

UP FRONT

A fun football experience

By **MARTY VALANIA**

NEWARK POST STAFF WRITER

Delaware 44, Delaware State 7 – and it wasn't that close.

Maybe playing Delaware State is better for the University of Delaware than playing Division II West Chester is after all (the team that everybody says that UD shouldn't be playing).

The Blue Hens defeated West Chester 41-14 earlier this season and it wasn't even the Golden Rams' best team ever. It was, however, probably the best team the Hornets have fielded and they didn't look like they belonged on the same field as a pretty good Hens team.

In fact, from Friday's performance it didn't look like DSU would win three games in Delaware's conference (the CAA) – a league that placed five teams into the NCAA Division I-AA playoffs. Nevertheless, the Hornets went 10-1 in their conference and earned their way into the playoffs.

Football wise, it wasn't much of a game and it certainly didn't validate any claims that games between these two schools would've been great – let alone necessary – for the past 80 years or so.

So Delaware shouldn't even bother scheduling Delaware State in the future, right?

Well, no, I don't think that's the case either.

The atmosphere at Delaware Stadium (and the surrounding parking lots) was unique and special and I think that it should happen regularly.

It wasn't the amount of
See **UPFRONT, 19** ▶



Valania

'We've been waiting for this game forever'

More than 19,000 fans turn out for Blue Hens/ Hornets game



NEWARK POST PHOTOS BY CHRISTINE NEFF

By **CHRISTINE NEFF**

NEWARK POST STAFF WRITER

Kathy Shrewsbury and her daughters were in Newark by 9 a.m. on Friday, Nov. 23, anxiously waiting the first-ever match up between Delaware State University and the University of Delaware football teams.

The women stood out in the sea of blue and gold, their red shirts showing three letters on the front – DSU – and the name of their favorite player, son and brother, Adam Shrewsbury, on the back.

Excited about the game still hours away, Kathy said, really, the wait had been far longer. "We've been waiting for this game forever," she said. "They deserve this, don't they?"

The Shrewsburys were among more than 19,700 people to attend the post-season game at Delaware Stadium last week. It was a day of firsts – the first meeting of the Blue Hens and Hornets on the football field and the first time the Hornets' football team competed in the NCAA Tournament.

See **GAME, 32** ▶



These UD fans went all out with game gear, dressing up as Raid Hornet Killer.

Tax rate will go up one-cent

Council approves budget as recommended by City Manager

By **CHRISTINE NEFF**

NEWARK POST STAFF WRITER

Though two members of Newark's City Council voted against it, the property tax rate for city residents will increase by one-cent in 2008.

The increase will generate an additional \$82,000 in revenues for the city, said City Manager Carl Luft. The "lion's share" of this money, he said, will go towards funding a full-time professional public relations position to handle the city's Web site, newsletter, Channel 22 and media relations.

Councilman Paul Pomeroy questioned the addition of the public relations position at this time. "I have a bit of concern about going to a tax increase

See **COUNCIL, 31** ▶

Choice for Full-Day K

Only Wilmington K-5 schools offering unlimited Full-Day Kindergarten in 2008-09

By **MARY E. PETZAK**

NEWARK POST STAFF WRITER

Christina School District will offer parents the option of Full-Day Kindergarten in eight elementary school locations next year, based on available capacity. Bancroft, Elbert-Palmer, Pulaski and Stubbs schools in Wilmington, planned to be converted to K-5 elementary schools as part of the District's new grade configuration, will offer unlimited Full-day Kindergarten beginning in 2008. Students who reside outside of the feeder patterns for these

See **SCHOOLS, 20** ▶

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POLICE BLOTTER

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.

Break-in on Waterworks Lane

A home in the 100 block of Waterworks Lane was broken into while residents were out of town, police were told on Sunday, Nov. 25, at 2:57 p.m. The unknown suspect entered the home through a bedroom window, said police. The suspect stole picture frames, pictures taped to the wall and nine pairs of shoes valued at under \$1,000, among other items, police were told. A similar burglary had occurred at the home over the summer, said police. Investigation will continue.

Bicycle, guitar stolen from home

An unknown suspect broke into a home in the 200 block of W. Main Street by entering a first-floor window and stole several items, including a bicycle and guitar, police were told on Friday, Nov. 23, at 6:35 p.m. Investigation will continue.

Burglar takes computer equipment

More than \$2,500 worth of computer equipment was taken from a home in the unit block of Prospect Avenue by an unknown suspect who came in through an unlocked front door, police were told on Thursday, Nov. 22, at 10:39 a.m.

Argument escalates, ends in arrest

A verbal argument between two women at a home in the 100 block of Madison Drive turned physical, with one of the women scratching the other and causing minor injury, police were told on Saturday, Nov. 24, at 6:55 a.m. The suspect, Shawna Stitz, 23, of Newark, was taken into custody and charged with assault third degree. She was released on a \$1,000 bond.

Other incidents

A bike was stolen from Dickey Park in the unit block of Madison Drive by a boy who asked its owner if he could see how it rode, police were told on Sunday, Nov. 25, at 5:03 p.m.

