

NEWARK POST

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April 27, 2007

Newark, Del.

UP FRONT

Think before you speak

By **MARTY VALANIA**

NEWARK POST STAFF WRITER

The insults and obscenities were coming fast and furious.

"You stink!"

"Open your eyes!"

"How can you possibly make that call?"

I was umpiring first base and there was a ground ball to the shortstop who fielded the ball and threw it to first base. The ball got to the first baseman's glove a split second before the runner's foot touched the base. Wait...or was it the other way around?

"Out," I bellowed, trying to sound confident.

It was the first game I ever umpired and I just blew a call.

That's when the insults started. Those were only the printable things I heard that night.

Sound familiar? Actually, it's not all that unusual of a story. This happens all the time — all too frequently really — at youth sporting events. The thing that made this specific situation unique — and really underscores the problem that some adults have at youth events — was that I was 12.

Twelve years old.

Those same adults that were screaming at me were themselves unwilling to umpire that 9-year old baseball game that night. They needed somebody to umpire the bases and as a last resort — I mean last resort — I volunteered to do it. I was just trying to help.

See **UPFRONT, 7** ▶



Valania

Spring cleaning

Volunteers pitch in and pick up to beautify Newark

By **CHRISTINE NEFF**

NEWARK POST STAFF WRITER

About 200 volunteers from the Newark community took to the streets the morning of Saturday, April 21, armed with trash bags and work gloves and wearing bright yellow t-shirts.

The volunteer groups, which included families with children, University of Delaware students and employees at local

See **CLEANUP, 19** ▶



Charlie Calvert, left, and Willa Gaines, volunteers from Chrysler, take a break from cleaning up along the Christina Parkway.



Edda Malmquist holds the trash bag for her mom, Kristin Briem, near the city's water tower on Route 896.

NEWARK POST PHOTOS BY CHRISTINE NEFF



Members of Delta Sigma Pi, a University of Delaware co-ed fraternity for business students, get ready to hit the streets.

Christina gets new boardmember

School board hopes to swear-in Saffer on May 1

By **MARY E. PETZAK**

NEWARK POST STAFF WRITER

After a campaign in which the seat in District G had almost no takers, the Christina District School Board hopes to swear-in its only candidate at the regular meeting on Tuesday, May 1.

Nominee Shirley Sutton-Saffer filed to run just hours before the cutoff on March 2 after the Feb. 23 withdrawal of Karl R. Brockenbrough who had been appointed to the seat in District G after board member Cecilia Scherer resigned in October 2006.

"I have been involved with the Christina School District for 10 years," Sutton-Saffer said. "During this time I served as a mentor, classroom mother, vice-president of the PTA, and a member of the Yearbook Committee, as well as a classroom helper in the LRE [Least Restrictive Environment] room, most of

See **SCHOOLS, 14** ▶

Apartments at Grainery approved

Council OKs retail, residential use on Elkton Road

By **CHRISTINE NEFF**

NEWARK POST STAFF WRITER

The Newark City Council approved a new retail and residential use at the Grainery Station on Elkton Road Monday night. Council members said they hope the project leads to what one councilman referred to as the "renaissance of that general area."

The "Millyard" project by Lang Development Group calls for the demolition of the existing L-shaped Grainery Station at 100 Elkton Road, just west of

See **COUNCIL, 18** ▶

Can we help?

Offices: The paper's offices are located conveniently in Suite 206, Madeline Crossing, 168 Elton Rd., Newark, DE 19711. Office hours are 8:30 a.m. to 5 p.m. weekdays.

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Joe Backer prepares the sports pages of this newspaper. The sports editor is seldom in the office, however, he checks in frequently. Leave messages for Joe at **737-0724**.

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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.

Police investigate home invasion

The Newark Police Department is investigating a home invasion robbery that occurred in the 100 block of Elktion Road on Sunday, April 22, at 11 p.m.

Police said the homeowner answered a knock at his front door, and found three men standing at the door, one of them armed with a shotgun.

Police said the suspects entered the home and secured the four people inside. The suspects robbed each person of personal belongings and then demanded cash from the homeowner, said police.

When the homeowner could not produce cash, the suspects drove him, against his will, to an undisclosed location where he could obtain cash. The homeowner was able to escape from this location and call police.

The suspects were described as three black males and a Hispanic female. The car was described as a dark-colored Crown Victoria.

Anyone with information in asked to contact Det. Rubin of the Newark Police Department at 366-7110, ext. 135, or call Crime Stoppers at 1-800-TIP-3333.

Police seek man for unlawful ATM withdrawals

Newark Police are looking for an unidentified white male who withdrew about \$1,900 from the bank account of a 51-year-old Bear woman after her 19-year-old son inadvertently left her ATM card in the machine on Friday, March 9.

Police said the incident occurred at the Citizens Bank at 117 E. Main Street. A few minutes after the ATM card was left unattended, a white male arrived at the machine and made 13 unauthorized withdrawals, said police. The man wore a dark hooded sweatshirt and a light colored hat with a dark fish on it, said police.

Anyone with information is asked to call Cpl. Blake Potocki at 366-7110, ext. 446, or call Delaware Crime Stoppers at 1-800-TIP-3333.

Police arrest man with pistol

A 36-year-old Newark man was arrested on Sunday, April 22, at 3:58 a.m., after he was alleged to have displayed a pistol and pointed it at three people at a home in the unit block of Lyn Drive, said Newark Police. Police said Ritchie Adgate was arrested and charged with aggravated menacing and possession of a firearm while committing a felony. The

Newark man arrested in bar stabbing

A 22-year-old University of Delaware student was stabbed in the wrist by a 25-year-old Newark man during a fight at Shaggy's Bar in the unit block of E. Main Street on Thursday, April 19, at 1:30 a.m., said Newark Police.

Police said responding officers were able to identify the stabbing suspect as Jason Vogel

of the unit block of Timber Creek Lane. Vogel was arrested and charged with second degree assault for intentionally causing physical injury to the victim by means of a deadly weapon, said police. He was arraigned and issued \$3,000 secured bond for assault charge, said police.

The victim was taken to Christiana Emergency Room by

Aetna Hose Hook and Ladder Company where he was treated and released for the injury to his left wrist, said police.

Anyone with information on this investigation should contact Det. Rieger of the Newark Police Department at 366-7110, ext. 133, or call Crime Stoppers at 1-800-TIP-3333.

firearm was recovered by officers and had been loaded at the time of the incident, said police. Police said Adgate was taken to Howard Young Correctional Center on secured bail.

Other incidents

An unknown suspect stole seven empty kegs from behind a restaurant in the **600 block of Ogletown Road**, police were told on Monday, April 16, at 10:37 p.m.

An unknown partygoer broke a Corona bottle over the eye of a 38-year-old Newark man on the front porch of his home in the **100**

block of Madison Drive, police were told on Sunday, April 22, at 3:13 a.m.

A 35-year-old New Castle man was arrested and charged with disorderly conduct after he refused to leave a restaurant in the **100 block of Elktion Road** after allegedly harassing an employee on Saturday, April 21, at 9:36 p.m. Police said George M. Coulter was issued a criminal summons and released pending a court appearance.

Police are looking for a woman who took a birthday cake from the Pathmark in the **100 block of College Square** without paying for it on Saturday, April 21, at

3:07 p.m.

The gate arm was removed from the city's parking lot in the **unit block of Center Street** by unknown suspects, police were told on Saturday, April 21, at 12:25 a.m.

An unknown suspect wrote in blue ink on playground equipment at Lumbrook Park in the **100 block of Woodlawn Avenue**; black, yellow and purple ink were used to write on a utility pole, a trail sign and trash can at Phillips Park in the **100 block of B Street**; vandals wrote on playground equipment at Lewis Park in the **700 block of Academy Street**; black ink and yellow spray paint was used on playground equipment at Kells Park in the **200 block of Kells Avenue**; and vandals wrote on the playground at Devon Park in the **unit block of Cornwall Drive**, police were told on Friday, April 20, at 10:55 a.m.

Lawn chairs valued at \$75 were stolen from in front of a home in the **unit block of Independence Drive** when their owner was using them to reserve a parking space, police were told on Thursday, April 19, at 3:58 p.m.

A 22-year-old woman had her wallet stolen from her purse while she dined at a restaurant in the **100 block of E. Main Street**, police were told on Saturday, April 14, at 11:53 a.m.

Vehicles targeted

An unknown suspect broke the window of a Nissan Maxima parked in the **3000 block of Wollen Way**, stole a radio faceplate, jacked up the vehicle and stole three tires and rims before leaving the vehicle on blocks, police were told on Monday, April 23, at 6:19 a.m.

A CD player, sunglasses and a radar detector were removed from a Honda CRV that was being serviced at a dealership in the **200 block of E. Cleveland Avenue**, police were told on Sunday, April 22, at 2:05 p.m.

A radio was stolen from an Impreza parked at a dealership in the **200 block of E. Cleveland Avenue**, police were told on Thursday, April 19, at 4:27 p.m.

Camera equipment was stolen from a Chevrolet S-10 parked in the **100 block of Sandy Drive**, police were told on Thursday, April 19, at 10:30 a.m.

Parts were stolen from several

See **BLOTTER**, 21 ►



Weekly crime report

STATISTICS FOR APR. 8-14, 2007, COMPILED BY NEWARK POLICE DEPARTMENT

PART I OFFENSES	INVESTIGATIONS			CRIMINAL CHARGES		
	2006 TO DATE	2007 TO DATE	THIS WEEK	2006 TO DATE	2007 TO DATE	THIS WEEK
Murder/manslaughter	0	0	0	0	1	0
Attempted murder	0	0	0	0	0	0
Kidnap	0	1	0	11	1	0
Rape	4	3	0	2	4	4
Unlawful sexual contact	0	1	0	0	0	0
Robbery	28	15	4	30	34	1
Aggravated assault	19	18	2	19	11	0
Burglary	35	50	2	22	146	6
Theft	248	261	13	87	146	13
Auto theft	33	34	2	4	4	1
Arson	4	0	0	6	0	0
All other	22	18	0	30	78	1
TOTAL PART I	393	401	23	311	425	26
PART II OFFENSES						
Other assaults	114	126	5	66	115	7
Receiving stolen property	0	0	0	14	16	1
Criminal mischief	248	178	16	148	68	1
Weapons	4	3	1	34	29	1
Other sex offenses	3	9	0	1	3	1
Alcohol	104	92	15	245	174	42
Drugs	42	53	6	124	159	22
Noise/disorderly premise	217	174	11	137	98	7
Disorderly conduct	366	261	11	53	65	8
Trespass	51	44	4	20	33	0
All other	170	180	9	57	81	4
TOTAL PART II	1319	1120	78	899	841	94
MISCELLANEOUS						
Alarm	399	467	18	0	0	0
Animal control	156	140	7	16	0	0
Recovered property	87	62	2	0	0	0
Service	2707	2418	142	0	0	0
Suspicious person/vehicle	256	278	23	0	0	0
TOTAL MISCELLANEOUS	3605	3365	192	16	0	0
THIS WEEK 2006 2006 TO DATE THIS WEEK 2007 2007 TO DATE						
TOTAL CALLS	590	8200		453	8210	

IN THE NEWS

Not just for the birds

Tri-State Bird Rescue open house has something for everybody

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

A sanctuary for injured birds and the people who care about them sits at the end of a narrow country road, just minutes away from the busy intersection of Papermill and Possum Park roads.

Tri-State Bird Rescue & Research Inc., has garnered national acclaim for the work it has done over the last 30 years,

saving birds that are victims of oil spills and other human activities, and it's based right here in Newark.

The organization will be holding an open house this Sunday, April 29, from 11 a.m. to 3 p.m., to show people in the community what it's all about. "The real purpose of the open house is to provide families an opportunity to learn what they can do as far as promoting the welfare of wildlife," said Arlene Boles, director of development for Tri-State Bird Rescue.

Promoting the welfare of birds has been Tri-State's mission since its beginnings. The late Lynne Frink founded the organiza-



NEWARK POST PHOTOS BY CHRISTINE NEFF
Pelicans rehabilitated at the Newark area's Tri-State Bird Rescue wait to be released to the wild. The pelicans came to the center at the end of February with severe frostbite. They were released on April 22.

tion after a 1976 oil spill in the Delaware River.

She established a team of biologists, veterinarians and others to study the effects of oil on birds and how to treat them. Tri-State has since become a leader in oil spill response, traveling around the world to do this type of work.

Soon after the organization formed to treat oil spill victims, another need became apparent. "People started bringing us other orphaned and injured birds, and we developed what's called the wild bird clinic. That's open 365 days a year," said Boles.

The clinic has treated a wide range of birds - from just-hatched baby birds to adult bald eagles. Recently, the clinic took in a group of juvenile brown pelicans with severe frostbite the birds received after failing to migrate for winter. Thirteen of the 14 pelicans that arrived at the center were treated

successfully and released to the wild this past Monday.

Tri-State tries to rehabilitate birds and reintroduce them to the wild as quickly as possible. "We are very focused on giving each and every bird that comes to us in need of care their very best chance, if not their only chance, for survival," said Boles.

The clinic gets especially busy during "baby bird season," which runs from May to September, when members of the public bring in more than 1,600 wild baby birds for treatment.

The time-consuming treatment of baby birds is only possible with the help of volunteers. The center has 150 active volunteers that put in more than 30,000 hours of service each year. "We absolutely, positively could not do the work we do here without them," said Boles.

Tri-State is always looking for new volunteers. Information ses-

sions will be held in May for those interested.

Tri-State's work depends too on its funding sources. The private non-profit depends on donations from individuals, foundations and grant money.

Boles encouraged members of the local community to check out the organization at Sunday's open house. The day's activities include tours and educational booths, free photo IDs of children, a teddy bear clinic and other children's activities and special presentations.

Boles stressed that Tri-State is not just for the birds. "We're also here for people. We're here for the people who care about these birds and want to make a difference, and want to do whatever they can to promote the welfare of wildlife," she said.

For more information, call 737-9543, ext. 108, or visit www.tristatebird.org.

If you're going...

What: Annual open house at Tri-State Bird Rescue and Research Inc. Activities include tours and educational booths, teddy bear clinic, children's activities, special visit with Ishta Tanka, the residential bird and more.

Where: The Frink Center for Wildlife at 110 Possum Hollow Road in Newark

When: Sunday, April 29, from 11 a.m. to 3 p.m.

Admission is free, but cash and donations of white tissue or toilet paper are appreciated. For more info, call 737-9543 or visit www.tristatebird.org.

What: Information sessions for people interested in volunteering at Tri-State Bird Rescue and Research Inc.

Where: The Frink Center for Wildlife at 110 Possum Hollow Road in Newark.

When: Saturday, May 5, at 11 a.m.; Tuesday, May 15, at 6 p.m.; Saturday, May 19, at 11 a.m.; and Saturday, May 26, at 11 a.m. For more info or to register, call 737-9543.

CITY BRIEFS

DNP releases new design guidelines

The Downtown Newark Partnership has released an updated set of design guidelines for development in the downtown area.

The guidelines are a tool for developers intended to foster good design by providing information about what sort of building is appropriate in downtown Newark.

The guidelines focus on such elements as height, width, materials, colors and roof and cornice lines, with the overall goal of fitting new development into the existing streetscape.

"We're hoping that these guidelines will enhance downtown and preserve its small town character, while still promoting economic

growth," said Joe Charma, chairman of the DNP design committee, at a workshop with city council earlier this month.

The committee meets, informally, with developers to review and comment on plans for the downtown area. "This voluntary approach has worked well. Several new buildings have been constructed in keeping with the guidelines over the last 10 years, the best example being the Center Square building at Main and Center Streets," said Maureen Feeney Roser, DNP administrator.

Charma stressed that the guidelines will allow for creative design. "We do not want to stifle creativity, but we want to have some continuity, control of what's happening in downtown Main

Street," he said.

The updated guidelines add some formality to the review and evaluation process, while maintaining its voluntary nature. Committee members will evaluate the project in 11 categories, deciding whether the project meets, exceeds or does not meet the criteria.

The original planning guide document was published in 1997, largely in response to the construction of several large buildings on Main Street that caused concern about the scale and mass of new construction.

For a copy of the updated version, contact the Newark Planning Department at 366-7030 or visit www.enjoy-downtownnewark.com and follow the link to the Design Committee.

NPD to purchase Tasers

Grant money will be used to cover \$33,000 purchase

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

Officers with the Newark Police Department will soon be carrying Tasers on patrol, as the Newark City Council approved the purchase of 23 units and accessories at Monday's city council meeting.

The Taser will be capable of delivering two "pulse phases" to a suspect from a distance. The first phase penetrates the clothing barrier by concentrating a small portion of energy, while the second phase delivers the majority of the electric charge to incapacitate the suspect.

The unit contains an on-board memory chip that captures the time and date for up to 2,000 past firings with the intention of aiding in any investigations of misuse of force.

Acting Police Chief John Potts

said officers will carry the Tasers, which will be yellow in color, on their belts. "It offers a less than lethal option to the officers (when dealing with suspects). If they didn't have that, they would go right to a firearm or a nightstick," he said.

Officers will be trained to use the equipment, which will be purchased from Taser International, a company that has supplied Tasers to more than 9,800 law enforcement and U.S. military agencies since 1998.

The \$33,630-cost of the units will be covered by several grants received by the police department.

Councilman Doug Tuttle, a former director of public safety at the University of Delaware, said he was pleased with the approved purchase of the Taser units and encouraged the police department to continue to seek funds to equip all officers with them.

"I believe this is an excellent tool for law enforcement to have at their disposal," he said. "Without that tool, police are left with an impact weapon...or a firearm. This fills an important, intermediate niche."

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In Our Schools

EDUCATION NEWS FOR NEWARK FROM LOCAL SCHOOLS

NOTE PAD

School board meeting

The next regular meeting of the Christina District school board will be at 7:30 p.m. on Tuesday, May 1, at Shue-Medill Middle School. The public is welcome to attend and the agenda for this meeting is available online at www.christina.k12.de.us.

Student Art Show

The Christina District Spring Art Show will open with a special reception for the student artists and their families from 5 to 7 p.m. on Wednesday, May 2. This event will feature light refreshments and music performed by Gauger-Cobbs students. The Art Show will be open for visitors daily on May 2 to May 10 from 8 a.m. to 4 p.m. at Gauger-Cobbs School in Newark.



'Season's Cares'

Seasons Pizza of Delaware is celebrating Teacher Appreciation Week from Sunday, April 29, through Saturday, May 5, by treating all New Castle County teachers in public and non-public K-12 schools to a pizza lunch. In addition, a portion of the dine-in receipts from all Delaware Seasons Pizza stores during Teacher Appreciation Week will go to the Delaware Coalition for Literacy to help increase adult and family literacy.

Show at Concord High

Concord High School in Brandywine District is presenting "A Funny Thing Happened on the Way to the Forum" Thursday to Saturday, April 26 to 28, at 7 p.m. Tickets are \$9/adults; \$6/students and senior citizens. Reserve tickets at 475-3951.

'St. E by the Sea'

St. Elizabeth High School in Wilmington will host "St. E by the Sea," a live and silent auction beginning at 6 p.m. on April 28. View auction items at www.sehs.org. Tickets are \$35/person or \$60/couple. For more info or tickets, call 302-656-3369 or email to khoughton@viking.pvt.k12.de.us.

New Vo-Tech high school dedicated south of Canal

The New Castle County Vocational-Technical School District formally dedicated the new St. Georges Technical High School after Phase III of the project, the wing for the construction and auto technology programs, was completed in March.

Approximately 260 ninth-grade students and 26 staff members moved into the school at the conclusion of Phase I in November 2006, after attending classes in the Marshallton Education Center for the first part of the school year. Phase II, which included the gymnasium and media center, was approved for use in January.

Sen. Tom Carper (D-Del.) was among state and school district officials attending the dedication that included unveiling a bronze plaque. Carper also spoke about government and answered questions from students.

The dedication marked the end of an eight-year process of planning, site selection and construction that began in May 1999 after a community task force recommended a fourth vo-tech high school be built in southern New Castle County.

Located on Hyetts Corner Road south of the C & D Canal, the school will add a freshman class every year and eventually serve 1,000 students in grades 9 through 12. The school is 255,000 square feet and is designed around four learning academies.



U.S. Sen. Tom Carper didn't let a broken foot or crutches deter him from spending time with students in the gleaming and spacious cafeteria of the new St. Georges Technical High School.

Red Clay has 2007 Art Educator of the Year

Richard Hanel of Cab Calloway School of the Arts was selected by the national Art Education Association to receive the Delaware Art Educator of the Year Award. The award recognizing the exemplary contributions, service and achievements of one NAEA member annually was presented to Hanel during the NAEA National Convention in March.

An art teacher in Delaware for more than 30 years, Hanel has taught visual arts at Cab

Calloway, a creative and performing arts magnet school in the Red Clay Consolidated School District, since 1992. Hanel has also designed and supervised the construction of sets for school productions, has run stage tech, advises several clubs and organizations, including the National Art Honor Society, and serves as the H.S. Arts Department Chair.

Currently president of NAEA's local affiliate, the Art Educators of Delaware, Hanel also serves on the Education Advisory

Committee of the Delaware Center of Contemporary Arts and served three years on the Cab Calloway School Advisory Board. Together with colleague Toniann DeGregory, Hanel helped bring a state-of-the-art museum gallery to their school and a museum partnership with Winterthur Museum to teach museum studies classes to support it.

Hanel earned a degree in art education from Kutztown University and has continued his education at the University of Delaware.

He also earned Early Adolescence Through Young Adulthood Art Certification from the National Board for Professional Teaching Standards in 2002.

The membership of NAEA includes elementary, secondary, middle level and high school art teachers in 50 states, representatives from America's major art museums, State Departments of Education, arts councils, and major colleges and universities throughout the United States and 66 foreign countries.



Under the direction of visual art teacher, Rich Hanel, students at Cab Calloway School of the Arts have painted a mural honoring "great artists" on the walls of the arts pavilion each year since 2004.

IN OUR SCHOOLS

St. John the Beloved students earn 26 medals

Students at St. John the Beloved School in Millcreek took home an "astonishing" 26 medals from the 20th Elementary Science and Math Olympiad at St. Mark's High School. The breakdown of St. John's medals by grade was: Grade 4, 6 event medals; Grade 5, 7 event medals; and Grade 6, 13 medals.

St. John the Beloved students at Olympiad:

Grade 4: Jimmy Crowley, Caitrin Cullington, John Hughes, James Grimes, Lucy Hamilton, David Manzolillo, Connor Moore, and Nicholas Teoli.

Grade 5: Ryan Dias, Bridget Fassano, Dan Foley, Patrick Hally, Laura Jogani, Kate Payne, Alaina Owens, and Lucy Vavala.

Grade 6: Nathan Badillo, Patrick Cullington, Rebecca Dooley, Maggie Fassano, Shannon Hayes, Carly Krajewski, Kaitlin Marinelli, and Joseph Rogers.

This event for Catholic and

independent schools is designed to stimulate enthusiasm for science and mathematics through competition in skills and knowledge. Each participating school sends a team of eight students per grade level who meet for a program of competitive events in an academic setting. Olympiad events require teamwork, group planning and cooperation. The teams practice and prepare with the help of parents and teachers after school.

St. John the Beloved, a Catholic elementary school, is celebrating its 50th anniversary in 2007.

Two-dozen students in grades 4 through 6 at St. John the Beloved elementary school competed in the 20th Elementary Science and Math Olympiad.



SCHOOL BRIEFS

Independence team goes to OM World Finals

A fifth-grade Odyssey of the Mind team at Independence School will compete at the World Finals in Michigan, May 23-27, after placing first in their division at the State Tournament in March.

Hannah Falchuk, Kelcey Hutchinson, Logan McFoy, Yasmin Pirestani, Chris Reynolds, Regina Reynolds, and Jacob Scott were coached by parent, Carolyn Reynolds, and assisted by Independence eighth grader, Nicole Walsh. Their problem, "I'm Only Thinking of You!" was a humorous skit in which a self-centered character takes advantage of others until finally his true character is revealed.

A second fifth-grade team of Lindsey Bair, Anushka Chaughule, Carly Fabian, Ally Fritzler, Emory



Nolte, EJ Pearce, and Christina Taylor placed second in their division. Their problem, "Around the World in 8 Minutes," featured a traveler who visits three different locations, each involving a complete set change. The skit explained why the traveler took the trip and how he came to arrive at each location. This team was coached by grandparent Mike Pohlen, and assisted by eighth graders, Nicholas Bair and Kimberly Fabian.

The sixth-grade team of Diana

Advani, Ravi Barua, Sam Glandon, Tommy Renneisen, Nathan Swain, Eddie VanLenten, and Jesse Zhou placed third in their division. They also competed in the "Around the World in 8 Minutes" problem. The team was coached parents Kathy Swain and Gitu Barua.

The Independence School is an independent, co-educational day school serving approximately 820 students age 3 through grade eight on Paper Mill Road in Newark.

Students raise money for hospital

Six students in upper elementary at the Delaware School for the Deaf participated in a Math-A-Thon sponsored by St. Jude Children's Research Hospital. Quinton Ferrell, Malik Evans, Richard Blackston, Ashley Pabon, Kayla O'Brien, and Tonjaraye Phares, each completed more than 200 problems in their Math Fun Books and together collected total of \$1,190 in donations.

Each student received the following prizes from St. Jude's:

1. Certificate of Appreciation
2. Math-A-Thon T-Shirt
3. Math-A-Thon Backpack
4. Free pass to Six Flags

In addition to prizes, Blackston received a Plug 'N' Play controller with 50 video games, because he raised \$250. This fund-raising program makes it possible for St. Jude to treat childhood cancers. St. Jude is the only pediatric research center where families never pay for treatments that are not covered by insurance. For more information about St. Jude's, visit www.mathathon.org.

CHS has top Floriculture Team

Christiana High School's FFA Floriculture team won the State Floriculture Contest held in conjunction with the State



FFA Convention at the University of Delaware in March.

Team members are (L to R): Jessica Piatt, Kajal Patel, Nirali Patel, and Angelica Montes. Nirali Patel also earned top honors as an Individual in the state contest.

The team will represent the state at the National Floriculture Contest this October in Indianapolis, Ind.

Brynn Mulvihill, a senior at Christiana, won the State Agriscience Award that included a scholarship from the National FFA organization.

AAUW honors young women in high school

Outstanding young women from local high schools were honored for their achievement in math and science at a luncheon given by the Newark and the Georgetown Coastal AAUWs (Association of American University Women).

