilmington. Interment followed in Gracelawn Memorial Park.

## Richard R. Miller Jr., 63, chemist

Richard R. Miller Jr., 63, of Newark, died on Saturday, July 7, 2007.

Miller was born in Columbus, Ohio, on Jan. 11, 1944. He was employed as a chemist with Dade Behring Inc. in Glasgow for the past 11 years. His professional affiliations included membership in the American Association of Clinical Chemists, the International Association of Clinical Chemists and the American Quality Society. A gifted gardener, he was a long-time member of the American

Horticultural Society, as well as many other local and national organizations.

He was preceded in death by his father, Richard R. Miller Sr. He is survived by his wife, Debra M. Miller; three children, Christopher Miller, Patricia Ratliff and husband, Walter, and Katrina Miller; his mother, Elizabeth L. Miller; three brothers, James Miller and wife, Anita, Marc Miller and wife, Carol, and Keith Miller and wife, Sandy; a sister, Brenda Miller; three grandchildren, Metallica, Liam and

Richard Edward; and many nieces, nephews and cousins.

A memorial service was held on Saturday, July 14, at the Spicer-Mullikin Funeral Home, 121 West Park Place, Newark.

Contributions may be made to AHS Contributions, c/o American Horticultural Society, 7931 East Boulevard Drive, Alexandria, VA 22308-1300 ([www.ahs.org](http://www.ahs.org)); or to the American Heart Association, 1501 Casho Mill Road, Suite 1, Newark, DE 19711.

### Ethel H. Cole

Ethel H. Cole, 94, of Cokesbury Village, formerly of Newark, died on July 9, 2007.

Cole graduated from the University of Delaware with a bachelor's degree in 1935. She worked for the DuPont Company in the engineering department for 17 years. A member of Newark

United Methodist Church, Cole was active in many groups.

She is survived by nieces and nephews and was preceded in death by her husband, Charles L. Cole, who died in 1985.

A graveside service was held at the Newark Cemetery on Friday, July 13.

### Leroy B. Coleman Jr.

Leroy B. Coleman Jr., 50, of Newark, died on Monday, July 2, 2007.

Coleman had been employed as a carpenter. During the New Castle Court House renovations, he assisted with many of the interior repairs.

He is survived by his long-

time companion, Joyce Hartman, and her children, Joy, Jamie, John and Jan. Also left are his siblings, Ella Truitt, Linda Williamson-Coleman, Larry Coleman, Thomas Coleman and Samuel Coleman; and daughters, Johnny Lynn Coleman and Helen Coleman Shaw.

The funeral service and burial were private.

### Evelyn Griffin Moore

Evelyn Griffin Moore, 88, of Laurel, formerly of Newark, died on Sunday, July 8, 2007, after a long illness.

Moore was a native of Newark, but made her home in Laurel for 60 years with her husband, Thomas C. Moore. Moore was a member of the Laurel Volunteer Fire Company's Ladies Auxiliary for several decades. She was a member of the Disabled American Veterans Auxiliary and Centenary United Methodist Church for many years as well. She was also a cashier and cafeteria employee at Laurel Junior/Senior High School between 1958 and 1971. She was an avid bingo player at many of the local Fire Halls. She was the daughter of the late George and Minerva Griffin.

Moore is survived by her husband and their two children, Dale A. Evans and wife, Jenny, of Salisbury, Md., and Lettie A. Perry and husband, John, of Seaford. Her grandchildren are Brian Evans and wife, Glenda, Michael Evans and Heather Layton. She is survived by five great-grandchildren.

A funeral service was held at the Hannigan, Short, Disharoon Funeral Home, 700 West St., Laurel, on Thursday, July 12. Interment followed at Odd Fellows Cemetery in Laurel.

Donations may be sent to the Laurel Volunteer Fire Company's Ladies Auxiliary 205 W. 10th St. Laurel, DE 19956; or Centenary UM Church 200 West Market St. Laurel, DE 19956.

### Margaret Petrylak

Margaret "Peggy" Petrylak, 75, of Newark, died on Saturday, July 7, 2007.

Her husband, John, predeceased her in 1984. She is survived

See **OBITS, 23** ►

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## OBITUARIES

## ► OBITS, from 22

by her son, John and his wife, Marlene, of Townsend; daughter, Peggy Johnson of Virginia Beach, Va.; and daughter, Donna Petrylak and her fiancé, Leonard Haney, of Newark. She is also survived by two sisters; many nieces and nephews; and her good friend and caretaker, Mary O'Donnell.

A Mass of Christian Burial was offered on Thursday, July 12, at Holy Family RC Church, E. Chestnut Hill and Gender Roads, Newark. Interment was held privately.

Contributions may be made to Juvenile Diabetes Foundation, First State Chapter, 100 W. 10th St., Wilmington, DE 19801.

### Patricia Louise (Seal) Schmidt

Patricia Louise (Seal) Schmidt, 66, of Newark, died at home on July 10, 2007, after a battle with colon cancer.

She is survived by her husband of 27 years, Steve; her children, Michelle Calder and her husband, Jeff, Clifton Carkin Jr. and his wife, Sarah, Alise Lindsay and her husband, Mark Mazzone; her mother, Margaret Seal; her sisters, Peggy Fraim and her husband, Ed, Grace Carroll, and Mary Ann Augustynowicz and her husband, Chris; her brothers, Lloyd Seal and his wife, Paula, Dan Seal and his wife, Mary, and Jerry Seal and his wife, Patti; her mother-in-law, Eileen Schmidt; her sister-in-law, Diane Lips; brothers-in-law, Jeff and Bob Schmidt; her step-daughters, Bonnie Dusseau, Robin Blythe and Debra Schmidt; her grandchildren, Tyler and Tanner Calder, and Jake, Triston and Cole Lindsay; 10 step-grandchildren; and four great-grandchildren. She

was predeceased by her father, Lloyd Seal.

A Mass of Christian Burial was held on Saturday, July 14, at Resurrection Church, 3000 Videre Dr., Wilmington. Burial was in All Saints Cemetery.

Contributions may be sent to Compassionate Care Hospice, 5610 Kirkwood Hwy., Wilmington, DE 19808; or to the Helen F. Graham Cancer Center, 4701 Ogletown-Stanton Road, Newark, DE 19713.

### Judith Schretzman

Judith Schretzman, 69, of Newark, died on Tuesday, July 10, 2007, at St. Francis Hospital in Wilmington.

Schretzman was born in Brooklyn, N.Y., on June 9, 1938, daughter of the late James P. Madigan and Mary Goldman Madigan. Schretzman was an active member of Holy Family parish, where she assisted in a variety of church ministries. She also volunteered at Brookside Elementary School.

She is survived by her husband, Joseph Schretzman; their five children, Joseph T. Schretzman of Buffalo, N.Y., Robert E. Schretzman of Chicago, Ill., Nancy M. Sharkey of Arlington, Va., Diane J. Mortimer of Rochester, N.Y., and Donald J. Schretzman of Newark; her three brothers, Joseph Madigan of Dartmouth, Mass., James Madigan of Brooklyn, N.Y., and Matthew Madigan of Boca Raton, Fla.; her sister, MaryAnn Pusateri of Selden, Long Island; and three grandsons, Christopher Schretzman, Jimmy Sharkey and John Sharkey.

A Mass of Christian Burial was offered on Monday, July 16, at Holy Family RC Church, E. Chestnut Hill and Gender Roads,

Newark. Interment followed in All Saints Cemetery, 6001 Kirkwood Highway, Wilmington.

Contributions may be made to Birthright of Delaware, Inc., 1311 N. Scott Street, Wilmington, DE 19806 (302-656-7080 or [www.birthright.org](http://www.birthright.org)).

### Andrew Space

Andrew Space, 85, of Newark, died on Saturday, July 7, 2007, at the Heartland Hospice House in Newark.

Space was born on June 29, 1922, in Tunkhannock, Pa., to the late Andrew and Jane Space. He was a member of the Local Union Teamsters #326 as a car hauler for 36 years. Later he worked for Diversified Environmental Service in Tampa, Fla., for 24 years. He was a Mason of the Waverly Lodge #0301 F&AM in Clarks Green, Pa.

He is survived by his wife of 66 years, Kay Space of Newark; a son, Randall D. Space of Elkton, Md.; two daughters, Holly J. Brundage of Kennett Square, Pa., and Beverly A. Pennypacker of Newark; two sisters, Emma Scudder of Tunkhannock, Pa., and Mary Jane White of Clarks Summit, Pa.; seven grandchildren, Robin Marshall, Scott Pennypacker, Erik Pennypacker, Jessica Archambault, Matthew Jones, Randy Space and Karli Space; and 11 great-grandchildren. He was preceded in death by four brothers and three sisters.

A funeral service was held on Thursday, July 12 at R. T. Foard & Jones Funeral Home, 122 West Main Street, Newark. Burial followed at White Clay Creek Cemetery in Newark.

Contributions may be made to the Heartland Hospice House c/o funeral home.



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**Purina ProPlan**  
Adult Dog Food  
Only \$29.99 for 37.5 lbs

**Naturesmenu**  
New Baked Dog Food  
Feeding As Nature Intended  
\$22.99 for 15 lbs

**Catnip**  
Scratch Post  
\$6.49

**Shed Stop for Dogs**  
Eliminates up to 70% of  
unwanted shedding  
24 oz for \$20.99

**Wee-Wee Pads**  
\$24.99 for 100

Ask about our  
Frequent Buyer Program

Now with 18 Convenient Locations!

OPEN Mon. - Sat. 9am to 9pm; Sunday 10am to 5pm  
for your shopping convenience!

|                       |              |                          |              |                      |              |
|-----------------------|--------------|--------------------------|--------------|----------------------|--------------|
| New London.....       | 610-869-8828 | Shoppes of Graylyn.....  | 302-477-1995 | Rehoboth.....        | 302-226-2300 |
| Peoples Plaza.....    | 302-836-5787 | Shoppes of Red Mill..... | 302-737-8982 | Chestnut Run.....    | 302-995-2255 |
| Fox Run.....          | 302-838-4300 | Community Plaza.....     | 302-324-0502 | Concord Pike.....    | 302-478-8966 |
| Suburban Plaza.....   | 302-368-2959 | Middletown Crossing..... | 302-376-1616 | Chadds Ford.....     | 610-459-5990 |
| Elkton.....           | 410-398-5554 | Dover.....               | 302-672-9494 | West Chester.....    | 610-701-9111 |
| Hockessin Square..... | 302-234-9112 | Milford Crossing.....    | 302-424-8373 | Commons at Thornbury | 610-399-0124 |

**COUPON**



**10<sup>00</sup> Off** With Coupon

New Scoop Free Automatic  
Litter Pan

Concord Pet Foods & Supplies  
Coupon Expires 7/31/07

**California Natural**  
Dry Dog Food  
Lamb & Rice  
Only \$29.99 for 35 lbs.

**Now Carrying Verus**  
Dog & Cat Food  
Starting at \$10.99

**Petmate**  
Le Bistre Feeders or Waterers  
Small \$18.99  
Medium \$26.99  
Large \$34.99

**bioSPOT**  
Flea & Tick  
Starting at \$24.99

**bioSPOT**  
Yard Spray  
Kills & repels fleas,  
ticks and other insects  
For use on lawns,  
trees, shrubs and flowers  
\$24.99

**Black Safety Seat Vest**  
Keep your dog safe in  
your vehicle  
Medium \$19.99  
Large \$21.49

**Furminator**  
Small, Medium  
and Large  
Starting at \$39.99

**Vari Kennel Ultra**  
Heavy-duty plastic shell,  
wire door and plastic wing  
nets that won't corrode

Where your pets are welcome to come shopping with you!

# CONCORD

PET FOODS & SUPPLIES

The Largest Selection!  
The Friendliest Service!  
And Prices That Can't Be Beat!

"For Everything  
Your Pet Needs"

For food items good through July 2007. Concord Pet reserves the right to limit quantities and to change prices without prior notice. Not valid with any other offer or coupon. All sale items are available at all Concord Pet locations.

# Hot Steamy Days

**YOU CAN BE COOL! in a**

# POOL!

## FREE Installation!

on Caribbean pools only



100%  
Financing!

## The Mariner

31'x19' o.d. w/sundeck, fence & filter

# \$995

Installation optional/extra

3~Day Installation!

Call Us Now! 24/7!  
Free Home Survey!

The Caribbean  
pools-diamondindustries.com

# 1-866-237-2217





# Posted

8 AM  
5 PM

800-220-3311 410-398-1230 Fax us 24/7: 410-398-4044

- Real Estate
- Automotive
- Help Wanted
- Services
- Merchandise

- YARD SALES
- Auctions
- Appliances
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See More on  
chesapeake  
classified.com



## ANNOUNCEMENT

## NOTICES

**DONATE YOUR VEHICLE:** MAX IRS TAX DEDUCTIONS. UNITED BREAST CANCER FOUNDATION. Free Mammograms, Breast Cancer info www.ubcf.info FREE Towing. Fast, Non-Runners Acceptable 1-888-468-5964

## NewToday

### THE OXFORD FAIR 2007

The Oxford Fair is seeking crafters and vendors for Labor Day weekend, August 30th - September 3rd. www.theoxfordfair.org or call 410-608-4276 to request an application.

Find a  
new job in  
Classified

HELP WANTED  
PrintMail Co. in NE has 2 positions: pos 1 General Accounting, data-entry, Maint/tech W/95 exp. preferred. Full benefits. 410-555-1234 pos 2 resume w/ salary req. to: 770-555-1234  
- IMMEDIATE -  
Electronic Service Tech technical 12M General Accounting, data entry, Maint/tech

## 40 LOST & FOUND

**FOUND-** Possible Russell Pitbull mix, large and brown. Found in Elkton, at Old Baltimore Pike/Delancy Rd on 7/7/07. Please Call to identify 443-466-0015

**FOUND DOG!** Adult female shepherd, or shepherd mix, black & tan, wearing 2 collars. Found on Dr. Jack Rd. between Liberty Grove Rd. & Roland Rd. on June 30 around 9-10pm. Found running down the road, seemed frightened of the firecrackers going off in the area. She followed my truck until I stopped and picked her up. She is friendly & polite but missing her family. Call 410-658-5663 or 410-378-3460

**JACK RUSSELL LOST!** Missing from Shady Beach Rd. North East, since Sun. 7/15. Female, brown and white, 2 years old. Answers to Lucy, please contact with any information: 302-740-4598 or 302-690-0831

**LOST AN ITEM? FOUND AN ITEM?** Place your ad in Chesapeake Classified for **FREE!** Call 410-398-1230

## LOST & FOUND WORKS!

I placed an ad for the dog I found, a shepherd mix, female. The ad was free! Thanks to Chesapeake Classified she was just reunited with her family! Mike

## Lost & Found Works!

**CLASSIFIEDS**  
410-398-1230  
800-220-1230

## 40 LOST & FOUND

**LOST BROWN LEATHER** briefcase containing life's savings. 70 yr old man white hair & white beard walked from the intersection of Limestone Rd & Paper Mill Rd, took Paper Mill Rd all the way to Main St., Newark DE. He cut through the parking lot of Newark shopping center to get to Main Street. He then took Main St towards the library to get to the large Post Office. Due to heat exhaustion he does not recall when he lost the briefcase. Anyone that can help with information that leads to the recovery of the briefcase gets a substantial reward. Please call 410-392-2403 or 302-366-0500 ext 6454



## EMPLOYMENT

## 110 Help Wanted full-time

## NewToday

**\$12/HR + FREE HEALTH BENEFITS**  
Customer Service positions in Elkton. Apply www.procomsvcs.com

**ACT NOW!**  
Sign-On Bonus 36 to 45  
cpm/\$1000+weekly  
\$0 Lease/\$1.20pm  
CDL-A + 3 mos OTR  
800-635-8669

**RECLINE, RELAX & RESELL**

## 110 Help Wanted full-time

**AIRLINES ARE HIRING** - Train for High Paying Aviation Maintenance Career. FAA Approved Program. Financial Aid If Qualified - Job Placement Assistance. Call Aviation Institute Of Maintenance (888) 349-5387

## NewToday

**BOOKKEEPER** must be proficient in QuickBooks (2yrs min. exp.), good computer skills, & office skills a must. Call: 302-392-2887 or fax 302-836-6040. randy@cutandcore.com

## NewToday

**CARPENTERS & LEAD CARPENTERS**  
Custom framing & remodeling. Serious inq's only. 443-309-1995

## 110 Help Wanted full-time

## NewToday

**CAREGIVER**  
Small Assisted Living Home has live-in position available for a responsible person. Room, board & salary included. 410-658-3846

## NewToday

**CONSTRUCTION HELP NEEDED** for Cecil County Contractor. Laborers, helpers, carpenters. All levels of experience please apply for immediate openings. Full time positions with benefits. 302-598-5008 to schedule interview

## NewToday

**DENTAL ASSISTANT**  
FT- Group practice. Maryland x-ray certified preferred. Call 410-398-3858

## Security Driver/Messenger

AT Systems Inc, a fast-paced and growing armored car co is looking for FT Driver/Messengers for their Wilmington, DE facility. The selected employees are responsible for the transport of coin, currency, and other valuables. Issues and receives receipts of confirmation from customers to verify transfer of valuables. Candidate will have high school diploma or equivalent, 21 years of age, valid driver license. Heavy lifting required (50lbs+), CDL a plus, training will be provided. The qualified candidate must be eligible to obtain a firearms permit and CDL Class B within 6 months of date of hire. We offer a great benefit pkg for FT employees and competitive wages. Extensive pre-employment bkgrd chks, physical exam & other testing required.