An unknown suspect entered a home in the unit block of New London Road through an unlocked rear door and stole a purse that had been left on top of a washing machine inside, police were told on Saturday, Nov. 24, at 10:26 p.m.

A 17-year-old boy, an employee at the Kmart in the 300 block of College Square, was caught trying to steal a pair of jeans and a sweatshirt, police were told on Saturday, Nov. 24, at 6:04 p.m. Police arrested the boy and released him pending an appearance in Family Court.

An unknown suspect broke a window in the rear of a home in the unit block of Plymouth Drive and tried to enter the home, police were told on Saturday, Nov. 24, at 2:35 p.m.

A laptop computer was stolen from an apartment in the unit block of E. Main Street, police were told on Saturday, Nov. 24,

at 2:39 a.m.

The front window of an apartment in the 100 block of Wilbur Street was damaged by an unknown suspect who entered the apartment and stole several items, including jewelry, a game console and computer equipment, from inside, police were told on Thursday, Nov. 22, at 10:52 a.m.

Vehicles targeted

Two cars parked in the 300 block of McIntyre Drive were broken into on Wednesday, Nov. 21, at 3:21 a.m., police were told. The unknown suspect pried open the door to a Buick and stole about \$380 worth of electronics equipment, said police. The suspect broke a window of another car but did not steal anything from inside, said police.

A female passenger is suspected of stealing an Acura Integra from a gas station in the 1000 block of S. College Avenue while its owner paid for gas inside the station, police were told on Tuesday, Nov. 20, at 3:25 a.m.

A GPS unit was stolen from a Lexus GX470 parked in a hotel parking lot in the 600 block of S. College Avenue by an unknown suspect who broke the driver's side window to gain entry, police were told on Sunday, Nov. 25, at 9:47 a.m. A similar incident was reported in a parking lot nearby, where a GPS was taken from a Volkswagen Jetta.

A purse was stolen from a work truck parked in the Pathmark lot in the 100 block of College Square, police were told on Saturday, Nov. 24, at

10:12 a.m. The purse was later found in a dumpster on Main Street and returned to its owner.

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:

Joseph Maisel, 20, of Elkton, Md., and **Steven Maisel, 18**, of Elkton, Md., noise law violation, on Sunday, Nov. 25, at 1:54 a.m., in the 600 block of Lehigh Road;

Bryan Matthew Bader, 20, of Wilmington, underage consumption of alcohol, on Sunday, Nov. 25, at 1:20 a.m., on South Chapel Street at Lovett Avenue;

Patrick Nichols Pileggi, 19, of Galena, Md., underage consumption of alcohol, driving under the influence and leaving the scene of a property damage accident, on Sunday, Nov. 25, at 12:38 a.m., in the 100 block of E. Main Street after the car he was driving struck a building;

Daniel Robert King, 19, of Newark, disorderly premises and underage consumption, on Sunday, Nov. 25, at 12:23 a.m., in the 100 block of Wilbur Street;

Henri Devieux, 20, of Wilmington, noise law violation, on Saturday, Nov. 24, at 12:55 a.m., in the unit block of Prospect Avenue;

Police said all were released pending court appearances.

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IN THE NEWS

Outside attorney may help with Country Club review

City Council notes need for second opinion on project's legal issues

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

The city of Newark may seek outside legal advice in reviewing the proposed development of the Newark Country Club.

Councilman Paul Pomeroy proposed the idea at Monday's City Council meeting. "The legal

issues surrounding the nuances of the zoning are going to be of the utmost importance in reviewing the overall situation," he said.

Council members agreed, noting the importance of the property to the city and the aggressive tone of the developer's team at planning commission meetings held earlier this year.

The planning commission forwarded the proposal to city council at a Nov. 6 meeting after more than an hour of tense discussion between the commission and the attorney for the developer, Aston Development Group.

Commissioner Angela Dressel called the presentation "antago-

nistic from the very beginning." Commission members said they were disappointed by the plan and the developer's refusal to change it, but had no alternative but to move it onto city council for review.

Councilman David Athey said Monday, "From what I saw at that planning commission meeting - We're next. They're coming here next, and they're coming with a full head of steam."

Athey said he thought the city would benefit from having a second legal opinion on the issue, in addition to the counsel of City Solicitor Roger Akin.

Akin agreed to report back to council at its Monday, Dec. 10,

meeting on potential candidates and the expected costs of outside legal help. Council can act on his report by resolution, if necessary.

Because the Country Club project does not require a rezoning, the discussion and vote on it will be done in a single meeting of council, instead of the typical two "readings" at two meetings.

Planning Director Roy Lopata said Monday he does not have a clear feeling for when the plan will come before council for review but did not think it would be before February 2008.

Some aspects of the plan need to be changed in order to be code compliant, he said, and some traf-

fic issues still need to be worked out with Delaware's Department of Transportation. "The ball's in the developer's court at this point," he said.