New Castle County juniors honored included:

A.I. duPont High School, Kelly Huang
Archmere Academy, Laura Murphy
Brandywine High School, Emily Ann Bryant
Cab Calloway School of the Arts, Rachel Cox
Caravel Academy, Stephanie Kane
Charter School of Wilmington, Mengfei Yang
Christiana High School, Ashley Kempczynski
Concord High School, Jessica Hollandsworth
Delcastle Technical High School, Margiebell Perez Gonzalez
John Dickinson High School, Pamela D. Oppenheimer
Glasgow High School, Katherine Kleint
Hodgson Vo-Tech School, Rebekah Moss
Howard High School of Technology, Jehnai Aiken
Thomas McKean High School, Erica Marshall
Middletown High School, Yasmin Parvizi Ogale
Mount Pleasant High School, Michelle Dee
Newark High School, Emma Yang
Padua Academy, Brittany Heckel
Red Lion Christian Academy, Alexiis Bradley
Sanford School, Jin Chen
St. Andrews School, Marth Pemberton Heath
St. Elizabeth High School, Abby Okoniewski
St. Mark's High School, Caroline Dougherty
The Tatnall School, Katherine Wehner
Tower Hill School, Mary Elizabeth Sharey and Amy Smith
Ursuline Academy, Katherine Rupar
William Penn High School, Lynnicia Massenburg
Wilmington Christian School, Lauren Muller
Wilmington Friends School, Agnes Colantuoni.

Opinion

EDITORIALS • COLUMNS • PAGES FROM THE PAST • LETTERS

POST COLUMNIST

Hypothalamus

By AL GRUBER

NEWARK POST COLUMNIST

Spell out H-Y-P-O-T-H-A-L-A-M-U-S on a piece of paper. This is important. Keep the word in your purse or wallet along with PORT and STARBOARD. Surely you have those there so you will remember right and left when afloat, or is it left and right? You will shortly learn why you need the word hypothalamus spelled out and available.

Alan Alda did a one-hour stint using this subject. My recitation will be shorter. Our old friend, Webster, who history has it was a sour sort, tells us about hypothalamus — “.... the part of the diencephalons in the brain that forms the floor of the third ventricle and regulates many basic body functions, as temperature [see HYPO and THALAMUS]. No help with those two words, as in dictionary-speak, they are much the same as hypothalamus.



Gruber

The prefix, hypo, covers about a mile of Webster. I counted 71 words that start with hypo. Most you don't want to know about, but there are surprises, like hyponasty: the curling of a leaf.

Alan Alda never mentioned that hypothalamus was about temperature control. He reported it is a double wishbone shaped thingy in the center of the brain. From what he said, I gathered it is a sort of gate keeper that decides whether you want to store some information up front near the stairs or stuff it in the back of the attic behind Aunt Sadie's ashes and the dried flowers. Can you imagine? While you are reading or listening to something, another gadget is deciding how important it is. You can only hope your double wishbone appraises your spouse's pontifications quickly and correctly. When it comes to your offsprings' hypothalamusi, forget it! All your immortal words have fallen into the back of the attic. After you're gone one will say, “Remember when Dad or Mom said...,” and the others will look blank.

OK, so all of that, including what you are reading right now, is stored someplace. Now comes the problem of retrieval. I'm picturing the hypothalamus as a gate. You need to remember something for some reason. Where is it stored? Let's say it is near the stairs. Is that enough? Suppose the gate hinges have gotten rusty? You know you know the answer, but the gate won't swing open.

I know you are now thinking the word we dread most: Alzheimer's. That does seem to fit the rusty hinges and stuck latch described above. When asked, some scientists in the field are now saying we need to exercise the brain as much as the body.

They now have provocative evidence that Alzheimer's arises, like many other diseases, from diabetes, which also arises with obesity — the current national epidemic. So, is there a way to grease the gate hinges and oil the latch? They say, yes. There is compelling evidence that lowering blood pressure plus life long physical and mental exercise and certain vitamins improves the Alzheimer's

risk. Please don't take the attitude like certain of my friends. They will say something like, “Red wine or garlic or olive oil improves your chances against a heart attack.” One reason I am so popular is because I always say, “But you neglected to add when taken with a proper diet and exercise.” On grumpy days, I may add, “And you see how long-lived the Italians are.”

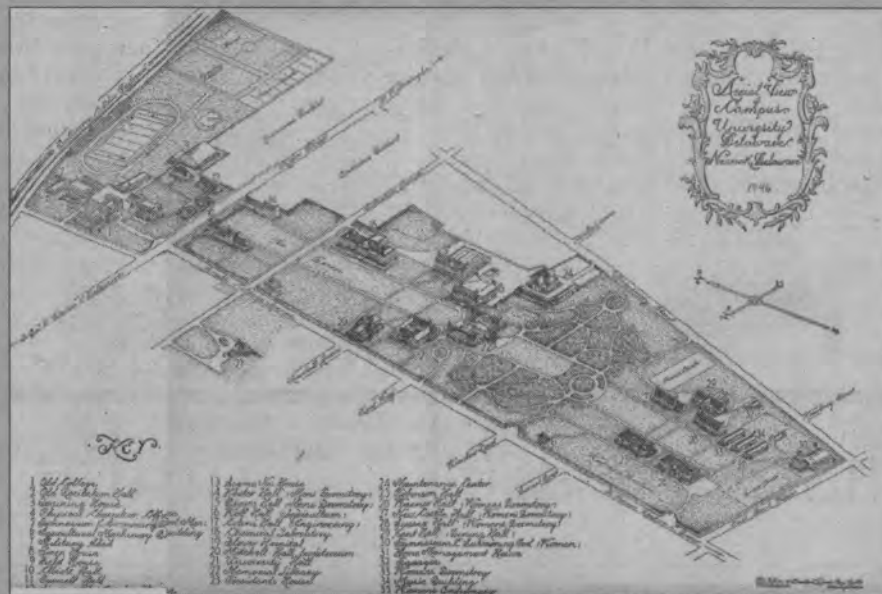
We've heard about physical exercise ad infinitum, but what kind of mental exercise is desirable? The magic word is THINK. No-brainer activities like whining are useless. Take college classes, play games like bridge, chess or checkers or volunteer for something. Do crossword and Sudoku puzzles. Get into debates that take research and find out how wrong you have been.

Think, think, think!

Now you know why you need the word HYPOTHALAMUS in your wallet or purse. So when some word won't bounce out of your brain due to your double horseshoe shaped thingy needing oil, you can look in your wallet, refresh your memory and say to your questioner, “You see, my hypothalamus is not working just now.”

Retired after 32 years with Dupont, the writer also was a Christmas tree farmer for 25 years. He is a member of the Scribblers group at Newark Senior Center and has lived in Newark for four decades.

OUT OF THE ATTIC



This week's Out of the Attic features a map of the University of Delaware campus from 1946. Newark resident Dick Prettyman, who was a UD freshman in 1946, donated the map for use in this space. 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

April 28, 1932

Interscholastic Track and Field meet to be held

Hundreds of students from secondary schools throughout this section for the nineteenth annual Interscholastic Track and Field Meet to be held at Frazer Field, University of Delaware, next Saturday afternoon, May 7.

The affair is expected to be one of the largest ever held. Reports from schools entered for the meet indicate that competition will be close throughout.

Radium Waters Held Dangerous

All radium waters, containing radium or radio-active substances, are absolutely dangerous and should never be drunk or administered intravenously, Dr. Bernard P. Widmann, radiologist of the Philadelphia General Hospital, declared.

Dr. Widmann's pronouncement was issued following the

death in New York Thursday of Eben M. Byers, wealthy steel manufacturer and sportsman, of Pittsburgh, whose death was caused by necrosis of the jaw resulting from prolonged drinking of a radium water.

April 27, 1977

Gino's plan gets final go-ahead

It won't be long before the aroma of finger lickin' chicken and charco-broiled burgers will be wafting through the streets of the downtown business district.

That's because Gino's is coming to town.

Newark City officials this week granted the King of Prussia, Pa., based fast food restaurant corporation the building permit it needs to purchase the John R. Fader property and construct an East Main Street outlet.

Dealing with Student Pranks

Eighteen minutes isn't a lot of time.

But that's the average time 12,000 students in the Newark School district ride the district's own and contracted 145 buses.

And, in that amount of time, some rambunctious students can cause problems that endanger the lives of others on the bus.

Because of problems controlling students on some of the buses that service the Leasure Lower School, teachers and bus drivers met to decide the best way to solve the problem. They determined that the use of an aide on the bus would help control the students so the driver could concentrate on driving.

April 28, 2000

UD help to police Newark

In response to complaints about off-campus student behavior, the University of Delaware is increasing funding to the city of Newark, which will be used for additional city police officers.

Neighborhood Schools bill now the law

Surprising no one, the fast track Neighborhood Schools bill was signed into law by Governor Thomas R. Carper on April 23.



"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.

COMMENTARY

Parent concerned about break in autistic program

To: The Editor
From: Deanna Principe
President of Parent's
Advisory Council
Delaware Autism Program

I am mom to a lively, beautiful 8-year-old autistic daughter who has attended the Brennen School Delaware Autistic Program for five years. About four weeks ago, our principal, Dr. John Dewey sent home the summer school schedule for all DAP students indicating that the summer session would end on Aug. 2 and the new school year would begin on Aug. 27.

The vast majority of autistic individuals thrive on a strict regimented schedule and most will resort to behaviors that include

severe tantrums, self-injury and aggression towards others when the schedule is deviated from. Additionally, autistic individuals have great difficulty with transition. There's typically a period of adjustment [at the beginning of each school session] that can last for as long as four weeks for many children until the new situation becomes routine. During that time many students regress heavily and may resort to the behaviors previously mentioned.

In past years, our students had one week between summer and the new school year. A few years ago, due to the growth of our student population, it was necessary to add a full week in order to move our classrooms back to their host schools and



ready the Brennen School for the new year. Now, we're up to three full weeks. We have over 50 students this year than we did last year at this time and our student numbers will most certainly continue to increase as more children are identified as being autistic and as more families move to the area specifically for this program. Is this to mean students should expect more weeks off in the

summer or no summer session at all?

Not just another bus ride

To: The Editor
From: Congressman Mike Castle, R-Del.

As we recently marked Earth Day and as we are finally welcoming the spring-like weather, more and more of us are focused on the outdoors and more specifically, the environment. There is no question that ensuring a strong environmental legacy for future generations is one of the most pressing issues facing all of us and tied to that is the need for a clean energy policy. I do believe it is possible to have both. That is why I am such a strong backer of jump starting research into alternative sources of energy — from wind to solar to fuel cells to celulosic technology. And Delaware is primed to be a leader in these areas.

Most recently, I was honored to join University of Delaware President David Roselle and Senator Carper along with other members of the UD community for the inaugural ride on the University's first fuel cell hybrid bus, which was partially funded by over \$8 million in federal funding secured by the Congressional Delegation. We are continuing our dedication to the project and for the upcoming fiscal year, have requested \$2 million to develop fueling and refueling infrastructure, ensure efficiency in both hot and cold environments, monitor the durability and reliability of the technology, and to develop an educational outreach program. For me, the ongoing research project symbolized a much bigger milestone than the one single ride around the parking lot that day. It

is an important sign of progress in the development of alternative sources of energy, which hopefully one day will benefit the entire planet.

In addition to securing funding for important research happening at the University of Delaware, Delaware State University and companies like GE Solar and DuPont, I am also working in a bipartisan fashion with Members of Congress to enact federal legislation guiding a clean energy policy and to reduce global warming.

For example, I am a cosponsor of The Fuel Economy Reform Act to increase Corporate Average Fuel Economy (CAFE) standards for cars, SUV's, minivans and pickup trucks to 27.5 miles per gallon by model year 2012 and 35 miles per gallon by 2018. Additionally, I have co-sponsored the Climate Stewardship Act which implements a mandatory cap and trade regulatory structure now to curb greenhouse gas emissions for electricity generation, transportation, industrial, and commercial economic sectors. If implemented, this legislation would reduce emissions of six greenhouse gases, including carbon dioxide, beginning in 2010 to year 2000 levels. I have also joined Senator Biden and Senator Carper in introducing The American Automobile Industry Promotion Act of 2007 to jumpstart next generation battery technology development in the United States and to extend incentives to American-made highly efficient vehicles.

Delaware is already leading the field in clean energy development and it is our responsibility at the federal level to back up these initiatives, so we can truly create a public-private partnership to pass on a cleaner environment for generations to come.

Mistakes are part of the game

► UPFRONT, from 1

I'm not saying that whoever was in charge that night made the right decision in having a 12 year-old umpire, but that's not the point here.

What is the point is that there are a small percentage of people out there that really don't make good choices when attending kids' events.

The weather is finally warm and there are baseball, softball, soccer and lacrosse games going on all over Newark. Youth sports are a rite of spring. Unfortunately, so is berating umpires and officials.

People think they can just say and do whatever they want just because they're a parent.

I know it's difficult when a parent feels their son or daughter has been wronged. Trust me, I'm not somebody that's just preaching without knowing. I've seen horrendous decisions made by officials that at the time devastated my kids.

As a parent, I understand that's heartbreaking and you want to do something. But, let me tell you, screaming like an idiot isn't the right thing.

What also needs to be remembered is that mistakes are made all the time at every level — but especially the youth level. It's part of youth sports. Dealing with mistakes, errors, losing — and adversity in general — is part of the game.

Think about who is making the calls. More than likely, that

person worked at least eight hours already that day, wolfed down a fast-food dinner and scrambled through rush hour traffic just to make it on time for a 6 p.m. game that he or she is going to get little — or in some cases nothing — to officiate.

Why on earth would anybody want to go through all that just to hear a bunch of abuse from people in the stands? Yet, if nobody wants to do it, there aren't going to be any games.

So the next time you think you're ready to launch into a tirade at an official — think again.

Nobody deserves to be inundated with insults and obscenities — especially someone that's just trying to help.

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OUTLOOK

'SET' our goal

By JORDAN ASHBY

SPECIAL TO THE NEWARK POST

"When I compare our high schools to what I see when I am traveling abroad, I am terrified for our workforce for tomorrow." That's a quote by Bill Gates, chairman of Microsoft Corporation. Scientists and engineers comprise only 5 percent of our nation's workforce. Amazingly these few people are responsible for most, if not all, of the technological influx happening today in America. If you review the Job Outlook references, there is a great need for youth to be engaged in and pursue careers in science, engineering and technology (SET) though in reality, the level of individuals choosing these careers is flat or dropping.

The challenge we face as a nation is that the rest of the world is catching up to us in science, engineering and technology. One of the most important endeavors that 4-H is undertaking right now is the Science, Engineering and Technology Initiative which comes at a critical time in our nation's history.

A fun and innovative way to expose youth to science, engineering, and technology is through summer programming and day camps. This coincides perfectly with the emphasis that educators place on the need to keep students engaged throughout the summer. If you have not made your plans for the summer, take this opportunity to look into some of the summer camps that

See **OUTLOOK**, 9 ►

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

At 94, Nick Pappas still recalls WWII events

Newark man participated in Greek Operations

By NIKO ZAVERO

NEWARK POST CONTRIBUTING WRITER

Some stories of World War II are truly untouched. Today, the stories are declassified, and Captain Nick Pappas of Newark can talk freely about his missions some 66 years after they happened.

At the age of 94, Pappas still

recalls the history he took part in World War II. During the war, he was sent to different parts of the world by the U.S.-initiated Office of Strategic Service and the British Intelligence.

Greece was the only country in Europe to get hit twice — once by Italy, once by Germany — during the war. At the request of President Franklin D. Roosevelt, a Greek Operational Group was formed in February 1943, with nearly 200 enlisted men and officers trained for foreign duty.

These men were to aid the armed resistance by Greek guerillas and

to force the withdrawal of 80,000 German troops.

Nick Pappas served as a first lieutenant in Group III of the Greek Operations. In February 1943, Pappas and his unit took the Island of Vies. Pappas said, "We beat the Germans in and we were the first ones on the island and to this day I am proud to say that. I led my men in and British Colonel Churchill was with me just before Normandy was branched off, sending groups of men to Normandy as three men detail — one radio, one British, one English, with two officers

jumping in before lines on June 6th 1944."

See **PAPPAS**, 9 ►

PHOTOS SPECIAL TO THE NEWARK POST

Lt. Nick Pappas, center, and to his right, a news correspondent, in Athens, Greece. Pappas took command of Group II after Lt. John Giannaris stepped on German Teller mine. Seven out of the 22 members are M.I.A.



Capt. Nick G. Pappas Retired O.S.S./C.I.A., U.S. Military wearing his Special Forces hat with pride. "We were President Franklin D. Roosevelt's first Proto-Commandos in U.S. history. He admired us and the 2761st Greek Battalion. In 1942 at Camp Carson, Colo., he visited," said Pappas.

UD event showcases apparel design

By Christine Neff

It's not a football game, a musical or theatrical performance. But members of the University of Delaware's Synergy group hope to draw Newark residents out to this unique campus event: a fashion runway show.

The event showcases clothing designed by students in UD's apparel design program. It has been held, annually, for about 20 years, and organizers say it has grown over the last three years into a more professional production.

This year's show, "Novella: the Stories We Tell," will be held on Saturday, May 5, in the Multipurpose rooms of the Trabant University Center. It starts at 8 p.m.

Three categories of clothing will hit the runway — open submission for sophomores and juniors, a "look for less" open to all students, and clothing collections designed by graduating seniors.

Professional Barbizon models will model the clothes, and judges in the fashion industry — representing Reebok, Women's World Daily, Philip Van Heusen, Elie Tahari and Walmart — will pick their favorites.

See **FASHION**, 9 ►

PHOTO SPECIAL TO THE NEWARK POST

LIFESTYLE

'We have no choice but to go in and attack'

► PAPPAS, from 8

In March 1944, while in Yugoslavia, Pappas was shot in the foot by the Germans. He was bloodied in the first burst of fire that came from the Germans, who were only 20 feet away, he said. "Those Germans had Shmizers and would shoot 750 rounds of armor piercing ammunition per minute at us," he said.

In September, Pappas' unit placed tire busters and mines on the Elason-Kozani road on each side of the bridge at Likhoudi. "I still recall those German trucks coming down that mountain; I gave orders to let the first German truck go through and then gave orders to attack and destroy the rest of the trucks. When we hit the German trucks we realized the Germans had heavy artillery loaded onto their trucks. The tremendous explosion rocked the earth and their trucks were blown to

smithereens. They were surprised and dazed. One of my men was so close to a German truck he was injured by the backfire of his Bazooka. We went up to them, and I started shouting in German, 'Lassen Sie Ihre Waffen fallen, oder Sie sterben.' Drop your weapons or die," he said.

In October 1944, Lt. Pappas and British Colonel C. Montgomery Woodhouse (the Allied Commander) led the unit in an attempt to strike the railroad lines. "We saw the Panzer-Zug (German Trains), Tanks, and many German motorcycles going up and down patrolling their area," said Pappas.

He and members of his unit disguised themselves as farmers drawn in a hay wagon by oxen towards the target. They cut straight through the middle and found themselves pinned down.

Pappas said his Major turned to him and asked, "What do we do

next?" Pappas told him, "We have no choice but to go in and attack, we will die fighting for the United States of America." He fought along side the Greek guerillas, General Aris Velouhiotis, and General Napoleon Zervas. To this day history recalls that they were indeed the first and only American combat unit to reach the Parthenon in Athens, Greece, in 1944.

The Allied Airborne assault took place over the Rhine River at Wesel, Germany on March 24, 1945. More than 1,000 troop transports and 18,000 other allied paratroopers in two divisions

crossed the Rhine River. Pappas' paratroopers were off-course due to foggy weather.

"It was a bloody nightmare," said Pappas. "I got stuck on a tree — my feet were not even on the ground — and we were getting shot at from every angle. Explosions were heard coming from the forest."

Pappas led his company across the Rhine river into Germany with veteran "OGS" on March 24, 1945. "Today I am 94 years old and proud to have served my country and damn proud to be American," he said.



Nick Pappas

Student group plans show

► FASHION, from 8

The show is organized by Synergy members. About 60 students participate in the group, which starts planning in the fall semester for the annual spring fashion event.

Organizing a fashion show can be hard work, but students say they gain a lot from the experience. "It teaches us to work with time constraints and take responsibility," said senior Jillana Yuska.

"It also helps us keep our garments really professional and really clean and really perfect. In the back of our minds, it's always, 'well, I want it to look good going down the runway,'" said senior Amy Lieberman.

Apparel design and fashion merchandising are large and growing majors at the college, said Belinda Orzada, a faculty member and advisor for Synergy. About 400 students participate in the major. "This field has really grown in the last 10 years," she said.

The UD program focuses on technical skills, such as design and drawing, patternmaking and construction. The program is gaining esteem. "Our department has a good reputation among our peers. We're pretty well known, so word gets out. Our location, being so close to New York, is a draw as well," said Orzada.

Students are drawn to apparel design for a variety of reasons. "For me, it was learning how to change the fit of clothing and tailor things

to how I wanted it to be, instead of how you see it in the store," said Yuska.

Lieberman said she grew up close to New York City, "submerged in fashion culture."

Junior Liz Way said, "I've always been interested in a lot of things, but fashion was the only thing I really had an ongoing interest in over the years." She chose UD over art school so she could explore those other interests in elective classes.

The students said, after working together on class projects over the years and to plan the annual fashion show, they became something of a

family.

"The apparel design major really becomes a family at some point. You're with these people at all hours of the night. I've pulled all-nighters with all these girls," said senior Bari Cohen.

That family will be showing off its best designs at the Saturday, May 5, show. Tickets are \$10 in advance and \$15 at the door. Tickets can be purchased in kiosks at the Trabant University Center from noon-2 p.m., on May 2, 3 and 4, or at 211 Alison Hall West or by calling 831-8713.

Science camps

► OUTLOOK, from 8

New Castle County 4-H provides:

- Jr. Scientist Camp — a three day residential camp for 8-11 year olds experiencing hands-on science fun held at Camp Barnes in Frankford, DE

- ECO Quest Camp — two week camp session for youth ages 8-11 of nonstop environmental activities based out of St.

Andrew's School in Middletown, DE

- 4-H Science Camp — campers 8-11 years old select a week long science concentration from NASA, Robotics, Biological and Physical Sciences, Food/Health and Nutrition Science, Physical and Educational Science, and Environmental Science located at Townsend Hall in Newark, DE

- 4-H Biotechnology Camp — a week filled with hands-on activities for youth entering 5th -8th grade who are interested in the forensic sciences, DNA, fingerprinting, and solving mysteries

An old proverb that describes our challenge in America today: If we want a year's worth of prosperity, grow grain. If we want ten years prosperity, grow trees. If we want 100 years prosperity, grow people.

We're excited about the program efforts planned for this summer. Let's work as a community to help our youth grow and possess a strong background in Science, Engineering, and Technology!! This is our way of helping our communities "Live long and pros-

Solution to The Post Stumper on Page 11.



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Diversions

THEATRE • EVENTS • EXHIBITS • NIGHTLIFE • MEETINGS

FRIDAY

27

LIVE MUSIC 9 p.m. Featuring "Bellefont," alternative rock group. Home Grown Café, 126 E. Main, Newark. Info, 266-6993.

PRESCHOOL PROM 6:30 - 8 p.m. A special evening of elegance for preschoolers ages 2 - 5 with a parent, sponsored by the Newark Parks and Recreation Department. Newark residents \$10, non-residents \$15. George Wilson Center, Newark. Info, 366-7060.

DANCE PERFORMANCE 7:30 p.m. The UD Dragonfly Dance Group performs Chinese dances.

Newark Free Library, 750 Library Ave., Newark. Info, 731-7550.

ANIMAL PROGRAM 7 p.m. Hike to Millstone Pond and learn about beavers. \$4. White Clay Creek State Park, 425 Wedgewood Rd., Newark. Info, 368-6900.

SQUARE DANCE 8 - 10:30 p.m. The 2x4 Square Dance Club will hold an early Cinco de Mayo Plus level square dance. \$7. Shue-Medill School, 1550 Capitol Trail, Newark. Info, 349-4311.

THEATRE PROGRAM 7:30 p.m. Also Saturday, April 28. CCC's Young People's Theatre presents, "Teen Angel." Cecil Community College, Performing Arts Hall, 107 Railroad Ave., Elkton, Md. Info, 410-392-3366.

■ SATURDAY, APRIL 28

LOIS YOUNG SHOW 10:30 a.m. "Puddles, Buckets and Boots Musical." Puppets, songs and audience participation. Kids dress as a garden fairy or wear rain hats, coats or boots. Bring a bucket, toy frog, insect or piggy. \$6. The New Century Club, 201 E. Delaware Ave., Newark. Info, 456-9227.

LIVE MUSIC 9:30 p.m. Featuring "3 Legged Fox." Deer Park Tavern, 108 W. Main, Newark. Info, 369-9414.

LIVE MUSIC 9 p.m. Featuring "Delaware Rag." Home Grown Café, 126 E. Main, Newark. Info, 266-6993.

CONCERT 8 p.m. UD's Dept. of Music presents the chorale on tour. Adults \$12, students \$3. Loudis Recital Hall, Amstel Avenue and Orchard Road, Newark. Info, 831-2577.

AG DAY 10 a.m. - 4 p.m. "Rooted in the Past - Branching into the future." Food, exhibits, entertainment, children's activities and more. Free. Townsend Hall, Newark. Info, 831-2506.

TRAIL RACE 7:30 a.m. The 10th annual running of the Trail Triple Crown

GET DOWN ON THE FARM



Visit the grounds of the University of Delaware's Townsend Hall adjacent to the UD Farm for Ag Day 2007 on Saturday, April 28, from 10 a.m. to 4 p.m. The annual community event brings agriculture and natural resources to life for about 3,000 people who attend each year. This year's activities include educational exhibits, music, food, plant sales, livestock displays, children's games, pony rides and more. Parking and admission are free. Parking is available in UD's Field House/Ice Arena lots.

Race. Sponsored by Head of Christiana Presbyterian Church, Newark, to benefit area homeless shelters. White Clay Creek State Park, Carpenter Recreation Area, 425 Wedgewood Rd., Newark. Info, 731-4169.

LIVE & SILENT AUCTION 6 p.m. St. Elizabeth High School Alumni Association will host "St. E. By The Sea." \$35, includes music, food and drinks. St. E. Center, 1501 Cedar St., Wilmington. Info, 478-9323.

CHILDREN'S RESALE 9:30 a.m. - 1 p.m. Clothes, toys, kids furniture, and more. Cash only sales. St. Catherine of Siena (school gym), 2503 Centerville Rd., Wilmington. Info, 234-1925.

SPRING CONCERT/BENEFIT 7 p.m. Presenting the Wilmington Children's Chorus. Grand prize is an English Seaside Getaway. Adults \$15, seniors \$10, 16 and under free. First & Central Presbyterian Church, 1101 N. Market St., Wilmington. Info, 762-3637.