To apply:  
Phone Dave Millman:  
302-762-5444 ext (4) 238  
Email:  
careers3@atssystemsinc.com

## 110 Help Wanted full-time

## NewToday

**DRIVERS: CDL A.**  
Full benefits, new equipment. Local and long distance. 410-676-2234 or 800-758-3645 between 7a-9p Mon - Fri

**Drivers #1 truck DRIVING SCHOOL.** Training Drivers for England, Swift & Werner. Dedicated runs available. Starting salary \$50,000+. Home weekends! 1-800-883-0171

**CLASSIFIEDS**  
410-398-1230  
800-220-1230

## 110 Help Wanted full-time

## NewToday



## DRIVERS

We are looking for Class A/B DRIVERS. Join a company where you will be appreciated. Earn up to \$19/hr potential! Professional training program available for non CDL drivers. Excellent 401k plan, health benefits and paid vaca. If you are interested in a real job, call 215-259-6122 or hr@delvalconcrete.com

## MOTOR ROUTE CARRIER

Deliver the Cecil Whig in the Perryville area!

Early morning hours  
5 days per week  
(Monday-Friday)  
No collections!  
Short hours, great pay!

Excellent part time income!

Apply at:  
**Cecil Whig**  
601 Bridge Street  
Elkton, MD 21921  
or email application to:  
mferguson@chespub.com

No Phone Calls Please!

**CECIL WHIG**



## 2007 CHEVROLET Silverado 2500 HD

Reg Cab W/T (new style) #27T751  
6.0 V8, auto, snow plow prep pkg, a/c, more

MSRP ..... \$29,450  
WMS DISCOUNT ..... \$1,615  
REBATE ..... \$1,500  
BONUS ..... \$1,000

**SUMMER DRIVE PRICE \$25,335.00**

\*Tax, title and tags not included. Includes applicable rebates.

**NO SALES TAX FOR DELAWARE RESIDENTS**

COME SEE WHAT DOING BUSINESS  
THE WILLIAMS WAY CAN DO FOR YOU

## Williams Chevrolet

Rt.40 at MD/DE State Line - Elkton

www.williamschev.com

3 Minutes from Peoples Plaza Shopping Center

410-398-4500 • 800-826-0580



**110 Help Wanted full-time****NewToday**

**Driver REGIONAL**  
 • Up to .41 per mile  
 • All miles paid  
 • Home weekends  
 • Benefits / Bonuses  
 Class A CDL 2 yrs exp  
 For more details call  
 800-332-0263 ext 248

**NewToday**

**DRIVERS**  
 Tractor Trailer  
 Move up to a co. that's committed to providing for you & your family. We offer the best combination of pay & bnfts & have immed. openings for our food grade tanker operation. We provide the following **FAMILY** pkg that's 100% paid for by the company; **BC Health & Rx, dental & vision, pension & life ins., vac's & hol's, safety bonus pay. No employee kick-in for the benefits.**  
**\$2,000 sign on bonus!**  
 Call 800-423-7483 today!  
 P.E. Kramme, Inc.,  
 Avondale, PA  
 CDL-A req'd

**110 Help Wanted full-time**

**DRIVERS PETROLEUM CARRIER**  
 is hiring  
**CDL DRIVERS**  
 Class A w/hazmat & tanker. Must have 2 yrs. TT exp. Starting \$20/hr. Sign on bonus. Hol./Vac./Sick Med., Den. & Life Ins. Avail.  
**Barry 410-632-0400**

**NewToday**

**Education Director -**  
 Shorehaven School  
 Location: Elkton, MD  
 Small non-public residential Special Ed. School seeking self-motivated person with leadership skills to manage all aspects of a 12 month program for 35 students with MR/multiple disabilities, autism, & behavior problems. Must demonstrate excellent interpersonal & organizational skills, have an understanding of behavioral approaches for the DD student, & have knowledge of MSDE regulations. Must have MD Cert. as Special Ed. Supervisor/Principal or MD Cert. in Special Ed. with 3 years teaching exp. Fax resume to **410-398-9801**

**110 Help Wanted full-time**

Engineering Consultant (Maint & Reliability Sys) (DuPont-Wilmington, DE) - Dvlp master data stndrds, improvement progs, implementation strategies & ctrl plans for corp stndrd maint process; lead integration of maint & reliability ctr of competency best practices into SAP R/3 Plant Maint work practices; asst site dvlpmnt & implementation of maint & reliability improvement plan. Req. Masters plus 2 yrs exp as Proj Mgr and/or Consultant or Bach plus 5 yrs progressively respon exp in same positions & same bkgd; bkgd must inc implemnt'g SAP R/3 Plant Maint Module; 40 hrs/wk; salary commens w/exp. Resumes to: Chesapeake Publishing PO Box 429 "E" Elkton MD 21922

**Chesapeake Classified**

Reaching  
 over 325,000  
 readers  
 weekly

410-398-1230  
 800-220-1230

**LEGAL NOTICE**

**THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY**  
 IN RE: CHANGE OF NAME OF  
 Veronica Zavala  
 PETITIONER(S)  
 TO  
 Veronica Lopez R.  
 NOTICE IS HEREBY GIVEN that Veronica 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/her name to Veronica Lopez R.  
 Veronica Zavala  
 Petitioner

Dated: 7/3/07  
 np 7/13,20,27

**THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY**  
 IN RE: CHANGE OF NAME OF  
 Walter Vernon Dill II  
 PETITIONER(S)  
 TO  
 Jeremy Clayton Collins  
 NOTICE IS HEREBY GIVEN that Walter Vernon Dill II 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 Jeremy Clayton Collins.

Mary M. Desper  
 Steven Collins, Jr.  
 Petitioner  
 Dated: 7/9/06  
 np 7/20,27,8/3

**110 Help Wanted full-time**

**EARN \$800-\$3200 MONTHLY** to drive brand new cars with ads placed on them.  
 www.AdCarDrive.com

**NewToday**

**EXCAVATOR, LOADER OPERATOR**  
 with quarry exp pref'd.  
 Welding exp a plus.  
 888-625-7888 EOE

**NewToday**

**Electrical Mechanic,**  
 new residential construction, hard worker, must have experience, signing bonus, full benefits, position available immediately. Please fax resume to (302) 378-6416

**110 Help Wanted full-time**

**GREAT RESPONSE!**  
 I placed an ad in Cecil Whig Classified on Monday. By noon on Wednesday I had well over 70 applicants for the position, many of whom met the requirements for the position. I am certain that I will find the right person for the job thanks to the Cecil Whig and Chesapeake Classified!  
 Thanks, Brit, Elkton  
**GREAT RESPONSE!**

**CLASSIFIEDS**  
**410-398-1230**  
**800-220-1230**

**LEGAL NOTICE**

**CHANGES ARE MADE IN DETERMINATIONS OF BASE FLOOD ELEVATIONS FOR THE UNINCORPORATED AREAS OF NEW CASTLE COUNTY, DELAWARE, UNDER THE NATIONAL FLOOD INSURANCE PROGRAM**

On January 17, 2007, the Department of Homeland Security's Federal Emergency Management Agency identified Special Flood Hazard Areas (SFHAs) in the unincorporated areas of New Castle County, Delaware, through issuance of a Flood Insurance Rate Map (FIRM). The Mitigation Division has determined that modification of the Base (1-percent-annual-chance) Flood Elevations (BFEs) for certain locations in this community is appropriate. The modified BFEs revise the FIRM for the community.

The changes are being made pursuant to Section 206 of the Flood Disaster Protection Act of 1973 (Public Law 93-234) and are in accordance with the National Flood Insurance Act of 1968, as amended (Title XIII of the Housing and Urban Development Act of 1968, Public Law 90-448), 42 U.S.C. 4001-4128, and 44 CFR Part 65.

A hydraulic analysis was performed to incorporate updated topographic and hydrologic information and has resulted in an increase in SFHA width, a decrease in SFHA width, and the establishment of BFEs for Spring Mill Brook. The table below indicates existing and modified BFEs for selected locations along the affected lengths of the flooding source(s) cited above.

| Location   | Existing BFE (feet)* | Modified BFE (feet)* |
|--|----------------------|----------------------|
| Approximately 1,950 feet upstream of Cedar Lane Road | 29                   | 30                   |
| Approximately 3,150 feet upstream of Cedar Lane Road | None                 | 35                   |

\*Northern American Vertical Datum, rounded to nearest whole foot

Under the above-mentioned Acts of 1968 and 1973, the Mitigation Division must develop criteria for floodplain management. To participate in the National Flood Insurance Program (NFIP), the community must use the modified BFEs to administer the floodplain management measures of the NFIP. These modified BFEs will also be used to calculate the appropriate flood insurance premium rates for new buildings and their contents and for the second layer of insurance on existing buildings and contents.

Upon second publication of notice of these changes in this newspaper, any person has 90 days in which he or she can request, through the Chief Executive Officer of the community, that the Mitigation Division reconsider the determination. Any request for reconsideration must be based on knowledge of changed conditions or new scientific or technical data. All interested parties are on notice that until the 90-day period elapses, the Mitigation Division's determination to modify the BFEs may itself be changed.

Any person having knowledge or wishing to comment on these changes should immediately notify:

The Honorable Chris Coons  
 New Castle County Executive -  
 87 Read's Way  
 New Castle, DE 19720

np 7/13,20

**LEGAL NOTICE****PUBLIC AUCTION**

Notice is hereby given that the undersigned will sell at public auction, on **August 15, 2007 at 10:00 a.m.**, at **PS ORANGECO INC./PUBLIC STORAGE, 3801 N. Dupont Parkway, New Castle, DE 19720**, the personal property heretofore stored with the undersigned by:

A104 - Jacqueline Norman - beds, boxes, fan  
 A145 - Celeste Lofland - couch, TV, TV stand, boxes  
 A201 - Rosette Riddick - dresser, fan, highchair, safe  
 A218 - Jessie Giles - circular saw, toolbox, tires  
 A237 - Fletcher Foster - tool box, console TV, sofa  
 A242 - Yolanda Torres - portable TV's, lamp, fan, bags & boxes  
 A249 - Tim Couch - church altar, podium, chair  
 A250 - Darren Shivers - foosball table, 2 ice chests, tires  
 A274 - Don Banice - misc. items  
 B305 - Tijuana Dollard - vacuum, desk, radio  
 C527 - Pierre Thomas - speakers, couch, microwave  
 C603 - Christian Ampadu - suitcase, clothing, boxes  
 D704 - William Pritchett - CD's, boxes, suitcase  
 E917 - Corey Purnell - keyboard, suitcase, toys  
 np 7/13,20

**CITY OF NEWARK  
 DELAWARE  
 COUNCIL MEETING AGENDA  
 JULY 23, 2007 - 7:30 PM**

- SILENT MEDITATION & PLEDGE OF ALLEGIANCE**
- CITY SECRETARY'S MINUTES FOR COUNCIL APPROVAL:**
  - Regular Council Meeting of July 9, 2007
- ITEMS NOT ON PUBLISHED AGENDA:**
  - Public (5 minutes per speaker)
  - University
    - Administration
    - Student Body Representative
  - Council Members
- ITEMS NOT FINISHED AT PREVIOUS MEETING:** None
- RECOMMENDATIONS ON CONTRACTS & BIDS:**
  - Contract 07-10, Roof Replacement - George Wilson Center
- ORDINANCES FOR SECOND READING & PUBLIC HEARING:**
  - Bill 07-25 - An Ordinance Amending Chapter 20, Motor Vehicles & Traffic, Code of the City of Newark, By Providing for a Stop Sign on Witherspoon Lane at Aylesboro Road
- PLANNING COMMISSION/DEPARTMENT RECOMMENDATIONS:** None
- ORDINANCES FOR FIRST READING:** None
- ITEMS SUBMITTED FOR PUBLISHED AGENDA:**
  - COUNCIL MEMBERS:** None
  - COMMITTEES, BOARDS & COMMISSIONS:**
    - Appointments to Downtown Newark Partnership (Mayor's Appts.)
    - Appointment to Personnel Review Committee
    - Planning Commission Minutes of July 3, 2007
  - OTHERS:** None
- SPECIAL DEPARTMENTAL REPORTS:**
  - Special Reports from Manager & Staff:
    - Setting Date for Public Hearing of 2008-2012 Capital Improvement Program (August 13, 2007)
  - Alderman's Report
  - Financial Statement
  - Request for Executive Session re Pending Litigation (Durkin v. Newark)

**\*OPEN FOR PUBLIC COMMENT**

The above agenda is intended to be followed, but is subject to changes, deletions, additions and modifications, as permitted under the Freedom of Information Act of the State of Delaware. Copies may be obtained at the City Secretary's Office, 220 Elkton Road, or online at [www.cityofnewarkde.us](http://www.cityofnewarkde.us)  
 np 7/20

**CLASSIFIEDS**  
**410-398-1230 800-220-1230**

**CLASSIFIEDS**

410-398-1230 800-220-1230

**LEGAL NOTICE****Ewing Towing**

1111 Elkton Road, Newark, DE 19711  
 (302) 366-8806 • FAX (302) 366-1174

**LIENHOLDER'S SALE**

DATE: SEPTEMBER 5, 2007  
 PLACE: 1111 ELKTON RD.,  
 NEWARK, DE 19711  
 TIME: 8:00 AM

- 2000 PLYMOUTH NEON.....1P3E546C5YD706829
  - 1995 CHRYSLER LHS.....2C3EHD56F6SH512784
  - 2001 FORD ESCAPE.....1FMYU02181KB73831
  - 1993 FORD F-150.....1FTDF15Y6PNB26610
  - 1989 CHEVY PICK UP.....1GTDK14K1K2551792
  - 1993 JEEP CHEROKEE.....1J4GX5856PC612400
  - 1997 DODGE STRATUS.....1B3EJ46X8VN616927
  - 1999 DODGE CARAVAN.....2B4GP44G6XR228624
  - 1989 ESCORT TRAILER.....4051168G2KP000009
  - 2000 FORD EXPEDITION.....1FMRU16661YLA08336
  - 1998 FORD CONTOUR.....1FALP6533WK145891
  - 1996 FORD CONTOUR.....1FALP6533TK183942
  - 1998 NISSAN PATHFINDER.....JN8AR05Y6WV280106
  - 1992 BUICK LESABRE.....1G4HPS3L6NH519656
  - 2001 HONDA CIVIC.....2HGES15211H619656
  - 1997 CHEVY TAHOE.....1GNEK13R6VJ300571
  - 1997 JEEP CHEROKEE.....1J4GZ5857VC708544
  - 1997 DODGE STRATUS.....1B3EJ46X8VN616927
- np 7/20

**PUBLIC SALE**

Notice is hereby given that the undersigned will sell at a public auction on **August 14, 2007 at 2:00 p.m. at:**

**PS ORANGECO INC./PUBLIC STORAGE  
 3800 KIRKWOOD HWY.,  
 WILMINGTON, DE 19808  
 302-998-0125**

the personal property heretofore stored with the undersigned by:

5036 - Dwayne Downs - bed frame, folding bed, mattress, bicycle, boxes, 4 kitchen chairs, floor lamp, rug, shelving, suitcase, kitchen table, toys  
 2034 - Doretha Howard - baby chair, 1 bag, suitcase, 2 totes, toys  
 1150 - Jacquelyne Parker - books, 15+ boxes, clothing, pictures, 2 totes  
 np 7/13,20



# 110 Help Wanted full-time

**GOVERNMENT JOBS**  
\$12-\$48/hr Full Benefits/Paid Training. Work available in areas like Homeland Security, Law Enforcement, Wildlife and more!  
1-800-320-9353 ex 2002

# RECLINE, RELAX & RESELL

# 110 Help Wanted full-time

**New Today**  
**HVAC RETRO**  
**INST/SHEET MTL FAB/**  
**MECHANIC.**

Min 5 yrs exp., applicable lic's, tools, & reliable trans req'd. Fax res to 410-658-0823 or email; rbrooksmech@zoominternet.net

**CLASSIFIEDS**  
**410-398-1230**  
**800-220-1230**

# 110 Help Wanted full-time

**New Today**  
**JOIN OUR TEAM** and make a difference in someone's life. We are now hiring for full time and part time direct support staff to assist individuals with special needs. Requirements must be 21 years of age with H.S. Diploma / GED and valid drivers license. **Call Monday- Friday 9am-4pm 410-398-9850**

**MECHANIC - Diesel,** 2nd shift, med./den/ life, & OT. *Independent Disposal Services* 410-620-6100 /302-378-5400 Bob

**CHESAPEAKE CLASSIFIED**  
**800-220-1230**  
**410-398-1230**  
www.chesapeakeclassified.com

## LEGAL NOTICE

**THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY IN RE: CHANGE OF NAME OF Fanda M. Almadhrah PETITIONER(S) TO Fanda M. Babakr**  
**NOTICE IS HEREBY GIVEN** that Fanda M. Almadhrah intends to present a Petition to the Court of Common Pleas for the State of Delaware in and for New Castle County, to change his/her name to Fanda M. Babakr.

Euh Babakr  
Fanda M. Almadhrah  
Petitioner  
Dated: 7/10/07  
np 7/20,27,8/3

**LEGAL NOTICE**  
Estate of Lola Gregg, aka Lola P. Gregg, Deceased.

Notice is hereby given that **Letters Testamentary** upon the estate of **Lola Gregg, aka Lola P. Gregg** who departed this life on the 3rd day of June, A.D. 2007, late of **19 Trombone Court, Newark, DE 19713** were duly granted unto **Joseph M. Gregg** on the 28th day of June, A.D. 2007, and all persons indebted to the said deceased are requested to make payments to the **Personal Representative** without delay, and all persons having demands against the deceased are required to exhibit and present the same duly probated to the said **Personal Representative** on or before the **3rd day of February, A.D. 2008**, or abide by the law in this behalf.