The Country Club Estates project calls for the 120-acre Newark Country Club property to be developed with 271 single-family homes, built at a housing density of 2.25 homes per acre.

The project retains 37 acres of open space. Residents who have voiced opinions at planning commission meetings have asked for more open space, more innovative lot arrangements and a design that takes into account the natural elements of the site.

Program makes free home repairs for seniors

By CHRISTINE NEFF

NEWARK POST STAFF WRITER

Applications are being taken now for a free program that assists senior homeowners in the city of Newark with making minor home repairs.

The program is funded by the city's Community Development/Revenue Sharing Funds. This year, \$45,000 are available for eligible projects.

Mark Smith, president of Community Services Corporation, the organization that does the repairs, said eligible work can run the gamut, from replacing a piece of glass that's been broken to putting new windows in the home and even doing minor plumbing repairs. "We will do pretty much anything the home needs to help prevent further deterioration," he said.

The program has an energy efficiency component, as well.

Smith said he has installed insulation and weatherproofed windows and doors in order to make the home more energy efficient for the winter season.

Between 10 and 15 homeowners are assisted each year. "We probably have room for another six to eight applicants this year," said Smith.

The intent of the program is to allow seniors to continue to live, safely and securely, at home.

Lee Perkins, social services

director at the Newark Senior Center, handles the application process. To be eligible, a homeowner must be 60 years of age or older, have a moderate income and live within city limits. Applicants can reapply every three years, she said.

Perkins forwards applications to Smith, who does a home visit to assess the extent of work needed.

Generally, said Carla Grygiel, director of the Newark Senior Center, people find out about the program through friends or neighbors. Those who do take advantage of it appreciate the cost-savings, she said. "The city

and nonprofits in Newark really do provide a lot of services for economically disadvantaged people," said Grygiel.

Smith said the program differs from traditional programs that assist mostly low-income residents. "This helps people of moderate income who have been sustaining themselves their entire life and paying taxes in the city," he said. "It's a little bit of assistance, a little bit of a bump to help them with the costs of repairs in their homes."

For more information or to apply, contact Perkins at the Newark Senior Center at 737-2336.

Schooley heading Task Force

Charged with finding ways to reduce number of Delaware children living in poverty

By MARY E. PETZAK

NEWARK POST STAFF WRITER

Newark resident Terry Schooley was named chair this month of the Child Poverty Task Force that Gov. Ruth Ann Minner established in August. Schooley announced its membership and set the first meeting for Dec. 11.

A former Christina District school board member and former president of the Delaware School Board Association, Schooley has served as the director of KIDS COUNT in Delaware for eight years. This annual report brings together research and data to measure the health, and economic, educational and social well-being of the state's children.

State Representative for the 23rd District in Newark since



Schooley

2004, Schooley is the co-chair of the Kids' Caucus in the General Assembly, and a member of the Delaware Healthy Mothers and Infants Consortium, and the Family Law Commission.

One out of every eight, or 12.5 percent, of children in Delaware lives in poverty, and the number is rising. According to a press release from Schooley's office in Legislative Hall, growing up poor affects every aspect of children's lives - their health, their education, their safety and their future.

The Child Poverty Task Force has the challenge of developing a 10-year plan to reduce the number of Delaware children living in poverty by 10 percent. This plan, due by August 2008, must include recommendations for prevention and intervention services to promote the health, safety and well-being of the state's children.

KIDS COUNT in Delaware, one of 51 similar projects in the U.S. funded by the Annie E. Casey Foundation, is providing support for the Task Force.

Jodie Levin-Epstein, deputy director of the Center for Law and Social Policy, will speak at the first Task Force meeting. Her 2006 report, "Targeting poverty: Aim at the Bull's Eye," identified recent efforts across the nation to set targets for the elimination or reduction of poverty.

Mark Greenberg, executive director of the Task Force on Ending Poverty that is part of the Center for American Progress, will also speak to the Task Force. He has written extensively on issues relating to poverty and provides technical assistance to state and local governments.

Fibromyalgia?

NEWARK- A new free report has recently been released that reveals the "untold story" behind fibromyalgia pain. Fibromyalgia misdiagnosis and mistreatment is rampant and leads to countless years of unnecessary suffering. This free report reveals a natural procedure that has given fibromyalgia sufferers their "lives back" - with "miraculous" results for many. If you suffer from fibromyalgia, you need this no B.S., "no gimmicks" free report that is giving hope to fibromyalgia sufferers everywhere. For your free copy, call the toll-free, 24 hour recorded message at 1-888-895-7481.

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EDUCATION NEWS FOR NEWARK FROM LOCAL SCHOOLS

NOTE PAD

Youth philanthropists

The Delaware Community Foundation (DCF) Youth Philanthropy Board for New Castle County will award \$15,000 in grants in 2008 for out-of-school programs for children in grades 3-12 that promote physical and emotional well-being. Individual grant requests must not exceed \$2,500. A 2008 Application Form, available at www.delcf.org, must be postmarked or delivered to the Foundation's Wilmington office by Dec. 17. Grant recipients will be announced in May 2008. Please contact Beth Bouchelle, Director of Grants and Donor Services, at 504-5239 or bbouchelle@delcf.org for more information.