ARBOR DAY 9 a.m. - 6 p.m. Also Sunday, April 29. Weekend of fun, tree-focused events for the entire family. Included in general admission. Longwood Gardens, 1001 Longwood Rd., Kennett Square, Pa. Info, 610-388-1000.

■ SUNDAY, APRIL 29

CONCERT 3 p.m. UD's Dept. of Music presents the clarinet ensemble. Free. Gore Recital Hall, Orchard Road, Newark. Info, 831-2577.

RECITAL 8 p.m. UD's Dept. of Music presents guest pianist Susan Duer. Adults \$12, students \$3. Gore Recital Hall, Orchard Road, Newark. Info, 831-2577.

OPEN HOUSE 11 a.m. - 3 p.m. Tri-State Bird Rescue and Research invites the community to tour their facilities. Free, donations of white tissues and toilet paper accepted (used for bird nests). 110 Possum Hollow Rd., Newark. Info, 737-9543.

TAI CHI DAY 2 p.m. Tai Chi and Kung Fu demonstrations presented by Master Kevin Zhen Kang Sun and students. Free. Main Street and College Avenue, Newark. Info, 373-2918.

PERFORMANCE 8 p.m. Comedian Katt Williams. Ticket prices vary. UD's Gordon Fieldhouse, 149 Lomb Memorial Dr., Newark. Info, 658-7159.

WALK AND TEA 2 p.m. Explore the grounds of the Judge Morris Estate, tea and treats afterwards. \$10. White Clay Creek State Park, 425 Wedgewood Rd., Newark. Info, 368-6900.

MASON-DIXON RIDE 8 a.m. Bike the Mason Dixon Line to benefit the Delaware Chapter of the National Multiple Sclerosis Society. Middletown High School, Route 299, Middletown, Info, 655-5610.

■ MONDAY, APRIL 30

VIDEO 7:15 p.m. Presented by the local chapter of the Stop the North American Union Committee. Newark Free Library, 750 Library Ave., Newark. Info, 410-275-0061.

FILM 7 p.m. Pacem in Terris presents, "Votes for Sale," which focuses on the clean elections movement. Free. Westminster Presbyterian Church, Grace Hall, 1506 W. 13th St., Wilmington. Info, 656-2721.

■ TUESDAY, MAY 1

See **EVENTS, 11** ▶

■ FRIDAY, APRIL 27

TAI CHI 5 - 6 p.m. Friday, and Tuesday 6 - 7 p.m. Six week session; one class per week, \$110; two classes per week, \$125. Shaolin Martial Monks School, 181 Main St., Newark. Info, 373-2918.

■ SATURDAY, APRIL 28

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

KARAOKE 8 p.m. - 12 a.m. Saturday. The American Legion of Elkton, 129 W. Main St. Info, 410-398-9720.

POST-POLIO SUPPORT 10 a.m. - 12 p.m. Fourth Saturday. Easter Seal Independent Living Center, Reads Way, New Castle. Info, 369-3905 or 764-1714.

WOMAN'S MINISTRY Fourth Saturday. Meeting to unite and share fellowship. Dale United Methodist Church, 143 E. Lake St., Middletown. Info, 378-9744.

■ MONDAY, APRIL 29

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, 765-9740.

GUARDIANS' SUPPORT 6 - 8 p.m. Mondays. For grandparents and all those raising others' children.

Children and Families First, 62 N. Chapel St. Info, 658-5177, ext. 260.

NEWARK ROTARY CLUB 6:15 - 7:30 p.m. Mondays. Iron Hill Brewery, 147 E. Main, Newark. Info, 453-8853.

NCCO STROKE CLUB 12 p.m. Mondays. The Jewish Community Center, Talleyville. Info, 324-4444.

SCOTTISH DANCING 7:30 p.m. Mondays. St. Thomas Episcopal Church, 276 S. College Ave., Newark. Info, 366-0273.

ENGLISH CLASSES 1 and 7 p.m. Mondays. English Conversational Classes. Free. Newark United Methodist Church, 69 E. Main St., Newark. Info, 368-4942.

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.

SIMPLY JAZZERCISE 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. 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.

PILATES 11:30 a.m. - 12:30 p.m. Mondays, 9 - 10 a.m. Tuesdays, 6:45 - 7:45 p.m. Wednesdays, 10:15

MEETINGS

- 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 6:15 - 7 p.m. Mondays, Wednesdays and Fridays. Six week session; one class per week \$120, two classes per week \$144. 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. Six-week session, one time per week \$100, two times \$120, three times \$140. Shao Lin Tiger and Crane Kung Fu Academy, 280 E. Main, Newark. Info, 893-1549.

■ TUESDAY, MAY 1

HEALTHY HIKE 8 a.m. Hike the trails at the park. Park entrance fees in effect May 1. 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, 368-3052.

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.

TAI CHI 6:30 p.m. Tuesdays and Thursdays. Six-week session \$70. Shao Lin Tiger and Crane Kung Fu Academy, 280 E. Main St., Newark. Info, 893-1549.

CREATIONIST MEETING 7 p.m. First Tuesday. Scientific and Biblical Creationist Fellowship. Open to all people. Bible Fellowship Church, 808 Old Baltimore Pike, Newark. Info, 731-5395.

MOMS CLUB/NEWARK 9:30 a.m. First Tuesday. New Ark United Church of Christ, 300 E. Main St. Info, 454-1431.

STAMP GROUP 1 p.m. First and third Tuesday. Newark Senior Center, 200 White Chapel Dr. Info, 737-2336.

NEWARK LIONS 6:30 p.m. First and third Tuesday. Lions meeting with program. Holiday Inn, Route 273 and I-95. Info, 731-1972.

CANCER SUPPORT GROUP 7 p.m. First and third Tuesdays. Liberty Baptist Church, Red Lion Road, Bear. Info, 838-2060.

■ WEDNESDAY, MAY 2

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.

CONSTITUENT BREAKFAST 7:30 - 8:30 a.m. Wednesdays. Terry Schooley will attend to field questions and concerns. Eagle Diner, Elkton Road. Info, 577-8476.

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

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.

PANIC RELIEF 6:30 - 7:30 p.m. Wednesdays. Group now forming in Newark area. Overcome fears, anxiety and agoraphobia, and achieve positive self-image. Info, 732-940-9658.

DIVORCECARE 7 p.m. Wednesdays. Separated/divorced people meet. Praise Assembly, 1421 Old Baltimore

See **MEETINGS, 11** ▶

THE POST STUMPER

ACROSS

1 Balaam's
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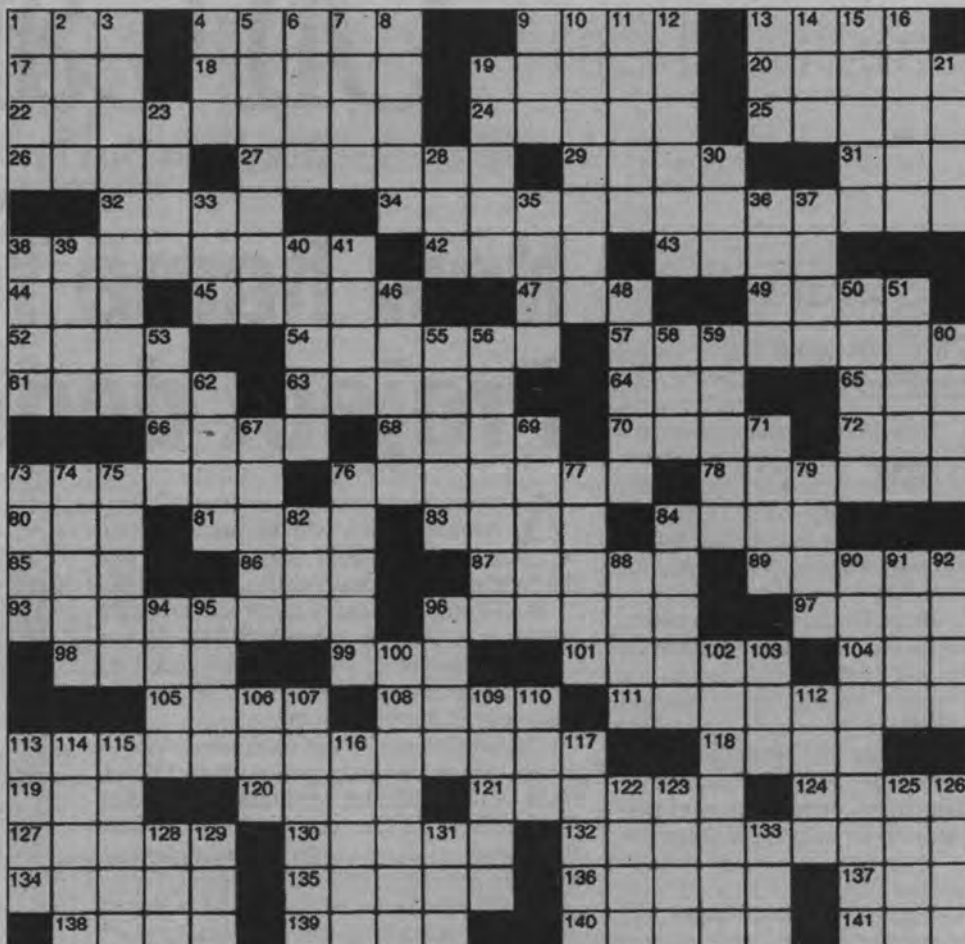
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► EVENTS, from 10

HISTORY FORUM 7 p.m. Local author, Ed Okonowicz, will present a program on Delaware's history entitled, "The Tales Tombstones Tell." Free. New Castle Public Library, 424 Delaware St. Old New Castle. Info, 328-1995.

CHAMBER MIXER 5:30 - 7:30 p.m. Wilmington College hosts New Castle County Chamber Networking Mixer. Chamber members \$10, non-members \$20. New Castle Campus. Info, 295-1164.

■ WEDNESDAY, MAY 2

CYBER SAFETY 7 p.m. Potluck Parenting Session. Caravel Academy, 2801 Del Laws Rd., Bear. Info, 834-8938 or email mperno@udel.edu.

ICE CREAM SPECIAL 5 - 10 p.m. Choose any flavor for 31-Cent Scoop Night. Benefits the National Fallen Firefighters Foundation. Baskin-Robbins, 51 E. Main, Newark.

TEDDY BEAR PICNIC 12 - 1:30 p.m. Bring your teddy bear (and lunch) out for an afternoon of fun. Cookies and juice provided. For ages 3 and up. Sponsored by Newark Parks and Recreation. Newark residents \$4, non-residents \$9. George Wilson Park, Newark. Info, 366-7060.

MARKETING WORKSHOP 5:45 - 8:45 p.m. Series of workshops presented by SCORE. First workshop: "Developing Your Market Plan." \$35 per workshop, \$100 for series. Newark Senior Center, 200 White Chapel Rd., Newark. Info, 573-6552.

■ THURSDAY, MAY 3

PERFORMANCE 8 p.m. UD's Dept. of Music presents the jazz ensemble. Adults \$12, seniors \$8, students \$3. Puglisi Orchestra Hall, Orchard Road, Newark. Info, 831-2577.

SEMINAR 7 - 8:30 p.m. "Facilitating Language Development in Children." For parents of children ages 0 - 6. Free. Alfred I. DuPont Hospital for Children, (3rd Floor), 1600 Rockland Rd., Wilmington. Info, 651-6050.

For a complete list of events visit our website: www.newarkpostonline.com

► MEETINGS, from 10

Pike. Info, 737-5040.

FAMILY CIRCLES 5:30 p.m. Wednesdays. Newark Senior Center, 200 White Chapel Dr. Info, 658-5177.

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.

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.

PROSTATE CANCER SUPPORT GROUP 6:30 p.m. Wednesdays. The American Cancer Society Office, 92 Reads Way, Suite 205, New Castle. Info, 234-4227.

SPINAL CORD INJURY SUPPORT GROUP 5 - 7 p.m. First Wednesday. Meetings feature speakers and the opportunity to speak with therapists and social workers. Wilmington Hospital, Floor 6, OT Gym. Info, 428-6669.

LA LECHE LEAGUE 9:45 a.m. First Wednesday. Meeting on breast-feeding and mothering. The Bible Fellowship

Church, Newark. Info, 838-9444.

MOMS CLUB/BEAR 9:30 a.m. First Wednesday. 345 School Bell Rd., Bear. Info, 832-2604.

MOM'S CLUB/NEWARK SOUTH 9:30 a.m. First Wednesday. The Bible Fellowship Church, Old Baltimore Pike, Newark. Info, 369-3461.

AT HOME MOTHERS CONNECTION 7:30 p.m. First and third Wednesday. Meeting for moms only. St. Barnabas Church, Duncan Road. Info, 610-274-2165.

■ THURSDAY, MAY 3

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

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

EVENING YOGA 6:15 p.m. Thursdays. Class to encourage relaxation and improve strength, balance and peace of mind. \$15 per month. Newark Senior Center, 200 White Chapel Dr. 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, 765-9740.

DIVORCECARE 7 - 8:30 p.m. Thursdays. Separated/divorced persons meet. Southern Chester County YMCA, East Baltimore Pike, Jennersville, Pa. Info, 610-869-2140.

NEWARK MORNING ROTARY 7 - 8:15 a.m. Thursdays. Meeting and breakfast. The Blue & Gold Club, Newark. Info, 737-1711 or 737-0724.

BLUEGRASS/OLDTIME JAM 7:30 - 10 p.m. Thursdays. Any skill level welcome. Bring your own instrument.

St. Thomas Episcopal Church, 276 S. College Ave., Newark. Info, 366-0273.

MOMS CLUB OF PIKE CREEK 9:30 a.m. First Thursday. Non-profit organization supporting stay-at-home-moms. All mothers are welcome. Limestone Presbyterian Church, 3201 Limestone Road. Info, 235-0126 or email pikecreekmomsclub@yahoo.com.

POTPOURRI - A COMBINATION OF INCONGRUOUS THINGS 4 p.m. First Thursday. Ages 7 and older. Pre-registration necessary. Limited to 20 children. The New Castle Public Library, 424 Delaware St. Info, 328-1995.

TRICKS OF THE TRADE 7 p.m. First Thursday. Real estate seminar on home buying and selling. Free. Refreshments will be provided, seating is limited. DEXTA Federal Credit Union, 300 Foulk Rd. Wilmington, Info, 772-1200.

MIDDLETOWN LUNCHEON GROUP 12 - 2 p.m. First Thursday. MS Support. McGlynn's Pub & Restaurant, 108 Peoples Plaza, Glasgow. Info, 378-2573.

For a complete list of meetings visit our website: www.newarkpostonline.com

Spring Festival
Saturday April 28, 9am - 3pm

Display Premium Quality Plants
Trees, Shrubs, Perennials, Annuals,
Tropicals and Water Plants

FREE Activities for the entire family
For the kids: Face painting, balloons,
cotton candy and hay rides.

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Rain / Shine

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**26th Annual Havre de Grace
Decoy & Wildlife Art Festival**
May 4, 5, & 6
Fri: 6 - 9 pm Sat: 9 - 5 Sun: 10 - 4

**HAVRE DE GRACE
DECOY MUSEUM**

Carving Competitions, Children's Activities
Live and Silent Auctions
J. Evans McKinney Old Decoy Contest
Admission: \$6 per day or \$10 for weekend Children under 12 free
More Information: Havre de Grace Decoy Museum 410-939-3739

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On Campus

NEWS FOR NEWARK FROM THE UNIVERSITY OF DELAWARE

BRIEFLY

Perils of walking topic of talk

"The Perils of Being Bipedal," walking on two legs, is the subject of a lecture scheduled for 3 p.m., Friday, April 27, in 117 Gore Hall, South College Avenue at Amstel Avenue, on the University of Delaware's Newark campus.

Bruce Latimer, executive director of the Cleveland Museum of Natural History, will discuss the evolution of walking in humans and the resulting pains and aches that upright walking has caused.

Of all human evolutionary adaptations, perhaps the most pervasive in its anatomical influence is bipedality — the ability to walk habitually on two legs. Human bipedality is associated with a host of physical maladies that are also uniquely human. Hernias, fallen arches, broken hips, osteoporosis and back problems are just some of the concerns associated with the human condition.

Latimer will discuss the anatomical adaptations that resulted in the evolutionary transition to bipedality and some of the physical ramifications of this unique style of walking.

His UD talk is sponsored by the department of physical therapy and is part of the biomechanics and movement sciences program seminar series. The talk is free and open to the public.

MFA art exhibition on view in Philly

University of Delaware master of fine arts candidates graduating this spring will display their work in a group exhibition at the Crane Building, located in Philadelphia's South Kensington neighborhood, from Wednesday, May 2, through Saturday, May 19.

The thesis exhibition of UD's MFA class of 2007, the show will include works of art in many different media and genres, including abstract and representational drawings, paintings, photographs, sculptures, prints and mixed-media creations.

An artist reception for the show, which is free and open to the public, is set for 6-9 p.m., Saturday, May 12, at the Crane Building (which includes several studios and suites, as well as the Ice Box Project Space and the Stable). The Crane building is located at 1400 N. American St., Philadelphia.

Both exhibition and reception are sponsored by UD's Department of Art. For more information, call (302) 831-2244.

New home for Total Life Project dedicated near campus

A new two-story house on South College Avenue which will be home to four post-high school young adults with disabilities, was formally dedicated April 18.

Built by the Homes For Life Foundation, the residence is the 24th house built in Delaware by the foundation, which was founded by Micki Edelson and her husband, Wilmington neurologist Lanny Edelson.

The home is part of the Total Life Project, a model demonstration transition project developed by UD's Center for Disability Studies. The mission of the project is to enhance the quality of life of individuals by promoting empowerment, choice, community inclusion, independence and pursuit of personal, vocational, residential and recreational goals. Michael Gamel-McCormick, interim chairperson of the Department of Individual and Family Studies, director of the Center for Disabilities Studies and professor of individual and family studies, said.

During the dedication ceremony, Howard E. Cosgrove, chairman of the Board of Trustees, presented University of Delaware Medals of Distinction to the Edelsons, who have been raising funds to assist individuals with disabilities for the last three decades.

The Edelsons previously obtained \$1 million in donations to endow the Robert Edelson Chair in Disabilities Studies at the University. Steven M. Eidelman, former executive director of The Arc of the United States, the primary national organization of and for people with cognitive and related develop-



UD PHOTO BY DUANE PERRY

Cutting a ribbon to mark the official opening of the new Total Life Project home on South College Avenue are, from left, UD President David P. Roselle, Robert Edelson, Andrew Edelson, Micki Edelson, Lanny Edelson and Howard E. Cosgrove, chairman of the UD Board of Trustees.

mental disabilities, was named UD's first Robert Edelson Chair in Disabilities Studies in 2005. The chair is named for the Edelsons' son, who lives in a similar group home in Wilmington.

The brick-front house, which will accom-

modate four participants, has three two-room suites, each equipped with a refrigerator, toaster and microwave oven. A full kitchen and commons area for the use of all participants is also available. The first participants will move into the house in the fall.

Three UD students win Goldwater Scholarships

Three University of Delaware students — Vivek Desai, a junior cellular and molecular biology and philosophy double major with minors in biochemistry, religious studies and anthropology from Newark; Brian Grindel, a junior biology major from Claymont; and Patrick Knerr, a junior biochemistry major with biology and philosophy minors from Emmaus, Pa. — have been awarded 2007-08 academic year scholarships by the Barry M. Goldwater Scholarship and Excellence in Education Foundation.

The scholarship program, honoring the late U.S. Sen. Barry M. Goldwater of Arizona, is designed to encourage outstanding students to pursue careers in the fields of mathematics, the natural sciences and engineering. The Goldwater Scholarship, the premier undergraduate award of its type in these fields, covers the cost of tuition, fees, books and room and board up to \$7,500 per year.

Desai, who has been conducting research in the molecular details of secondary cataract problems that a high percentage of people are facing in many less developed countries, said the scholarship will height-

en his confidence and interest in his pursuit of a career as a scientific researcher.

Grindel, who has been studying a protein called ERp57 and its expression and regulation in hepatocellular carcinoma, commonly known as liver cancer, said the scholarship will boost his plans for graduate school and a career as a researcher at a university. His adviser is Mary Farach-Carson, professor of biological sciences.

Knerr, whose adviser is Joel Schneider, associate professor of chemistry and biochemistry, has been conducting research in the design of metal-triggered peptide hydrogels for use in biomedical applications, such as tissue engineering. He is planning to give presentations of his work at the American Society for Biochemistry and Molecular Biology conference in Washington, D.C., at the American Peptide Symposium in Montreal and at the Beckman Symposium in Newport Beach, Calif.

This year's Goldwater Scholars were selected on the basis of academic merit from a field of 1,110 mathematics, science and engineering students who are nominated by the faculties of colleges and universities nationwide.



Vivek Desai, a junior cellular and molecular biology and philosophy double major with minors in biochemistry, religious studies and anthropology from Newark, is among three winners of a Goldwater Scholarship.

CAMPUS NEWS

UD prof receives NSF award for block copolymers research

Thomas H. Epps III, assistant professor of chemical engineering at the University of Delaware, is the recipient of a prestigious Faculty Early Career Development Award from the National Science Foundation (NSF). The five-year, \$460,000 grant will support Epps' research and education program on block copolymers.

The self-assembling, nanoscale materials are formed by combining two or more distinct polymer chains. They are advancing the development of the next-generation of high-performance materials, from more efficient fuel cells to chemical-resistant, yet breathable clothing.

The award, which is highly competitive, is bestowed on those scientists deemed most likely to become the academic leaders of the 21st century.

The materials that Epps is developing contain structures that are a thousand times smaller than

the diameter of a human hair and represent the "best of both worlds" because they combine the properties of two or more different polymers.

"An example is to take poly(isoprene), which is found in a rubber band, and chemically

bind it to poly(styrene), which is found in a Styrofoam cup," Epps explained. "By combining these two polymers, you would get the properties of both — resulting in an elastic, rubbery material with structural and thermal stability, such as a passenger car tire."

Epps says the beauty of block

copolymers is that they self-assemble, which makes them a cheaper alternative to the laser-generated templates currently used in semiconductor fabrication, and that also enhances their potential for membrane and separation applications.

Epps received his bachelor's and master's degrees in chemical engi-

neering from the Massachusetts Institute of Technology and his doctorate in chemical engineering from the University of Minnesota.

Before joining UD, he completed a National Research Council Postdoctoral Fellowship at the National Institute for Standards and Technology.



UD PHOTO BY KATHY F. ATKINSON

Thomas Epps III, UD assistant professor of chemical engineering, is developing nanoscale membranes for the next generation of materials, from fuel cells to protective clothing.

Comcast to bring 800 jobs to greater Newark area

Governor Ruth Ann Minner announced Tuesday, April 17, that Comcast Cable's Eastern Division plans to open a new, state-of-the-art customer support center in Newark that would add more than 800 jobs to Delaware's workforce.

"In a global marketplace where more companies are outsourcing customer service jobs overseas, I am very pleased that Comcast has committed to further investment and continued growth here in Delaware," said Minner. "It is a testament to our state's economic environment and quality of life, and I look forward to Comcast's expansion and continued commitment to Delaware."

Comcast expects to hire about 300 employees in Delaware for its new support center by the end of 2007 and expects to hire approximately 500 more employees in the state in 2008. The company currently has about 1,300 employees throughout the state. The new center will have no impact on the operations or employment at their current call center located in New Castle County, which employs approximately 550 people. The new customer support center will handle customer service, sales and support for all Comcast products and services. Comcast expects to have its first employees situated there late this summer, with a grand opening event slated for the end of the year.

Comcast plans to invest an estimated \$5.2 million in 2007 and an additional \$2.8 million in 2008 for capital expenditures at the site at 300 North Wakefield Drive near University Plaza Office Park. Delaware Economic Development Office also recommended for

Comcast a performance-based Strategic Fund Grant in the amount \$266,916 for sustainable wage jobs with base salaries of more than \$40,000. The investment will have a value-added impact of \$15.6 million on Delaware's economy.

"This is a positive shot in the arm for the Newark region," said DEDO Director Judy McKinney-Cherry. "As a result of Delaware's high concentration of credit card and other banking activity, we have become a preferred location on the eastern seaboard for both data and call centers. We welcome the addition of Comcast as another quality company and employer, joining the long list of premier companies that have chosen Delaware as a location to start and grow their businesses."

The 115,000-square-foot center will provide support for Comcast customers in the northern Delaware and greater Philadelphia areas. The space located just off Interstate 95 will feature state-of-the-art technology and employee-oriented amenities, such as an exercise center, cafeteria, auditorium, training/meeting facilities and on-site parking.

"Comcast's expansion will bring hundreds of new job opportunities and a renewed commitment to our community by a well-respected corporate citizen. I'd like to thank Governor Ruth Ann Minner and the Delaware Economic Development Office for leading the effort to bring the new Comcast customer support center to New Castle County," said New Castle County Executive Chris Coons. "Today's news reminds us that New Castle County's economy is strong, and our economic outlook remains bright."

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IN THE NEWS

Being a PTA member is vital to school environment

► SCHOOLS, from 1

which was at Jones Elementary School."

Sutton-Saffer was previously a member of the Gauger-Cobbs Middle School PTA and is presently a member of the Glasgow High School PTA, the Special Needs Christina/Red Clay PTA, and the Thurgood Marshall Elementary School PTA. "I believe that being a PTA member is vital in creating a positive school environment for our students and teachers," she said. "I also served on the

Finance Review Committee for the past referendum [in Christina District]."

Sutton-Saffer attended New Jersey Community College and worked as a credit manager for Borg-Warner and for Burns International Security Services in New Jersey. Since moving to Delaware, Sutton-Saffer has been employed in the finance departments at Avon Products Inc., M. Davis & Sons, and Hercules Incorporated.

A resident of Kapok Drive in Christiana, Sutton-Saffer and her husband have a 15-year-old son

attending Glasgow High School and a 10-year-old daughter at Thurgood Marshall Elementary School. "I want to be on the school board to represent all of our children, specifically those in Special Ed classes," Sutton-Saffer said. "These children are entitled to a quality education and want to be part of our communities and schools like everyone else."

Brockenbrough, the former controller for finances at Wilmington College, was named vice president for the division of administration and finance at Bowie State

University in Maryland on Feb. 8. Brockenbrough assumed his new post on March 1 and resigned his seat on the Christina board as of April 1.

School board members serve a five-year term. Elected-by-default, Sutton-Saffer will serve until 2012.