Personal Representative  
**Joseph M. Gregg**  
Address  
**Joseph M. Gregg**  
**19 Trombone Court**  
**Newark, DE 19713**  
np 7/13,20,27

# 110 Help Wanted full-time

**New Today**  
**MANUFACTURING**  
**Are you looking for a career, not just a job?** Do you have proven supervisory exp? Do you consider yourself a leader & a team player & describe yourself as reliable, flexible & motivated? If so, we may have a job for you. The right candidate will manage our 2nd shift production & learn the unique industry of metal sign manufacturing. This well established company located in Harford County offers an exc salary & bnft pkg. We are looking for the right person. Is it you? EOE. Resumes accepted via fax or email 410-897-6682 or kevinr@deco-sign.com

**OFFICE CLEANERS OPPORTUNITIES** Start Today! Part-time/full-time Day or Night Flex Hrs possible \$17.00 per Call 1-900-835-9300

**POST OFFICE NOW HIRING.** Avg Pay \$20/hour or \$57K annually including Federal Benefits and OT. Paid Training. Vacations, PT/FT 1-866-497-0989 USWA

**POST OFFICE NOW HIRING.** Avg. Pay \$20/hour or \$57K annually including Federal Benefits and OT. Paid Training. Vacations, PT/FT. 1-866-498-4945 USWA 1707.76

# 110 Help Wanted full-time

**Roofers**  
**EXPERIENCED ROOFERS**  
Gooding Delaware, Inc., a high quality commercial and specialty roofing contractor, is looking to hire experienced roofers. If you have at least two years of roofing experience, please apply.

Gooding Delaware, Inc. knows that employees are its most important asset. In addition to a merit pay system and competitive starting wages, we offer:

- A team oriented environment
- Excellent health insurance at a minimal employee cost.
- Prescription Drug
- Vision Care
- Dental Care
- Life Insurance
- 401(k) w/50% match
- Vacation & holidays

Send resume to:  
Human Resources  
Gooding Delaware, Inc.  
308 Markus Court  
Newark, Delaware 19713  
Or call Maryann (800)532-7663  
Fax: (717) 738-6012  
e-mail: maryannk@gsmroofing.com

**AN EQUAL OPPORTUNITY EMPLOYER**

**CLASSIFIEDS**  
**410-398-1230**  
**800-220-1230**

## LEGAL NOTICE

## LIEN SALE

Notice is hereby given that the undersigned will sell at a lien sale on **8/14/07 at 4:30 p.m. at PS ORANGE CO PUBLIC STORAGE 425 NEW CHURCHMANS ROAD NEW CASTLE, DE 19720**

The personal property heretofore stored with the undersigned by:  
B046 - Robert Green - 10+ boxes, ironing board  
Keith Conley - air conditioner, mattress, box spring, sports equipment, hutch  
D007 - John Fields - box spring, mattress, sofa, microwave  
E044 - Lisa Yingling - mattress, box spring, vacuum, stereo  
G024 - Shontae DeShields - mattress, box spring, sofa, rug  
C119 - Francine Brooks - mattress, box spring, sofa, loveseat, console TV, vacuum  
D057 - Sasha Seymour - 2 mattresses, 2 box springs, 10 boxes, 5 totes, toys  
np 7/13,20

## PUBLIC SALE

Notice is hereby given that the undersigned will sell at public sale on **Aug. 14, 2007 at PS ORANGE CO INC./PUBLIC STORAGE, 201 Bellevue Rd., Newark, DE 19713 at 12:30 p.m.**, the personal property heretofore stored with the undersigned by:

E050 - Meggan Reamer - misc. household items  
A049 - Loretta Fountain - misc. household items  
B030 - Esther Walker - misc. household items  
F032 - Timiki Lester - shelving, books, clothing, boxes (20)  
F037 - Alicia Jennings - boxes, dresser, chair, vacuum, mirrors, chairs  
F123 - Kimberly Webster - chairs, totes, boxes  
F073 - Marcia Sudler - misc. household items  
np 7/13,20

# 110 Help Wanted full-time

**New Today**  
**RESTAURANT**  
**Manager & Assistant**  
We are expanding in the DE market. Casual dining, start to \$55k, benefits & bonus.  
**Call 484-829-0031**  
**Fax 484-829-0032**

**SALES** professionals wanted. \$75,000 + pre-qualified leads helping Seniors. Full benefits, retirement, vacations, stock options + Management opportunities. Call Mr. Holland toll free 1-866-229-8447

**New Today**  
**STEEL FABRICATORS & INSTALLERS**  
Stairs, railings, misc. metals. Exp'd. only. Must be able to read blueprints, layout, and weld. Exc. benefits, paid vacation, 401K.  
**Call A & H Metals Inc, 302-366-7540**

**TANK CLEANING**  
Laborers/ CDL Drivers. Great pay & ben. Start asap **800-222-1314 24/7**

**TELEMARKETING** of Financial Services/Franchising. \$100K+; Start Full or Part-time; 2-5 yrs. Retirement Plan! 1-888-263-6432

**TRUCK DRIVERS:** CDL training. Up to \$20,000 bonus. Accelerate your career as a soldier. Drive out terrorism by keeping the Army National Guard supplies. 1-800-GO-Guard.com/truck

**WAREHOUSE**  
**Abacus Corporation IS HIRING**

For **IKEA Distribution Center**  
Perryville, MD

**Forklift and Picking Positions**  
1st & 2nd Shift  
Weekend Shift F-Sun 4pm to 5am  
**Apply Now**  
**8:30-4:00pm**  
**Call 410-392-8006**  
**888-505-3564**

**Ask for Pearce**  
All positions will require you to pass background and drug screen  
**ABACUS STAFFING**  
619 E. Pulaski Hwy.  
Elkton, MD 21921  
Email  
rebecca@abacuscorporation.com

**Find a new job in Classified**

**HELP WANTED**  
Print/Mail Co. in DE has 2 positions. paid General Accounting, data-entry. Minimum \$10K exp. preferred. Full benefits. If you have resume w/ salary req. fax: 706-655-1234  
**IMMEDIATE**

# 115 Help Wanted part-time

**SECRET SHOPPERS**  
needed. Pose as customers for store evaluations. Local stores, restaurants & theaters. Training provided. Flexible hours. Email required. Call now! 1-800-585-9024 ext. 6046

# 200 BUSINESS OPPORTUNITIES

**1000 ENVELOPES= \$5000.** Receive \$5 for every envelope stuffed with our sales material. Guaranteed! Free Information: 24 hour recording 1-800-423-2089

**ALL CASH CANDY ROUTE** Do you earn \$800 in a day? Your own local candy route. Includes 30 Machines and candy. All for \$9,995 800-893-1185

**ASSEMBLE MAGNETS & crafts** from home! Year-round work! Excellent pay! No experience! Top US company! Glue gun, painting, jewelry & more! Toll free 1-866-844-5091, code 2

**ALL CASH VENDING!** Incredible Income Opportunity! Candy, Gumball, Snack, Soda...Minimum \$4K Investment Required. Excellent Quality Machines. We Can Save You \$\$\$! Toll free 800-962-9189 (24/7) 27

**BUSINESS TALENTS WANTED!** Powerful and proven opportunity with CEO level income potential. Achieve amazing results working from home. Not MLM! Serious and motivated call: 1-800-407-5807

**EARN ONE THOUSAND** dollars each day with tested, proven, easily duplicatable "Three Step Success System" that is creating Millionaires! 24 hour info line 800-887-1897. Change your life. Call now.

## MOVIE EXTRAS

Make up to \$250/day  
All looks and ages  
1.800.506.1229

**MYSTERY SHOPPERS-** Get paid to shop! Retail/Dining establishments need undercover clients to judge quality/customer service. Earn up to \$150 a day. Call 1-800-731-4929

## MOVIE EXTRAS

Earn \$150-\$300/Day  
All Looks/Types Needed.  
No Experience Necessary. TV, Music Videos, Commercials, Film, Print. Call Toll Free 7 Days! 1-800-340-8404 Ext 2502

**Own a Mattress Cleaning & Upholstery Cleaning & Sanitizing Business.** Cash in on the Going green Movement. Dry, Chemical-Free process removes dust-mites & harmful allergens. Now in 42 countries, new to the USA. Big Profits, small investment.

1-88-999-9030

or  
www.hygienitech.com

## LEGAL NOTICE

**CITY OF NEWARK DELAWARE CITY COUNCIL PUBLIC HEARING NOTICE**

**JULY 23, 2007 - 7:30 PM**

Pursuant to Section 402.2 of the City Charter of the Code of the City of Newark, Delaware, notice is hereby given of a public hearing at a regular meeting of the Council in the Council Chamber at the Municipal Building, 220 Elkton Road, Newark, Delaware, on **Monday, July 23, 2007 at 7:30 p.m.**, at which time the Council will consider for Final Action and Passage the following proposed Ordinance:

**Bill No. 07-25** - An Ordinance Amending Chapter 20, Motor Vehicles & Traffic, Code of the City of Newark, Delaware, By Providing for a Stop Sign on Witherspoon Lane at Aylesboro Road

Susan A. Lamblack, MMC  
City Secretary

np 7/13,20

# PUBLIC AUCTION OF VALUABLE REAL ESTATE IN "HAPPY VALLEY" WILMINGTON, DELAWARE

Location: 1540 N. Van Buren St., Wilmington, DE 19806. Traveling on I-95 North in Wilmington, take Exit 7-Del. Rt. 52/Delaware Ave. Merge onto N. Adams St. and turn left onto W. 10th St. Turn right onto N. Van Buren St. and travel for 0.4 mile. Property will be on right (Sign Posted).

**FRIDAY, AUGUST 3, 2007 • 4:30 PM**

Preview: Tuesday, July 24 from 4:00 to 5:30 p.m.

Sunday, July 29 from 2:00 to 3:30 p.m.

NCCo Tax Map No. 2602130053

Completely updated and remodeled two-story brick 2 BR/1.5 BA rowhouse with basement and backyard in Wilmington's Happy Valley neighborhood. The home features hardwood flooring, recessed lighting, gas/electric fireplace, computer room, Jacuzzi tub/shower, central air, gas heat, municipal utilities, as well



as a complete surveillance system with cameras at the front and back entrances. Check our website at [www.onealsauction.com](http://www.onealsauction.com) for complete ad.

Terms: \$15,000.00 down payment in the form of Cash, Certified Check, or Cashier's Check made payable to Jos. C. O'Neal, Inc.. Balance to be paid within 45 days when a good and marketable deed will be given. A 5% Buyer's Premium will be charged on the final selling price. Seller reserves the right to accept or reject any or all bids, but it is their intent to sell said property. Broker Participation invited. Brokers must have clients registered 24 hours prior to auction. Contact our office for complete details. View complete terms at [www.onealsauction.com](http://www.onealsauction.com).

**JOS. C. O'NEAL, INC.**  
**AUCTIONEERS & APPRAISERS**  
**302-875-5261**  
**[www.onealsauction.com](http://www.onealsauction.com)**



### 200 BUSINESS OPPORTUNITIES

**PART-TIME**, home-based Internet business. Earn \$500-\$1000/month or more. Flexible hours. Training provided. No investment required. FREE details. www.K738.com

**SALESMAN** Work From Home. Choice of Hours. Earn Great Income 623-298-7186

**SALESMAN** Work From Home. Choice of Hours. Earn Great Income 800-516-8767

**SECRET SHOPPERS** NEEDED For Store Evaluations. Get paid to shop. Local Stores, Restaurants & Theaters. Training Provided, Flexible Hours. Email Required. 1-800-585-9024 ex 6600



### RENTALS

### 305 APARTMENTS UNFURNISHED

**AFFORDABLE HUD** homes! 4 bd, 1 ba only \$250/mo! 3 bd, 1.5 ba only \$275/mo. More homes Available from \$199/mo! Great Area! Must See! For Listings 800-366-0142 ext. T104

### New Today

**FAIR HILL** 2br, 1ba, lg new construction, beautiful views, quiet setting, up graded kit, w/d hook up must see \$1000/mo + util's+ sec 443-553-0060

**FORECLOSURES** from \$199/mo! Buy a 6bd 2ba Home \$350/mo! 3bd 2ba 240/mo! Financing & Gov't Grant Referrals Available. 5%dn, 20yrs@8%APR. For Listings 800-366-0142 ext T254

### New Today

**The Meadows at Elk Creek**  
Move into a 2br, 1 ba w/ a FP or W.I. closet by August 1 & receive 1/2 off your 1st Months Rent!!!  
Move into a 3br, 2ba by August 1st & receive your 1st Months Rent Free!!!  
Call Today!!!  
410-398-0470  
439 Muddy Lane  
Elkton, MD 21921

### 315 HOUSES FOR RENT

**AFFORDABLE HUD HOMES!** 4bd 2.5ba only \$275/mo! More Homes Available from \$199/mo! Great Area! Must See! For Listings 800-366-0142 ext. T104

### RECLINE, RELAX & RESELL

### 315 HOUSES FOR RENT

### New Today

**ELKTON:** Arundel, 3br, 2ba, family room, 1 car garage, \$1,350/mo + sec & ref's. No pets. 410-392-3154

**FORECLOSURES** from \$199/mo! Buy a 6bd 2ba Home \$350/mo! 3bd 2ba 240/mo! Financing & Gov't Grant Referrals Available. 5%dn, 20yrs@8%APR. For Listings 800-366-0142 ext T254

### New Today

**NORTH EAST** rent to own, country setting 4br 2ba, w/d, d/w, \$1200/mo 443-206-3236

### New Today

**NORTH EAST** Rt 272 3Br, 1Ba, large yard. \$1,000 per month + sec dep. 410-378-2302

**NEWARK:** 3BR, 1BA with carport, 1400 sq ft. Access to U of D. \$1650/mo. Call Bernie at 484-356-3054

**NO RENT- \$0 DOWN HOMES** Gov't & Bank foreclosures! No Credit O.K. \$0 to low Down! For Listings, (800)860-0573

**CLASSIFIEDS**  
410-398-1230  
800-220-1230

### 315 HOUSES FOR RENT

**SEE YOURSELF IN A COUNTRY HOUSE RENTAL?** South Chesapeake City area. 4br, 3ba, lg kitchen, screen porch, grg. \$1800/mo. 302-652-0419 3p-7p.

### 320 WATERFRONT RENTALS



**A PICTURE SAYS 1000 WORDS!**  
Get your house rented fast!  
Use a photo in your ad!  
Call 410-398-1230 TODAY!

### 325 VACATION/ RESORT RENTALS

**MYRTLE BEACH** Oceanfront 1-3 bedroom condos and penthouses. Health spas, tennis, jacuzzi's. More! Discount rates \$49-\$89/ nite and up. Free brochure. 1-800-777-9411 www.smithrental.com

**OCEAN CITY, MARYLAND.** Best selection of affordable rentals. Full/ partial weeks. Call for FREE brochure. Open daily. Holiday Real Estate. 1-800-638-2102. Online reservations: www.holidayoc.com

### 345 ROOMS FOR RENT

### New Today

**PIKE CREEK** lg 1br, w/priv bath util's inc except phone \$540/mo + dep 302-286-3838

### 350 To Share

**WOW!**  
I ran an ad saying I needed 2 room mates, and on the first day I got over 12 calls! Chesapeake Classified is the best! Thanks! **WOW!**

### 365 COMMERCIAL RENTALS

### New Today

**ELKTON** Triumph Industrial Park, close to I-95, Comm. warehouse, 10,000 sq ft. drive-in & loading dock. 110/ 208/ 480V. Avail Sept 1, Call Al Kessi 410-392-2300

### New Today

**FAIRHILL/ ELKTON-NEW OFFICE** 825 to 3200 sq ft. 1500 sq ft. workshop. Lots of yrd space. 443-553-7749

**CLASSIFIEDS**  
410-398-1230  
800-220-1230



### REAL ESTATE

### 405 HOUSES FOR SALE

**3 BR, 1 BA** Foreclosure! \$265/mo! Stop Renting! 5% dw, 20 yrs@ 8% apr For Listings 800-585-3517 ext. T182

**4 BD, 2BA HUD** only \$200/mo! 4bd 1.5ba Home \$125mo! 5%dn, 20 yrs@8%APR! Financing ref. available! For more info and listings 800-366-0142 ext.T105

**BANK FORECLOSURES!** Homes from \$10,000! 1-3 bedroom available. Reposs, REO's, FDIC, FSBO, FHA, etc. These homes must sell! For listings 1-800-425-1620 ext.3421

### New Today

**ELKTON** 4400 sq ft, 4 br, 2 master brs, 3 f/baths, 2 1/2 baths, pool cabana, full wet bar, 2 dressing rms w/1/2 baths 30x40 family rm, formal DR, formal LR, green house, 2/3 acre, asking \$565,900 410-620-4547

**CLASSIFIEDS**  
410-398-1230  
800-220-1230

### 405 HOUSES FOR SALE

**Hud Homes** only \$35,000! 3bdr 1ba Foreclosure! For Listings 800-585-3517 Ext T181

**Move or Retire** to Delaware and discover the value of manufactured housing. Gated community with homes from low 100s Brochure Available toll-free 1-866-629-0770 www.coolbranch.com

**NORTH EAST:** 4br's, 2ba's, 2 1/2 acres, 3,000 sq ft. 2 car grge \$325,000. 443-553-6374

**North Carolina** Log Cabin \$99,900. E-Z to finish interior. On a 1 acre site. Mountain Home ites. 1-8 acres with dramatic views! Paved access, utilities, E-Z financing! 828-247-9966

**Orlando Condos** from \$99K - close to parks, fully upgraded with stainless steel, granite, berber, tile, etc. Best value and location in Orlando. Call Today!! 1-888-591-7933

Would you buy a house if you didn't know what it looked like?