DSD in CABER

The Delaware School for the Deaf is one of 25 deaf schools/programs in the United States involved in CABER (Center for ASL/English Bilingual Education and Research)'s AEBPD (ASL/English Bilingual Professional Development) program. Two staff members from DSD went to Gallaudet University for two weeks of intensive training that prepares mentors to facilitate and impart ASL/Bilingual Professional Development at DSD.

Healthy middle schoolers

More than 30 Medical Society of Delaware member physicians volunteered to present "Healthy Living Day 2007" to seventh graders in every traditional public middle school in Delaware. Students viewed a presentation developed by MSD's School Health Committee and could ask questions of the physician presenting the program. The energetic 30-minute presentation covers areas relevant to middle school students including emotional health and bullying, as well as Lt. Gov. John Carney's Challenge for all Delawareans to become more physically active, eating healthy, resisting tobacco and alcohol use, and more.

Students clean and mark drains in Southbridge neighborhood

A team of 10 teenagers from the Southbridge HOPE Commission Youth Employment Program spent two weeks identifying locations of

storm drains in Wilmington's Southbridge neighborhood by marking them with medallions that state "No Dumping - Drains to River." The students also

cleaned leaves and trash from the drains to help prevent street flooding.

Environmental scientist Beth Krumrine of the Sediment and Stormwater Program explained to the students that what goes down the storm drains goes to the river or nearest waterway, eventually making its way to the Delaware Bay.

Scientists from the Delaware Department of Natural Resources and Environmental Control's (DNREC) Division of Soil and Water Conservation met with the students at Neighborhood House to kick off the Southbridge Storm Drain Marking Project.

The Youth Employment Program, funded by the Wilmington City Council and the Wilmington HOPE Commission, encourages inner-city high school students to become more involved with their communities.

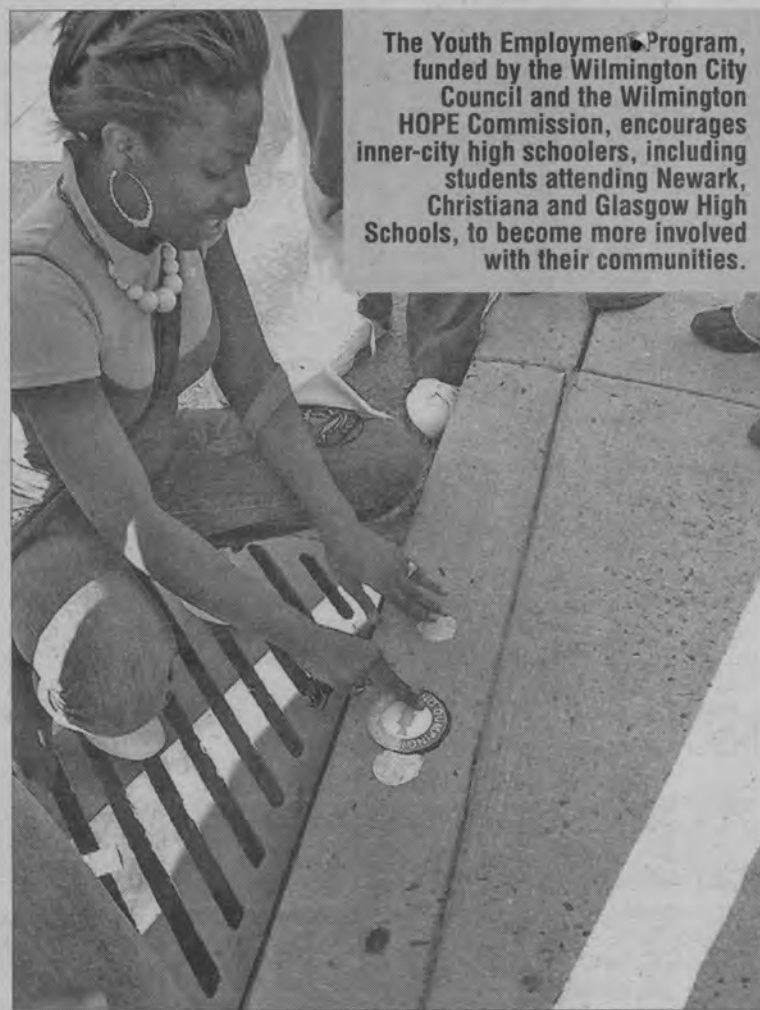
"Their efforts will not go unnoticed, as cleaning out these storm drains may even alleviate the flooding that this neighbor-

hood sometimes experiences," Krumrine said.

The storm drain project was initiated through the South Wilmington Special Area Management Plan (SAMP), a cooperative effort that seeks to revitalize South Wilmington in an environmentally, socially and economically sustainable manner. The project follows on the heels of a city of Wilmington initiative to clean debris and sediment from clogged sewer pipes in Southbridge as recommended by the SAMP drainage study. The Wilmington Department of Public Works provided the medallions, glue and other supplies.