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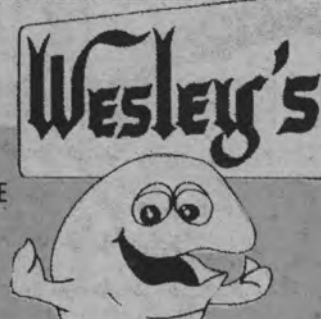
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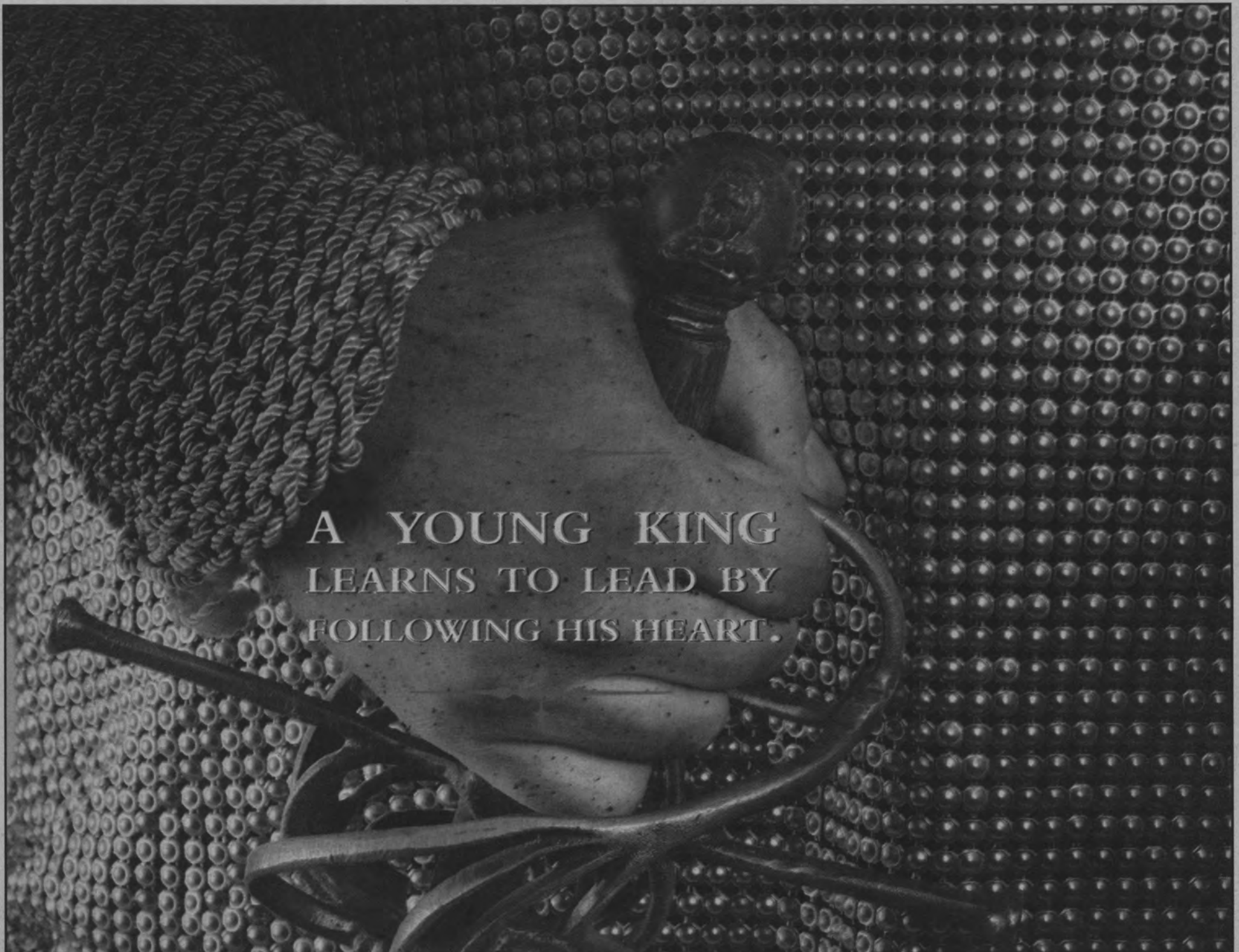
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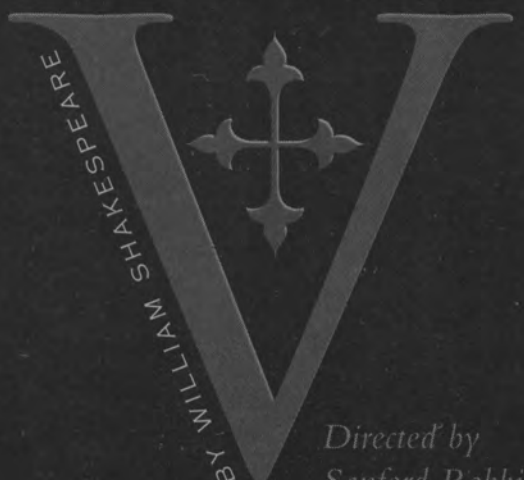
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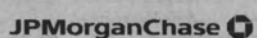
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Sports

HIGH SCHOOLS UNIVERSITY OF DELAWARE • LEAGUES

Spiese a hit on the mound

By TOM TOMASHEK

NEWARK POST STAFF WRITER

Steve Spiese is a former infielder who is giving the University of Delaware baseball team some welcome relief.

After two years playing second base and shortstop at Wilmington College, the junior right-hander and Newark High graduate transferred to UD last fall who has been effective out of the bullpen. Last Saturday, he pitched three solid innings against Old Dominion, and although Delaware lost 4-0, coach Jim Sherman had no complaints about Spiese's effort.

"He gave us a chance to put something together and win," Sherman said of the 6-foot-3, 210-pound Spiese's three scoreless innings in the 4-0 loss. "It was just unfortunate that the kid from Old Dominion had an exceptional day. Our pitching has improved in the last couple weeks and Steve has definitely been one of the components."

Spiese isn't Delaware's regular closer. That duty belongs to David Slovak who made 21 appearances in what through last Sunday was a 15-18 season. The 6-foot-3, 210-pound transfer is simply a work in progress, a hard-throwing right-hander being groomed as setup man and backup closer after played most of his ball in the infield. His appearance Saturday was only the eighth for the local product, but his limited statistics are linked more to tendinitis in his right elbow than to the transition. He missed nearly two weeks earlier this season because of the elbow.

"I had the same injury last fall and wound up in rehabilitation," Spiese said. "I was 100 percent cleared by the start of winter practice, but it began to hurt again in late March. It wasn't unbearable, but it hurt. I'm still sore the day after I throw, but that's not unusual."

Spiese said playing at the Division I level has been a dream since his high school days at Newark High, where he lettered four times in baseball and football and three in basketball. He

See SPIESE, 17 ►

Newark rallies past Sallies

Win keeps Jackets undefeated

By JOE BACKER

NEWARK POST STAFF WRITER

Late inning heroics helped Newark slip past Salesianum 4-3 Monday afternoon in a non-conference contest played on the Sals home field.

Newark improved to 9-0 on the season, while the Sals fell to 6-4.

Jackets outfielder Billy Morton again provided the offensive fireworks. Coming into the game Morton was batting around .500 for the season, and had the game-winning hit against William Penn.

Trailing by a run in the top of the seventh, Morton crushed a two-out double to left field with Brandon Ellis and Chad Lane aboard.

The blast gave Newark a 4-3 lead, and ultimately the hard-fought victory.

Morton's shot came off reliever Gabe Deacanis, who tried to finish the game for Sals starter Paul Cusick.

"Deacanis got down in the count 2-0, so I knew he's coming with a strike, but he left it right down the middle of the plate," said Morton.

Senior righthander Ryan Perkins provided some clutch pitching for Newark with a complete game victory.

Perkins gave up two first-inning runs, but settled down the rest of the way. He gave up seven hits, two walks, struck out five,



POST PHOTO BY BILL LINDSEY

Newark baserunner Jaxon Brown scores on a close play at home during the Jackets' win over Sallies.

and hit two batters over his seven innings of work.

Salesianum grabbed a 2-0 lead in the bottom of the first an RBI double by Anthony DiFrancesco and a run scoring single by DH John Rolewicz.

The Sals threatened to score more, but catcher Billy Crowe bounced into an inning-ending double play.

Rolewicz added another RBI in the third, when his second single of the game brought Mike Ricciuti home for a 3-0 Sals lead.

Newark broke up Cusick's shutout bid in the top of the sixth.

Jared Keith struck out to start the inning, but the ball skipped past the Sals' catcher, allowing Keith to reach first.

After Morton singled, Joe Brown knocked in a run on a ground out to third.

Perkins was then hit by a pitch, and replaced at first by courtesy runner Jaxon Brown.

Jacket's catcher Andrew Young grounded to third, but Di Francesco threw the ball wide of first for an error, allowing Brown to score, and cutting Newark's deficit to 3-2.

Earlier, Brown was cut down at the plate in the second inning while running for Perkins on a

great defensive play by Cusick.

"This was one of those find-a-way to win games," said Newark coach Butch Simpson.

"They scored a couple of runs early, but Perkins was hanging in there, and we've been playing well defensively, and we turned several double plays to keep us in the game," he said.

Simpson added that good teams believe in themselves, and find ways to win games against quality ball clubs.

"But I'm proud of these guys because of their youthful spirits, believing in one another, and this was a good team win for us."

Scott elected for state Hall of Fame

By JOE BACKER

NEWARK POST STAFF WRITER

Retired football coach Vinne Scott has been named to the Delaware Sports Museum and Hall of Fame Class of 2007.

Scott coached football at St. Mark's High School for 13 successful seasons, and he taught social studies and economics at the school for sixteen years. His coaching career spanned 45 years in a variety of sports.

Prior to teaching at St. Marks, Scott also coached basketball at Conrad and McKean High Schools, and later coached foot-

ball at Delcastle Technical High School.

He was a graduate of Salesianum High School and the University of Maryland, where he excelled as a football player. He signed a pro contract with the Baltimore Colts in 1961, but decided early in life that teaching and coaching were his passions.

St. Mark's Athletic Director Tom Rosa said he was happy to have Scott at his school.



"Vinnie was always a gentleman, on and off the field or court. I used to coach against him, so when he called me one time, and said he was thinking about retiring from the public school system, I suggested he come on over to St. Mark's, and the rest is history."

Scott was known as a great teacher of his students. He definitely had the respect of his players.

"He was a successful player

in high school college and in the pros, so he was very self-confident and relaxed when he coached our football team," said Rosa.

"Some young coaches feel they need to yell at their players, but I never heard Vinnie do that. He was always a teacher, even out on the football field."

Before Scott arrived at St. Mark's, the team had several losing seasons.

"But right away, he helped turn the football program around. His first two years the teams went 5-5, then moved up to a 7-3 record,

See SCOTT, 17 ►

SPORTS

Former Jacket bolsters Hens Scott honored by state

► SPIESE, from 16

was co-captain in his junior and senior seasons when Newark High finished second to St. Mark's in the high school baseball championships. The son of Steven and Terreasa Spiese considered attending a junior college out of high school, but decided to stick closer to home and enrolled at Wilmington College, a Division II program in which he started two seasons in the infield and was an academic All-America each season.

"I was aware of Steve at Newark High, but he was an infielder and we already were set in the infield," Sherman said. "But after last season he expressed an interest in Delaware and Brian August [Wilmington College coach and a former Blue Hen] agreed to give him a waiver.

"I wasn't certain what he could do for us, but he pitched in the Semi-pro League last summer and when I saw him I said, 'Yep, this is going to work.' He had good velocity and he had an excellent slider."

In 13 innings for the Blue Hens through Sunday, Spiese struck out 15 batters against only four walks. The highly-athletic Spiese has good running speed, too, having stole 18 bases last spring at Wilmington College and has been occasionally used as a pinch runner. But Sherman covets the transfer as a "pure pitcher"

working out of the bullpen and by next year could be used as a part-time starter.

"He gets the ball up there, 88, 89, possibly touching 90 miles per hour at times," Sherman said. "And as I said, he has that slider. Having been an infielder, his throwing motion is possibly a factor in his tendinitis and we'll have to work on that."

Spiese didn't start his college pitching career from scratch. He threw a great deal in his junior year of high school and pitched occasionally as a Newark senior and during his two years at Wilmington College. He was blessed with a strong arm and developed his slider with the help of Newark baseball assistant Tim Bower.

Spiese, a sports management major, said playing Division I baseball is that much more special competing for his home-state university close his family that includes brother, Erec, who briefly played football at UD several years ago. In light of his progress, Spiese was asked if he coveted eventually becoming a starter, but he insisted that he's content with his present role.

"In my case, I want to do whatever will help," he said. "I sort of like coming out of the pen, but then I've never started a [Delaware] game so I couldn't really say. I just know that this summer I'm going to spend more time concentrating on pitching and establishing a strong condi-

tioning program."

For now, he's a reliever for a team on a CAA mission. The Hens will head for Northeastern next weekend for a three-game set, perched in eighth place but only a half game out of fifth and within reasonable reach of second place with more than 25 conference games left. Now that UD's pitching has solidified and the Blue Hens won eight of their last 10 games through Sunday, Sherman is confidently approaching the second half of the CAA schedule.

"There are a lot of teams bunched up, and we've been playing well," Sherman said. "We definitely are in control of our destiny." And a portion of the coach's optimism rests on the strong right arm of a local kid who arrived late but at the right time.

► SCOTT, from 16

and was successful just about all 13 years here at St. Marks."

Salesianum head football coach Bill DiNardo echoed Rosa's sentiments. "He was always a gentleman in the coaching profession, and I would consider him a first class guy," said DiNardo. "He was an exemplary coach who got the most out of his players, and always had his teams well-prepared for every situation on the field."

DiNardo said he only coached once against Scott on the football gridiron, in December, 2003.

"That was my last year coaching at Middletown. We were playing St. Mark's in the semifinal round, and we ran into a buzz-saw that night," he recalled.

After stepping down at St. Mark's two years ago, Scott was

replaced by John Wilson, who was an assistant under Scott, and played for him at Delcastle High School.

"Vinnie came on board (at Delcastle) when I was a sophomore," said Wilson. "From that moment on, he was the guy who reinforced the same type of values my parents had. He is just a great guy all around."

Wilson said Scott was always very organized and paid attention to every little detail.

"He taught me a lot of life's lessons, but he also taught me was to me myself, and to be my own type of coach," said Wilson. "I wouldn't be here at St. Mark's now if it wasn't for Vinnie, since he got me a coaching position. I've been very fortunate to know him and to have had some opportunities through him," he said.

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IN THE NEWS

Millyard will have nine, two-story apartments

► COUNCIL, from 1

the Delaware Avenue intersection.

In its place will be built a new brick and stone building with about 8,700 square feet dedicated to commercial uses and nine, two-story apartments making up the upper floors.

Developer Jeff Lang said the existing structure – a home over the years to an offloading area

for grain and a variety of restaurants and shops – could not be preserved. “The present building has a great deal of maintenance issues, structural repair issues,” he said.

The design of the new building resembles that of two other Lang Development Group projects in Newark: Pomeroy Station on E. Main Street and Madeline’s Crossing on Elkton Road.

A 55-space parking lot will be split into two parts with park-

ing on both sides of the building, much like the current layout. Two parking places will be dedicated to each apartment, said Lang.

Lang said he envisioned this project fostering the extension of Newark’s vibrant downtown area into Elkton Road, which could, in turn, become more pedestrian-friendly. “I think what this project could begin to do is reshape our thinking towards Elkton Road,” he said.

Several of the city councilmen agreed with Lang and his vision for the area. “This will have the effect of essentially wrapping

Main Street around the corner and starting it down the road. I think that is a positive,” said Councilman Doug Tuttle.

Councilman Jerry Clifton said, though he supported the project, he found the proposed building design to be “a little plain.” “I can’t say it’s a design that really brings me in or draws me in,” he said.

Councilman Paul Pomeroy encouraged the developers to take into account that the Millyard will be one of the first buildings people see when they turn onto Elkton Road from Main Street.

He said he supported the project and saw it as the start of “the renaissance of that general area.”

The end of Elkton Road near Main Street has seen some changes, recently, with council’s approval of a project to redevelop the corner of Amstel Avenue and Elkton Road, longtime home of the Trap restaurant. When completed, the Amstel Square project will add retail space and 22 apartments to the area.

DelDOT has completed a study of Elkton Road and made recommendations for improvements, though the project has not yet been funded. The proposal calls for a two-lane roadway with a center turn lane and more pedestrian-friendly amenities in the section of Elkton Road from Apple Road to Delaware Avenue.

Council voted 7 to 0 in favor of the Millyard project.

Also at Monday’s meeting:

Council voted to approve a development project known as CampusSide that calls for 10 townhouse-style apartments to be built on land south of the George Wilson Center. The nearly one-acre lot is across the street from the University of Delaware’s Courtyard by Marriott Hotel and Laird Campus.

Three single homes at 279, 281 and 285 New London Road will be demolished for the project to proceed. In place of the homes, developers will erect two buildings – one with six apartments and one with four apartments. Each apartment will have four bedrooms and a three-car garage in a basement level, said developer Kevin Mayhew.

The project received a unanimous vote of support from council. “I think this will be a great improvement over what is currently there,” said Councilman Frank Osborne.

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IN THE NEWS

Volunteers cleaned parks, roadways

► CLEANUP, from 1

companies, spread out through the city to pick up trash and debris on public land as part of the city's 37th annual Community Clean Up.

Volunteers performed a spring cleaning at several city parks, the

site of the future Pomeroy Trail adjacent to the Newark Shopping Center and along roadways that included the Christina Parkway and a section of Route 896.

Chrysler employees could be seen picking up trash along the Christina Parkway. By 9:20 a.m., volunteers Willa Gaines and Charlie Calvert had collected

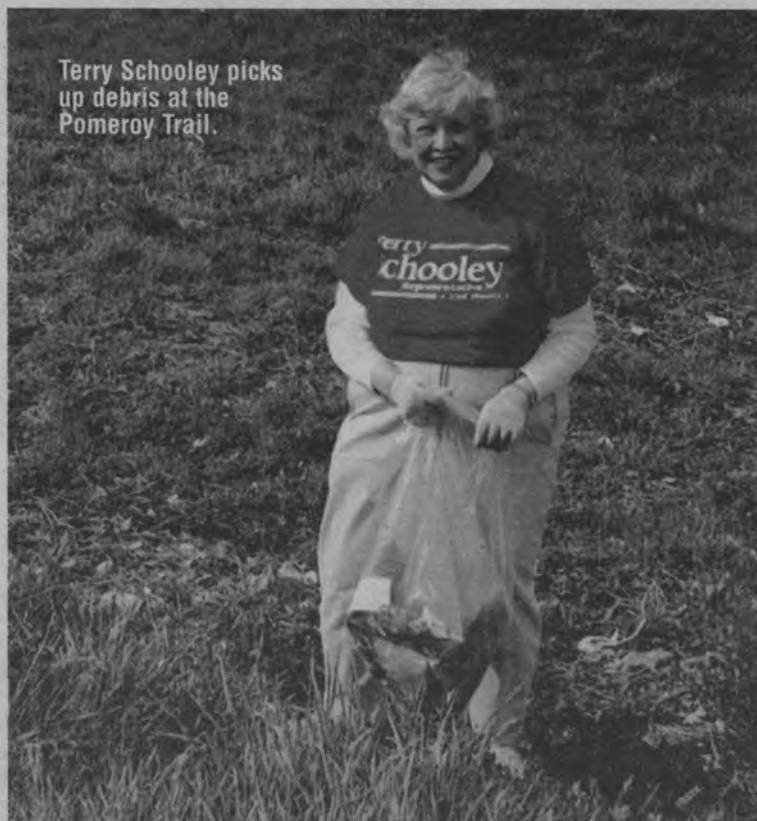
already several bags of debris as they walked up the shoulder of the roadway.

Across town, near the city's water tower on Route 896, Kristin Briem and her family were busy finding and depositing debris in large garbage bags. Their finds

included a set of animal bones.

Briem said her family, native of Iceland, was enjoying the event and the warm, sunny weather. "When we checked the weather forecast this morning, we said, 'okay, we have to do this,'" she said.

The annual Community Clean Up was sponsored by the DaimlerChrysler Newark Assembly Plant, DuPont, Rohm and Haas Electronic Materials, the Newark Landlords Association, Newark Lions Club and the University of Delaware.



Terry Schooley picks up debris at the Pomeroy Trail.

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NEWARK POST/THE POST

IN THE NEWS

Annual trail races benefit area homeless

The public is invited to the 10th annual running of the Trail Triple Crown Race on Saturday, April 28 at the Carpenter Recreation Area of White Clay Creek State Park.

This event for runners and walkers of all skill levels occurs rain or shine. Proceeds benefit local homeless shelters and hunger abatement programs.

The Trail Triple Crown is sponsored by Head of Christiana Presbyterian Church and the Trail Dawgs Runners. Last year, more than 500 individuals registered for the race, resulting in donations of \$10,000 to local missions. This year, recipients include the Elkton Men's Shelter, the Newark Area Welfare Committee, Friendship House, and Meeting Ground.

The Rev. Jane Ritterson of Head of Christiana Presbyterian Church said she is looking forward to participating in her second trail race. "The Head of Christiana Trail Triple Crown is a mission project, a community event and a huge church fellowship event all rolled into one. Nearly the entire congregation comes out to support the day as we take registrations, cut up

bagels and fruit to nourish the runners, monitor the course and the water stations and cook and serve a barbecue lunch. This is the church at its best," she said.

Race times are staggered throughout the morning. The half-marathon and full marathon start at 7:30 a.m. The 10K begins at 10 a.m., and the 5K run/walk leaves the start at 11:15 a.m. Runners may enter the Triple Crown, consisting of the 5K, 10K, and half-marathon. Awards are given to top finishers in each race, and all runners are treated to a Survivors' Barbecue at noon.

Course details, maps, fees, registration options, and other information are available online at <http://www.udel.edu/johnmack/traildawgs/tc/>. Advance registration is encouraged, and includes a free T-shirt. Registrations also are accepted on race day.

Head of Christiana Presbyterian Church celebrated its 300th anniversary in 2006. The church is located at 1100 Church Road, just west of Newark off of Rt. 273 near the Maryland border. More information is available at www.headofchristiana.org, or by calling 302-731-4169.

Council to review sprinkler ordinance

Newark City Council will review an ordinance to allow an exception to the city's strict sprinkler code at its next meeting.

The ordinance was tabled at the Feb. 26 meeting of council in order to receive comments from Aetna Hose, Hook and Ladder Fire Company.

The existing law requires a sprinkler system to be installed in any building with residential units when there is a change in commercial use. The law is said to create an unintended hardship to property owners, as potential commercial tenants are unable or unwilling to bear the financial burden of installing the sprinkler system.

Owners of several vacant buildings on Main Street have said the sprinkler law has prevented tenants

from renting their space.

Steve Pilnick, whose family has owned 48 and 50 E. Main Street since 1936, told council at Monday's meeting, "The ordinance is simply too restrictive with regards to intended use." Pilnick said it would cost about \$85,000 to install a sprinkler system in his now vacant building.

The proposed ordinance would allow an exception to the existing law if the city's building director determined three conditions were met: the change in use did not increase live loads, occupant load or exceed 2,000 square feet per floor area.

After Pilnick's comments, Mayor Vance A. Funk III asked for the sprinkler ordinance to be put on the agenda for the May 14 council meeting.



NEWARK POST PHOTOS BY CHRISTINE NEFF

City Secretary Sue Lamblack reads the oath of office to newly-elected Mayor Vance A. Funk III at a ceremony held in council chambers on Tuesday, April 17. Voters elected Funk to a second term on Tuesday, April 10. He received 64 percent of the vote in a race against former City Councilman Tom Wampler. Funk is joined by his wife, Elaine, and his grandson, Christopher Kent.



From left to right, City Councilmen Paul Pomeroy, David Athey and Jerry Clifton are sworn in to new terms on council by Mayor Vance A. Funk III. Pomeroy, Athey and Clifton drew no challengers in the April 10 election. They will serve two-year terms.

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IN THE NEWS

▶ **BLOTTER, from 2**

vehicles parked in a car dealership in the **200 block of E. Cleveland Avenue**, police were told on Monday, April 16, at 7:13 a.m.

An unknown suspect smashed the rear passenger side window of a Cadillac Deville parked in the **700 block of Fiske Lane**, police were told on Saturday, April 14, at 2:23 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:

Jeffrey D. Carr, 20, of Newark, underage consumption of alcohol, on Sunday, April 22, at 4:20 a.m., in the 200 block of E. Delaware

Avenue;

Ryan F. Tierney, 21, of Jackson, N.J., and **John J. Moran, 21**, of Wanaque, N.J., disorderly premises, on Sunday, April 22, at 1:29 a.m., after police broke up a party with more than 70 guests during which a fight broke out and spilled into neighbors' yards in the 100 block of S. Chapel Street;

Philip D. Taylor, 21, of Newark, noise law violation, on Saturday, April 21, at 10:41 p.m., in the unit block of Choate Street;

Stephen Vincent Arkenhead, 21, of Wilmington, providing alcohol to someone underage; **Marci Ann Blumenfeld, 19**, of Newark, underage possession on Saturday, April 21, at 6:30 p.m., in the 200 block of E. Main Street;

Maurice Baptiste, 19, underage consumption of alcohol, on Saturday, April 21, at 1:53 a.m., on Continental Avenue at Haines Street;

Andrew Howes McPheeters, 19, of Wilmington, underage consumption of alcohol and driving

under the influence, on Saturday, April 21, at 1:35 a.m., on Ashley Road south of Chapel Street;

James Clifford Drake, 20, of Bear, underage consumption of alcohol, on Saturday, April 21, at 1 a.m., in the 200 block of Scholar Drive;

Rutvik Patel, 20, of Newark,

noise law violation, on Saturday, April 21, at 12:44 a.m., in the unit block of Center Street;

Raymond Daniel Carr, 19, of Wilmington, underage consumption of alcohol, on Saturday, April 21, at 12:01 a.m., in the 100 block of S. Chapel Street;

Megan Elizabeth Andrews,

19, of Wilmington, underage consumption of alcohol and driving under the influence of alcohol, on Friday, April 20, at 1:32 a.m., on E. Delaware Avenue west of Library Avenue.

Police said all were released pending court appearances.

New Castle County Department of Land Use - WWW.NCCDELU.ORG

Below you will find information on matters being considered by the NCC Land Use Department and its public boards. Plans are available for public review at the New Castle County Government Center; Mon - Fri from 8:00 A.M. to 4:00 p.m.. Call 395-5400 or Email Us: Landuse@nccde.org

We encourage you to double check the advertised day and date for these agendas. Be sure you do not miss any meeting in which you are interested.