Use a photo in your House for sale ad! Call 410-398-1230



### 410 OPEN HOUSES

### New Today

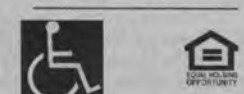


**OPEN HOUSE** Saturday, June 21 '07 10am to 3pm.

Offering 1 and 2 bedroom market & affordable housing units Handicap units avail. \* Income guidelines apply \*

13-D O'Daniel Avenue Newark, DE 19702 For rental information please call:

Phone: 302-368-2357 Proudly managed by Fairville Management Company, LLC



### Chesapeake Classified

Reaching over 325,000 readers weekly

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800-220-1230  
www.chesapeakeclassified.com

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Installation optional/extra  
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Transform the wasted space under your deck to a new room you can use year round!  
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www.deckundersealing.com

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THE BEST NEW HOME VALUE AT THE DELAWARE BEACHES!  
A GREAT NEW COMMUNITY OF SINGLE FAMILY HOMES IN PRESTIGIOUS LEWES, DE  
**3 BEDROOM - 2 FULL BATH RANCHERS**  
On 1/2 Acre Lots at an Unbelievable  
**\*\$229,900\***  
• Fee Simple  
• Immediate delivery available  
• Excellent financing available  
• On-site mortgage broker  
• Pool & Clubhouse  
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Visit us on our website at [www.heronbayde.com](http://www.heronbayde.com)  
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Open 10 a.m. - 5 p.m. Everyday  
Located on Route 23 South, 4 miles from Route 1  
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• Waterview Homesites with Free Deeded Boat Slips Starting At Just \$89,900  
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**LAGUNA BAY**  
BOATING COMMUNITY  
NORTH CAROLINA  
Proudly Offered By: ANCHORLINE MARKETING, LLC  
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**MRI/MRA SCAN WARNING**  
A dye used with some MRI and MRA scans is linked to a serious disorder called **Nephrogenic Systemic Fibrosis (NSF)** or **Nephrogenic Fibrosing Dermopathy (NFD)**.  
Symptoms of NSF/NFD include:  
• Thickening or Tightness of Skin  
• Difficulty Walking  
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If you or a loved one suffered symptoms of NSF/NFD or died following a MRI or MRA scan, **YOU MAY BE ENTITLED TO MONEY DAMAGES**  
Call the Bobbitt Law Firm toll free at 1-800-598-0221 for more information.  
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Donate Car • Boat • RV • Motorcycle  
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#### 415 WATERFRONT FOR SALE

**BAY COUNTRY VIRGINIA** 4.64 Acres Waterfront \$274,900 Rare opportunity to acquire large acreage homesite with mature hardwoods and dramatic sunsets. Won't last, call today! 1-804-687-6217

**Coastal Waterfront Grand Opening!** 1+ Acres, \$99,900 Fantastic views, deep, dockable waterfront, sandy beaches. Water & sewer, nature preserved, access to ICW & Atlantic. Excellent financing. Call now 1-800-732-6601, x1761

**LIMITED TIME OFFER** 100% Financing-No Payments for 2 years Gated Lakefront Community of the NC Blue Ridge Mtns. All Dockable 90 miles of Shoreline start \$99,000. Call Now 1-800-709-LAKE

**Waterfront Community** near Wilmington, NC. Dockable, gated, near downtown, beaches. Final pre-construction release. Homesites \$129,900+, excellent incentives August 17-19. www.thebluffsnc.com Cape Fear Bluffs, LLC

**CLASSIFIEDS**  
410-398-1230  
800-220-1230

#### 416 VACATION/RESORT FOR SALE

**REDWEEK.COM** #1 timeshare marketplace. Rent, buy, sell, reviews, NEW full-service exchange! Compare prices at 5000+ resorts. B4U do anything time-share, visit RedWeek.com, consider options.

#### 430 MANUFACTURED HOMES FOR SALE

**New Today**

**ELKTON** 3br, 2ba, sun rm, skylights, gas f/ place, shed w/elect lg kit. may stay in pk w/app \$75,000 410-392-4335

#### 440 LOTS/ACREAGE FOR SALE

**20 to 30+ AC Land Bargain** with Mtn. and River Views. Only 2 hrs DC Beltway with River Front Park. www.mountainbargains.com

**20+ Ac Retreats w/River Access**, Easy DC/Metro Drive, Beautiful Views \$119,900 Pay No Closing Costs! EZ Financing -All will be sold at Huge Savings July 28th ONLY -Call Now for details 1-866-685-2720 www.RetreatSale.com

#### 440 LOTS/ACREAGE FOR SALE

**50 MILE RIVER/MTN VIEWS** Private River Access 30+Acres. Rare opportunity to own top of the world views of mtns & river. All large hardwoods, own whole Top of Ridge, Watch Sunrise and Sunsets. Special Financing, new perc, survey. ONLY \$169,900 CALL NOW 1-800-888-1262

**ALMOST HEAVEN** Peaceful, private, pastoral 17 acres on over 1/4 mile of meandering year round trout stream. Beautiful woods, meadows, mountain views, wildlife galore. Build your dream cabin or mountain getaway at your convenience. Just over the Va/Wva line. Prices to sell @ \$109,900. Smaller parcels available. Owner 866-910-4487

**Garrett County, MD.75 ACRES** w/BIG views \$259,900. Preston County, WV 4 acres w/stream \$39,900. 800-898-6139 A.L.S. www.landservice.com

**Little Switzerland.** West Virginia 10 acres at \$49,990. That's only \$325/month. Also have 10 acre streamfront for just \$89,990! Mature hardwoods. power/perk Call owner 866-403-8037

#### 440 LOTS/ACREAGE FOR SALE

**Mountain Land Bargain.** Sunset Views. Wildlife Pond 20+ Acres \$99,777. Long state road frontage on top of mtn. Breathtaking views on gentle laying parcel. Ready to camp, build, fish or swim. New perc. survey, excellent financing. One Only Call Now 1-800-888-1262

**NORTH CAROLINA MOUNTAINS-** Gated community with spectacular views, public water including fire hydrants, High Speed internet accessibility, paved roads, proposed recreational lake; \$45,000+ 800-463-9980 theridgeatouthmountain.com

**VIRGINIA MOUNTAINS** my dream rustic 2-story log cabin on 13 acres with barn, pastures, woods, creek, adjoins Jefferson National Forest with miles of trails, have to sell \$389,500 owner 866-789-8535

**WV MOUNTAINTOP RETREAT** 12 acres just \$59,990! Beautiful Mountain retreat with woods & pond. State road frontage. Minutes from the South Branch River! Come for the Weekend or a lifetime. Call owner 866-794-9670

#### 440 LOTS/ACREAGE FOR SALE

**We get you the coverage you need!**

Call Chesapeake Classified and ask about our **Big Buy** covering the Eastern Shore! 410-398-1230



**MERCHANDISE**

#### 602 ANIMALS/PETS

**BEAGLES (3) FEMALES,** Free to good home. Call 410-441-4191 and leave message, please.

**BEAUTIFUL KITTENS** 7 weeks and young mother (8-9 mos). FREE to loving homes. Longer hair, light gray & white. Call 410-642-9290

**BOXER, FREE TO** good home. Female, current on shots and spayed. Loves to play, house-trained. Needs room to run. Please Call: 443-309-1576

**BUNNIES-** Babies, 2 FREE to good home. One brown and one black. Very affectionate and loveable, both are litter trained. Please call: 410-441-4191

**New Today**

**CHINCHILLA** very friendly, less than 1 yr old. \$85 Call 302-836-5555

**CHESAPEAKE BAY RETRIEVER PUPS** AKC, shots, wormed & dewclaws removed. \$500. 410-648-5562

**New Today**

**ENGLISH BULLDOG-** AKC Reg. UTD on all shots/ wormings. Male. Avail for \$1500. Call 443-243-1863. www.bulldogsofjoppatowne.com

**FISH TANK-** 40 gal. with enclosed oak stand, filter and all accessories. Asking \$40. Please call 302-453-9201

**GOLDEN DOODLE PUPPY-** (Klinger) FREE 7 month old puppy in need of new family. Crate trained, housebroken, excellent with children of all ages, dog friendly. Crate included. We are not home enough to give him the attention he needs. Please call: 410-658-6315 or 443-310-7661 and ask for Nicole

**CHESAPEAKE CLASSIFIED**  
410-398-1230  
800-220-1230  
www.chesapeake-classified.com

#### 602 ANIMALS/PETS

**GOLDEN Retrievers AKC, 1-cream, 1 pick of the litter, 1st shots / wormed \$600.** Call 410-398-0388

**New Today**

**LAB PUPS-** \$350 each. Now taking \$100 deposits. Call 410-275-9267 Ask for Ben

**LAB PUPS:** AKC, blk, 6 M, 4 F, top quality field trial/hunting line. \$500 for M, \$600 for F, price neg. Avail Aug. 17th. Call 410-778-4743

**ROTTWEILER-** Free to good home. 11 month old neutered male. Up to date on all shots, very friendly temperament. Good with children and other dogs. All supplies and belongings included. Call: 302-383-4177

**New Today**

**STANDARD POODLE** puppies. 8 weeks, AKC, cream, black, & silver. Sweet and loving. Call 410-885-3243

**New Today**

**YELLOW LAB PUP (1)** male. ACA. Ready July 25th. \$325. 717-529-0129 press 1 at the end.

#### 612 AUCTIONS

**AUCTION!** 170,850 SF former Food Distribution Warehouse, Baltimore. Partial lease tenant in place. Atlantic Asset Management Group. www.atlanticcremarketing.com 866-908-3668 VA/AF #359. In cooperation with GoIndustry #AU00014.

#### 615 APPLIANCES

**AIR CONDITIONER,** Whirlpool, cools 450 sq ft. Used 3 seasons. Washable filter. Energy Efficient. \$50. 302-367-8307

**I'M IMPRESSED!** We have always been impressed with the responses we have received when we place ads in Chesapeake Classified. We recently sold our refrigerator, and recieved many calls. This wasn't our first ad, (we sold our RV and truck), and I know it won't be our last. Thanks for all of your help! Christine **I'M IMPRESSED!**

**THAT WAS FAST!** I placed an ad for a big screen TV and we started to receive calls right away! We had so many calls we had to do "first come, first served". I have run ads in Chesapeake Classified for years and have always gotten a good response! Thanks, Tonya **THAT WAS FAST!**

#### 611 BUILDING MATERIALS

**Special Steel Buildings:** 40x60x12 NOW \$8,900 REG \$17,000. Other Availabel 60x80x14 NOW \$24,980 REG \$42,000. Price Not Adjusted for Codes. www.scg-grp.com 888-898-3091 Source#C00E Help Erector or Crews Wanted.

#### 625 FURNITURE/FURNISHINGS

**BED FRAME SET-** dark wood, for standard or full bed. 4' slatted headboard, 2 1/2' slatted footboard with wooden sides. \$90. Please Call: 410-392-9911

**HUTCH & SERVER,** 2 piece. Pressed wood, good condition. Must sell \$50 for both. Please Call: 410-658-5582

**MEMORY FOAM** Therapeutic Nasa-Visco mattresses wholesale! As seen on TV. Twin \$299, Full \$349, Queen \$399, King \$499. All sizes available! Electric adjustables \$799.00 Free Delivery. 25-year Warranty. 60 night Trial. 1-800-ATSLEEP (1-800-287-5337) www.mattressdr.com

#### 640 GENERAL MERCHANDISE

**All new power wheelchairs,** scooters, hospital beds, ABSOLUTLEY NO COST TO YOUR if qualified. Medicare accepted. New lift chairs starting at \$699. limited time offer. Toll free 1-800-470-7562

#### BOSS JUST STEP OUT OF THE OFFICE?

Now is the perfect time to email your ad to Chesapeake Classified! chesapeakeclassified.com

**New Today**

**DIAMOND RING:** (1) 14k yellow gold ring with 1 pear shaped diamond graded as I/SI1/1.27 for color, clarity and carat weight. \$7,500. Please call 443-286-0036

**HOT TUB-** 2 person with cover. Nice condition, needs minor work. You remove and haul away. \$75. Please Call: 410-658-7295

**JEWELRY TOTE BAG** "Premier Designs", zippered, with 4 jewelry trays. Great condition. \$25 obo. Please Call 410-658-7003

**MOVING SALE!** misc. items incl. sofa, loveseat & grandfather clock. ELKTON AREA. 443-416-6120

**RECLINE, RELAX & RESELL**

## Here's My Card

Local Businesses At A Glance



### HOME HEALTH CARE

#### ARE YOU THE CAREGIVER FOR A FAMILY MEMBER?

We can provide you with respite care, in-home care, or just a break on the weekends!

- In-home care (long term & short term)
- Respite facility care
- Light/residential cleaning
- All caregivers supervised by Registered Nurses

**Lowest Prices In the Area**

**Home Sweet Home Care Services & Eldercare Group**  
HSHCS Phone: 302-377-3249  
E-mail: lynchhomesweethomecs@yahoo.com

### PAINTING

#### INTERIOR & EXTERIOR PAINTING Residential - Commercial

- Painting • Stain Work
- Power Washing • Faux Finishes
- Gutter Service • Wallpaper Removal

Call Today For A Free Estimate!

**Galaxy Painting**

Over 27 years experience • Licensed & Insured  
302-650-5061

### WE BUY HOUSES

#### WE BUY HOUSES IN 9 DAYS! ANY PRICE! ANY CONDITION! 24 HOUR RECORDED INFO

Making double payments? Divorce? No equity? Seeking debt relief? Job Transfer? Need to sell, quickly? House too big, too small? Relocating? We'll make your mortgage payments, be responsible for repairs and maintenance, we will pay cash when we buy, and handle all the paperwork at no expense or hassle to you.

**302-521-1400**

DelawareHouseBuyers.com  
Call now to receive a FREE report on how to sell your house in 9 days.



To advertise your services in Here's My Card  
Call Susie Moore  
410-398-3311 ext. 3004  
Cell: 302-650-0212



# Williams CHEVROLET

## SUMMER DRIVE DEALS

2007 CHEVY SILVERADO LT 4X4



SPECIAL  
LEASE  
DEAL

#27T529

EXT. CAB, V-8, SIDE AIR BAGS,  
AUTO, PS, A/C, PW, PL, TILT,  
CRUISE, TOW PKG, XM,  
ONSTAR, MORE

**\$299\*/39 MONTHS**

2007 CHEVY SILVERADO LT 2WD



#27T866

1500 EXT. CAB, V-8, AUTO,  
PS, A/C, PW, PL, TILT, CRUISE,  
TOWING, ONSTAR, MORE

**\$269\*\*/39 MONTHS**

2007 CHEVY TRAILBLAZER LS 2WD



SPECIAL  
LEASE  
DEAL

#27T934

4.2 6 CYL, AUTO, PS, PB, A/C,  
PW, PL, ONSTAR,  
KEYLESS ENTRY, MORE

**\$299\*\*/48 MONTHS**

2007 CHEVY SILVERADO CLASSIC 1500



#27T089

V-8, AUTO, PS, PB, A/C, PL, PW,  
TUBE STEPS, XM RADIO, ONSTAR, Z71  
Pkg. - More

MSRP - \$34,604

WMS DISCOUNT - \$1972

REBATE - \$3000

Summer Drive Price **\$29,632<sup>1</sup>**

2007 CHEVY SILVERADO CLASSIC 2LT



#27T505

2500 HD CREW CAB LONG BED, 2WD - DIESEL,  
6.6 V8 DURAMAX, HD ALLISON TRANS, XM  
RADIO, TOW PKG, PW, PL, TILT, BOSE SOUND,  
KEYLESS ENTRY, MORE

SAVE  
**\$7,436**

MSRP - \$41,502

WMS DISCOUNT - \$3436

REBATE - \$4000

Summer Drive Price **\$34,066<sup>1</sup>**

2007 CHEVY MALIBU LS 4DR



#27C462

4 CYL, AUTO, PS, PB, A/C,  
PW, PL, MATS

MSRP - \$17,975

WMS DISCOUNT - \$300

REBATE - \$1,000

Summer Drive Price **\$16,675<sup>1</sup>**

2007 CHEVY EQUINOX LS



#27T848

AWD, FT & SIDE AIRBAGS, AUTO,  
A/C, PW, PL, TILT, CRUISE, MATS

MSRP - \$24,850

WMS DISCOUNT - \$800

REBATE - \$1500

CONQUEST - \$500<sup>2</sup>

Summer Drive Price **\$22,050<sup>1</sup>**

2007 CHEVY TAHOE LTZ



#27T951

4WD, 20" CHROME WHEELS, DVD, HEATED  
LEATHER, MUCH, MUCH MORE

MSRP - \$50,690

WMS DISCOUNT - \$3800

REBATE - \$2000

Summer Drive Price **\$44,890<sup>1</sup>**

2007 CHEVY HHR LT



#27C476

AUTO, PS, PB, A/C, TILT, PW, PL,  
CHROME PKG, MORE

MSRP - \$20,050

WMS DISCOUNT - \$500

REBATE - \$1,500

Summer Drive Price **\$18,050<sup>1</sup>**

2007 CHEVY SUBURBAN 2LT



#27T237

4WD, XM RADIO, ONSTAR,  
SUNROOF, LEATHER, LOADED

MSRP - \$45,499

WMS DISCOUNT - \$3609

REBATE - \$2000

BONUS - \$2000

Summer Drive Price **\$37,890<sup>1</sup>**

2007 CHEVY IMPALA 4DR



#27C316

"SS", SUNROOF, HEATED LEATHER,  
ONSTAR, BOSE SOUND, MORE

MSRP - \$30,670

WMS DISCOUNT - \$887

REBATE - \$1500

CONQUEST - \$500<sup>2</sup>

Summer Drive Price **\$27,783<sup>1</sup>**

2007 CHEVY COBALT LS 4DR



AUTOMATIC, AM/FM CD, PS,  
PB, A/C, R. DEFROST, MATS, TINTED  
GLASS, BS MOLDINGS

MSRP - \$14,850

Summer Drive Price **\$13,675<sup>1</sup>**

**AN AMERICAN  
REVOLUTION**

Rt. 40 at MD/DE State Line, ELKTON, MD  
ACROSS FROM THE SUPER WAL-MART  
**410-398-4500 • 800-826-0580**

\* 39 MOS, 39 K MILES, \$749 DUE AT SIGNING, TAX, TITLE & TAGS EXTRA  
\*\* 48 MOS, 48 K MILES, \$1898 DUE AT SIGNING, TAX, TITLE & TAGS EXTRA  
\*\*\* 39 MOS, 39 K MILES, \$1268 DUE AT SIGNING, TAX, TITLE & TAGS EXTRA

<sup>1</sup> - TAX, TITLE & TAGS NOT INCLUDED. INCLUDES APPLICABLE REGATES. 2 - REQUIRES NON GM VEHICLE REGISTERED IN HOUSEHOLD.