"This storm drain marking project is a great example of how community action and education can help support on-the-ground infrastructure improvements," Krumrine said.

For more information on the HOPE Commission Youth Employment Program, call 302-652-3928.



The Youth Employment Program, funded by the Wilmington City Council and the Wilmington HOPE Commission, encourages inner-city high schoolers, including students attending Newark, Christiana and Glasgow High Schools, to become more involved with their communities.

Sterck named Superior, PBS Star School

Delaware School for the Deaf was honored as a Superior school by the Delaware Department of Education. Also, for the third year in a row, Sterck was recognized as a Positive Behavior Support Star School.

The purpose of PBS initiative is to enhance the learning of every student.

Next goal for D.S.D. is to be accredited this month.

The Conference of Educational Administrators of Schools and Programs for the Deaf (CEASD) sent a team of four administrators from Schools for the Deaf all over the country to Sterck on Nov. 4. Parents and community



members met with the reviewers during a Welcome Reception on Sunday. On Monday, the team visited classrooms and the residence hall, interviewing staff members and becoming familiar with all aspects of the school.

League of Gentlemen get afterschool tutoring

Newark High School's Wellness Center staff members Dr. Geoffrey Gustavsen, M.D., and G. Wesley Jones, counselor, reported some of the gains made by the school's League of Gentlemen group.

"We are very excited about the progress the group has made so far this year," said Jones. "Last year, we graduated four members, so we have a fairly new group this year."

Jones said the Wellness Center staff has been using the following indicators to assess interventions with the students:

Group average GPA for first marking period - 2.02
Group cumulative GPA - 1.57



Gustavsen



Jones

Average number of absences for 1st marking period - 3.25

Average number of tardies for 1st marking period - 4.33

"With the support of a New Castle County Council grant, we have been able to fund an afterschool tutoring program every Monday," Jones said, "where Ms. Garber and Ms. Morano have been very supportive with providing their time."

When comparing the current students' cumulative GPA's to their GPA's from the first marking period, Gustavsen and Jones reported that there has been an increase in these students

See TUTOR, 5 ►

IN OUR SCHOOLS

Mobile Gift Shop could come to you!

Christina District students in the NETworks program had an opportunity to showcase their talents and products as the NETworks Mobile Gift Shop set up a temporary store in the lobby area of Maureen's Hair Salon and Day Spa on Limestone Road.

The Mobile Gift Shop provides opportunities for students to learn about retail sales and customer service while also teaching communication skills in a real-world setting. The gift shop reflected 100 percent participation by NETworks students, who created products such as embroidered clothing, gourmet cookies, custom-framed artwork, stationery, and fine gifts.

Seven students participated in the shop at Maureen's Hair Salon, including Scotty Brown, a 10th-grade student from Delaware School for the Deaf, and Eric DiSabatino, a 10th-grader at Christiana High

School. Scotty's grandmother, Barbara Austin, and Eric's mother, Shelly DiSabatino, are both

all or part of the school day, students are earning credits towards completion of a high school diploma or certificate of attendance. Under the guidance of instructional staff or teachers, job coaches and peer mentors, students receive training in one of 11 career technical enterprises/mini-businesses supported by academic instruction.

The NETworks Mobile Gift Shop has traveled to many schools in the Christina District, and invited to set up a special shop for Boscov's employees at Christiana Town Centre. NETworks teacher Margaret Flanagan is interested in expanding the program to other area businesses interested in offering their customers or employees a unique shopping opportunity that also helps support students and the NETworks program. For more information, please contact NETworks at 454-2046.



NETworks students and staff took their Mobile Gift Shop to Maureen's Hair Salon and Day Spa. (Back) Val Brothwood, NETworks; Doreen Petriccione, Delaware School for the Deaf; Margaret Flanagan, NETworks; Eric DiSabatino, NETworks student; Shelly DiSabatino, Maureen's; (Front) Barbara Austin, Maureen's; Scotty Brown, NETworks student.

employees at Maureen's.

NETworks combines career and academic experiences through hands-on training in a real-world work environment. While attending the NETworks program for

Hope for significantly fewer absences

► TUTOR, from 4

GPA's by .45. "We feel that this is directly related to the Monday study group," Jones said. "We hope to be able to increase the groups cumulative GPA to over 2.25 during the school year."

As for measuring outcomes with absences and tardies, the Wellness staff will compare 1st marking period to 2nd period performance. "Greg and I feel that 3.25 for absences and 4.33 for tardies is too high," Jones told the Building Bridges Coalition.

"We hope to see some significant decreases in the 2nd marking period. We hope to accomplish this by reviewing attendance weekly and keeping in contact with their parents and guardians."

The League will be making stockings for the children who live at the Emmaus House homeless shelter in Newark for a community service project in December.

The Building Bridges Coalition at Newark High targets drug and alcohol abuse as well as

other teen and family problems needing intervention.