Exploratory plans under review**Council District 1**

*N side of Boxwood Rd at intersection of Dodson Avenue. Major Land Development Plan to Combine six parcels and resubdivide into two parcels; and construct 18 single family dwellings (duplex units) with associated parking, access, stormwater management areas with condominium ownership. Dodson Commons; NC5 Zoning. (App. #2007-0330-S)

Council District 3

*E side of Kennett Pike, S of Pyles Ford Rd. Re-subdivision Plan to remove several parking lots. Winterthur Meadow Lot Restoration. SE Zoning. (App. #2007-0353-S)

Council District 7

*NE corner of Dupont Parkway (Route 13) and Basin Rd (Route 141). Parking Plan proposing to reconfigure an existing parking lot to improve vehicular circulation to reduce 70 spaces to a total of 51 spaces to facilitate a new daycare and learning center. 213 North Dupont Parkway. CR Zoning. (App. #2007-338-S)

Council District 12

*SE side East Avenue-100 ft northeast of Sixth St. Minor Land Development Plan -two lot subdivision for semi-detached dwellings. Holloway Terrace Lots 61-64. NC5 Zoning. (App. #2007-0348-S)

Historic Review Board

Tues. May 15th/NCC Gov. Ctr. 5PM

Council District 2

*4300 Thompson Bridge Road (John Carney Agricultural Complex): Nomination to the National Register of Historic Places - Delaware Division of Parks and Recreation. TP 06-028.00-001.

Council District 3

*385 Polly Drummond Hill Road: Demolition Permit - Mark C. Barone/Jay Hawthorne. (App#200701773) TP 08-042.00-004.

Council District 5

*1090 Elkton Road: Demolition Permit - E.I. DuPont de Nemours & Co. (App#200702088) TP 110-004.00-001.

Council District 6

*US 40 and LaGrange Avenue (Freck-Sclavos Farm - determined eligible for listing in the National Register of Historic Places): Demolition Permit - The Whiting-Turner Contracting Company/State of Delaware. (App#200700139) TP 11-027.00-006.

Council District 11

*0 Reybold Road: Major Land Development Plan and Rezoning Request - Reybold Associates, LLC. (App#20060113) TP 11-014.00-073.

Board of Adjustment

Thurs. Apr. 26th/Gilliam Building
77 Reads Way 6 PM

This agenda has been advertised. Additional information can be found on our website.

Rental Housing Advisory Committee Meetings

Date: May 10
Time: 9:30 to noon
Location: New Castle Room, Gov Center

Date: May 31
Time: 9 to 11am
Location: New Castle Room, Gov Center

Planning Board

Tues. May 1st/Gilliam Building 7 PM
77 Reads Way

This agenda has been advertised. Additional information can be found on our website.

Planning Board

Special Business Meeting - Immediately Following
Tue, May 1st / Gilliam Building

Council District 11

* N side US 40, W of Glasgow Av and E of Pleasant Valley Rd. Major Land Development Rezoning, Preliminary Plan and TAC Review. Preliminary plan for La Grange proposes to: (1) create a 232 lot open space planned development with a mix of single-family detached, semi-detached and townhouse dwelling units; (2) construct a 54,400 sq ft retail shopping center; (3) convey a 1.74 acre parcel for church use; (4) create a 48.85 acre parcel to be retained by the owner; and (5) rezone portions of the property. Ord. 07-019 will rezone 11.68 acres from S (Suburban) to CR (Commercial Regional) and 3.83 acres from CR (Commercial Regional) to S (Suburban); and to amend the Comprehensive Plan consistent therewith. An H (Historic) zoning district overlay covers the entire 240.729 acres. (App.#2005-1045-S/Z)

Councilmembers by District

President	P. Clark	395-8340
District 1	J. Reda	395-8341
District 2	R. S. Weiner	395-8362
District 3	W. Tansey	395-8363
District 4	P. Hollins	395-8364
District 5	S. McClellan	395-8365
District 6	W. Powers	395-8366
District 7	G. Smiley	395-8367
District 8	J. Cartier	395-8368
District 9	T. P. Sheldon	395-8369
District 10	J. P. Street	395-9370
District 11	D. Tackett	395-8371
District 12	J. W. Bell	395-8372

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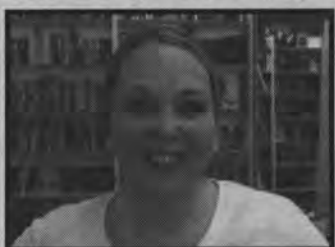
OBITUARIES

■ 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.

Bertha Z. Carmine

Bertha Z. Carmine, 90, of Newark, died at Christiana Hospital on Sunday, April 15, 2007.

BOOK REVIEW



By Employee Kandice Robinson

Phillippa Gregory, author of such best selling novels as *The Other Boleyn Girl*, *The Queen's Fool*, *The Virgin's Lover*, and *The Constant Princess* has done it again with her most recent addition to her collection of monarchy inspired stories, *The Boleyn Inheritance*.

Set in the early 1500's, after the deaths of his beloved traitorous wife, Queen Anne Boleyn and his third wife Lady Jane Seymour, King Henry VIII is set to marry again. This book details the lives of the women who will become his fourth and fifth wives and the tragedies that befall them as Henry's tyrannical reign continues.

You don't have to be a fan of King Henry VIII to find this story captivating. As usual, Phillippa fills the pages with a sense of intrigue, romance, suspense, and deception that will keep readers glued to the pages of this historical novel.

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Carmine was born in Trevorton, Pa., on Oct. 14, 1916. After graduating from high school, she traveled as a performer with several small circuses touring the southern and eastern United States during the Depression. Eventually, she settled in Virginia, where she worked in an office of the Newport News Shipbuilding and Drydock Company that was responsible for acquiring parts and supplies for U.S. aircraft carriers such as the Essex, Hornet and Wasp, then later for the post-war fleet of super liners including the S.S. United States.

In the early 1950s, she moved to Delaware where she assisted her husband with a growing electronics manufacturer's representative business while raising her family. In the 1970s, she began to paint seascapes and landscapes while attending courses at the University of Delaware art department. She was several credits away from receiving a degree. Her paintings were displayed at several local art exhibits. In the early 1980s, she began a career as a sales associate at Strawbridge & Clothier, where she worked primarily in the luggage department.

She and her late husband, Ferrell S. Carmine, were early and strong supporters of St. Paul's Lutheran Church in Newark. They helped to raise substantial funds that permitted St. Paul's to establish its first church facility at its present

location.

Carmine is survived by her children, Darry, Brett and Marguerite; a brother-in-law; and many nieces and nephews and their families.

A funeral service was held on Friday, April 20, in the chapel of Gracelawn Memorial Park, 2220 N. DuPont Parkway, New Castle. Entombment was to be private.

Marguerite Evelyn Chapman

Marguerite Evelyn Chapman, 60, of Newark, died on Wednesday, April 11, 2007.

Arrangements are being handled by The House of Wright Mortuary.

Joseph W. Cregg

also rehabilitation to animals in need.

In addition to her parents, Akins is survived by her daughter, Alexa Fay Akins, of Newark. Akins is also survived by three sisters, Patricia Riley of New Castle; Teresa VanScoy of Elkton, Md.; and Corinna Silva of Middletown; many aunts, uncles, nieces, nephews

and friends; and extended family in Glens Fall, N.Y.

A funeral service was held on Tuesday, April 24, at the Spicer-Mullikin Funeral Home, 1000 N. DuPont Parkway, New Castle.

Contributions may be made to Delaware Humane Association, 701 A Street, Wilmington, DE 19801.

Joseph W. Cregg, 74, of Newark, died at home on Wednesday, April 4, 2007, after a long illness.

Born in Wilmington in 1932, Cregg was an honors student from first grade through graduation from Salesianum High School, where he was an All-Star football player. He was awarded a football scholarship to the University of Delaware and would go on to earn his bachelor's degree in mechanical engineering in 1954. After graduating from UD, Cregg was drafted into the U.S. Army and stationed in Panama. During his engineering career, he worked for Pratt Whitney in Hartford, Conn., for General Motors in Wilmington, where he volunteered as a Junior Achievement leader; and Haveg (later Hercules and Ametek) in Marshallton, retiring as the plant manager in 1995 after 34 years of service. He also taught electronics and instrumentation at Delcastle High School

and at Delaware Technical and Community College. Cregg was a member of the Newark Senior Center.

He was preceded in death by his parents, Joseph W. Cregg and Rose (Retkowski) Cregg, and a sister, Dorothy Cebenka. He is survived by his wife of 45 years, Maryalice Makinson Cregg; two children, JoEllen C. Standard and husband, Scott, of Crystal River, Fla., and John W. Cregg and wife, Susan, of Port Orchard, Wash.; sister, Beverly Halvorsen and husband, Martin, of Kent Island, Md.; six grandchildren, Scotty Jr. and Jocelyn Standard, Brendan, Jonathan, Zach and Madison Cregg; his mother-in-law, Carlyn B. Makinson; nieces, nephews and cousins.

A memorial service was held on Saturday, April 21, at Hockessin United Methodist Church, 7250

See OBITs, 23 ▶

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IN THE NEWS

Lancaster Pike, Hockessin. Interment was to be private.

Contributions may be made to Delaware Hospice, 3515 Silverside Road, Wilmington, DE 19810.

James M. Gladstone

James M. Gladstone, 79, of Delaware City, formerly of Newark, died on Saturday, April 14, 2007, at Governor Bacon Health Center in Delaware City.

Gladstone was born in Exmore, Va., to the late Bernase C. and Daisy D. (Lanier) Gladstone. He had worked for the State of Delaware Highway Department for 24 years, retiring in 1991. He attended the Greater Grace Evangelical Church and was a member of the Loyal Order of Moose Lodge #1578. He served his country in the U.S. Army during the Korean War.

Gladstone was preceded in death by his wife, Evelyn C. (Spencer) Gladstone, who died in 1999. He is survived by his son, James M. Gladstone Jr. and his wife, Maria, of Wilmington; grandson, James M. Gladstone III and his fiancée, Cindy, of Claymont; and great-grandson, Jaycin Gladstone.

A funeral service was held on Friday, April 20, at the Spicer-Mullikin Funeral Home, 1000 N. DuPont Parkway, Wilmington Manor, New Castle. Interment followed in Gracelawn Memorial Park, New Castle.

Ann N. Glasgall

Ann N. Glasgall, 54, of Newark, died on Wednesday, April 18, 2007.

Glasgall was born in Bronx, N.Y., to Morris and Dorothy (Spegal) Glasgall on Oct. 18, 1952. Services were private.

Betty K. Kelly

Betty K. "Kay" Kelly, 80, of Newark, died on Saturday, April 14, 2007.

Kelly was born in Fruitland, Md., on June 13, 1926, a daughter of the late William J. Murray Sr.

and Lottie Shores Murray. During her career as a professional salesperson, she was employed with the former W.T. Grant Department Store and, later, the University of Delaware Bookstore, where she retired in December 2006. Kelly was involved in Post Cana for many years.

Her husband, James D. Kelly Sr., died in 1975. She was also preceded in death by a sister, Pauline Atkins Nichols. She is survived by four children, Sherry K. Housen and husband, Mark; James D. Kelly Jr. and wife, Karen L.F.; Cynthia K. Cerminara and husband, Augustine J.; and William B. Kelly and wife, Lisa D.; a brother, William J. Murray Jr.; long-time companion, Lee C. Cordle Sr.; and six grandchildren, Kelly and Kathleen Housen, Clare and Christian Kelly, Casey and James Kelly.

A funeral service was held on Thursday, April 19, at the Spicer-Mullikin Funeral Home, 121 West Park Place, Newark. Interment was to be on Tuesday, April 24, in Arlington National Cemetery.

Contributions may be made to The Betty K. Kelly Memorial Fund for the DFRC Blue-Gold All Star Football Game, 640 Plaza Drive, Newark, DE 19702 (www.blue-gold.org).

Bernadette Rose Kennedy Kimball

Bernadette Rose Kennedy Kimball, 61, of Newark, died on Saturday, April 14, 2007, at Christiana Hospital.

Born in Philadelphia, Pa., on Dec. 1, 1945, Kimball was the daughter of the late, Joseph S. Kennedy and Mary Elizabeth Coates Kennedy. She was employed as a student services coordinator at the University of Delaware in Newark for 20 years.

She is survived by her husband, Thomas E. Kimball; six children and their spouses; brother, Joseph J. Kennedy and wife, Bridget, of Harrisburg, Pa.; sister, Regina

Modugno and husband, Paul, of Oxford, Pa.; and 12 grandchildren.

A Mass of Christian Burial was offered on Friday, April 20, at the Thomas More Oratory, 45 Lovett Avenue, Newark. Interment was to be held at a later date at Calvary Cemetery in West Conshohocken, Pa.

Contributions may be made to the Helen F. Graham Cancer Center, c/o Christiana Care Foundation, P.O. Box 1668, Wilmington, DE 19899.

Douglas Raymond Kirm

Douglas Raymond Kirm, 49, of Newark, died on Sunday, April 15, 2007.

Kirm was born on June 29, 1958, in Wilmington. He was a machine operator at Rodel in Newark.

He is survived by his parents, William L. Kirm Sr. and Evelyn Kirm; two brothers, William L. Kirm Jr. and Edward E. Kirm; one niece, Lauren E. Kirm, all of Newark; and two nephews, Edward E. Kirm of Newark and William B. Kirm of North Carolina.

A service was held on Friday, April 20, at the R. T. Foard and Jones Funeral Home, 122 West Main Street, Newark, DE 19711. Burial was to be private at the convenience of the family.

Contributions may be made to Faithful Friends c/o the funeral home.

John V. McManus Sr.

John V. McManus Sr., 81, of Newark, died on Sunday, April 15, 2007.

McManus was born in Baltimore, Md., to the late Mary T. and James I. McManus and was one of 10 children.

McManus served in the Army Medical Corps in the Pacific Theater in World War II and went to Loyola College in Baltimore, afterward.

He pursued a career with the B&O Railroad and then Martin Marietta in Middle River, Md., where he helped with the construc-

tion of some of the first manned space rockets. He relocated to Newark and worked with the Boeing Vertol Co. in Ridley Park, Pa., as a senior contracts administrator. He retired in 1987.

In addition to his wife of 55 years, Marcella, McManus is survived by two children, John Jr. and his wife, Melanie, of Monroeville, N.J., and Lisa Hyde and her husband, Steve, of Newark. He also has four grandchildren, Caitlin Hyde and Vince, Hannah and Ryan McManus. He is survived by his siblings, Frances O'Neill, Marjorie Vincent and Jerome S. McManus.

McManus was a Eucharistic Minister at Saint John's Holy Angels Roman Catholic Church in Newark, where he and his family worshipped since their arrival in Delaware in 1968.

A funeral service was held on Thursday, April 19, at the Holy Angels Church, 82 Possum Park Rd., Newark. Interment was to be private.

Donations may be made to the American Heart Association, 1501 Casho Mill Rd, Newark, DE 19711.

Phyllis A. Medich

Phyllis A. Medich, 64, of Newark, died on Wednesday, April 18, 2007, at her home.

Born in Wolf, W.Va., on Aug. 23, 1942, Medich was a daughter of the late Walter Bowles and Mildred Maxey Bowles Tripplett.

She is survived by her husband of 38 years, Don Medich; three children, Rick A. Foster of New Castle, Chris D. Foster of Newark and Kim D. Manns of New Castle; brother and sister, James Bowles

of Kentucky and Phala Bowles of Virginia; nine grandchildren, Leah, Ryan, David, Alanna, Leanna, Rick Jr., Chris Jr., Jason and Daniel; and a great-granddaughter, Alyse. She was preceded in death by a son, Timothy W. Foster; and a brother, Roger "Buddy" Bowles.

A funeral service was held on Sunday, April 22, at the Spicer-Mullikin Funeral Home, 121 West Park Place, Newark. A graveside service followed at Gilpin Manor Memorial Park, Appleton Road, Elkton, Md.

Contributions may be sent to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

■ 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. Obituaries of the following persons will be posted this week on the web:

Gina M. Akins
Bertha Z. Carmine
Marguerite E. Chapman
Joseph W. Clegg
James M. Gladstone
Ann N. Glasgall
Betty K. Kelly
Bernadette R. Kimball
Douglas R. Kirm
John V. McManus Sr.
Phyllis A. Medich
Dolores A. Nocket
Scott L. Perry
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COMMUNITY BRIEFS

Newark shows its customers appreciation

The ninth Newark Customer Appreciation Day will be held from 9 a.m. to 4 p.m., on Friday, May 4, on the first floor of the Newark Municipal Building at 220 Elkton Rd. Light refreshments will be served throughout the day, and there will be prize drawings.

For more information, contact Carol Timmeney at 366-7158.

High School football combine set for April 28

All players, pre-freshman to seniors, are invited to participate in the High School Football Combine on April 28 at Tri State Sports in Aston, Pa.

TSAS Combine testing results are sent to every collegiate football program in the country. Pre-registration is required, with limited availability.

Combine registration

info can be downloaded at TriStateSports.com or contact Shawn@TitusSports.com or 717-615-5436.

'Art To Go' brings art and nature into kids' lives

The Newark Arts Alliance will bring "Art to Go" arts programs to neighborhoods this spring. All projects are free and open to kids ages 6 and up. No registration is required.

The schedule includes Saturday visits to Dickey Park on May 5 and 19, and Norma B. Handloff Park on May 12 and 26. The program runs from 1 to 4 p.m.

For more information about

"Art to Go" and the Newark Arts Alliance, call 266-7266 or visit www.newarkartsalliance.org.

Stage Lights Dance Studio offers summer camps

Stage Lights Dance Studio in Newark will be offering the following summer day camps beginning in June 2007: Princess Camp for ages 4 to 7; American Idol Camp for ages 6 to 18; musical theater camp for ages 6 to 18; High School Musical Camp for ages 5 to 18 and Hip-Hop Unleashed workshop for ages 6 to 18.

For dates, times and pricing, please call 453-0714 or e-mail stagelights2@aol.com.

Artists sought for Plein Air Fest

The Working Artists Forum is co-hosting the "Local Color" show in conjunction with the Plein Air Festival in Easton, Md., July 27 to July 29 at the Tidewater Inn. The show is open to all artists on the Delmarva Peninsula. The deadline to enter is April 27.

Tim Bell will be judging and awarding the first prize of \$500.

For more information contact Marianne Hollis at 410-822-1961 or e-mail mwhollis@goeaston.net.

Register for summer programs

The City of Newark Parks and Recreation Department has scheduled many fun and exciting programs for the summer, including day trips, tennis, swim lessons, soccer, day camps and much more. Registration for Newark residents begins on Saturday, May 5, from 10 a.m. to Noon. For non-residents, registration begins on Tuesday, May 8, at 8:30 a.m. For more information, contact the Park office at 366-7060.



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For more information, call 410-287-5522

IN THE NEWS

McClellan appointed to Green Government Initiative

New Castle County Councilwoman Stephanie McClellan, who represents the Newark area, has been appointed to serve on the advisory board of the National Association of Counties' (NACo) Green Government Initiative, a new national effort to assist the nation's counties in developing and implementing environmentally sound programs. The Green Government Initiative will serve as a comprehensive resource for local governments on all things "green," including air quality, energy efficiency, renewable and

alternative energy, green building, water quality, and land use. NACo will be able to provide education and outreach to counties on "green" options, and direct them to the companies and organizations providing these green services and products.

"I am delighted and honored to serve on NACo's first-ever Green Government Initiative Advisory Board to help foster cooperation between the nation's counties and the private sector to develop green government practices, products and policies," McClellan said.

For more information about the NACo Green Government Initiative, visit www.naco.org.

Apprenticeship Opportunities

Applications for Carpenter, Mill/Cabinetmaker, Millwright, Wharf & Dock Builder, Resilient Floor Layer, Lather and Drapery Worker apprenticeships will be accepted by the Carpenters Joint Apprenticeship Committee beginning Tuesday, May 29, 2007 from 9 AM to 11 AM. A non-refundable \$25.00 administrative processing fee is required. Anyone interested must call 215-824-2303 for further details.

Notice of Nondiscriminatory Policy as to Students

The Carpenters Joint Apprenticeship and Training Fund of Philadelphia and Bucks, Chester, Delaware, Montgomery, Lehigh, Northampton and parts of Carbon Counties in Pennsylvania, the State of Delaware and the Eastern Shore of Maryland admits students of any race, color, religion, gender, national or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, religion, gender, national or ethnic origin in admission or educational policies, scholarship loan agreements, and any other school administered programs. Anyone desiring information on the program or notice of application times may contact the school by writing to the Carpenters JATC, 10401 Decatur Road, Phila., PA 19154, by calling 215-824-2303 or at our web site www.carpentersofphila.com.

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Advance tickets \$12 per adult, children under 12 free. Tickets purchased the day of the games will be \$15 per adult, children under 12 free.

For further information
contact:

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www.fairwindsbaptist.com
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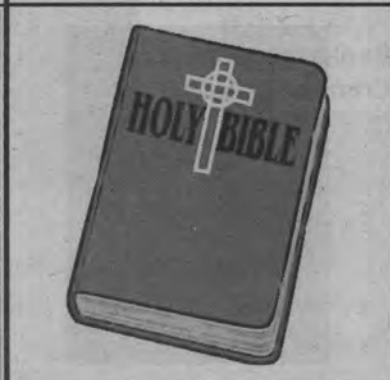
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 Speaker: Guat - Lian Kremer
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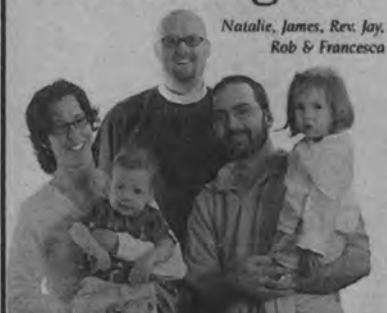


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302-738-7630

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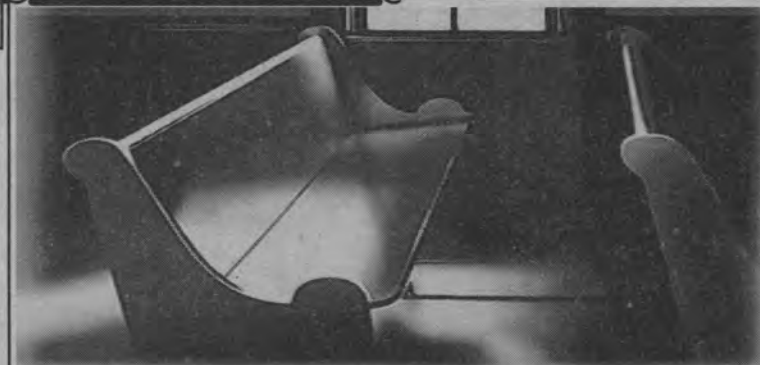
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BUSINESS NEWS

Courtyard Newark at UD wins 2006 Marriott Platinum Award

At the recent global General Managers meeting for the Courtyard Brand of Marriott Hotels in San Antonio, Texas, the Courtyard Newark at the University of Delaware was honored with the Marriott Platinum Award for exceptional guest service for the calendar year 2006.

Sixteen hotels out of 775 in

the brand received the award for guest service scores over 90.0. The Newark hotel had a score of 92.7 for the year, based on direct feedback from guests at the hotel.

In 2005, the hotel received the Silver Award for a guest service score of 89.6 for calendar year. Bill Sullivan, managing director of the Courtyard

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PHOTO SPECIAL TO THE NEWARK POST

Members of the hotel staff pose with the 2006 Marriott Platinum Award for guest service.

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SHERIFF'S SALE

The following Real Estate will be exposed for Public Sale at the CITY/COUNTY BLDG., 800 N. French Street, City of Wilmington, New Castle County, Delaware, by Michael P. Walsh, Sheriff, on **TUESDAY the 8th day of MAY, 2007 at 10:00 a.m.** The legal limit of 152 persons in Council Chambers will be enforced.

SHERIFF'S SALE

By virtue of a writ of LEV FAC #2 MR. AD., 2007.
PARCEL NO. 09-029.10-146

PROPERTY ADDRESS: 10 Sheldrake Road Newark, DE 19713
ALL that certain lot, piece or parcel of land, with the buildings thereon, situate in White Clay Creek Hundred, New Castle County, Delaware, known as 10 Sheldrake Road, being lot no 5 on the Plan of Sherwood Forest, as the Plan thereof is of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware in Microfilm No. 1900, and being more particularly bounded and described in accordance with a survey prepared by East Coast survey Professional Land Surveyors, dated March 22, 2000, as follows, to wit:

BEING the same lands and premises which Ryan D. Brueckner and Nicole K. Brueckner did grant and convey unto Randolph D. Jenkins and Anita M. Jenkins by deed dated October 19, 2001 and recorded on December 6, 2001 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Record 20011206-0102982.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF RANDOLPH D. JENKINS AND ANITA M. JENKINS.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #4 MR. AD., 2007.
PARCEL NO. 11-031.00-037

PROPERTY ADDRESS: 4 Bowfin Drive Newark, DE 19702
ALL that certain piece, parcel or tract of land with the buildings thereon erected situate in Pencader Hundred, New Castle County and State of Delaware, being part of No. 90, on the Plan of Marabou Meadows, as prepared by Burnie R. Waski, Inc. Registered Land Surveyors, Wilmington, Delaware, dated April 14, 1966, revised June 15, 1967, and June 30, 1967, and being more particularly bounded and described with a recent mortgage inspection plan by East Coast Survey, Professional Land Surveyors, dated August 12, 2005, as follows, to-wit:

BEING the same lands and premises which Raymond S. Otto, Jr., did grant and convey unto Jessica T. Dirks by deed dated August 18, 2005 and recorded on May 19, 2005 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Instrument 20050819-0083672.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF JESSICA T. DIRKS.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #6 MR. AD., 2007.
TAX PARCEL NO. 09-022.30232

PROPERTY ADDRESS: 82 West Stephen Drive Newark, DE 19713.

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in White Clay Creek Hundred, New Castle County and State of Delaware, known as 82 West Stephen Drive, being Lot No. 9, Block 10, on the Plan of Chestnut Hill Estates, Section 2, dated October 2, 1953, prepared by Myers - Richardson Associates, Consulting Engineers, as the Plan thereof is of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware in Plat Book 3, Page 58 and being more particularly bounded and described in accordance with a survey prepared by East Coast Survey, Professional Land Surveyors, dated July 24, 2002, as follows, to-wit:

BEING the same lands and premises which Thomas L. Hurst did grant and convey unto Clenia Johnson by deed dated August 5, 2002 and recorded on August 5, 2002 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Book Record 20020805-0075117.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF CLENIA JOHNSON.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #8 MR. AD., 2007.
PARCEL NO. 09-017.30-088

PROPERTY ADDRESS: 118 Fantasia Drive Newark, DE 19713
ALL that certain lot, piece or parcel of land with the buildings thereon, situate in White Clay Creek Hundred, New Castle County, Delaware, being designated lot 33, Block B, as shown on the Record Major Subdivision Plan of HARMONY CREST, Section I, of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware on Microfilm No. 4064, said Lot also known as 118 Fantasia Drive, and being more particularly bounded and described in accordance with a recent survey by Zebley and Associates, Inc., Professional Land Surveyors of Wilmington, Delaware, dated January 20, 1999.