**www.williamschev.com**  
**SALE ENDS JULY 31ST**

**OnStar**  
by GM

**5 YEAR/100,000 MILE WARRANTY**

**ACTIVE & RESERVE MILITARY-TAKE OFF AN  
ADDITIONAL \$500. Does not apply with conquest cash.**



# 640 GENERAL MERCHANDISE

**POWER WHEEL-CHAIRS, SCOOTERS AND HOME HELATH EQUIPMENT AT NO COST TO YOU! CALL 24 HOURS TO QUALIFY AT 1-866-276-8804**

**POOLS-POOLS-POOLS**  
We have a huge 31'x19' pool w/sundeck, fence, filter, ladder for only \$1180.00 complete! Installation extra. Will finance. Call us for a free backyard survey at 888-590-6466. Crown Pools.

**POOL COOL!** Distributor overstocked with Huge 31' c 19' pool w/sundeck, fence, filter, ladder for only \$1180.00 complete! Includes: Sundeck, Fence, Filter and ladder. 100% FINANCING! (w.a.c.) Installation extra. Call us Today! 1(888) 224-2217 limited area MHIC#124716

**SCREEN DOORS (4)**  
32" heavy duty, wood \$100 orig. asking \$25 total 302-598-7845

**SELLING SOMETHING FOR LESS THAN \$100?**  
Place an ad in Chesapeake Classified for FREE!  
410-398-1230

**VINTAGE PLAYBOY**  
magazines- 20 different 1977-1981 in good condition. \$50. Please Call: 443-350-5112

# 642 SPORTING GOODS

**GOLF CARTS (2)**  
1989 EZ GO 4 whl.  
1985 EZ GO 3 whl.  
No batteries. Good condition. \$600 or best offer takes both.  
410-398-4364

**PITCHING Machine Mechanical, No electric needed** Sets up in seconds  
Pitches baseballs, polyballs, whiffle balls up to 70 mph  
Manufactured by Hollywood Bases.  
Like new cond \$100  
Call Al 410-398-2359

# 642 SPORTING GOODS

**TREADMILL- Manual,** excellent condition, EZ Walk II model. Paid \$150, asking \$40. Call: 410-658-7295

# 644 OUT OF SEASON

**HEATING OIL TANK FREE,** used 275 gallon oil tank and it's remaining contents (approx. 80 gallons). Recipient must demonstrate proper use and/or disposal. Please Call 610-507-1006 to arrange pick-up.

**No room in your closet for your new bikini because of that heavy winter coat?**

Sell your "Out of Season" merchandise in our new category and make some fast cash today!  
Call 410-398-1230!

# 646 MUSICAL

**New Today**



**GUITARS WANTED**  
(also banjos & mandolins)

**Collector paying top \$\$ & making house calls for Gibson, Fender, Martin & others.**  
410-419-1795

**PIANO** Wurlitzer Spinnett. Good cond. Dark wood finish with bench.  
\$1,000 302-562-0025

# 664 LAWN & GARDEN EQUIPMENT

**New Today**

**ROTARY MOWER, 5' WOODS- RM600 w/3 pt. hitch, \$600, True Temper 10 cu. ft., dual wheel, wheel barrow \$75 or b/o 410-287-6191**

# 664 LAWN & GARDEN EQUIPMENT

**New Today**

**TRACTOR:** Scotts 19hp / 46" cut. Automatic cruise control. Runs great. \$550 or best offer. 410-620-4211

**WOW!**  
I placed an ad for a lawn mower in Chesapeake Classified and I sold it the first day! That means money in my pocket!  
Thanks!  
**WOW!**



**FARM MARKET**

# 730 PLANTS/TREES

**FREE Delivery & Planting**  
**Leyland Cypress Trees**  
24 - 30" \$10  
2 1/2 - 3' \$18  
3 1/2 - 4' \$25  
4 1/2 - 5' \$50  
Call 410-928-3707.



**TRANSPORTATION**

# 815 POWER BOATS

**New Today**



**13' INFLATABLE** center console, tilt trailer. Yamaha 50hp electric start, dry locker, lights, tach, bilge pump. 35mph. Great for water skiing / fishing! \$4,950  
Call 410-275-2409

**21' CHRIS CRAFT:** '65, Antique, super sport, V8, complete restoration in '00. Rebuilt eng. New Mahogany. Custom trlr. \$44,000. 410-778-1793.

**New Today**

**26' REGAL 255 XL '89,** slips 4, galley, head, a/c, TV, FF, mooring/camper/ bimini tops, trailer. Runs great. \$7000 OBO. Bought new boat-must sell.  
267-481-1434

**RECLINE, RELAX & RESELL**

# 815 POWER BOATS

**New Today**

**36' EVANS** Fiberglass  
**Chesapeake Deadrise** '97 2001 Volvo diesel 230hp, '04 Raymarine full electronics, VHF, 2 sts, heat, windlass, fresh water, head, enclosed cabin. Located in Rock Hall, MD.  
\$89,500 610-633-7535



**BEAUTY AT THE BEACH!**  
**Forrester Diva '88**  
18' Ski Boat

If you are interested in a short drive to buy a great boat, this fun and easy-to-maintain boat is for you! In excellent condition, she's been garage kept and features open bow, 150 Yamaha O/B w/<100 hrs. Includes trailer, custom cover plus extras. Asking \$7,500. Located near Bethany Beach, Delaware.  
**C'mon down!**  
Call: 302-537-2534

**CALL OR EMAIL CHESAPEAKE CLASSIFIED**  
410-398-1230  
800-220-1230  
[www.chesapeake-classified.com](http://www.chesapeake-classified.com)

# 820 SAILBOATS

**New Today**

**15' Rhodes** Bantam Sailboat (wood hull / alum mast) Trailer, sails. Needs work. \$800  
302-479-9545

# 825 BOATS/OTHER

**17 FT FIBERGLASS BOAT WITH CABIN** looks in good shape free call 302-598-7845

# 840 RECREATIONAL VEHICLES

**GREAT RESPONSE!**  
I placed an ad for my Winnebago in Cecil Whig's Chesapeake Classified, and on the first day I found a buyer! What a great response!  
Thanks! Brenda  
**GREAT RESPONSE!**

**Chesapeake Classified**  
Reaching over 325,000 readers weekly  
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800-220-1230  
[www.chesapeakeclassified.com](http://www.chesapeakeclassified.com)

**We're at Your Service**  
Visit the following businesses for quality service and customer satisfaction.

# 515 HEALTH CARE SERVICES

**ABSOLUTLEY NO** cost to you! All brand new power wheelchairs, hospital beds and scooters. Immediate delivery. Call toll free 1-888-998-4111 to qualify

# 540 CLEANING SERVICES

**HONEST & DEPENDABLE** Reas rates, 25+ yrs exp. Call Lucille 410-398-8174

**CLASSIFIEDS**  
410-398-1230  
800-220-1230

# 560 FINANCIAL/ MONEY TO LEND

**\*\*\*\*\$700-\$800,000 Free Cash Grants/Programs!-2007!** Never Repay! Personal bills, School, Business/Housing. As seen on T.V. Live Operators. Listings 1-800-274-5086 Ext.240

**\*\*Free Cash Grants/Programs\*\*\$25,000+\*\*2007\*\*** Never Repay! Personal, Medical Bills, Business, School/House. Almost everyone qualifies! Live Operators. Avoid Deadlines! Listing 1-800-785-9615 Ext. 239

# 560 FINANCIAL/ MONEY TO LEND

**Credit 1.95% ADjustable** APR 6.9%. Bad Credit?Foreclosure? Loan Adjusting? Cash Out, Great rates & Quick Closings. Pacific: (805-443-9539) Eastern: (917-406-9539)

**ERASE BAD CREDIT.** Raise credit score with 45 days! 100% Money Back Guarantee. Call 1-800-916-9449 for a free consultation. Call 24 hrs.

**CLASSIFIEDS**  
410-398-1230 800-220-1230

# 560 FINANCIAL/ MONEY TO LEND

**IRS TAX DEBT** keeping you awake? Local CPA firm resolves all Federal and State tax problems for individuals and businesses. US Tax Resolutions, P.A. 877-477-1108

**NEED MONEY FAST?** If you have a pending lawsuit, I can advance you money. Call me now: 305-284-8858 Referencen#014007SH.  
[www.freelawsuitmoney.com](http://www.freelawsuitmoney.com)

**CLASSIFIEDS**  
410-398-1230 800-220-1230

**Introducing townhomes of distinction.**  
Reservations now being accepted!

**An active-adult community by Jack Corrozi**

**Townhomes with luxurious first-floor master bedroom suites, starting in the \$300s**

**VILLAGE OF Fountainview**

**Directions from I-95:** Exit at Rt. 273 West, follow to 84 Lumber and turn left onto Marrows Road. Cross overpass and turn right onto White Chapel Drive. Sales Center is next to the Newark Senior Center.  
**For complete details, call Sharon McCann at 302-453-1602.**

**Jack Corrozi**  
BUILDER  
A Frank Rabinovitch Company

**JackCorrozi.com**



**845 CAMPERS/POP-UPS**

**New Today**

1996 ROCKWOOD Pop up camper. Awning, stove, fridge. \$1500 Elkton area. 302-562-6769

29' SUNLINE SOLARIS '03 Garage kept, outstanding cond. Loaded! \$12,900 410-275-2568

**850 MOTORCYCLES/ATVs**

HARLEY Davidson Soft Tail Deluxe '06, still under warranty \$12,500. 410-287-2028

HONDA RECON 250 ES '06 Exc cond, factory warranty, red in color. \$2,000 443-206-9136

HD FATBOY '03. Black, fuel injected, security system. 2k miles. \$12,500 OBO. 410-642-6598

**New Today**

HARLEY DAVIDSON 2001 Fat Boy 1540 CC. 5,800 miles. Saddle bags, windshield. Mint cond. Call Ken 410-287-3842 \$14,500.

Honda 919 Sport Touring Motorcycle 2005 low mileage Adult owned includes saddlebags and extended warranty. Will inspect. \$5800.00 OBO 410-378-3170 after 6 pm

**RECLINE, RELAX & RESELL**

**850 MOTORCYCLES/ATVs**



HARLEY DAVIDSON Bad Boy Springer soft tail. 1996 18,000 miles, many extras! \$15,000. Please call: 410-615-8008

**New Today**

KAWASAKI NINJA 500R '05 Runs great, only 3,000 miles. \$4500 firm. 410-378-3213

**PHOTOS WORK!!**

I ran ad ad for my motorcycle without a photo, and only got a few calls. When I added a photo to my ad, the calls came fast & furious, and I sold it in no time flat! Thanks, Chesapeake Classified! Craig, North East

**PHOTOS WORK!!**

**New Today**

SUZUKI LT50 '04 4 wheeler, red, like new less than 6-hrs \$1,400 302-545-5118

**New Today**

SUZUKI OZARK 250 '03 4 wheeler, red, elect start, reverse, less than 6-hours, like new, \$2600. 302-545-5118

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800-220-1230  
410-398-1230  
www.chesapeakeclassified.com

**860 AUTO PARTS & ACCESSORIES**

TRUCK CAP, LEER. For Chevy S-10. Very good condition. Must go! \$100. 443-207-1873

**870 TRUCKS/SPORT UTILITY VEHICLES**

FORD F-250 '04 Lariat super cab, fully loaded, beautiful cond. Low miles. \$22,900. Call 410-658-2294

**870 TRUCKS/SPORT UTILITY VEHICLES**

PLACE AN AD, MAKE SOME CASH! 410-398-1230 Chesapeakeclassified.com

**Visit one of these local dealers and drive home happy!**

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|--|--|--|--|
| <b>FORD</b><br><b>ADVANTAGE</b><br><b>AUTOLAND</b><br>560 E. PULASKI HWY.<br>410-398-3600<br>1-800-899-FORD<br>  | <b>VOLKSWAGEN</b><br><b>Smith</b><br>VOLKSWAGEN, LTD.<br>4304 Kirkwood Highway,<br>WILMINGTON, DE<br>302-998-0131<br>Drivers wanted™ | <b>JEEP</b><br><b>ADVANTAGE</b><br><b>AUTOLAND</b><br>601 E. Pulaski Hwy<br>Elkton, MD<br>1-800-420-JEEP | <b>FORD</b><br><b>BAYSHORE</b><br><br>4003 N. DuPont Highway<br>Route 13 at I-495<br>800-241-6644<br>NO HASSLE LOW PRICES<br>LARGE SELECTION |
| <b>TOYOTA</b><br><br><b>NEWARK TOYOTA WORLD</b><br>400 Oglethorpe Rd.<br>Newark DE. 19711<br><b>CECIL COUNTY MARYLAND</b><br>Why come to us?<br>We'll come to you!<br><b>FREE PICK-UP and DELIVERY SERVICE</b><br>1-302-368-6262<br>1-888-237-8434<br>CALL FOR A BROCHURE<br>ASK FOR NICOLE EXT. 146<br>visit us at<br>newarktoyotaworld.com | <b>DODGE</b><br><b>ADVANTAGE</b><br><b>AUTOLAND</b><br><br>410-392-4200<br>800-394-2277  | <b>Call Laurie To Advertise HERE</b>   |  |
| <b>Call Laurie To Advertise HERE</b>   | <b>STAPLEFORD'S CHEVROLET OLDSMOBILE</b><br>302-834-4568<br><br><br>ST. GEORGES, DE  | <b>Call Laurie To Advertise HERE</b>   |  |

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**ADVANTAGE AUTOLAND**

ROUTE 40 • ELKTON, MD

**REACH OVER 325,00 READERS WEEKLY!**  
**Call Laurie at 800-220-3311 to Advertise Here!**

**YARD SALE YARD SALE YARD SALE YARD SALE YARD SALE YARD SALE YARD SALE YARD SALE YARD SALE YARD SALE**

**660 YARD SALES**

COLORA. 1729 Colora Rd. July 21st @7am. Household, tools, ladies 10 speed, combo cart, roto tiller & more!

**New Today**

**HUGE**

CHESAPEAKE CITY Bohemia Wesleyan Church, Rt 213, Huge Comm Yard Sale & Chicken BBQ Sat July 21 8am-2pm

**660 YARD SALES**

**New Today**

**Multi Family**

CONOWINGO 458 McCauley Rd. off Liberty Grove Rd. Sat & Sun, 7/21 & 7/22, 8am-6pm. Apartment washer, lots of misc items, must see.

**New Today**

ELKTON 102 Maple Ave. off North St across from Elkton Heights. Sat, July 21, 8am-Noon. All Longaberger products priced below bentley.

**YARD SALE**

ELKTON- 36 Lee Drive, Rt 40 Maloney Rd across from Big Lots 8/10 mile left on Jensen & 6th house on left. Sat 7/21, 8-4. H/h, kids and adult clothing, books, videos.

**660 YARD SALES**

**New Today**

**HUGE SALE**

ELKTON/ FAIR HILL 40 Hunt Valley Dr., Sat 7/21 8-2 HUGE YARD SALE, 3 Families, Lg variety of items from infant to adults. Clothes, dolls, toys, Graco, Tonka, bikes, & exercise equip. Too many items to mention.

**New Today**

**HUGE**

ELKTON 1121 Singlerly Rd, Sat 7/21, 1pm-? Public Auction/ small estate sale mixed box lots, oak buffet oak dining rm set furn h/h camel back trunk old victrola & antiques, too much to list food & refreshments to benefit the Women's Ministries (term cash the day of sale) Any ?'s Call 410-620-9440

**660 YARD SALES**

**New Today**

**Multi Family**

ELK MILLS Elk Mills Comm. Park on Elk Mills Rd, Multi family, Sat 7/21 8-? furn, clothing, glassware too much to list!

**New Today**

**BARGAIN-BOUND**

ELKTON 453 Bouchelle Rd, across from Edgemoor Materials. Fri, 7/20, 6-8pm, Sat, 7/21, 9a-1, Renovation Sale! Microwaves, dbl wall oven, cooktop, curio cabinet, water fountains, cycle helmets, air compressor, field hockey & karate gear, snare drums, trumpet, skates, Mustang GT wheels / tires, oak table w/6 chairs, too much to list. Many items \$1. Everything must go, come and make offer.

**660 YARD SALES**

**Garage Sale**

GALENA- Gregg Neck Road, Saturday 7/21 rain or shine! Big ticket items, Jennair Dishwasher & Stove (brand new-still in boxes), piano, ATV's and more!!!