Wellness Centers are private, non-profit, preventative health clinics set up to help teens overcome obstacles to receiving

Einstein Academy students help kids with cancer

Albert Einstein Academy's 5th & 6th grade math students participated in the St. Jude Math-A-Thon® event to raise funds for St. Jude Children's Research Hospital last month. "Our Goal in holding this event is to help children who are stricken with diseases like cancer, and other catastrophic illnesses," said Trish Bacon, Coordinator of the event.

The sponsored students raised over \$1,500 for St. Jude by completing math problems.

St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. Founded by the late entertainer, Danny Thomas, and based in Memphis Tenn, St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays

for treatments not covered by insurance and families without insurance are never asked to pay.

St. Jude is financially supported by ALSAC, its fundraising organization, through events such as Math-A-Thon®. If you are interested in making a donation, please call Dr. Jack Sparks, Head of School at 302-478-5026. For more information about all the great things going on at Albert Einstein Academy visit www.aeacademy.org.



good health care, such as, lack of transportation, inconvenient appointment times, or worries about cost and confidentiality. The Wellness Center at Newark High

provides comprehensive medical and mental health care and treatment, and health education to promote a healthy lifestyle.

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Opinion

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MARK MY WORDS

1968 brought transformation and hope

By MARK SISK

NEWARK POST COLUMNIST

Poor 1968. The year has become a journalistic ping pong ball. Newsweek recently devoted an issue to it, its cover story calling it "the year that made us who we are." A commentator in the Wall Street Journal shot back with "1968: The Long Goodbye," where he argued that the focus on 1968 is a Baby Boomer indulgence by a generation (including me) that can't let go of youth. As always, the truth lies in between. But the bashers of 1968 ask one question that must be answered — what difference does it make now? I will try to tell you a couple of ways, and, to get there, we must take a walk through Newark at that time.



Sisk

1968 was indisputably a year of national trauma. But those who actually lived through it often recall it more fondly. Newark was approximately half its present size. The University of Delaware had approximately half its current enrollment, and that student body was composed of more Delaware residents than non-residents.

Amid all the national turmoil, life went on. The Newark High School football was undefeated that fall (they were undefeated the year before and nearly undefeated the year after). I, a non-athlete, was either practicing or gigging with my rock band, or watching the likes of Fred Dawson and his Mouzakis and others at the Aetna Fire Hall. It has dawned on me, as I have gotten older, that our parents and other grownups were simply living their lives that year, much as we are doing now (although, as I do the math, my parents were younger in 1968 than I am today. Gulp!). But the outside world intruded on the idyll, even in Newark. In trying to explain why 1968 is important today, one vivid and important intrusion was the Tet offensive. North Vietnam mounted a major offensive against South Vietnamese and American troops in February of 1968, in the religious season of Tet, brought to us live and in color on television. It was said in later years that the Tet offensive was so important because it led Walter Cronkite, among others, to doubt the accuracy of the information he had broadcast before about Vietnam. Whether Cronkite or other members of what we today call the commentariat were dismayed by the vivid images of the Tet offensive that they broadcast into Newark, the people more distressed by these broadcasts were average Americans. Direct broadcast of the war removed the middleman, and permitted much of the country to get a light bulb (1) that we were not winning that war (2) that our leaders had lied about it. A lack of respect for authority is usually one of the first points that Sixties bashers raise — but authority well and truly earned that lack of respect in some ways.

This resonates today. When the ground war in Iraq began, there were reports of journalists being "embedded" with certain units. I wondered, and still wonder, if the word "embedded" is another word for "co-opted." I'm not here to debate the merits of Vietnam or Iraq, but when American lives, treasure and honor are to be committed to a war, we should have

the most accurate and direct information in deciding whether or not this is a good idea. In short, we boomers are by nature suspicious of authority, for, we think, excellent reason. Six months after Tet, and four months after the killing of Dr. King, I found myself walking off of the paved part of Devon Drive to stand by the railroad tracks. Robert F. Kennedy had been assassinated several days earlier, and his body, family and intimates were traveling by train from New York to Washington. Thousands of people lined the tracks that day to stand in silence as the train passed. The bitter politics of the year were, for a moment, set aside. It was unforgettable to see, for instance, Pierre Salinger, press secretary to former President Kennedy, standing at the back of a railroad car with a drink in his hand — and looking like he needed it.

Robert Kennedy's last journey — by which I mean the time from his announcement for President in March 1968 until his assassination — is a virtual embodiment of much of the best of the Sixties. His public career started in the 1950s in the service of Sen. Joseph McCarthy. He managed his brother's campaign for President, and then served as JFK's Attorney General and consigliere — sometimes with distinction, but that distinction was tempered by allegations of lawless wiretaps of Martin Luther King and others. In March 1968, he was 42 years old and had served in the Senate from New York for four years. A word often applied to him was "ruthless," and the timing of his announcement for president — after Sen. Eugene McCarthy had taken on the thankless task of running against an incumbent President and nearly defeated him in the New Hampshire primary — seemed to bear them out.