BEING the same lands and premises conveyed to Larry E. Coleman, by Deed From Peter G. Mauragus and Lauren M. Mauragus, dated January 29, 1999, and recorded February 2, 1999, in the Office of the Recorder of Deeds, in the Office of the Recorder of Deeds, in and for New Castle County and State of Delaware, in Deed Book 2579, Page 305.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF LARRY E. COLEMAN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE

DUE ON OR BEFORE JUNE 4, 2007.

SHERIFF'S SALE

By virtue of a writ of THIRD PLURIES LEV FAC #11 MR. AD., 2007.

PARCEL NO. 11-028.20-005
PROPERTY ADDRESS: 1011 San Remo Court, Bear, Delaware.

ALL that certain lot, piece or parcel of land with the dwelling thereon erected, situate in Pencader Hundred, New Castle County and State of Delaware, said lot is also known as Lot 186 on the plan of Pinewoods, as said plan is of Record in the office of the Recorder of Deeds in Microfilm No. 10964 and being more particularly bounded and described according to a survey by Zebley & Associates, dated October 6, 1994, to-wit:

AND BEING the same lands and premises which Anthony J. Caramanico by deed dated October 27, 1994 and recorded in the Office of the Recorder of Deeds in and for New Castle County, Delaware in Deed Record 1829, Page 335, granted and conveyed to Brian D. Miller and Tywana Currie, herein in fee.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF BRIAN D. MILLER AND TYWANA CURRIE.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #19 MR. AD., 2007.

PARCEL NO. 09-022.40-101
PROPERTY ADDRESS: 30 Malvern Road Newark, DE 19173.

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in White Clay Creek Hundred, New Castle County and State of Delaware, known as 30 Malvern Road, being lot no. 17, block 15 on the recorded plan for Chestnut Hill Estates, section three as said plan is of record in the office of the recorder of deeds, in and for New Castle County, Delaware in plat book 3, page 81, and being more particularly bounded and described in accordance with a recent survey by Zebley and Associates, Inc., Professional Land Surveyors of Wilmington, Delaware, dated March 22, 1999, as follows, to wit:

BEING the same lands and premises which Timothy M. Lynch did grant and convey unto Timothy M. Lynch and Dianna Lynn Lynch by deed dated March 26, 1999 and recorded on March 29, 1999 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 2613 at Page 0122.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF TIMOTHY M. LYNCH.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #20 MR. AD., 2007.
TAX PARCEL NO. 08-045.10-136

PROPERTY ADDRESS: 3900 Elmwood Street Wilmington, DE 19808.

ALL those certain lots or pieces of land with the buildings thereon erected, situate in Mill Creek Hundred, New Castle County, Delaware, known as Lots 69, 70, 71 and 72, as shown on a plat of Marshallton Heights of record in the Office of the Recorder of Deeds in and for New Castle County in Deed Record R, Volume 33, Page 601, and being more particularly bounded and described in accordance with a recent survey by Zebley & Associates, Inc., Professional Land Surveyors, dated June 28, 1976, as follows to wit:

BEING the same lands and premises which Vincent Joseph Gennusa and Sandra C. Gennusa and Vincent Gennusa Jr., did grant and convey unto Vincent Gennusa, Jr by deed dated April 25, 2003 and recorded on May 2, 2003 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Record 20030502-0053671.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF VINCENT GENNUSA, JR.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #23 MR. AD., 2007.
TAX PARCEL NO. 09-040.40-022

PROPERTY ADDRESS: 123 Creekside Court, Newark, DE 19702.

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in White Clay Creek Hundred, New Castle County and State of Delaware, being Lot No. 309, on the Plan of Country Creek, as the Plan thereof is of record in the Office of the Recorder of Deeds, in and for New Castle County in Microfilm No. 7094, and being more particularly bounded and described in accordance with a survey prepared by First State Mortgage Surveys, Professional Land Surveyors, dated June 20, 2002.

AND BEING the same lands and premises conveyed unto Joshua M. Wedin and Tammy T. Wedin, by deed of Maureen A. Szmyd, now known as Maureen A. Gumm, dated June 24, 2002 and of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware Instrument No. 20020628-0062544.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF JOSHUA M. WEDIN AND TAMMY T. WEDIN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of FIRST PLURIES LEV FAC #44 MR. AD., 2007.
TAX PARCEL NO. 11-019.40-142

PROPERTY ADDRESS: 134 Council Circle, Newark, De 19702.

ALL that certain lot, piece or parcel of land with the building thereon, situated in Pencader Hundred, New Castle County,

Delaware, being designated as Lot 20, as shown on the Record Major Subdivision Plan of VILLAGE OF TAHOE, of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware on Microfilm No. 9826, being more particularly bounded and described with a survey by East Coast Survey, Professional Land Surveyors, dated January 25, 2002.

AND BEING the same lands and premises conveyed unto Patricia A. McNair by deed of Rudy E. Adlesic and Dana A. Adlesic, dated January 31, 2002 and of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware at Instrument Number 20020211-0013830.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF PATRICIA A. MCNAIR.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #52 MR. AD., 2007.
PARCEL NO. 11-027.40-039

PROPERTY ADDRESS: 31 Deer Circle, Bear, Delaware 19701.

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in Pencader Hundred, New Castle County and State of Delaware, known as 31 Deer Circle, Rosewood and being Lot No. 227 on the Record Resubdivision Plan of Fox Run, Phase 1, as said plan is of record in the Office of the Recorder of Deeds in and for New Castle County in Microfilm No. 9396 and being more particularly bounded and described in accordance with a recent survey prepared by David G. Williams, Professional Land Surveyor, Wilmington, Delaware, dated June 11, 1995

SUBJECT to an Easement Agreement as recorded in the Office aforesaid in Deed Record I, Volume 90, Page 907.

SUBJECT to the Utility Agreements as recorded in the Office aforesaid in Deed Record 400, Page 315; Deed Record N, Volume 45, Page 179; Deed Record 193, Page 107; Deed Record 400, Page 315; Deed Record C, Volume 45, Page 383; Deed Record 400, Page 321 and Deed Record 757, Page 48.

SUBJECT to the Water Agreements as recorded in the Office aforesaid in Deed Record 452, Page 157.

SUBJECT to the Right of Way Agreement as recorded in the Office aforesaid in Deed Record 400, Page 322.

SUBJECT to the Sewer Agreements as recorded in the Office aforesaid in Deed Record 508, Page 252; Deed Record N, Volume 90, Page 280; Deed Record Q, Volume 98, Page 297, and Deed Record 282, Page 151.

BEING the same lands and premises conveyed to Steven E. Ferrier and Melissa M. Ferrier, husband and wife, by Deed from Harry W. Rinehart and Nancy N. Rinehart, husband and wife, dated June 30, 1995, and recorded July 6, 1995, in the Office of the Recorder of Deeds, in and for New Castle County and State of Delaware, in Deed Book 1946, Page 177.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF STEVEN E. FERRIER AND MELISSA M. FERRIER.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #55 MR. AD., 2007.
PARCEL NO. 11-060.00-016

PROPERTY ADDRESS: 346 Clayton Manor Drive, Middletown, Delaware 19709.

ALL that certain piece, parcel or tract of land with the buildings thereon erected situate in Pencader Hundred, New Castle County, Delaware, known as 346 CLAYTON MANOR DRIVE and being Lot 175, on the Record Resubdivision of Back Creek, as recorded in the Office of the Recorder of Deeds, New Castle County, Delaware, on Microfilm 13113, and being described in accordance with a recent survey by East Coast Survey, Professional Land Surveyors, dated November 19, 1998.

BEING the same lands and premises that Gilman Development Company, by Deed dated December 1, 1998 and recorded in the Office of the Recorder of Deeds, New Castle County, Delaware, in Deed Book 2754, Page 140, did grant and convey unto Dwayne Owens and Cynthia Grant-Owens, in fee.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF DWAYNE OWENS AND CYNTHIA GRANT-OWENS.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #58 MR. AD., 2007.
PARCEL NO. 10-020.20-037

PROPERTY ADDRESS: 109 May Avenue, New Castle, DE 19720.

ALL THAT parcel of land in New Castle County, State of Delaware, as more fully described in Deed Book 20020628, page 0062977, ID# 1002020037, being known and designated as Lot No. 86, COLLINS PARK, as surveyed by East Coast Survey, June 2002, as follows, to-wit..

AND BEING the same lands and premises conveyed unto Santos L. Jusino by deed of Donna J. Weber aka Donna Haldas, dated June 27, 2002 and of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware at Instrument Number 20020628-0062977.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF SANTOS L. JUSINO.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #81 MR. AD., 2007.
PARCEL NO. 09-034.20-033

PROPERTY ADDRESS: 130 Woodshade Drive, Delaware 19702.

(Continued)

(Continued)

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situated in White Clay Creek Hundred, New Castle County and State of Delaware, known as 130 WOODSHADE DRIVE, being Lot No. 50, Block C, on the plan of WOODSHADE, as the Plan thereof is of record in the Office of the Recorder of Deeds, in and for New Castle County in Microfilm No. 1683, and being more particularly bounded and described in accordance with a survey prepared by A.E.S. Surveyors, Professional Land Surveyors, Dated September 11, 2003.

BEING the same lands and premises conveyed to Richard D. Marckese by Deed from Bayard Douglas Grant, dated October 29, 2003, and recorded November 10, 2003, in the Office of the Recorder of Deeds, in and for New Castle County and State of Delaware, in Deed Instrument No. 20031110-0143684.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF RICHARD D. MARCKESE.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of THIRD PLURIES LEV FAC #82 MR. AD., 2007.

PARCEL NO. 11-003.30-039

PROPERTY ADDRESS: Six Mavista Circle Newark, Delaware 19713.

ALL that certain lot, piece or parcel land, with the improvements thereon erected, situate in Pencader Hundred, New Castle County and State of Delaware, known as 6 Mavista Circle, comprising Lot 77 on a Plot of Brookside Park, Section - 2, as said Plan is of record in the Office of the Recorder of Deeds in and for New Castle County in Plat Record 3, Page 52, and being more particularly bounded and described according to a survey by Franco R. Bellafante, Inc., Professional Land Surveyors, dated May 19, 1982.

BEING the same lands and premises conveyed to Tim K. Madison by Deed from Tim K. Madison and Judith L. Beard, n/k/a Judith L. B. Sherman, dated January 13, 1999, and recorded March 2, 1999, in the Office of the Recorder of Deeds, in and for New Castle County and State of Delaware, in Deed Book 2599, Page 339.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF TIM K. MADISON.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #97 MR. AD., 2007.

PARCEL NO. 11-006.20-173

PROPERTY ADDRESS: 129 Scottfield Drive Newark, DE 19713.

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in Pencader Hundred, New Castle County and State of Delaware, known as 129 Scottfield Drive, being Lot No. 39, Block A, Section 2, on the Plan of Scottfield, as the Plan thereof is of record in the Office of the Recorder of Deeds, in and for New Castle County in Microfilm No. 1702, and being more particularly bounded and described in accordance with a survey prepared by AES Surveyors, Professional Land Surveyors, dated October 28, 2005, as follows, to-wit:

BEING the same lands and premises which Brian J. Downey, Sr. did grant and convey unto Phillip J. Meehan and Alecia A. Meehan by deed dated November 18, 2005 and recorded on November 23, 2005 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Instrument 20051123-0120527.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF PHILLIP J. MEEHAN AND ALECIA A. MEEHAN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #101 MR. AD., 2007.

PARCEL NO. 08-044.30-248

PROPERTY ADDRESS: 2108 Barr Rd., Wilmington, DE 19808.

ALL that certain lot, piece or parcel of land, with the buildings thereon erected, situate in Mill Creek Hundred, New Castle County and State of Delaware, known as 2108 Barr Road, being Lot No. 30, Block E, on the Plan of Delpark Manor, as the Plan thereof is of record in the Office of the Recorder of Deeds, in and for New Castle County in Microfilm No. 207, and being more particularly bounded and described in accordance with a survey prepared by Raymond F. Christian & Associates, Inc., Professional Land Surveyors, dated November 9, 2001, as follows, to-wit:

BEING the same lands and premises which Charles F. Killmon and Jeanne C. Killmon did grant and convey unto Thomas J. Falk, II by deed dated November 19, 2001 and recorded

on November 26, 2001 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, Instrument #20011126-0097462.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF THOMAS J. FALK, II.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #118 MR. AD., 2007.

PARCEL NO. 11-017.20-308

PROPERTY ADDRESS: 14 Canoe Court, Newark, Delaware 19702-2302

USDA v. John I. Ellis, Administrator of the Estate of Stella R. Gray, and Tyrone Gray C.A. No.: 06L-05-101 (MMJ).

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in Pencader Hundred, New Castle County and State of Delaware, known as No. 14 Canoe Court, being Lot No. 223, Block G, on the Record Resubdivision Plan of Four Seasons, as said plan is of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware in Microfilm Record No. 2200 and being more particularly bounded and described in accordance with a recent legal description by Zebley & Associates, Inc., dated January 31, 1980, as follows, to-wit:

BEING the same lands conveyed to Stella Rose Marie Gray by Deed from John E. Brown, dated February 9, 2000, and recorded February 17, 2000 in the Office of the Recorder of Deeds in and for New Castle County in Deed Book 2785, page 159.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF STELLA R. GRAY AND TYRONE GRAY.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #127 MR. AD., 2007.

PARCEL NO. 11-014.30-058

PROPERTY ADDRESS: 23 Cobble Creek Curve Newark, DE 19702.

ALL THAT CERTAIN lot, piece or parcel of land, with the buildings thereon erected situate in Pencader Hundred, New Castle County and State of Delaware, known as no. 23 Cobble Creek Curve, Stones Throw, being Lot no. 44 Block C on the Record Major Subdivision of Stones Throw, as said plan is recorded in the Office for the Recording of Deeds in and for New Castle County, Delaware, in Microfilm Record No. 2270 and being more particularly bounded and described in accordance with a recent survey prepared by Zebley and Associates dated June 1, 1994 as follows, to-wit:

BEING the same lands and premises which Charles E. Henry and Kathleen Henry did grant and convey unto M. Paul Blackwell by deed dated June 3, 1994 and recorded on June 6, 1994 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed book 1748 page 0182.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF M. PAUL BLACKWELL.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #132 MR. AD., 2007.

PARCEL NO. 08-029.20-153

PROPERTY ADDRESS: 44 Celestial Way Newark, DE 19711.

ALL that certain piece, parcel or tract of land with the buildings thereon erected, situate in Mill Creek Hundred, New Castle County and State of Delaware, being Lot No. 22, on the Record Major Subdivision Plan of North Star Chase; as recorded in the Office of the Recorder of Deeds in and for New Castle County, on Instrument No. 20030409-0043811, and being more particularly bounded and described, as follows, to-wit:

BEING the same lands and premises which Hockessin Chase, L.P. did grant and convey unto Robert Guariano, Jr. and Dina M. Stinziano by deed dated May 26, 2004 and recorded on May 27, 2004 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Book Record 20040527-0058498.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF ROBERT GUARIANO, JR. AND DINA M. STINZIANO.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of FIRST PLURIES LEV FAC #134 MR. AD., 2007.

PARCEL NO. 08-038.40-243

PROPERTY ADDRESS: 69-St. John Drive Wilmington, DE 19808.

ALL THAT CERTAIN lot, piece or parcel of land with the

buildings thereon erected, situate in Mill Creek Hundred, New Castle County, and State of Delaware, and known as lot no. 41, Block H, on the plan of Dunlinden Acres, as said plan is of record in the office of the recorder of deeds in and for New Castle County, Delaware, in plat record 2, page 90, and being more particularly bounded and described in a recent survey prepared by the Pelsa Company, dated October 19, 2001, as follows, to wit:

BEING the same lands and premises which Phillip Fuller and Mary R. Fuller by deed dated October 31, 2001 and recorded in the office of the Recorder of Deeds in and for New Castle County, Delaware, on November 2, 2001 in Deed Record 20011102-0090990, did grant and convey unto Donna M. Julian in fee.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF DONNA M. JULIAN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #136 MR. AD., 2007.

PARCEL NO. 09-030.30-086

PROPERTY ADDRESS: 2103 Point Hamlet Street White Clay Creek Hundred, DE 19702.

ALL that certain lot, piece or parcel of land, with the buildings thereon erected, known as 2103 Point Hamlet, situate on White Clay Creek Hundred, New Castle County and State of Delaware, being lot no. 33 Christians Village, and being more particularly bounded and described in accordance with a survey by David C. Williams, Professional Land Surveyor, dated May 15, 1988, as follows to wit:

BEING the same lands and premises which Jayne L. Challman did grant and convey unto Dwayne P. Johnson by deed dated November 15, 1999 and recorded on December 8, 1999 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 2752 Page 0211.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF DWAYNE P. JOHNSON.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #138 MR. AD., 2007.

PARCEL NO. 11-017.20-296

PROPERTY ADDRESS: 320 E. Edgewater Way Newark, DE 19702.

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in Pencader Hundred, New Castle County and State of Delaware, known as 320 East Edgewater Way, being Lot No. 164, Block E on the Record Resubdivision Plan for Four Seasons as said Plan is of record in the Office for the Recorder of Deeds, in and for New Castle County, Delaware in Microfilm Record No. 5424, and being more particularly bounded and described in accordance with a recent survey by Zebley and Associates, Inc., Professional Land Surveyors of Wilmington, Delaware, dated March 16, 2002, as follows, to wit:

Being the same lands and premises which David R. Rager and Yumiko Rager did grant and convey unto Matthew P. Emerson by deed dated June 6, 2002 and recorded on June 13, 2002 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Instrument # 20020613-0056881.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF MATTHEW P. EMERSON.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JUNE 4, 2007.

MARCH 31, 2007

SHERIFF'S SALE

By virtue of a writ of VEM #114 MR. AD., 2007.

PARCEL NO. 11-013.20-025

ALL THAT CERTAIN LOT, piece or parcel of land with any buildings or improvements thereon erected, known as 0 Spring-creek Court, Pencader Hundred, New Castle County and State of Delaware.

BEING PART OF THE LANDS AND PREMISES which Herman Delius Weihe, Individually and as executor of the estate of Miriam Armstrong Weihe, and Juliana C. Weihe individually and as attorney-in-fact for Laura Weihe Newton, Frederick A. Weihe, Jr., Antoinette C. Rogers, Phyllis C. Farrell, Edwin H. Weihe, Kristin W. Middleton and Lisa M. Weihe, by Deed dated August 31, 1988, and recorded September 2, 1988 in the Office of the Recorder of Deeds, in and for New Castle, Delaware, in Deed Book 755, Page 150, did grant and convey unto Williams Associates, Inc., a corporation of the State of Delaware, in fee.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF WILLIAMS ASSOCIATES INC.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE MAY 7, 2007.

FEBRUARY 28, 2007
Michel P. Walsh, Sheriff
Sheriff's Office
Wilmington, Delaware

np 4/27/5/4

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LEGAL NOTICE

THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY

IN RE: CHANGE OF NAME OF Nora Makori-Michoma PETITIONER(S) TO Nora Makori
NOTICE IS HEREBY GIVEN that Nora Makori-Michoma 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 Nora Makori.
Nora Makori-Michoma
Petitioner
Dated: 4/13/07
np 4/20,27,5/4

THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY

IN RE: CHANGE OF NAME OF Melanie Ann Ross PETITIONER(S) TO Melanie Ross Levin
NOTICE IS HEREBY GIVEN that Melanie Ann Ross 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 Melanie Ross Levin.
Melanie Ann Ross
Petitioner
Dated: 4/6/07
np 4/13,20,27

LEGAL NOTICE

LEGAL NOTICE RE: DEADLY WEAPON
I, James L. Evans Sr. residing at, 64 Danvers Circle, Newark, DE 19702 will make application to the judges of the Superior Court of the State of Delaware in and for New Castle County at Wilmington for the next term for a license to carry a concealed deadly weapon, or weapons, for the protection of my person(s), or property, or both.
James L. Evans Sr.
4/17/07
np 4/27

THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY

IN RE: CHANGE OF NAME OF Wayne Franklin Rash Elizabeth Rhiannon Rash PETITIONER(S) TO Wayne Jay Cole Elizabeth Rhiannon Cole
NOTICE IS HEREBY GIVEN that Wayne Franklin Rash and Elizabeth Rhiannon Rash 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 Wayne Jay Cole and Elizabeth Rhiannon Cole.
Wayne Rash
Elizabeth Rhiannon Rash
Petitioner
Dated: 4/10/07
np 4/20,27,5/4

LEGAL NOTICE

Caffe Gelato, Inc T/A Caffe Gelato Restaurant have on April 2, 2007, applied with the Alcoholic Beverage Control Commissioner seeking approval of a 2,525 square foot extension of the currently licensed dining and kitchen area and a 176 square foot extension of the currently licensed patio. Caffe Gelato also seeks to amend their current license to include the sale, service and consumption of spirits, to include Sundays, on the premises where sold. Premise is located at 90 E. Main Street, Newark, DE 19711. Persons who are against this application should provide written notice of their objections to the Commissioner. For the Commissioner to be required to hold a hearing to consider additional input from persons against this application, the Commissioner must receive one or more documents containing a total of at least 10 signatures of residents of property owners located within 1 mile of the premises or in any incorporated areas located within 1 mile of the premises. The protest(s) must be filed with the Alcoholic Beverage Control Commissioner at the 3rd floor, Carvel State Office Building, 820 North French Street, Wilmington, DE 19801. The protest(s) must be received by the Commissioner's office on or before **May 7, 2007**. Failure to file such a protest may result in the Commissioner considering the application without further notice, input, or hearing. If you have questions regarding this matter please Contact the Commissioner's office at (302) 577-5222.
np 4/13,20,27



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LEGAL NOTICE

CITY OF NEWARK DELAWARE NOTICE TO FREEHOLDERS

The City assessment of real estate in Newark, Delaware, for the taxable year beginning July 1, 2007 to June 30, 2008, will be displayed in the Tax Office, Municipal Building, 220 Elkton Road, from April 30, 2007 through May 25, 2007.

The Council will sit as a Court of Appeals in the Council Chambers, 220 Elkton Road, on May 29, 2007, between the hours of 1:00 p.m. and 7:25 p.m.

Appeals shall be filed with the City Assessor no later than five (5) working days before Appeal Day.

Appeal forms may be obtained at the Municipal Building, 220 Elkton Road, during regular working hours, and will be mailed upon request.

Dennis W. McFarland
Assessor

np 4/27

CITY OF NEWARK DELAWARE

PUBLIC NOTICE

The Council of the City of Newark, at its regular meeting held April 23, 2007, adopted the following ordinances:

Ordinance No. 07-12 - An Ordinance Amending the Zoning Map of the City of Newark, Delaware, By Rezoning From RS (Single-Family, Detached) to RM (Multi-Family Dwellings - Garden Apartments) .724 Acres, Located at 279 and 281 New London Avenue

Ordinance No. 07-13 - An Ordinance Amending the Zoning Map of the City of Newark, Delaware, By Rezoning From BN (Neighborhood Shopping) to BB (Central Business District) .958 Acres, Located at 100 Elkton Road

Susan A. Lamblack, MMC
City Secretary

np 4/27

REGISTER OF WILLS OF BERKS COUNTY, PENNSYLVANIA

Re: Estate of Mitchell L. Redlich, deceased No.: 0607-0425

To: John M. Redlich

NOTICE is hereby given that a petition for grant of letters of administration in the above estate was filed by Vicky Sargent Valentin and George S. Donze, Esquire on March 28, 2007 requesting that they be appointed administrators of the estate of the above Decedent.

Pursuant to Pennsylvania Law, you may have the right to serve as administrator of this estate and may also be entitled to a portion of the proceeds of the estate, if any.

If you wish to assert any of these rights, you must contact the Register of Wills of Berks County, Pennsylvania at 633 Court Street, Reading, Pennsylvania 19601-3581, telephone: (610)478-6600 or contact the undersigned.

George S. Donze, Esq.
Donze & Donze
696 Unionville Road, Suite 6
Kennett Square, PA 19348
(610)444-8018
Attorney ID: 30082

NP 4/13,20,27

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Community of Windsor



OPEN SAT & SUN 12-4 or By Appt

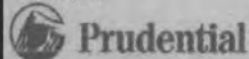
GILMAN HOMES presents The Distinctive Community of Windsor in Landenberg, PA! 16 Glorious home-sites back up to open space & White Clay Preserve! Starting at \$499,900 with many amenities and Quality Construction! Our Newest model being built is the Kensington...YOU ASKED FOR IT, we're building it! Starting at 624,900 with 1st Fl Owner's Suite. Hurry, ask about our latest special offer that includes savings of \$35,000! AVON GROVE SCHOOLS! Call the Windsor Team at 610-869-7175. DIR: from DE 896 N, right on Chambers Rock, Site on right. RE/MAX at Jennersville



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501 N. Country Club Drive Fairfield Newark, DE \$339,900
Lovely 4 bedroom, L-shaped ranch in Fairfield. One floor living highlighted by open kitchen/family room that opens out to inviting outdoor deck. Exceptionally neat and clean and that includes the huge basement, partially finished. This home is fully handicapped accessible. Admire the bulbs and shrubs outside. Call Rob Medicus for more information 302-368-1621

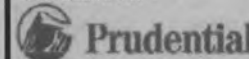


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13 Fox Lane Wedge Hills, Newark, DE \$399,900

Serenity now! Rarely available Wedge Hills escape on over one and a half acres. 5 bedroom, 3 bath Dutch colonial boasts first floor master bedroom, walk-up attic, vaulted living room ceiling, impressive fireplace, roomy basement and lovely screened porch. Gorgeous wooded lot with numerous native trees, shrubs and perennials. Call Rob Medicus for more information.



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8 Browning Circle

Middletown Crossing \$364,000

1st flr Owner's Suite! Beautiful and bright, this expanded Esquire model features 2sty foyer w/HW flrs, DR w/walk-in bay window. Kit opens to spacious Bfst Rm, Great rm w/vaulted ceil & marble gas FP w/transom window above. Expansive, 1st flr Owner's Suite w/tray ceil w/molding highlight, walk in closet, tile bath. Cozy loft overlooks Great rm, a perfect spot for a home office. Bsmt w/full bath rough in. Upgraded appliances, fixtures & flooring throughout; oversized 2-car gar, new shed & gorgeous landscaping! Contact: Patti Kehr 302-690-4464. RE/MAX at Jennersville 610-869-7175

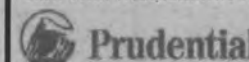


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26 Newbrook Road Windy Hills Newark, DE \$249,900

Discover this 3 or possibly 4 bedroom split a minute away from Windy Mill Park. Lovely bow window in living room, wood floors, updated kitchen inside. Gleaming new vinyl fencing, free form patio and lots of great perennials outside. Plus excellent garage and shed building in back. Call Rob Medicus for more information 302-368-1621



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ZEBRA FINCHES (2) w/ cage. Free to good home. Call 410-378-0044

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615 APPLIANCES

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660 YARD SALES

BEAR: 30 Wellspring Dr in Kensington Development. (Rt 7 & 40). Sat, April 28, 8am-4pm. Rain: 5/5. Everything must go!