**New Today**

**Multi Family**

HUGE SALE! RISING SUN: 521 New Bridge Rd. Off Rt 1 Saturday, July 21, 10a-4p. Home decor, toys, new and gently used designer clothing, hand bags, much more!!

CALL OR EMAIL CHESAPEAKE CLASSIFIED 800-220-1230 410-398-1230 www.chesapeakeclassified.com

**660 YARD SALES**

**New Today**

N. EAST AREA: 2104 Theodore Road, up from the Cecil Co. Dragstrip, look for signs. Sat. 7/21

**New Today**

NORTH EAST AREA 2847 Biggs Hwy. (left at Community College, onto 274 or Biggs Hwy, about 2 mi's on right) Fri & Sat, July 20 & 22, 9am-4pm. Yard, rummage and Estate Sale!

**New Today**

**Community SALE**

N. EAST- Merrey & Howard St. Sat July 21st. 8-1. Baby, Kids & adult clothes & misc.

**RECLINE, RELAX & RESELL**

**660 YARD SALES**

**New Today**

PORT DEPOSIT 99 Linton Run Rd. (off Belvedere or Principio) Sat, July 21, 7am-? Furniture, household items, lots of misc.

**New Today**

**Multi Family**

PERRYVILLE 1636 Green Spring Ave, off Cedar Corner Rd, Sat 7/21 8-2, multi family kids items, furn, & much more!!

**New Today**

**HUGE SALE**

RISING SUN 980 Telegraph Rd, btwn Calvert & Rising Sun Sat 7/21 & Sun 7/22 8-4 h/h, books, clothes, baby clothes, Play station, floral arrang patio sets & much more

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**878 ANTIQUE AUTOS**

**NewToday**  
**FORD PICK UP '55**  
 can be restored or used  
 for parts call for details  
 410-287-2719 lv msg

**880 AUTOS**

**2007 SHELBY  
 MUSTANG GT 500.**  
 Super charged 6  
 speed, 5.4L, 500HP,  
 leather interior,  
 all options.  
 Very rare color.  
 One of the first made.  
 ONLY 2900 miles.  
 \$59,900 OBO.  
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**880 AUTOS**

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 Impounds!** Hondas,  
 Acuras, Nissans, Jeeps,  
 Chevys, etc. Cars/  
 Trucks/ SUV's from  
 \$500! For listings 800-  
 585-3563 xL174

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 IMPOUNDS.** Cars from  
 \$500! Tax Repos, US  
 Marshal and IRS sales.  
 Cars, Trucks, SUV's,  
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 Chevy's and more! For  
 Listings :  
 1-800-298-1768 x1010

**CLASSIFIEDS  
 410-398-1230  
 800-220-1230**

**CLASSIFIEDS  
 410-398-1230 800-220-1230**

**880 AUTOS**

**NewToday**  
**AUDI A-4 STATION  
 WAGON '98** 83k mi, 2.8  
 ltr v-6, auto, ps, pd, pw,  
 p/sunroof, lthr int, a/c &  
 security system, am/fm  
 cass w/CD changer  
 \$6800. 410-916-9037

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 DAS FROM \$500!** Buy  
 Police Impounds &  
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 sans, Fords & More from  
 \$500! Credit doesn't  
 matter! For listings and  
 info 800-366-0124 x  
 L215

**880 AUTOS**

**BMW 323ic '99**  
 Convertible. Beautiful  
 car! CLEAN! Drive it in  
 time for the warm,  
 sunny weather! Well  
 maintained, auto.  
 garage kept, leather  
 interior, heated seats,  
 6 disc CD changer.  
 You must see this one  
 to believe it! \$10,995.  
 Call Kathy at  
 302-737-1825

**NewToday**  
**CADILLAC ELDORA-  
 DO, '96.** Northstar V8  
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# getHealthy

## Body&More

CECIL WHIG  
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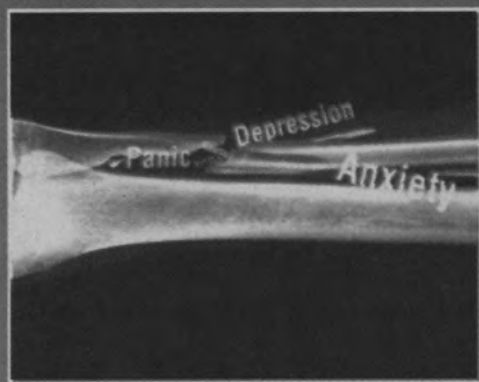
**Chef Jesse Cool Ziff  
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### **See for yourself**

**Peer into your eyes for  
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finding out what's wrong**



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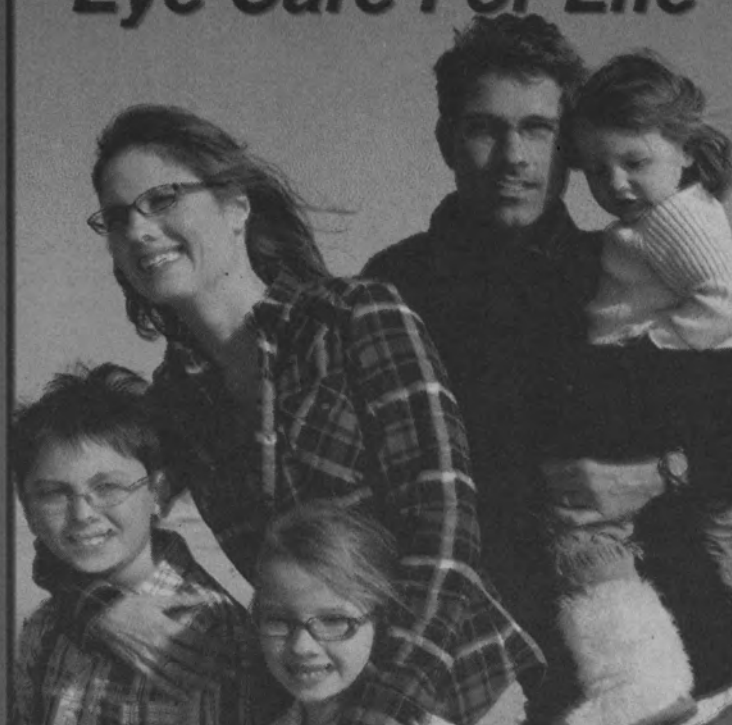
- Hard-core college drinking ■ Is fat our fault? ■ Be fruitful, eat cherries
- Cheers to strawberry daiquiris ■ Green tea: Tastes great, less swelling
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# WHAT THE HECK IS WRONG WITH YOU NOW?

THE HOLISTIC PRACTICE OF IRIDOLOGY LOOKS DEEP TO ANSWER JUST THAT

## THE EYES HAVE IT

Vedder did when his wife couldn't find relief for pelvic problems.

Vedder, a Western-minded data communications engineer, was always "very leery of anything out there in that tacky holistic world," he says. But when he heard of iridology, a practice in which a look into your eyes can provide insights into your health, they were ready to give it a try.

"Within the first 60 seconds, the iridologist put her finger on what no one in the medical profession had been able to do for 15 years," Vedder says. "They looked in the eye and said, 'Did you know you may have a prolapsed

transverse colon, which is probably impinging upon your bladder and uterus?'"

The Vedders were shocked.

"Later X-rays showed clearly that it was an extremely prolapsed colon," he says. "The medical world had looked at it, and it's so common that they treat it as typical or normal instead of just common."

And that's the story of a true convert: Vedder and his wife Judy now run the New York Center for Iridology. Like acupuncture, herbal therapies and other forms of alternative medicine, iridology is not recognized by the mainstream medical community. Body & More chatted with three notable iridologists from around the country to cut through the hype surrounding this relatively unknown field.

### BACK IT UP — WITH FACTS, PLEASE

Iridology literally means the science of studying the iris. If you've ever seen a reflexology chart, those funky maps of

your foot

that show every part of your body represented in a different region, it's quite similar to an iridology chart, which is an iridologist's primary tool in assessing your eyes. Instead, different parts of the eye correspond to different parts of the body. For example, "everyone's heart shows up at 3 o'clock in the left eye," Vedder says. "Everyone's liver shows up a little before 8 [o'clock] in the right eye."

Unlike reflexology or acupuncture, which requires treatment, iridology primarily is a research tool to assess the body's state, including genetic predispositions and systemic problems.

"Eighty percent of what an iridologist sees in your eyes are your genetic tendencies — weaknesses and strengths," says Marion Jones, a practicing iridologist of more than 30 years who currently works at Abundant Health & Wellness Center in Kingwood, Texas. "We see underactive and overactive areas in the body."

*continued on page 4*

By Lisa Arnett  
CTW Features

There's nothing like hitting a brick wall over and over that will make you consider going through a door you'd never deign to enter. But that's just what all-American guy Harvey



# The holistic practice of iridology

Continued from page 3

Adds Vedder: "[Your eye] shows every organ, every system that has nerve sensitivity. It won't show a stainless steel splint in your leg, but it will show the effect of that in the nerves of the surrounding region, which get reported back in the eye."

While in mainstream medicine, most disease is diagnosed in its chronic or degenerative stages, Vedder asserts that nerve reflexes in the eyes can reveal tissue degeneration in its much earlier stages before more overt symptoms send you to the doctor's office to report what's wrong.

## INSIDE THE IRIDOLOGIST'S OFFICE

Iridologists use a stereomicroscope (or a hand microscope and small flashlight) to observe up close the markings and patterns in your iris, the colored part of your eye. Iridologists believe nerve activity from every part of the body is "self-reported," says Vedder, and over time, is recorded in the fibers of the iris.

Often, to establish credibility, the practitioner will read your eyes first before asking about any health problems or your reason for coming in, says Dave Carpenter, president of the International Iridology Practitioner's Association.

"I don't want to have any biases or preconceived notions, so what I'll do is look at the patient's eyes ... and then we start going over [what I see]," Carpenter says. "And their eyes usually get bigger and bigger, and they'll say, I haven't told you anything about myself yet, how did you know all this?"

It kind of sounds like getting your tarot cards read, only that's not quite a fair analogy.

"The last thing I want them to do is think I'm some magic medicine man," Carpenter says. "But it's so different than what we're used to in [mainstream] medicine, because usually you go to the doctor, and if you

can't tell him why you're there, he can't help you. So when you show [a patient] the genetic weaknesses that are showing up in the eye that they're starting to have problems with, they go, 'Wow! Amazing!'" he says. "So it's a validation to me of the science of iridology, but I think it's a validation to the patient as well."

What the iridologist sees in your eyes will drive their discussion with you about your health. For example, if an area of the iris looks extremely white, says Jones, that can indicate overactivity or inflammation in the corresponding part of the body.

"If the [area of the iris corresponding to the] pancreas is showing a lot of white, we will ask about sugar swings and question the amount of sugar, bread and simple carbohydrates the person is eating. Basically, the iris shows us which questions to ask the client."

Sessions can range from \$50 for a 30-minute session to \$150 and up for a session of an hour or more; price varies by location.

## BUT WHERE'D IT COME FROM?

The early history of iridology is somewhat hazy. Though iridology charts have been traced to different continents over the past several hundred years, Carpenter says, the most commonly referenced early pioneer is Hungarian Ignatz von Peczely, who in the 19th century observed iris changes in an injured owl, then later applied the observation as a doctor. In North America, the practice became more well known when iridologist Bernard Jensen published iridology charts in the 1970s.

"The truth is, I don't think any of us really know [how it came to be]," Carpenter says. "The most common popular theory is that it was observation of changes taking place as limbs were broken, or as somebody got a sword stab or an

injury, and there were certain changes reflected in the eye. I think it was a curiosity thing. I think man has always felt like the eyes were the window to the soul, and we always look at eyes; I think that's always been the case since the caveman."

While alternative medicine still faces tremendous resistance in mainstream medical community, in other countries iridology is more commonly practiced, researched and accepted. In Russia, you must be an M.D. to practice iridology, Vedder says, and in countries such as Japan and China, doctors often train both in Western medical models in addition to traditional Eastern methods, such as acupuncture, massage and herbs.

"We're not as open and accepting of some of these older more holistic practices," Carpenter says. "I personally know medical doctors in other countries — Italy, France, the U.K., certainly Russia — who also are extremely competent iridologists, [which] enables them to assess more quickly where they need to spend their time and energy, which tests to run and also perhaps understand better why the patient is not responding to treatment."

It's for this same reason, iridologists say, that the few medical studies that have been done on iridology have not been able to prove its effectiveness.

"Holistic models don't necessarily fit into a disease model like Western medicine, says Carpenter says. "[It's not like] like an X-ray machine or a cat scan; iridology is showing us a lot of other information."

A 1988 study published in the British Medical Journal, for example, asked iridologists to identify which photos of irises correspond to patients with gallstones; however, iridology isn't meant to act like an X-ray, giving a 100-percent confirmation of one specific ailment. Rather, it's meant to give insight into genetic weaknesses and systemic problems so you can

pay more attention to them and prevent more serious problems in the future, says Carpenter.

"Once [the mainstream medical community] understands what it can and can't do," he says, "then we can start putting together better studies and start getting more validation of it."

Carpenter, with the IIPA, currently is working with the Canadian government on a study about using iridology in the prevention of breast cancer.

"If we can say, these are the markers that show up in a woman at age 25 that will predict — if she continues to do what she's doing — that she will end up with breast cancer at 50, then we could tell those women, look, make these changes so that you don't end up with breast cancer," he says. "That would be invaluable."

## SEE FOR YOURSELF

As for the constant opposi-

tion by the mainstream medical community, most iridologists continue to focus their energy on their work and furthering research in the field.

"I guess 30 years ago, when I first started, this bothered me," Jones says. "But now after all these years and working with tens of thousands of individuals from all over the world, I believe that those who criticize the most have never even studied iridology ... or other alternative health modalities."

"When you have clients who have had a chronic disabling problem for years and the medical establishment has not been able to help them, come in and give you a big hug and say thank you because they are now living a fulfilling life, you know you are doing what is good and right."

So as with many forms of alternative medicine, perhaps truth in iridology is to see for yourself.

## FIND A CREDIBLE IRIDOLOGIST

There is currently no state licensing system for iridologists in the United States, and practitioners are adamant that they do not claim to be physicians.

"Iridology in this country is an alternative technique, which means that I am prohibited from prescribing, diagnosing, attempting to cure or naming a disease or touching you anywhere on the body," says Harvey Vedder, owner of New York Center for Iridology.

Just as in yoga and Pilates, where highly trained professionals warn against weekend warriors, there are many who take a short weekend iridology class, then advertise themselves as an iridologist.

"We must all remember that there are different levels of expertise and training in all fields," says Marion Jones, a practicing iridologist in Texas. "A professional iridologist will never stop studying and researching, because iridology is not an exact science, and research is being done throughout the world."

The International Iridology Practitioners Association, a self-policing organization for the field, offers an extensive certification process that includes two courses and testing. About 200 practitioners are currently certified by the IIPA, while many more are in the process of becoming certified, Carpenter says.

A good rule of thumb in finding a qualified iridologist is to visit the IIPA at [www.iridologyassn.org](http://www.iridologyassn.org) for a referral in your area for an iridologist who sees upward of 10 clients per week.





# Is fat our fault?

All dishes aren't created equal, especially when you compare the chicken dish you make at home with the one served at your favorite restaurant.

Even the healthiest restaurant meals are booby-trapped with calorie-laden oils, butter, sodium and sugars, says Dr. Caroline Cederquist, a Naples, Fla.-based weight-management specialist.

"That's why we get into trouble," Cederquist says. "We when order no sauce or even a baked chicken breast, it comes with olive oil or has been marinated in something a lot richer than you would make at home."

So while you can slough off some of the blame for our national overweight epidemic, we can do something about it, Cederquist says.

Watch portion sizes when eating out: "Even if someone gets a plate of food and only eats half, that serving is probably four times the regular serving," says Cederquist, who urges diners to eat even less, stop when full and take home a doggie bag if necessary.

Watch portion sizes when ordering in: "People will judge how much to eat not on how full they are but on the size of the container."

For example, we may think only eating half a large order of Chinese shrimp fried rice is exercising control. But because that order was an "astronomical" portion in the first place, only eating some of it still may be way over the suggested portion size of rice, which, by the way, is a half cup.

Watch portion sizes when eating in: "We get very used to seeing two chicken breasts and a huge mountain of pasta as being a dish," she says. "When we eat out often, we end up creating the same portion sizes as well."

Alleviate portion distortion by relearning what real servings should be, Cederquist says. Because we're no longer an agrarian society, we're not doing as much to work off big meals, so we've got to cool it.

— CTW Features



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## College drinking leads to heart trouble

Drinking might be many college students' rite of passage, but overdoing it is a setup for potential heart disease later in life, says a study reported at an American Heart Association conference.

For students, the signs are all there right now.

"These students may be setting themselves up for an increased risk of cardiovascular disease," says Elizabeth Donovan, who lead the research project at the College of Saint Benedict in St. Joseph, Minn.

When researchers checked levels of a substance, called C-reactive protein, that signifies an increased risk of heart disease, they found that heavy drinkers had the highest levels of it, putting them at risk for future heart disease, according to Donovan.

Drinkers were categorized as:

**Nondrinkers:** They drank one or less alcoholic beverages a week.

**Moderate drinkers:** They drank two to five alcoholic beverages one or two days a week.

**Heavy drinkers:** They drank three or more drinks a week or consumed five or more drinks in a sitting at least two days a week.