Yet by the time that funeral train ran under the South College Avenue bridge, the man whose body it was carrying had undergone a transformation. When King was shot, Kennedy was campaigning in Indianapolis, in the inner city. Aides urged him to leave, thinking violence was inevitable (and violence and death followed King's shooting in many other cities) and concerned for his safety.

He didn't leave. He gave an extemporaneous speech that you may now view on YouTube (my thanks to you GenXers for this — but there are other things we need to talk about!). The speech was passionate, eloquent, and if you listen now, accurate. Indianapolis did not burn. 1968 changed Robert Kennedy.

"What if," historically, is fun, and it has been argued that if Kennedy had not been shot, he would have been elected, the Vietnam war would have been over, Watergate would never have taken place, the country would never have lost its faith the way that it did, and the Beatles would have reunited. Ok, I made the Beatles thing up and the rest are debatable. But "what if" is nowhere near as important now as "what was." And what was embodied by Kennedy was transformation and hope. Transformation from a McCarthyite rich kid, time-serving at the behest of his father and brother to a passionate advocate for peace and justice whose journey was heroic no matter how it ended.

So, tomorrow morning, slide on that tie dyed headband — even if figuratively — and go take on the world. Tennyson's "Ulysses," a poem Robert Kennedy quoted frequently, said it, well before 1968 — 'tis not too late to seek a newer world.' It wasn't then. It isn't now.

OUT OF THE ATTIC



This week's Out of the Attic features a postcard of the Fraternity Hall at Delaware College in Newark, published between 1903 and 1907. The postcard is part of the University of Delaware Library Postcard Collection, which contains more than 2,000 postcards of Delaware and nearby areas. The cards date mainly from the very end of the 19th-century to the mid-20th. The collection can be viewed online at www.lib.udel.edu. Readers who have a historic photo and would like to share it with other readers are invited to loan their photos for reprinting in these space. Special care will be taken. For more 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

Dec. 1, 1932

30,000 visitors at opening of Delaware Power & Light Company's new building

More than 30,000 persons thronged the new home of the Delaware Power and Light Company, Sixth and Market Streets, at the official opening of the ultra-modern "castle of light" yesterday and last night.

From all sections of the city and county and from adjacent states came visitors — men distinguished in politics, business, religion and education — all with felicitations for what is one of the country's most up-to-the-minute structures.

Interested men, fascinated women and wide-eyed children made their way through the revolving door to gaze at the

beauties and mysteries of the modernistic building. Thousands inspected the structure from every angle.

Curtis Institute to perform

The Curtis Institute of Music will again present three concerts at the University of Delaware this season under the auspices of the Newark Music

Society. The first will be on Saturday evening, December 3, in Mitchell Hall. The program will be given by Lily Matison, violinist; Howard Mitchell, cellist; and William Harms, pianist. Accompaniments will be played by Ralph Berkowitz.

Nov. 30, 1977

Welfare Tag Day coming up

More than 50 volunteers will seek donations at seven locations Friday as the Newark Welfare Committee gears up for its annual effort to make Christmas a little bit merrier for the area's needy families.

With a good fund-raising effort, committee members say, they hope to top the 117 baskets of food which were distributed to Newark Families last December.

See **PAGES, 7**

"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

Country Club plan shows disconnect between legal and right

To: the Editor
From: Ezra Temko
Newark

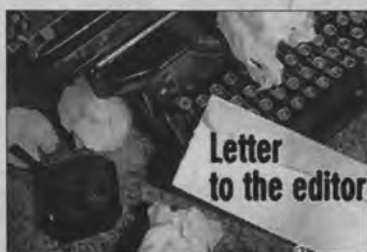
Aston Development Group's proposed Country Club Estates is an insult to the city of Newark. The plan, with slight modifications, is legal, but there is a wide disconnect between legal and right.

The plan lacks commitment to the principles of sustainability and community, from the lack of a walkable pathway to Fairfield Shopping Center to disregard for the land's topography. Aston is admittedly pleased to have a grandfathered exemption to Newark's current traffic standards – the development does not meet them.

The developer could work with Newark to maximize open space and preserve Newark's

character. The Fairfield Watershed Association has presented its vision; the White Clay Creek Watershed Management Committee has drafted a concept plan; the Fairfield Civic Association has presented specific alternatives for traffic patterns and road outlets. There is an abundance of expertise and interested people in our surrounding neighborhoods and areas.

Newark will continue its attempt to influence the developer to integrate better design standards and principles into their planning. Unfortunately, the developer shows little interest in working with the city to modify their plan. There is little legal recourse for the city to do anything besides approve the proposed development. By-and-large, it meets Newark zoning standards.



The developer's excuse for not pursuing clustered housing or a conservation-oriented design is that under Newark's code, it is a conditional use and not a by-right option.

Bad development should not be allowed by-right. This plan exposes a lack of leadership and foresight on behalf of the Newark government in its inability to produce a progressive visionary comprehensive plan and a conservation-oriented land use development ordinance.