ELKTON- 213 across from Ricketts Mill Road. Housegoods, 67-74 Nova parts. 1955 Chevy parts, clothes, misc.

ELKTON: 28 Leedom Road, odd Rt 213 Elkwood Estates, Sat., April 28, 8am-1pm. Salt & pepper shakers, knick knacks, other h/h items. Early 1900 upright piano FREE Early Birds are welcome.

ELKTON 475 Blair Shore Rd. Saturday 4/28 8:00-1pm. No early birds. Beanie babies, craft items, knick knacks, movies, etc.

CLASSIFIEDS 410-398-1230 800-220-1230

660 YARD SALES

ELKTON: Arundel Community Yard Sale. Sat., 4/28 & Sun., 4/29. 8am-1pm. H/H, tools, hunting, + size clothes, kids clothes, Elvis items, furn., & misc

ELKTON: 527 Highland Dr in Kensington Courts off Whitehall Rd. Sat, 4/28, 8a-Noon. Loads of boys clothes sz 0-4T w/ twin boy clothes. Baby items, h/h, furn, lots of misc.

ELKTON- 2556 Singlerly Road, Dvorak's garage. Saturday April 28th, 8-12. Men's and women's clothing, Home int, Party Lite, Beanie Babies, cake pans, etc.

ELKTON- SAT. 4/28, 8am-11am. 10 Jesse Boyd Circle, Walnut Hill, off of Rt. 213. Deck furniture, table & chairs, misc. furniture. Too many items to list! Call: 410-392-6052 or 410-920-4343

FAIR HILL: N on Rt 213, L on Hunt Valley drive, L to 64 Hunt Valley Loop. 4/27 & 4/28 8am-5pm, H/H, clothing, 4 bike rack for hitch, much more!

RISING SUN- 251 Sylmar Road off of 273 or Rt 1. Sat 4/28 8am-? Lots of furniture, h/h. Used and lots of NEW ITEMS. Appl, vacuums, and lots of toys.

Classified is the key to more sales. 410-398-1230 800-220-1230

660 YARD SALES

CHARLESTOWN: 604 Bladen Street, Sat., April 28, 8am-? **TONS** of H/H decor, vacuums, small furniture, clothing, (childs 12mo's-3T & womens) apple decor, something for everyone! **Real nice stuff, NO JUNK!**

PORT DEPOSIT: 40 Sunny Side Drive, off of Jackson Park Rd, Sat. & Sun., April 28 & 29. 8am-? Antique furniture, kitchen items, linens, couch, recliner, home decor, and lots more.

R.SUN: 2 Meadow Court, left of James M Church. Lots of clothes, H/h, + new items, crib & high chair Fri., 27th only 7:30-1:30 Inside.

RISING SUN: Huge sale! Buckley Ave off Main St in town. Sat, 4/28, 8a-Noon. Household, girls clothes sizes newborn - 10. Adult clothes, furniture, toys, collectables, Precious Moments, much more!

X METRO 48" Walk behind, w/veike, good cond., \$1,500. 410-615-8008

672 TOOLS

AIR COMPRESSOR CAMPBELL BRAND, 5 gallon, hardly used, comes with accessories. \$100. Please call: 443-553-0034

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By Margaret Littman
CTW Features

The impact some foods have on the way you feel is obvious: A co-worker surprises you with a double chocolate cake on your birthday and you're probably going to feel pretty good. You grab a sandwich on the way home from the office and the bread is stale and the innards tasteless, well, you're probably going to feel pretty bad.

But what if you could plan your meals based on the way in which those foods were going to impact your mood? Think of it as proactive eating. We're not talking about grabbing a chocolate bar or drinking a beer to get a buzz. In truth, all manner of foods, from turkey to tea to tofu, have ingredients that can affect the way you feel. We outline which foods have which affect on your outlook. Take a look at these 10 pantry staples and their ingredients so you can learn to look for mood-altering foods every time you go to the store or order from a menu.

Laurie Steelsmith, author of "Natural Choices for Women's Health: How the Secrets of Natural and Chinese Medicine Can Create a Lifetime of Wellness" (Three Rivers Press, 2005) believes you don't need to wait long to get results. "You can see changes in 24 hours," she says.

1. Banana

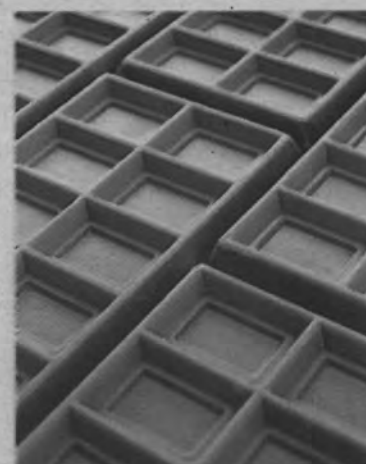
Alexandra Massey, author of "Improve Your Mood with Food" (Virgin Books, 2006), lists the yellow fruit as one of the foods you can plan to eat with frequency — up to five portions a day (a portion



being about what you can hold in your hand). In addition to all the fiber and good nutrients the banana holds, it is the tryptophan that will impact your well-being. Tryptophan is an amino acid that the body converts into serotonin, the brain chemical that can be a happy boost for your body.

2. Chocolate

You already know chocolate can make you feel better and there's research to support it. When you want this pick-me-up, choose desserts that are at least 70 percent chocolate, rather than a milk chocolate. That way, you're getting more of the flavonoid-rich cocoa, and less of the fat, sugar and other added ingredients.



3. Cottage cheese

One of the "must eat" foods on every expert's list, cottage cheese

Continued on page 4



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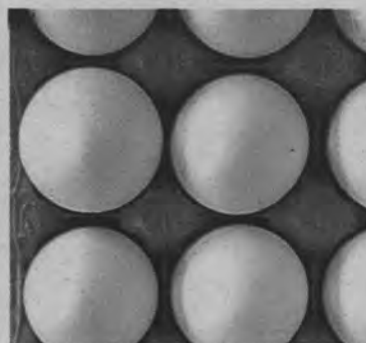
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Continued from page 3

is recommended as a substitute for other soft cheeses and dairy products. Cottage cheese provides the protein that can help boost mood and energy levels, without some of the fat of hard cheeses.

4. Eggs

Research from the University of California, Berkeley suggests that people who suffer from depression have low amount of serotonin, nor-epinephrine and dopamine in their brains. One natural antidepressant is to increase dopamine by eating protein-rich foods. Steelsmith is a fan of eggs for this purpose, because they are versatile and appeal to some people who choose not to eat meat.



5. Fish

Omega-3 fatty acids have been shown in studies to stabilize moods. Those who suffer from depression may benefit from eating fish oil, such as salmon oil, which contains Omega-3s. Walnuts, sunflower oil and flaxseed are other options.



6. Honey

Refined sugars, like those you get from a doughnut on the way to work,



may give you a quick energy jump. But Steelsmith says they actually give you too much insulin, which will spike and cause your energy level to drop after an hour or two. Honey has the glucose, but also has minerals and can provide a more measured lift.

7. Milk

Drinking a cup of warm milk to help you fall asleep is an old wives' tale, but Steelsmith says there's some truth that the drink can help calm nerves and settle an antsy attitude. Add some honey to that milk, and you'll have carbohydrates that help shuttle the tryptophan and melatonin to the brain. The temperature of the milk doesn't actually help even out your mood, but the psychological effect doesn't hurt.



8. Tea

"Tea leaves contain theanine, an amino acid that induces the brain into a state of 'relaxed alertness' where we have more alpha waves (associated with high levels of mental and physical performance) and fewer beta waves (associated with tension and anxiety)," says Shawn M. Talbott, Ph.D., of Draper, Utah-based SupplementWatch, Inc.



9. Tofu

This meat substitute is another low-calorie protein source, with all the plusses of eggs, cheese and other proteins. In addition, the soy in tofu is thought to stabilize mood swings, caused by hormonal changes, that can accompany menopause.



10. Turkey

Like bananas, turkey contains tryptophan. That's why you've heard that long-standing story that turkey makes you tired. That's how you justify your post-Thanksgiving nap, right? Well, again, there's some merit to the tale. The tryptophan, an amino acid, may help treat depression and menstrual hormonal fluctuations, and acts as a mild sedative. (But, truth is, that Thanksgiving nap is probably caused by the fact that you ate too much ...)



One final piece of advice before you run to the store: No food - chock-full of antioxidants or not - alone can keep your body in prime form. You need regular, balanced meals, with a mix of complex carbohydrates, protein and all the rest in order to get the most from these ingredients. Adds Steelsmith: "Otherwise, you have those endorphin levels drop and stress hormones increase and it puts your body in a stressed place."

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getHealthy briefs

Studies link hormone use to higher breast cancer risk

Research on two continents signaled more bad news for menopause hormones, offering the strongest evidence yet that they can raise the risk of breast cancer and are tied to a slightly higher risk of ovarian cancer.

New U.S. government numbers showed that breast cancer rates leveled off in 2004 after plunging in 2003 – the year after millions of women stopped taking hormones because a big study tied them to higher heart, stroke and breast cancer risks. Experts said the leveling off shows that the 2003 drop in the cancer rate was real and not a fluke.

From 2001 to 2004, breast cancer rates fell almost 9 percent – a dramatic decline, researchers report in New England Journal of Medicine. The trend was even stronger for the most common form of the disease – tumors whose growth is fueled by hormones. Those rates fell almost

15 percent among women ages 50 to 69, the group most likely to have been on hormone pills.

For consumers, the new research doesn't change the advice to use the lowest dose for the shortest time possible for hot flashes and other menopause symptoms that can't otherwise be controlled.

Use caution with that nail gun

Getting spiked is an occupational hazard for more than baseball players. A recent report published by the U.S. Centers for Disease Control and Prevention found that the annual number of nail-gun injuries has more than doubled since 2001. An average of 37,000 Americans a year – overwhelmingly men – are hurt seriously enough to seek treatment at a hospital emergency department.

Forty percent of the annual injuries between 2001 and 2005 (14,800) occurred in “consumers” rather than workers, according to the analysis by researchers at Duke University Medical Center and the

National Institute for Occupational Safety and Health. If a plain old hammer sounds better, think again: there are still about 40,000 annual visits related to hammer injuries.

More teens get weight-control surgery

The government says nearly 17 percent of Americans ages 6 to 19 are considered overweight. But many weight-loss therapies incorporating drugs are only approved for teens 16 and older, and diets and increased activity may be as difficult for some children to stick to as the classic solution to weight control is for many adults. An alternative may be weight-reduction surgery that closes off most of the stomach to limit the amount of calories and nutrients the body absorbs.

Already, several hundred children are among the more than 170,000 Americans who undergo bariatric surgery each year. Early results in kids 13 to 17 showed that they were able to shed about half their excess weight after the procedure.

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Walking for exercise is a big waste of time if you don't put some hustle in your steps, say University of Alberta researchers. The popularity of 10,000 step a day pedometer programs prompted researchers to compare the health benefits of daily walking with a traditional cardio-based fitness program involving treadmills and stationary bikes, says lead researcher Dr. Vicki Harber, a physical education and recreation professor at the Edmonton, Alberta-based campus. In a six-month study of 128 sedentary men and women, those who exercised at a moderate intensity – defined as the ability to carry on a conversation during activity – experienced greater health benefits, such as better aerobic fitness and lower blood pressure. Those on a 10,000-step program got health benefits but much less than the traditional group. "Our concern is that people might think what matters most is the total number of daily steps accumulated and not pay much attention to the pace or effort invested in taking these steps," Harber says. Her prescription: "Across your day, while you are achieving those 10,000 steps, take 200 to 400 of them at a brisker pace."



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Help for new moms and postpartum blues

Though women suffering from postpartum depression need quick relief, two categories of antidepressants that typically take six to eight weeks to work have been shown to be effective in new mothers, shows a study of 109 new moms published in the Journal of Clinical Psychopharmacology.

A majority of women who took tricyclics and serotonin reuptake inhibitors responded to the drugs within two to four weeks.

"We've been treating postpartum depression based on the assumption that drugs that work for a woman with depression under

usual circumstances will work for a woman who experiences depression after giving birth," says Dr. Katherine Wisner, a psychiatry, obstetrics, gynecology and reproductive sciences professor at the University of Pittsburgh School of Medicine.

"But there have not been studies that provide scientific proof that this was an effective and safe course of treatment," Wisner says. "Treating these women based on that assumption was simply not good enough, and we felt compelled to provide scientific evidence to guide postpartum depression

treatment decisions."

ABOUT POSTPARTUM DEPRESSION

Nearly one in 10 new mothers experience some degree of postpartum depression, according to the American Psychiatric Association. Symptoms can occur days after delivery or a year later. They include: sluggishness; fatigue; exhaustion; feelings of hopelessness; sleep and eating disturbances; confusion; uncontrollable crying; lack of interest in the baby; fear of harming the baby or herself; and mood swings.

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Rumors root out the truth

The truth is out there. It might take a little rumor-mongering or gossip to ferret it out. Just remember, rumors are not the same as gossip in truth seeking, according to Nicholas DiFonzo, a Rochester Institute of Technology professor of social and organization psychology.

Gossip is sharing information with an agenda, DiFonzo says in a new book he co-authored with Prashan Borida called "Rumor Psychology."

"A rumor is what you do when you try to figure out the truth with other people," he says. "It's collective sense-making. The classic example is 'I heard that ...'"

In one study reported in "Rumor Psychology," the authors found that 95 percent of workplace rumors are true.



Positive thinking improves with age

Researchers have known for years that having a positive, emotionally stable personality pays dividends in health, while those with a more fretful outlook are likely to fare less well. But neuroticism, as the dark side is called, is not always a constant. Some people's approach to life can -- and does -- change.

Purdue University psychologist Daniel Mroczek decided to track a group of more than 1,600 men, middle-aged and older, to see how they scored on a standard measure of neuroticism and how each scored on periodic exams over an 18-year period.

At the same time, men who started the study with a fretful temperament but managed, for whatever reason, to improve their outlook had survival rates similar to those of emotionally stable men.

Common trait may predict high blood pressure

African-Americans who suffer from high blood pressure share a common trait: high levels of uric acid. But a simple blood test of uric acid levels may help doctors stave off the disease with medication, according to a study published in the *Journal Hypertension*.

Most uric acid is eliminated in urine, but if the body makes too much and kidneys cannot get rid of it, it builds up in the blood, according to the Wake Forest University Baptist Medical Center

study of 9,104 people ages 45 to 64 who were tested for high blood pressure over a three-year period. Uric acid levels are associated with diet, such as high protein lev-



els, researchers say.

"If these studies show that lowering uric acid is an effective treatment, our research suggests that it may be especially appropriate for blacks," says Dr. Philip Mellin, lead investigator and an internal medicine professor at the North Carolina-based institution.

High levels of uric acid has been associated with other conditions such as gout, a form of arthritis, kidney stones and multiple sclerosis.

Sticky results of hemorrhoid stapling

Stapling hemorrhoids might heal faster and be less painful than surgically removing them, but they're also likely to come back, says Dr. Shiva Jayaraman Colquhoun, a general surgery resident at the University of Western Ontario.

In a survey of clinical studies released by The Cochrane Library, the researcher urged an "informed discussion of the risks" of circular stapling, which

doesn't remove hemorrhoids, but cuts off blood flow to them instead.

People who were stapled complained of less pain, itching and urgency for bowel movements, but other factors leaned in favor of surgical removal, the study found.

Hemorrhoids affect 15 million Americans annually. —CTW Features

Read more of your Healthy slice on page 8



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Health Update

Advertorial

Frequent bath room trips? Guaranteed relief, usually in 3-5 days.

In the beginning, having to urinate more frequently may be a mild nuisance. Men generally don't worry - and do nothing about it. However, they should do something before it gets worse.

Some feel it is a private matter and they are too embarrassed to talk about it. Unfortunately, this is a growing problem.

The prostate enlarges as men get older. It may be a nuisance for men in their forties, but in their fifties more than 60% are affected and it becomes a real problem.

The swollen prostate strangles the urethra and makes urinating difficult. The bladder empties only partially - regardless of how hard they try - and a short while later they have a strong urge to go to the bathroom again.

Some may press their bladder muscles hard, but urine only comes out in a thin stream or in drops. By the time they are in their sixties, 90% of men will be affected and suffering.

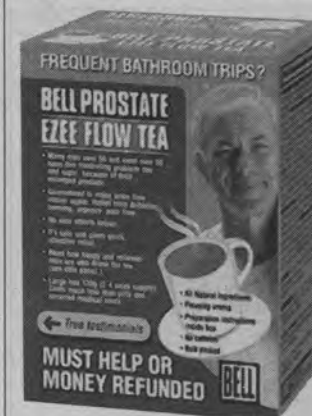
Some men may be afraid doctors will prescribe drugs that cause side effects - and frequently they do.

There is a large variety of non-prescription pills available; however, they do not stop the growth of the prostate. As people get older they look at alternatives and prevention becomes a large issue. This is why health food stores have become so popular in the last 10 years - and why most pharmacies now have an alternative medicine section.

After some experimenting, Nick A. Jerch found a mixture of 14 different teas. Different proportions of each ingredient brought relief within three, four or five days - depending on the person. As a bonus, the tea has a pleasing aroma and tastes good. It is now sold as Bell Prostate Ezee Flow Tea and is stocked by health food stores and pharmacies all over North America.

The swollen prostate not only strangles the urethra and urine flow, it also reduces blood flow to the penis. Without free and spontaneous blood flow, erections can be virtually impossible. The tea, which has no known side effects, may also solve erectile problems and restore a man's virility and self esteem - a major benefit that is important to all men! And all doctors agree that a healthy sexual lifestyle is important for our mental and physical well being.

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flow, burning
and swelling of
the prostate

Know the truth! There are dozens of remedies and drugs promising relief. None of them will do this: "This is my third year of using your tea. After first year PSA went down to 4.5; after the second year to 2.9 and after the third year to 2.3. I highly recommend this tea. A real life saver." *Thomas M. Thurston, Forsyth, GA*

Had to get up every hour at night! Now I get up 1-2 times. Urine flow is close to normal again. Sex is as good as many years ago. Past 3-4 years spent \$86.00 a month for drugs with little relief. Now I spend \$20.00 for Bell Prostate Tea with 90% relief. What a bargain. *Joseph Whittaker, Sewell, NJ* **Biggest change in my life a full night's sleep!** Had relief in 4 days. Wake up refreshed. Before had to get up many times. Had no sex for 2 years. Now I'm back to my own self again and my wife loves it. Thank you for a great product. The tea is better than the many things I tried including drugs. *Edward Powers, Port Orange, FL* **Unbelievable how well Ezee Flow Tea works!** Much better than all the drugs I took. I recommend it to all others that suffer like I did. Had to get up 6-8 times during night. Now I sleep through the night. Will never miss my cup of tea. *Daniel F. Thompson, Hayden, ID* **Doctor suspected prostate cancer.** The drugs he prescribed did not help with my frequent trips to the bathroom. Two years ago I started to drink Bell Prostate Ezee Flow Tea. I have no more pain and frequency day and night is normal again. A month ago I had another PSA test and the doctor said everything was clear. I will drink the tea for the rest of my life. *Willie Dion, Cornwall, ON*

Bladder Control Tea for Women. Women wrote: May God bless you for making this tea! Inquire in the same stores about: **Bell Ezee Slimming Patches** that help by making people less hungry (stops overeating and cravings for sweets for permanent weight control); **Bell Shark Cartilage** 98% success rate for arthritis pain (Relief Guaranteed); **Bell Eroxil** Virility for men and **Erosyn** Libido for women.



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your Healthy slice

... from page 7



Elderly patients not getting right drugs

Prescription drugs: It's not a matter of too much or too little for the elderly, it's a question of overprescribing versus underprescribing medications that makes the difference, finds a study from the University of California-San Francisco.

More than 40 percent of 194 male patients aged 65 or older and taking five or more prescription drugs were taking at least one inappropriate drug. Moreover, they often were missing a drug that could have improved their varied conditions, according to Dr. Michael Steinman, lead study author.

Among these patients, 65 percent were taking a drug that was ineffective, not indicated, duplicative of another medication or considered generally wrong for older people.

Only 13 percent were taking the right amount and types of drugs.

"Physicians need to look at both sides of the equation and be attentive to different kinds of prescribing problems that potentially coexist within the same patient," Steinman says. — CTW Features



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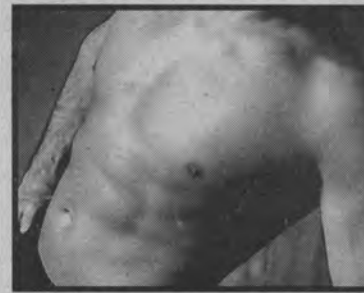
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Our bad habits: Why, oh, why?



Those of us with persistent bad habits aren't quite blue in the face yet, but we just as well ought to be since we spend so much time ignoring public health warnings about smoking, drinking, overeating and stressing out. But there's a reason we won't stop, reveal studies conducted at the University of Alberta in Edmonton, Canada.

It is the underlying cause.

Rural sociology professor Dr. Cindy Jardine studied the lifestyle habits of people who ranked habits such as smoking, stress and sun-tanning. Smoking was ranked "very dangerous" by more than half of those surveyed in one group. In another group, 65 percent said smoking was "very dangerous."

The need to be socially accepted and "plain, old human defiance" were two main causes of keeping up bad habits, the study found. Other reasons included underlying reasons such as poverty, joblessness and a history of abuse.

"People have a very realistic understanding of the various risks in the lives," Jardine says. "... but we need to look at other factors we haven't been looking at before. If we could get to the underlying issues of what turns people to drink, we would do better in fully understanding the context of their lives."

Simply put, Jardine says, people won't give up risky behavior until they understand the psychology behind their actions.

- CTW Features



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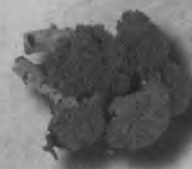
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PAMPER YOUR PEDS

**PROFESSIONAL DANCERS SHARE
THEIR SECRETS FOR TREAT-
ING YOUR HARD-WORKED FEET**

By Lisa Arnett
CTW Features

When it comes to having the most used and abused feet around, professional dancers are at the top of the list – and their career depends on keeping them in top-notch shape. Who better to provide feet-treat advice to us mere mortals than the dancers themselves? Seven ballet and contemporary dancers weigh in on the best tried-and-true remedies for common foot gripes.

"YOU SHOULD DEFINITELY MASSAGE YOUR FEET. THEY SUPPORT OUR BODIES – WE HAVE TO BE KIND TO THEM."

— Sarah Keating of Chicago Dance Crash

After tromping around town in sky-high stilettos, you're bound to have tender arches and sore top-of-your-foot tendons — both of which dancers are no stranger to. "Muscle soreness is my biggest foot complaint," says Brian Hare, a dancer with Chicago Dance Crash. "As a dancer, it is basically a permanent condition that we have to embrace and learn to love — but that doesn't mean that everyone else has to."

Take a soak.

The most highly recommended treatment for muscle soreness is soaking feet in warm water and Epsom salt, a super-cheap product available at drug stores. "Just follow the directions on the side of the box and you'll have your own little foot spa in your bathroom sink," Hare says. "[It] helps loosen muscle tension and helps to soften callused skin so that it can be filed off. This is a much better alternative to products like BenGay. It's not only cheaper but is more effective and far less smelly."

Go homeopathic.

"For general soreness and pain, I could not live without arnica gel," says Courtney Hellebuyck, a dancer with San Francisco's Smuin Ballet, referring to a homeopathic natural pain rub made from the arnica plant, grown in the Pacific Northwest. "It basically speeds up the body's natural-healing process. You don't feel it working as you would with something like Icy Hot [muscle rub], for instance, but instead of just masking the pain, it is actually healing it," says Hellebuyck.

Strengthen up!

Sore foot muscles usually indicate that they're not used to working so hard — consider giving them an easy workout, as recommended by Hare. "The only thing that I do almost everyday in terms of my feet is to give them a little workout," he says.

Try pointing your toe as hard as you can, extending from your ankle rather than curling your toes under; then flex your foot as hard as you can. Repeat for 5 minutes on each foot.

"You can do this while watching TV or laying in bed. Pointing from the ankle not only strengthens the ankle but also stretches the

arch of your foot. I've found that doing this has helped my posture and, as odd as it sounds, I trip far less often than I used to."

Try massage.

"You should definitely massage your feet. They support our bodies — we have to be kind to them," says Sarah Keating of Chicago Dance Crash. "You can rub your own feet or grab a partner and massage each other's feet. Rub the arches and make sure to pull the toes out a little bit, especially if they spent a long day standing in shoes."

Laura Tomlinson, another CDC dancer, recommends another technique: "When the tops of your arches are sore, place your two thumbs at the top of your arch and apply pressure as you go down the length of your foot down to your metatarsals, and come back up the sides of your arch, circling your thumbs outward, and repeat," she says.

PAMPERING PRODUCTS

When it comes to the dizzying array of flashy pedicure products on the market, dancers have tried them all — and come to a conclusion about their favorites.

Sarah Keating of contemporary company Chicago Dance Crash relies on a simple overnight treatment to keep the skin on her feet moisturized, especially during the dry winter months. "A couple of time a week before I go to bed, I really lather my feet with a foot lotion and then cover them with a pair of cotton socks," she says.

Keating's favorite products include Bath & Body Works' True Blue line, especially the shea butter foot creams.

Likewise, Sarah Pingel, who dances with Ellen Sinopoli Dance Company, has tried dozens of lotions to moisturize and massage her feet. Her tried-and-true favorite products include Peppermint Foot Lotion and Peppermint Cooling Gel from the Body Shop, which she attests to being not too sticky or slippery.

"Using an oil or lotion helps but should not be used if there are any open sores on your foot."

Walk in the waves.

"Nothing relieves the aches and blisters of a tough rehearsal week like a walk in the ocean," says Celia Fushille-Burke, associate director of Smuin Ballet who danced in the company from 1994 to 2006. "That cool Pacific salt water is nature's healer. It's like icing your feet in salt water — only better!"

Go balls out.

Amy Seiwart, a principal dancer with Smuin Ballet, looks to the fairway for her favorite massage tool for sore feet, especially arches.