Other puzzling results turned up in the study: Male

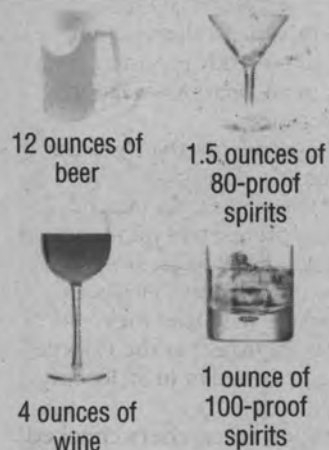




drinkers with high levels of CRP also had a high body mass index, an indicator for overweight or obesity. Students with lower, healthier levels of the protein tended to eat more produce. And students who had a family history of heart disease tended to have higher CRP levels.

Drinking in moderation is fine, according to The American Heart Association, as long as adults keep it to one or two drinks a day for men and one drink for women.

### What's a drink?



Source: American Heart Association

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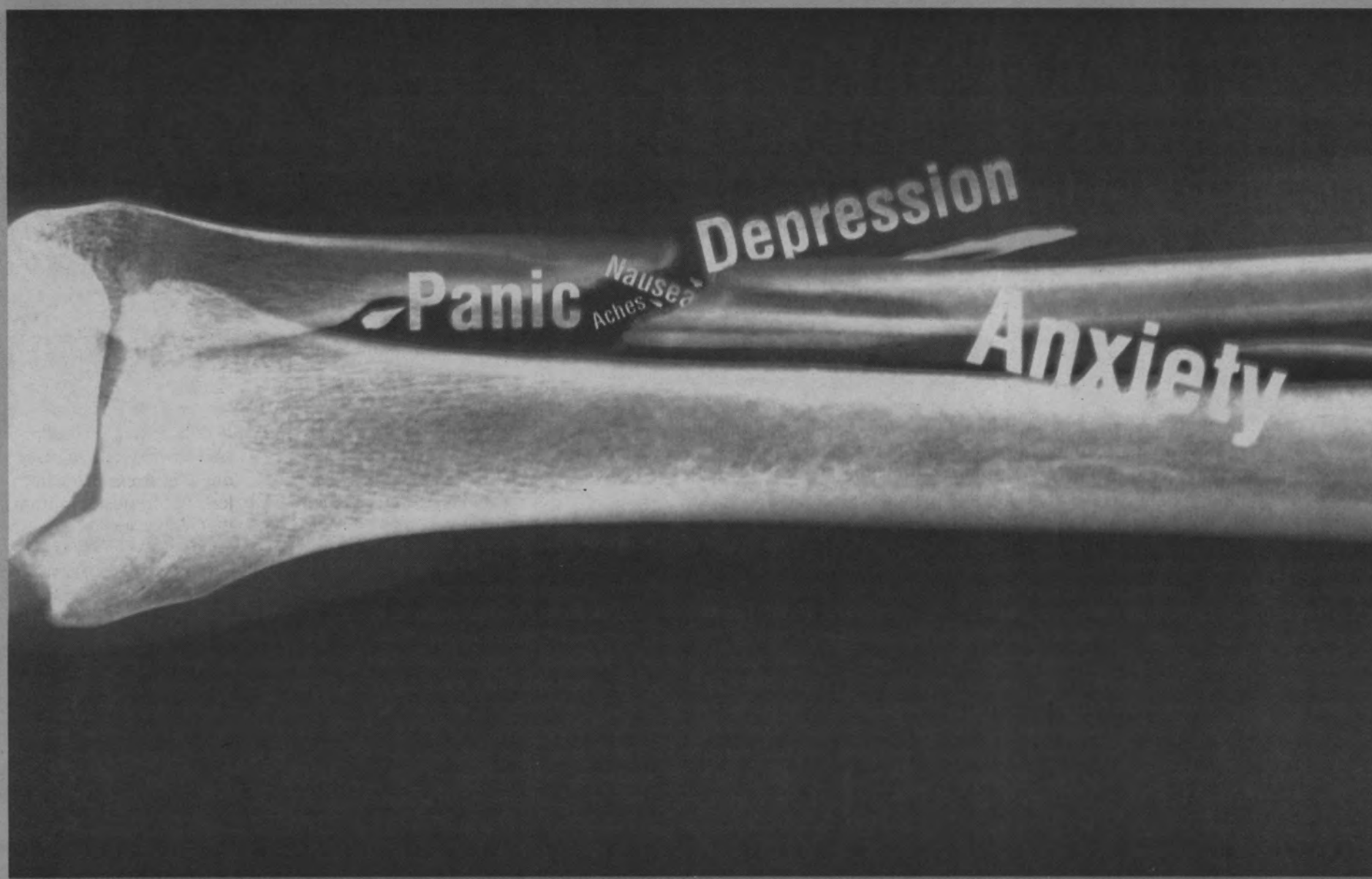
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# CAN HURT FEELINGS ACTUALLY HURT?

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NEED TO KNOW  
ABOUT THE PHYSICAL  
EFFECTS OF MENTAL  
MALAISE

By Margaret Littman  
CTW Features

**W**hen I was in junior high, we watched a film in health class called "Cipher in the Snow" (BYU, 1973). The short flick was based on a true story about a kid who steps off the school bus and drops dead in a snow bank. In the movie folks discover that rather than having a heart attack or another physical illness, the boy had no friends, no support system and, literally, had died from loneliness.

For more than two decades this 24-minute movie has stuck with me. From my teen years, it was a powerful reminder that the old "sticks and stones" expression may not be true. Words and other

nonphysical thoughts and feelings can, indeed, break our bones. While people may use the expression "you hurt my feelings" from the time they are old enough to speak, few people think that kind of hurt can maim.

Julie Totten wishes she had known about that kind of mind-body connection earlier. In 1990, Totten's brother complained of not feeling well. He mentioned nonspecific ailments, such as headaches and stomachaches, but nothing that led her or anyone else to think there was a serious problem. After he took his own life, Totten threw herself into research.

"I felt like I could have saved him, but this was before all the ads and information about depression came out," says Totten, who founded the Waltham, Mass.-based



Families for Depression Awareness to help prevent other families from missing the signs. Armed with research on the link between physical pain and mental illness, Totten was able to help get her father treatment for depression that had previously been diagnosed.

If you watch TV, you've heard these two words: Depression hurts. Commercials for the depression prescription medication Cymbalta draw the link between physical pain and mental illness, something Totten feels has helped her organization's mission. Perhaps it should be no surprise that anger, shame and frustration, as well as sadness and depression can trigger physical symptoms. Most of us know anger and shame, from an insult or doing something embarrassing, can cause stomach pain, increased heart rate, sweating – all physical manifestations of what's going on in our brains. Medical research suggests that depression is caused by an imbalance of two brain chemicals, serotonin and norepinephrine. If there's a shortage or surplus of chemicals, it can impact the ways in which your body experiences physical sensations, such as pain. Cymbalta and Effexor are brand names for two selective serotonin and norepinephrine reuptake inhibitors that may help moderate the chemical changes as well as the physical symptoms they cause.

Venus Nicolino, Ph.D., a psychologist in Beverly Hills, agrees with Totten that the physical symptoms of depression are too often overlooked or misunderstood. Among the most frequent physical symptoms she sees are:

## HEADACHES

While headaches can be caused by everything from tumors to listening to your kid whine, they are fairly common among those with depression. Those with migraine headaches may experience them with increased frequency or intensity.

## BACK PAIN

One of the great mystery symptoms in medicine, the causes of back pain are often difficult to nail down. But it is another existing symptom that can be aggravated with depression.

## CHEST PAIN

Obviously, it's very important to get chest pain

checked out by an expert right away. It can be a sign of serious heart problems. But chest pain also is associated with depression, panic and anxiety.

## DIGESTIVE PROBLEMS

Queasiness or feeling nauseous, having diarrhea or chronic constipation can be related to illness, ranging from eating too many onion rings to ulcers. Ninety-five percent of serotonin is in the digestive tract, so it is no surprise that changing serotonin levels can cause irritable bowel syndrome and other digestive ailments.

tonin levels can cause irritable bowel syndrome and other digestive ailments.

## EXHAUSTION AND FATIGUE

No matter how much they sleep, many people with depression still feel tired and may have trouble getting out of bed in the morning.

## DIZZINESS OR LIGHT-HEADEDNESS

Marcia Reynolds, author of "Outsmart Your Brain" (Covisioning, 2003) believes the body is "only designed to handle spurts of stress." Mental illness, be it depression or anxiety, can place ongoing stress that can lead to physical symptoms. Biofeedback, yoga and other techniques may help control the mind-body connection, but as Totten learned and "Cipher in the Snow" taught, sometimes professional medical treatment is needed for both the cause and the symptoms.

## IT ISN'T ALL IN YOUR HEAD

If you have the onset of physical symptoms and cannot pinpoint the cause, talk to your doctor about whether or not they can be triggered by mental ailments. Remember, just because a physical symptom is caused by a mental illness, it doesn't mean it is all in your head. These are real, physical symptoms that may require real, physical treatment. For more information, consult these Web sites:

Depression Hurts  
[www.depressionhurts.com](http://www.depressionhurts.com)

Families for Depression Awareness  
[www.familyaware.org](http://www.familyaware.org)

Effexor XR  
[www.effexorxr.com](http://www.effexorxr.com)

National Institute of Mental Health  
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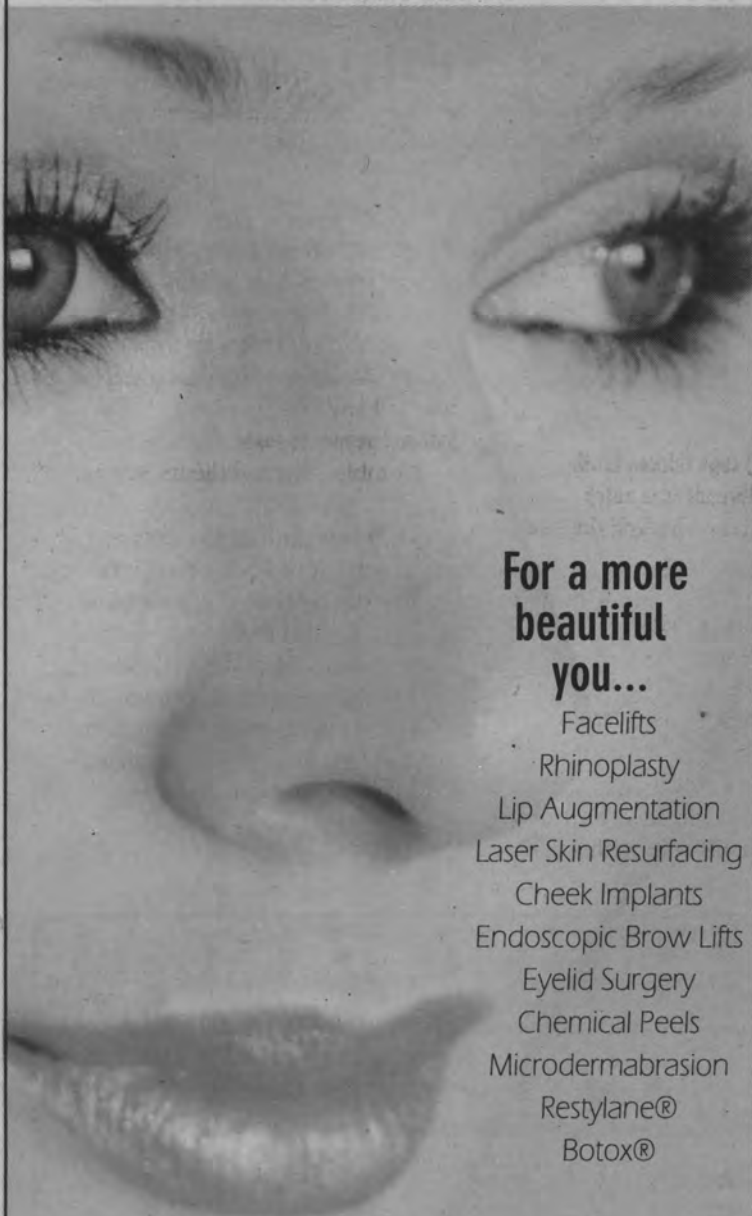


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# The 85/15 Diet



**When it comes to eating, baby boomer Jesse Ziff Cool is good - very good. But when she's bad, she's still slim**

*By Bev Bennett  
CTW Features*

Jesse Ziff Cool is buff; she has the arms that make a T-shirt look great. She radiates energy. And if that's not envy-inducing enough, Cool is in her 50s, the age when many women start to pack on pounds.

Cool, however, doesn't spend all her time in a gym. She's one of California's top chefs, with restaurants, a catering service and cookbooks to her credit. Like any chef, she samples new food products offered by purveyors, tastes as she cooks and dines out on her days off.

If you want to know how Cool stays so fit, she'll tell you it's not easy. She exercises with weights on a regular basis.







### MRS. DENT'S ITALIAN SAUSAGE AND CHICKEN STEW

1 (15 ml) tablespoon olive oil  
1 (12-ounce; 375 g) package chicken-based Italian sausage, or 4 (3-ounce; 85g) sausages, cut into 1-inch thick slices  
4 boneless skinless chicken thighs, cut into bite-size chunks  
1 red bell pepper, seeded and cut into 1/2-inch thick slices  
1 yellow onion, thinly sliced  
4 to 6 garlic cloves, minced  
2 very ripe tomatoes, seeded and coarsely chopped  
2 (30 ml) tablespoons minced fresh oregano  
1/2 (125 ml) cup dry red wine  
1 cup (250 ml) thinly sliced fresh basil, divided  
Salt and pepper to taste  
1/2 (125 ml) cup grated Asiago cheese, optional

In a large heavy skillet, heat the olive oil over medium heat. Add the sausage and chicken and cook for 8 minutes or until lightly browned on all sides. Add the bell pepper, onion, garlic, tomatoes, red wine and 1/2 cup basil. Reduce heat to medium-low, cover and

simmer for 15 minutes or until the chicken is opaque throughout. Stir in the remaining basil. Season with salt and pepper. Spoon onto a large platter and sprinkle with the grated Asiago. Serves 6.

Each serving without the cheese has: 320 calories; 8 grams total fat; 14 grams protein; 6.5 grams carbohydrates; 52 milligrams cholesterol; 550 milligrams sodium (if seasoned with 1/4 teaspoon salt) and 1.5 grams dietary fiber.

Note: The sausage and chicken stew is excellent served over the saffron basmati rice recipe that follows.

### SAFFRON BASMATI RICE

1 3/4 (425 ml) cups chicken broth  
4 or 5 saffron threads (see note)  
1 cup (250 ml) brown basmati rice (see note)  
2 green onions, trimmed and thinly sliced  
1/4 (1 ml) teaspoon salt

Bring chicken broth to boiling in large shallow pot. Reduce heat to low. Stir in the saffron, rice, onions and salt. Stir. Cover and simmer for 30 to 35 minutes or until rice is tender and broth is absorbed. Fluff rice with a fork.

Serves 6 with stew.

Each serving has: 130 calories; 1.5 grams total fat; 5 grams protein; 25 grams carbohydrates; 320 milligrams sodium and 1 gram dietary fiber.

Note: Saffron is available in better supermarkets and gourmet food stores. Brown basmati rice is available at natural food stores and specialty food stores.

### AVOCADO JICAMA RELISH

1 large ripe avocado, peeled, pitted and coarsely chopped  
2 cups (250 ml) jicama, peeled and finely chopped, about 1/2 medium jicama  
1 green onion, trimmed and finely chopped  
Juice of 1 lime

Salt and pepper to taste

Combine all ingredients. Serves 6.

Each serving has: 85 calories; 5 grams total fat; 1 gram protein; 10 grams carbohydrate; 100 milligrams sodium (if seasoned with 1/4 teaspoon salt) and 1 gram dietary fiber.

Note: If desired, add a pinch of medium chili powder to the relish. Serve this in place of a mayonnaise-laden salad accompaniment to a burger.

**"You have to try to enjoy what you're eating. If we acknowledge we make choices and take pleasure in our choices, we'll be OK."**

Just as important, Cool developed an eating philosophy that allows her to splurge on the foods she loves, while controlling the foods that could wreck her diet. She balances food for sheer pleasure with food for good health.

"I think about it all the time," says Cool, who lives in Palo Alto and is the owner of the Cool Cafe at Stanford University's Cantor Arts Center and the Flea Street Cafe and jZCool Eatery, both in Menlo Park.

"Being a chef means I have to think carefully about food, calories in and calories out," says Cool, who describes a childhood with plenty of Miracle Whip.

Cool's formula for healthy eating is what she calls the 85/15 approach. Eighty-five percent of the time she makes conscious choices about what she eats.

For example, Cool restricts herself to small tastes of food when she's working in the kitchen. She occasionally keeps a food journal so she stays on track. When she's dining out, she eats only half the food on the plate.

But when the urge strikes, she cashes in on her 15-per-

cent allowance, whether it's to indulge in two martinis and some chopped liver or a slice of dense, crusty bread slathered with butter.

It's no healthier to deny yourself a food you really want than to overindulge, insists the chef.

"You have to try to enjoy what you're eating. If we acknowledge we make choices and take pleasure in our choices, we'll be OK," Cool says.

She practices the same philosophy that guides her health when she serves her restaurant clients or develops recipes for her cookbooks, including the popular "One-Pot Cookbook" (Chronicle Books, 2006).

There's a balance between the rich and the simple, between high-fat creams and virtuous vegetables. Last fall's menu from the Flea Street Cafe included saffron fettuccini with vodka cream sauce; chili-glazed pork chops and portabello mushroom Wellington.

"I believe if you eat high-quality food and appreciate what you're eating, you'll be satisfied with less," Cool says.

The following recipes are adapted from Cool's book, "One-Pot Cookbook."