"Roll them on golf balls! They are small and hard enough to get deep in there," she says. "I've been told this is great if one has any tendency towards plantar fasciitis."

Get bottled up.

Sarah Pingel, a dancer with New York-based Ellen Sinopoli Dance Company, keeps water bottles in her freezer in anticipation of an especially sore feet situation. "When I come home from a really tough day of dancing and my arches are cramped, I take out the frozen bottle and roll each foot on top of it, about 5 minutes each foot. It reduces the inflammation ... [and] makes my feet feel so refreshed when I'm done."

BLISTER BUMMERS

We've all been there — a beautiful, brand-new pair of shoes proves not-so-comfortable and leaves us battered with blisters. Laura Tomlinson of contemporary company Chicago Dance Crash has her blister-care ritual down pat. First, she pops blisters with a sterilized needle and completely drains the blister by pressing on it gently with a tissue. "If you don't [drain it completely], the skin can heal over the fluid resulting

in the same blister," she says. She then fills a large, shallow bowl with warm water and Epsom salt; a 20-minute soak dries up the open blisters and speeds the healing process. "Try to let the feet air dry instead of wiping with a towel so you do not wipe away the salt water, [which] dries up the blisters." She follows up by applying antibiotic gel and bandages once her feet are completely dry.



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Ask the Expert:

We're eating out of our minds

"Mindless Eating" author Brian Wansink wants to revolutionize how we don't think about food and get trimmer and healthier while not doing it

By Deborah D. Douglas
CTW Features

To eat or not to eat. That's the question we ask ourselves every day, consciously, of course, but in so many unconscious ways we can't even count. Well, OK, we can count the ways; it's 200, according to Brian Wansink, Ph.D., who just wrote about the American propensity for scarfing everything in sight in "Mindless Eating: Why We Eat More Than We Think" (Bantam Dell, 2006)

The Cornell University Food and Brand Lab director has calculated

were surreptitiously hooked up to a soup-sucking hose ate much more soup than they thought. They kept accepting refills — and calories.

Instead of dieting to lose weight and stressing ourselves out over what to eat and not to eat, Wansink's prescription is to go right ahead and do it. Just know that you, the person who buys your groceries, food makers, advertisers and restaurants have been boobytrapping your ability to make healthy choices and manage portions. If we can arrange our lives, our kitchens and our carryout choices to a few simple rules, rather than a bunch, we can mindlessly eat our way to trimmer waistlines.

Here, Wansink, 46, a married father of a toddler daughter, shares his insights:

Q: Why are our waistlines getting wider each year?

Wansink: Every time we do a study, we tell people — show people — how much they've eaten. We may have changed the bowl size or moved the bowl closer. People almost always deny it happened to them. We realized that what trips us up were things we weren't mindful of.

Q: Do we ever put food out of our minds?

Wansink: We did a study earlier asking [subjects] how many food-related decisions they make during a day. We ended up finding it it was close to 200; we are just not aware of it. If you look at breakfast for instance, we make about 15 decisions before we even sit down to eat. First all all, we decide what cereal we're going to eat. Then we decide how much milk to pour and whether it will be whole milk, skim milk or 2-percent. We decide if we'll put a banana in it ...



how many food decisions we make daily through his extensive restaurant-style lab work. He's determined that we're so susceptible to fancy names for food, we'll eat and drink more of it if it has a certain cache — no North Dakota wine for us, it's gotta be straight from California to get our juices flowing.

Or, take his "bottomless" soup bowl experiment. College students typically said they'd stop eating when the bowl was empty, or they'd eat half of it. Only 19 percent said they'd stop when they got full. Indeed, students whose bowls

Q: What is it about contemporary living that dooms our diets?

Wansink: There's more freedom in our food world. We're fortunate in that food is fairly inexpensive for most of us. That makes mindless eating easier. Food is less structured than in the 1950s, when we'd sit down for dinner at 5 o'clock and eat with the family.

Q: What's the role of portions sizes in our battle over bloat?

Wansink: We are no longer working for a living, so to speak. We're sitting for a living, but we're still eating farmers' meals.

Q: Nutrition experts always preach lifestyle changes to make any diet makeovers part of the way we live. How can we do that successfully?

Wansink: One thing is to make it gradual. If you binge diet, you're just going to deprive yourself, and you're going to feel disappointed. If you trim out 200 or 300 calories a day, that's going to be the equivalent of two-thirds of a pound a week, 20 pounds over the year. The key is finding this mindless margin. You just want to rearrange your kitchen and your home so you automatically make mindless decisions. You don't have to be obsessed.



We are no longer working for a living, so to speak. We're sitting for a living, but we're still eating farmers' meals."

— "Mindless Eating" author Brian Wansink

Q: With the popularity of diets and food diaries, and the constant institutional nagging over how fat we're getting, how can we consciously yet "mindlessly" change how we eat?

Wansink:

• Just think small. To consciously think this or that is a hassle. Just use small plates, small serving bowls and small packages. You want to make it inconvenient. Move a candy dish 6 feet away. People eat half as much when they have to [reach farther]. Keep serving bowls in the kitchen so you have to get up to get them.

• Television: You have to turn it off. Eating while the television is on has a big impact on how much we eat:

We overeat 35 percent more. People eat until the programs are over, and eat more and enjoy it less.

• You can save a lot of money shopping at wholesale clubs, but there's a tremendous danger of overeating. Break [bulk items] down into Baggies and smaller Tupperware containers so you have a smaller package.

Q: Are you trying to revolutionize how we eat, Dr. Wansink?

Wansink: That would be my dream. This is pretty much a mission for me to help people use food to do what they want to be. That could be thinner. That could be happier. It could be healthier. Let's keep our fingers crossed that it makes a big difference.

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Second Monday of each Month, 7 p.m. at Union Hospital location TBD. Free. A support group for ostomates and their families. www.uhcc.com

American Diabetes Association Support Group

Second Tuesday of each Month, 7 p.m. at Union Hospital location TBD. Free. Support and educational group for persons with diabetes and their families. www.uhcc.com

Juvenile Diabetes Support Group

Third Monday of each Month, 6:30 p.m. at Union Hospital location TBD. Free. Support and education group for parents of children with diabetes. The children and their non-diabetic siblings are encouraged to attend and meet others their age and have fun. www.uhcc.com

Caregivers Support Group

First Tuesday of each month, 3 - 4:30 p.m. at the Adult Day Care Center, 152 Railroad Ave, Elkton. Free. Support group for caregiv-

ers, family members & friends of an elderly, ill or dependent person. The group offers emotional support, tips about managing your loved one & information about community resources. Anyone caring for a loved one either at home or in a nursing facility is invited. If you wish, bring your loved one. Staff is available to provide care while you join us for the meeting. Contact 410 392-0539 for more information. www.uhcc.com

Breast Cancer Support Group

Second Wednesday of each Month, noon - 1 p.m. at Union Hospital's Meeting Room 3. Free. Support groups are an excellent complement to medical care. Those faced with breast cancer can join us & receive support, understanding, guidance, and education to help you stay strong & positive. For additional information call 410 620-3710.

Bariatric Surgery Support Group

Have you had or are you considering having bariatric surgery? We invite you to a monthly support group. Each session will include a 30-minute informational lecture and a 30-

minute general discussion forum. A session on Weight training & weight loss will be presented by Erin Egan, Exercise Physiologist

May 7 at Preventive Medicine & Rehabilitation Institute at Pelleport of Christiana Care 7-8 p.m. www.christianacare.org

Breast Cancer Support Group

Jennersville Regional Hospital, 1015 W. Baltimore Pike, West Grove, PA on May 22, 2007 6:30 - 8 p.m. Gain the support you need from women who understand. Gather the information you need from experienced and compassionate healthcare professionals. Join us for an informative discussion about breast cancer.

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Pre-registration required. May 2, 2007, starts at 9 a.m. at the Union Hospital Diabetes Center. Free.

Blood Pressure Screening

First Wednesday of each month. 1:30 - 2:30 p.m. at Union Hospital's Cardiology Department. Free, no appointment needed.

Anemia, Sugar, Blood Pressure Screening

Jennersville Regional Hospital, 1015 W. Baltimore Pike, West Grove, PA on May 15, 2007 10 a.m. - 1 p.m. This screening will be offered in conjunction with the Chester County Health Department. An optional Total and HDL cholesterol screen offered for \$15 per person. There is no charge for the Blood Pressure, Blood Sugar and Anemia screenings. Contact Teresa Rougeaux 610 869-1223.

Free Skin Screening

Jennersville Regional Hospital, 1015 W. Baltimore Pike, West Grove, PA, Suite 205, Medical Office Building on May 22, 2007 5 - 7 p.m. Appointments are required for this free screening. Contact 610 869-1396. Deadline to register is May 9.

CLASSES

Vacation time? Stay on track without staying home!

Presented by the Bariatric Surgery Support Group on May 19, 10-11 a.m. at the Preventive Medicine & Rehabilitation Institute at Pelleport, 3506 Kennett Pike (intersection of routes 52 and 100), Wilmington, DE.

Regina Johnston, RD will be the presenter. Pre-registration is not required. Support group meetings are \$5 per person (including family and support people). Please pay at the front desk before entering the support group session. Meetings are held at the Preventive Medicine & Rehabilitation Institute.

Cancer Survivorship Series

A series for cancer survivors will be held on May 15, 6-7:30 p.m. at the Helen F. Graham Cancer Center. Find out more about the benefits of physical exercise for survivors. There is no fee but register by May 10. Visit www.christianacare.org.

CPR - Heartsaver AED

Cardiopulmonary Resuscitation (CPR) will be taught at Christiana

Hospital - John H. Ammon Medical Education Center on May 21, 6:30 - 9:30 p.m.

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Look Good & Feel Better

Second Monday of each Month, 2 p.m. - 4 p.m. at Union Hospital location TBD. Free. This program offers women and men with cancer a chance to learn how to enhance their appearance while undergoing treatment. A licensed cosmetologist assists those with cancer in looking their best. Registration is necessary. www.uhcc.com

Vitamins & Supplements: What Should You Take?

Vitamins and minerals are important to people of all ages - they're key to normal growth and a healthy life. Women, in particular, have special, increased requirements because of menstruation, pregnancy, breastfeeding and menopause. May 8 7-8 p.m. part of the Celebrating Women's Health Lecture Series. Christiana Care pharmacist, Vicki Paoletti, Pharm.D. will talk about:

- The vitamins and minerals you should be taking - and in what quantities
- What various vitamins and mineral supplements do.
- Why you should be very careful in self-prescribing such supplements

There will be free bone density screenings from 6 to 7 p.m. Seating is limited - call 302-428-4100 for directions or visit www.christianacare.org.

Living with Diabetes

Living with Diabetes classes are offered by Christiana Care on weekdays and weekends.

The Living with Diabetes Program is an education program designed to teach individuals how to manage their blood sugars, provide guidance on meal planning and provide up-to-date information regarding meters and medications.

The weekend two session class is held at Christiana Hospital - Room 1000 on May 5 and 12 from 8 a.m. - 1:30 p.m. Barb Willey, RN,

CDE & Kathy Stroh, RD, CDE teach the classes.

The weekday classes are four session on May 3, 10, 17 and 24 from 6-9 p.m. at the Middletown Care Center. Carla Arot, RN, CDE & Julie Onisk, RD, CDE teach these classes. To register call 302 428-4100

EVENTS

Dining with the Docs

The High Price of Inactivity

Along with proper nutrition, physical fitness is one of the most important factors in the prevention & management of diabetes. Kathi Walker, Physical Therapist, Union Rehab & Jim Tambasco, Fitness Coordinator, Healthy Lifestyles Fitness Center will discuss the importance of proper exercise to diabetes prevention & care. May 15, 2007, 5:30 - 7:30 p.m. at the Chesapeake & Susquehanna Conference Rooms at Union Hospital. Free. www.uhcc.com

Dining with the Docs

Psyching Out Diabetes

Diabetes is a physical disease, but it has its share of emotional stresses. In this session, David Crone, Psy.D. will talk about some of the psychological & emotional challenges that often accompany diabetes. May 22, 2007, 5:30 - 7:30 p.m. at the Chesapeake & Susquehanna Conference Rooms at Union Hospital. Free. www.uhcc.com

Dining with the Docs

How Am I Going to pay for this?

What's covered, and what isn't? Diabetes can lead to many questions about financing of health care. Union Hospital Patient Accounts Manager, Pam Smollen, will help answer your questions. May 29, 2007, 5:30 - 7:30 p.m. at the Chesapeake & Susquehanna Conference Rooms at Union Hospital. Free. www.uhcc.com

Dining with the Docs

Diabetes & Nutrition

Are you allowed to eat that? There are lots of myths about diabetes & nutrition. Join Union Hospital Registered Licensed Dietitian, Jennifer Noll, as she separates the myths from the realities.

May 1, 2007, 5:30 - 7:30 p.m. at the Chesapeake & Susquehanna Conference Rooms at Union Hospital. Free. www.uhcc.com

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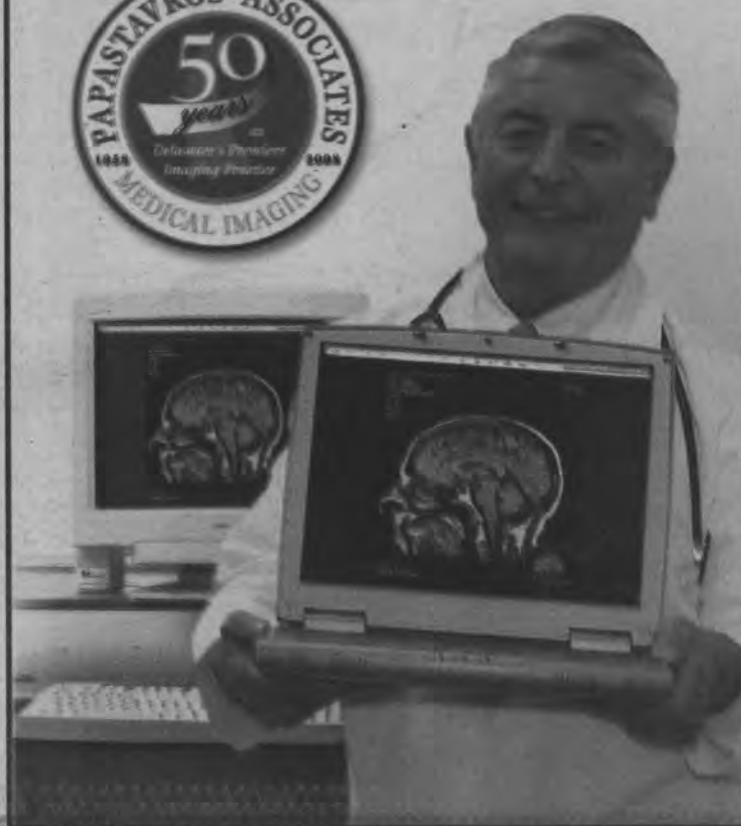
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SHALL WE DANCE?

IF SO, THEN LET'S ZUMBA, A MIX OF LATIN MOVES THAT BURNS CALORIES AND BOOSTS YOUR HEART RATE, WHILE YOU HAVE FUN AND LOOK GOOD DOING IT



By Jody Robbins
CTW Features

Watch an episode of ABC's "Dancing With the Stars" and you'll start thinking you can dance. Or at least you'll believe you can try. You probably should go with that thought, because at least you'll get a good aerobic workout while you're giving it your best shot.

"You see these shows, and how people who aren't very good are able to improve, and you think, 'I can dance, too,'" says Nancy Burrows, exercise programs director at Chicago's posh East Bank Club. "I don't think you're going to end up in a [music] video, but it's a way to get started, get a good workout and do something different, whether it's jazz, Latin dance, belly dancing or whatever. They are all good additions to any fitness routine, and anybody can do them if they are willing to give it a try."

Still not ready for ballroom dance classes, or investing heavily in a rigorous course of tango classes? Then dip your toe in the dance pool with Zumba, a new form of aerobic training that mixes high-energy, mostly

results.

There is a lot of footwork involved, but it's also about full-body movement, making it important to have enough core strength before jumping in. Still, it's not hard to keep

"‘ZUMBA’ IS SLANG IN COLOMBIA THAT MEANS ‘TO PARTY,’ SO THE PREMISE IS TO HAVE A GOOD TIME."

— Zumba instructor Albert Arias, a former professional dancer

Latin music and dance moves into a fitness routine that is interval-based and fairly easy to follow throughout the 50-minute to one-hour classes. You'll feel sexy doing it, and look sexier when you get maximum workout

up a close approximation of what the veterans around you are doing, and there's a quick learning curve thanks to the repetitive nature within each cycle of the class.

Incorporating elements from different

Latin dances, Zumba originated in Colombia and was brought to the United States by founder "Beto" Perez in 1999. Zumba trainer classes are held around the country, and there are now more than 2,000 instructors worldwide, according to Zumba.com.

In many ways, it's the cultural appeal of Zumba that makes it stand out, in addition to the fact that it is actually linked to a very popular type of modern dancing. It's not going to make you a graceful salsa dancer, but it will help you along that path.

"One of the positives of Zumba is you can take it with you; you'll see those exact steps at any Latin dance club," says instructor Albert Arias, a former professional dancer in Chicago. "You have to concentrate, and there is no constant repetition, so you are never bored."

"Zumba' is slang in Colombia that means 'to party,' so the premise is to have a good time," says Arias, who has taught Zumba for

two years. "The technical definition of Zumba is interval training to Latin rhythms, where you take the heart rate up, bring it down, up, down. It's like a one-hour workout where you're doing both fast and slow songs, so

you're not pumping out the entire hour. It incorporates actual steps from the salsa, cha cha, merengue, mambo and the tango."

Zumba classes taught by Arias are bilingual, as are instructional

DVDs: "I go back and forth between English and Spanish, and it gets the students fired up, whether it's otra vez (another time), a countdown in Spanish, or izquierda o derecho (left, right)," Arias says.

"There is a burst of Latin influence happening in communities across the country," he says. "More people are going to clubs and listening to Latin-influenced music on the radio, and I know that shows like

'Dancing With the Stars' have piqued a lot of interest."

Many fitness classes were based on dance but have moved away from that, says Burrows. "Dance makes your brain think because you're moving in many different planes, the benefit being flexibility."

There is no doubt that dance and sports have effects beneficial to the other, but there is some level of natural skill that's essential for either, according to Ken Alan, a Los Angeles-based fitness instructor and spokesman for the American Council on Exercise, who mostly trains instructors but also has worked with celebrities like Sylvester Stallone, Priscilla Presley and Barbara Streisand.

"It's different for everyone," Alan says. "Two people can do the same class, and one person can burn 195 calories, while another burns 395 calories. The whole point of the dance fitness movement that's been going on since the 1960s is to build programs that work for those who are sports-and-athletics oriented, as opposed to those who are more dance-and-music oriented. Both require coordination and rhythm but in very different ways."

© CTW Features

WHAT'S IN IT FOR YOU?

Hip-hop, funk, street dance

The moves: The quick, staccato movement in these classes is very up-and-down and low-to-the-ground, so conditioned athletes love it, while the cool factor appeals to novices.

The benefits: A 50-minute hip-hop dance session burns 250 to 400 calories.

This will make you better at: In-line skating and tennis

Ballet

The moves: This category of dance-based fitness calls for lots of upright body control, including work on posture (shoulders back, chest open) and flexibility (a whole bunch of stretching).

The benefits: Expect bursts of energy to be required but only for short periods. In 50 minutes, you'll burn 250 to 350 calories.

This will make you better at: Acrobatics, basketball, gymnastics and volleyball

Ballroom

The moves: The form here is very specific, and students can achieve proficiency fairly quickly thanks to repetitive movements. Because it requires a partner, it's a social moment and contributes to field awareness for athletes, too.

The benefits: In 50 minutes, you'll burn 250 to 450 calories.

This will make you better at: Football, in-line skating, soccer and baseball

Belly dancing

The moves: It works isolated body parts like the hips, rib cage and arms and pumps up the heart rate without going overboard.

The benefits: 250 to 350 calories in 50 minutes.

This will make you better at: Spelunking, skydiving and skateboarding

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SOY WHAT?

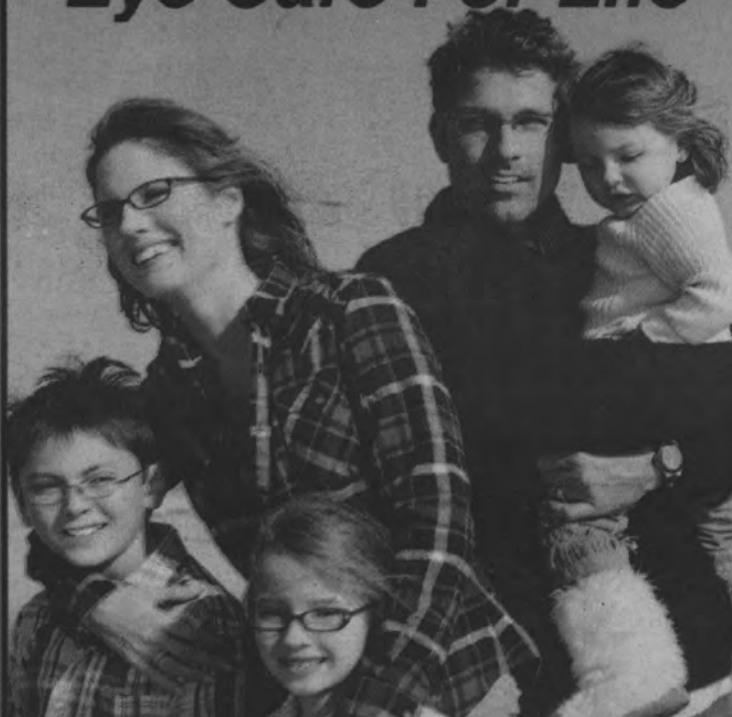
EXPERT THINKING ABOUT SOY HAS CHANGED, BUT ONE
THING HASN'T: IT'S STILL A WONDER FOOD. HERE'S HOW
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By Bev Bennett
CTW Features

If you think soy is a nutritional wonder food, you're not alone. This once lowly bean is taking the spotlight for claims that it reduces cholesterol, builds bones and cuts those pesky hot flashes women experience during their menopausal years.

With a health pedigree like that, it's easy to see why soy's cachet is soaring. In fact, the more people learn about soy's potential health benefits, the more willing they are to try soy foods, according to a study conducted a few years ago at Ohio University.

But now soy's light may be dimming.

One of the most promising benefits—reducing cholesterol—is falling short of expectations. Other potential advantages, such as reducing the risk of breast cancer and osteoporosis, still are being investigated. Scientists speculate that soy's effect depends on when you start eating it and for how long.

Does this mean it's time to toss the tofu? Can you switch from tempeh burgers to all-beef patties?

Not so fast, say nutrition experts. Even those who say soy isn't a miracle food feel it's still beneficial. If you want to improve your diet, eating soy foods can help.

"Healthy women [and men] should be encouraged to include soy in their diets," says Dr. John W. Erdman Jr., professor of Nutrition at the University of Illinois Urbana-Champaign.

Soy is a plant food that's high in the kind of protein the body needs. It's also very low in saturated fat and is cholesterol-free, say nutritionists.

To understand the turnaround on soy it's important to know how the bean got its health reputation in the U.S.

Initially, researchers took a look at Asians, who eat far more soy foods than Americans do. The experts found that Asians have better health profiles in a number of areas, including cholesterol and breast cancer.

However, as U.S. nutrition experts looked at the population in this country, they began to question whether the associations of soy and health were valid.

The American Heart Association, which had promoted soy foods as part of a heart-healthy diet, took another look. Their experts concluded that eating soy food reduces bad cholesterol by a modest 3 percent and doesn't improve good cholesterol, according to an article in *Circulation: Journal of the American Heart Association*.

"Our thinking about soy has



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SOY IS A PLANT FOOD THAT'S HIGH IN THE KIND OF PROTEIN THE BODY NEEDS. IT'S ALSO VERY LOW IN SATURATED FAT AND IS CHOLESTEROL-FREE

changed over the past five years," says Dr. Penny Kris-Etherton, distinguished professor of nutritional sciences at Pennsylvania State University.

"Research hasn't shown much cholesterol-lowering benefit like we saw previously," says Kris-Etherton, who contributed to the AHA report.

SO WHY EAT SOY?

There's the argument that it's a nutritious substitute for red meat. But there are other advantages, as well.

If you're at risk for heart problems, you've probably been told to

skip the prime steak. Maybe you're bulking up on pasta and bread instead.

Eating more protein that's low in fat and cholesterol (in sensible amounts; not a high-protein diet), may be the better choice to reduce your blood pressure if you have hypertension, according to Kris-Etherton.

Soy foods fit the bill.

HOW DOES SOY FARE IN OTHER ASPECTS OF YOUR HEALTH?

Experiments on menopause-aged women are mixed. Some women experience fewer hot flashes when they eat more soy foods; others do not.

Research is going on to determine whether eating more soy foods can strengthen bones. The verdict isn't in.

Breast cancer may be the most controversial area.

Asian women have lower rates of breast cancer. However, they also eat soy foods from early childhood. Asians' lifelong diet may provide some protection.

"What the animal studies suggest is that it would be very healthful for women to start eating soy earlier in life before breast development to

reduce their risk of breast cancer," Erdman says.

You may have read that you should avoid soy if you're a woman prone to breast cancer or recovering from the disease. That shouldn't be a concern, Erdman says.

"If you're a woman with breast cancer or if you're a woman with two sisters with breast cancer [putting you at greater risk] I think you shouldn't freak out over a serving of soy milk a day, but don't go out and have five servings a day.

"None of the [cancer/soy] theories is proven in humans," says Erdman.

The best advice from nutrition experts is to settle on a few soy-rich foods you like and have a total of two servings of soy a day.

Soy Nut and Potato Salad

8 small-medium new potatoes

Salt

2 scallions, trimmed and chopped

1 large red bell pepper, cored and chopped

1/4 cup roasted soy nuts

2 tablespoons chopped cilantro

Citrus dressing (follows)

Place potatoes and 1 teaspoon salt in a medium saucepan. Add water to cover. Bring to a boil and cook for 30 minutes or until fork tender. Drain well. Slice potatoes into a bowl. Add scallions, bell pepper, soy nuts and cilantro. Toss gently but well. Prepare hot lime dressing and pour over warm salad. Toss again. Adjust salt to taste, if necessary. Serves 4.

Each serving has: 160 calories; 6.5 grams total fat; 4 grams protein; 15 grams carbohydrates; 400 milligrams sodium; and 1.5 grams dietary fiber.

Citrus dressing

1 tablespoon fresh lime juice

1 tablespoon lemon juice

1 1/2 tablespoons olive oil

Salt and pepper to taste

Pinch of cayenne pepper

• Combine lime and lemon juice, oil, salt, pepper and cayenne in a cup. Stir well.

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