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CLIFFORD  
CHIROPRACTIC  
COLUMN



by  
Dr. William  
Clifford

## ARE COMMON PAINKILLERS HARMLESS?

Millions of people take common painkilling drugs such as aspirin, acetaminophen, and ibuprofen daily to treat headaches, arthritis, muscle pulls, and other aches and pains. Most believe that these over-the-counter medications are relatively harmless. Recent research, however, indicates that these three most commonly used drugs in this country can raise blood pressure and, thus, the risk of heart disease among men. Researchers found that men who took such drugs six to seven times a week were about one-third more likely to be diagnosed with high blood pressure than men not taking them. These findings also reinforce a 2002 study that found that these drugs raise women's blood pressure. Since its inception, chiropractic's approach to health has been preventive, drugless, and non-surgical.

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# STICK 'EM UP

WHY TAKE A PILL WHEN YOU CAN STICK ON A PATCH?

WE TAKE A CLOSER LOOK AT POPULAR PATCHES ON THE MARKET TODAY, FROM NICOTINE TO BIRTH CONTROL

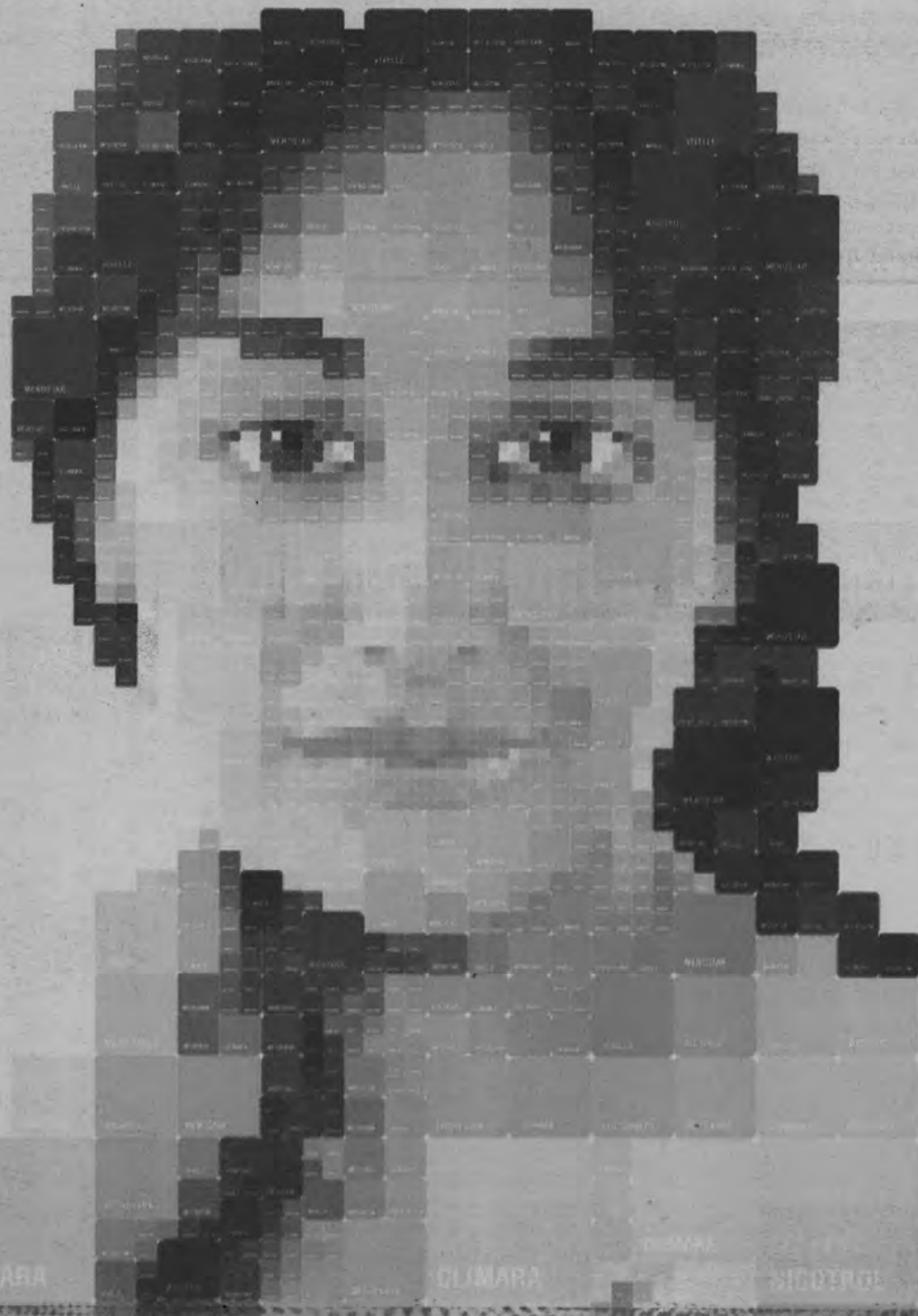
By Lisa Arnett

CTW Features

Though the technologies can vary by product, the principal is the same: Patches allow molecules to diffuse through the skin, bypassing the stomach and going straight into the bloodstream. Advanced adhesives mean you can wear them in the shower and in the pool, though any lotions or oils on your skin will foil them from sticking.

The technology started with estrogen-ther-

apy patches in the 80s, and has since opened up an entire market of patches. While lesser-known products like the Denti-Patch — lido-caine patches to numb the gums of needle-phobes before a dental injection — have been around since 1996, the most recent innovation in the patch industry is Daytrana, a medical patch for children with Attention-Deficit Hyperactivity Disorder. Here, we take a closer look behind the basics of the three most well-known patches out there: estrogen, nicotine and birth control.





## NICOTINE-REPLACEMENT THERAPY

**Well-known brands:** NicoDerm CQ and Nicotrol; many drug stores such as Rite Aid and CVS now manufacture their own store brands.

**Size:** Most patches have different nicotine levels that correspond to how often you smoke and are less than 2 inches square.

**Color:** Transparent

**How to get it:** Your local drug store

**History:** Both NicoDerm CQ and Nicotrol went over-the-counter in 1996. NicoDerm CQ features SmartControl technology, which provides a controlled release of nicotine through the skin. Most patches stay put with an acrylic adhesive.

**Benefits:** Helps smokers kick the habit by delivering that much-craved nicotine without the other harmful carcinogens in cigarettes.

**Risks:** Users should consult their doctor if they're taking another non-nicotine, stop-smoking drug, or if they're taking prescription medicines for asthma or depression, as prescriptions may need to be adjusted, says

Jennifer May, a spokeswoman for NicoDerm CQ manufacturer GlaxoSmithKline. Nicotine also increases heart rate, which can have side effects, such as heart palpitations or irregular heart beat.

**Where do you put it?** Any dry, hairless part of your body is suggested, according to May. The upper arm is a popular pick.

**How often do you use it?** Most nicotine patches last for 24 hours, and depending on how much you smoke, eight to 10 weeks of wear is suggested.

**What if it falls off?** "NicoDerm CQ patches generally stick well to most people's skin; however, a patch may occasionally come off," May says. "If your NicoDerm CQ patch falls off during the day, put on a new patch, making sure you select a nonhairy, non-irritated area of skin that is clean and dry."

## ESTROGEN-REPLACEMENT THERAPY

**Well-known brands:** Climara, Climara-Pro, Menostar, Vivelle-Dot, Combi-Patch

**Size:** Most patches are available in different dosages and can

be as small as a postage stamp.

**Color:** Transparent

**How to get it:** A prescription from your doctor, who will test your hormone levels

**History:** The first estrogen-only patch, Estraderm, introduced in 1986 by Novartis, used a reservoir system that allowed a pool of hormones to diffuse through the liner, according to officials at Novartis Pharmaceuticals. The second-generation technology, called drug-in adhesive patches, were flatter and incorporated the drug into an acrylic adhesive. In May of 1999, the newest generation of estrogen therapy patches - the Vivelle-Dot patch produced by Novagyn, a partnership between companies Noven and Novartis - debuted with a patented dot-matrix technology in which an acrylic substance houses the drug molecules and a silicone adhesive keeps the patch stuck to the skin. Made by Bayer Pharmaceuticals, Climara debuted in 1995, while the FDA approved Menostar in 2004.

**Benefits:** In menopausal women whose ovaries no longer produce estrogen (or women

who have had hysterectomies, in the case of estrogen-only patches), estrogen-progestin patches can prevent osteoporosis and reduce hot flashes and other menopausal symptoms.

**Risks:** Skin irritation, headache, back pain and breast tenderness are the most common side effects. Estrogen also increases the chance of uterine cancer and is often combined with progestin to prevent the risks of heart attack, stroke or blood clots.

**Where do you put it?** The lower abdomen

**How often do you use it?** Once or twice a week, depending on the brand and dosage

**What if it falls off?** Re-apply the same patch to a different area, or replace with a new one.

## BIRTH CONTROL

**Well-known brands:** The only birth control patch currently on the market is Ortho Evra.

**Size:** 1.75-inch square

**Color:** Peach

**How to get it:** A prescription from your physician

**History:** Ortho Evra debuted

in 2002.

**Benefits:** Provides 99-percent effective pregnancy prevention for women without the daily hassle of taking a pill

**Risks:** Blood clots, heart attack and stroke are serious risks of using the patch, which delivers about 60 percent more estrogen than the typical birth control pill, according to Gloria Vanderham, Ortho Evra communications manager. Women who smoke and are over 35 years old are especially susceptible to these health risks. The most common side effect is skin irritation - especially for women with sensitive skin - that lessens with continued use.

**Where do you put it?** On one of four designated areas: the upper torso (front or back, but not on or near the breasts), abdomen, buttock or upper outer arm.

**How often do you use it?** Once a week.

**What if it falls off?** Depending on when the patch loosens or falls off, you either replace it with a new patch or start a new four-week cycle of patches.



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# THE ZAP FACTOR

By Lisa Arnett  
CTW Features

**T**he pursuit of better skin — and the public's willingness to shell out their hard-earned cash in search of it — has made the acne treatment business a multibillion-dollar industry. Zeno, a \$150 blemish-clearing device that debuted in dermatologist's offices in 2005, has drawn widespread media attention and now is being sold over-the-counter in an increasing number of stores. For a society obsessed with poking and prodding its faces, nothing sounds more satisfying than eradicating blemishes with your own personal zit-zapping device. Naturally, we had some questions. Mainly, does it really work? And why is it so expensive?

## PUTTING ZENO TO THE TEST

The slick-looking, handheld Zeno is about the size of a cell phone, with a metal tip that provides a pointed heat source to wipe out bacteria breeding beneath a pimple. I put the gadget

to use on a swollen zit dwelling on my face's worst problem spot: my chin. After three 2.5-minute treatments over 24 hours, it was noticeably on its way to healing. When pressing the Zeno to a not-yet-surfaced red spot between my eyebrows, it was hard not to feel a little bit like I was holding a gun to my head, but instead of emerging into a full-fledged pimple, it had retreated by the next morning.

When word got around that I was giving the Zeno a road test, everyone — my boyfriend, my parents, my brother — were in line to try it. I even found it mysteriously missing from its storage place on more than one occasion.

Word to the wise: Though the Zeno is designed to be shareable, if you invest in your own, keep it to yourself, or risk losing it forever!

## HOW ZENO WAS BORN

What's (almost) cooler than Zeno itself is the gadget's inventor and how he created it. Contrary to popular belief, he's not a dermatologist, and he's not backed by a deep-pocketed corporation.

Robert Conrad is just a self-proclaimed nerd who connected the dots between his day job as a genetic engineer and his continuing struggle with occasional acne.

"I have pimples; I always have had them," says Conrad, COO of Houston-based Tyrell Inc., the company he founded after inventing Zeno. "I was getting past my 20s, and I was pretty much sick of having pimples. I wanted to figure out some way to get rid of them for myself. To be dead honest, I never thought about making a company."

Working at a genetic engineering firm, Conrad and his colleagues were producing a heat-shock protein in one of their labs. They'd grow a bacterial colony over several weeks or months, then to kill it, they applied heat of a very specific temperature. As the bacteria died, it produced a protein Conrad would harvest for engineering use.

"It struck me, literally, while laying in bed one night ... why don't we use this on the bacteria that I want to get rid of?" The enemy was clear: *P. acnes*, the bacteria responsible for 90 percent of pimples.

"I did work in the lab to find out exactly what time and temperature I needed to expose [the bacteria to] to get the death rate that I wanted," he says.

Then Conrad set to work in his garage, building devices that created a concentrated heat source and testing them on his own face. The first working prototype was cumbersome: "You had to plug it in [and] it was very sketchy, but it worked quite well," Conrad recalls. But after friends and family started borrowing and refusing to return the device, it occurred to him he had a marketable invention in the making.

## HOW IT WORKS

Hormones, stress and poor hygiene are some of the various things that can trigger acne, but at the fundamental level, a pimple

THE STORY  
BEHIND HIGH-TECH  
ZIT ZAPPER ZENO





forms in the same way: Dead skin cells and oil build up in a pore, and *P. acnes* bacteria grows, creating an inflamed red spot.

"Your body has a natural reaction to infection: It's called a fever. And we all get them, we all hate them, but it's very effective," Conrad says. "A fever takes couple days to get rid of that invasion. What Zeno does is give a very dosed, specific 'fever' to the bacteria causing the pimple, killing it and making the pimple go away."

Zeno treats mild to moderate acne, and works best when used at the first sign of a pimple before it's developed a whitehead, Conrad says. Once a whitehead has formed, Zeno can still be used to zap the burgeoning bacteria; however, the whitehead — the pore's physical blockage — still needs to be extracted. Zeno does not work on blackheads, which are blocked pores without the presence of *P. acnes* bacteria.

"We're not 'cooking' or sterilizing the area. We're beating back the bacteria enough for your body to take over and win," Conrad says. "[*P. acnes*] is a really important part of the skin flora. It lives on our skin to eat excess sebum, and is really important in the process of skin regeneration and skin health. So you don't want to get rid of it; you want to get it back to a natural state where it's in balance."

#### 'WHY DIDN'T I THINK OF THAT?'

That's one of the most common questions Conrad has heard since founding Tyrell Inc. and debuting the Zeno in 2005. The concept of reducing blemishes with heat isn't a new one; it's a common practice to apply a hot compress to a pimple to reduce its size or prepare for extraction during a facial.

Before inventing the Zeno, Conrad tried the hot compress method in an attempt to combat a monstrous zit that reared its head the night before an important business presentation.

"I turned the hot water as hot as it would go in my house, and took a rag and went back and forth between the hot water to my forehead for 10 minutes. And the next morning I woke up, and the pimple had reduced in size, but I had first-degree burned my skin all around it," Conrad says,

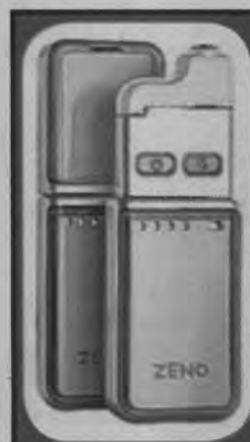
laughing. "So from that, I got a positive reaction: the pimple reduced. And I got a negative: I burned myself. How do I control these two?"

Maintaining a constant, specific temperature is the key concept behind Zeno, Conrad says. "[If it's] too low, you actually encourage growth, you incubate the bacteria, basically. And [if it's] too high, you burn."

That's precisely why the device comes with a high price

this is truly a medical device," Conrad says. "We had the option to launch right away into retail, but we wanted to make sure the doctors understood and believed in the science."

The Skin & Body Institute in Las Vegas has carried the Zeno since it became available to medical offices. [Resident dermatologist] Sean Su, M.D., recommends it to all of his patients who have mild to moderate acne, says manager Keith Nguyen.



"We're not 'cooking' or sterilizing the area. We're beating back the bacteria enough for your body to take over and win."

— Robert Conrad, inventor of Zeno

tag: It's essentially a mini-computer that senses the temperature of your skin, heats up accordingly, and times each treatment down to the second. Because repeatedly generating such high heat gradually wears out the Zeno's internal resistors over time, it has a replaceable tip equipped with a quality-control computer chip that shuts off the device when you're ready for replacement. That way, you don't try to the Zeno "one more time," just like you would a dull razor, Conrad says, and risk treating yourself ineffectively.

#### PROVING IT WORKS

In a double-blind clinical trial (meaning neither the doctors nor patients knew whether they were using a functioning Zeno or a decoy device) more than 90 percent of participants saw their blemishes improve or disappear in less than 48 hours. The FDA reviewed the study and approved it for sale in both medical offices and over-the-counter in stores.

When Zeno debuted in 2005, it was available only through the medical offices of dermatologists and plastic surgeons.

"What we wanted to do is to make sure that people understood this is real science, that

"It's been really successful," Nguyen says. "Our patients get really excited about it and are satisfied with the treatments."

Not all dermatologists sell, use or have even heard of Zeno.

"It does not make the dermatology press much, and was not mentioned at an [industry] meeting I recently attended, which focused a great deal on acne," says Matt Shaffer, M.D., of the Heartland Dermatology and Skin Cancer Center in Salina, Kan., who has no experience with the Zeno. "For these reasons, I do not think it is going to be considered a first-line or even second-line therapy for acne," Shaffer says.

The Zeno is not intended to treat severe acne, Conrad says, and people who do have it need to be put on an appropriate regimen by a dermatologist.

Starting in fall of 2006, Zeno went public, so to speak, launching a retail version (good for 60 treatments; \$150) in stores such as Walgreen's and Target; a pro version (90 treatments; \$189) in spa-focused stores such as Sephora, Bliss and Ulta; and a Zeno MD (150 treatments, \$200) available through medical practitioners. Replacement tips run \$25 to \$55, depending on the model you're using.

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