There are a plethora of conservation ordinances and tools used worldwide to ensure neighborhood development is environmentally-integrated, community-oriented, in line with a community's sense of self and place,

and sustainable. While Newark is set to lose its last large parcel of undeveloped open space, these tools should still be adopted for future development and redevelopment.

The developer cited the potential for public and/or political opposition as the reason they chose the by-right option. The City of Newark's Planning Director has repeatedly urged the applicant to submit a revised plan. The city has given what assurances it can that a different, revised plan would be looked upon favorably. The public has demonstrated at Planning Commission meetings that it wants a 21st century environmentally aware plan.

Aston, nevertheless, seems content to propose a project with both public and political opposition, so long as they can sue the city if they do not first strong-arm it into approving their plan.

There was a clear alternative. If Aston had an interest in creating a sustainable community-oriented neighborhood, the developer should have held meetings in the community before beginning

to put their plan together. Aston should have involved the public in the process.

The developer has called the current plan "unfortunate." The developer's lawyer has also stated, perhaps facetiously, that they will still develop a clustered housing option if someone comes forward soon with \$100,000 for them to develop a new plan. \$100,000 is less than one-fifth of the expected home selling price for one of their 271 homes. The developer could clearly eat this expense.

If no one is willing to come forward with \$100,000, there may be another viable alternative to give to the developer – a sense of place and of community. Maybe if the developer hears enough input from the community, he will relent and improve the project so that it respects Newark's character and natural resources.

I encourage you to contact Aston Development Group as well as your councilperson. Their contact information can be found on my website at www.EzraTemko.com/country-club

Elkton Rd. shopping center proposed

► PAGES, from 6

Elkton Rd. shopping center proposed

A Wilmington developer wants the city of Newark to annex 16 acres on Elkton Road near Casho Mill road in order to build a small shopping center, 48 townhouses and convert an old home into a restaurant.

Slico Realty Co. is proposing to build the shopping center – which would contain a supermarket, drug store and two other shops – at the corner of Casho

Mill and Elkton Rds. The townhouses and the restaurant would be located on the other side of Casho Mill road.

Nov. 29, 2002

Don't smoke'em if you got 'em

In this case, where there isn't smoke, there is fire. Newark residents as well as tavern and restaurant owners are split on their opinion of the new smoking law in Delaware. As of Wednesday, there is no smoking allowed in any public buildings in Delaware.

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OUTLOOK

Any one of us can be a HERO

By CINDY GENAU

SPECIAL TO THE NEWARK POST

It seems lately that every day I see or read about a traffic collision and every week I read about someone dying in a crash. In the last two months, traffic fatalities have been on the rise. An average of two people each week have died in traffic crashes over this period. Two of those fatal crashes occurred right where I live and work. One crash occurred on Paper Mill Road near my church where I teach English as a Second language to our Hispanic community. A second crash happened on Elkton Road and involved a student enrolled in the College of Agriculture and Natural Resources where I work for Cooperative Extension.

Thanksgiving marked the beginning of the busiest travel time of the year. During the holiday season traffic volume increases as does the risk of traffic crashes. This is due primarily to people visiting family, attending parties and shopping for gifts. To make sure that the New Year is a happy one, the Delaware Office of Highway Safety kicked off its Safe Family Holiday Campaign over Thanksgiving and it will continue through New Year's Day. The campaign is aimed at stopping impaired and other dangerous drivers to reduce the number of traffic fatalities. It involves a collaboration with the HERO campaign for Designated Drivers. Designated driver pledge cards will be distributed at sobriety checkpoints, football games and corporate businesses. Bars and restau-

See **OUTLOOK**, 9 ►

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

They scaled the summit and kept on going

Local quilting group delivers 5,000th quilt

By PATRICIA E. LANG

NEWARK POST CONTRIBUTING WRITER

On Saturday, Nov. 17, the group, **QUILTS FOR COMFORT**, held an all-day community quilting bee at Christiana Hospital.

At 12:30 p.m., they presented 42 quilts (three and a half dozen) to four different groups. A dozen went to St. Francis Hospital's Tiny Steps, accepted by Dave Hack. Rochelle Harvey from the Christiana Hospital's Neonatal Intensive Care accepted six quilts. Leanne Holveck from the Helen F. Graham Cancer Center received 12 quilts. The remaining 12 quilts went to the Wilmington Hospital's Pediatric Clinic.

With the donation of those 42 quilts, Quilts for Comfort, which has been holding community quilting bees since the year 2000, has now made and donated more than 5,000 quilts to local charities.

"I was teaching basic traditional quilting skills," Edna Kotrola explained, "and was looking for a project for my students so they could stay involved with quilting and get together on a regular basis." She decided on a quilting bee, inviting her students and anyone else in the community who might want to help make "charity quilts."

She held her first bee at Cecil Community College in Elkton, Md., in June 1999. It was a huge success. The next year, she and her family created the organization, Quilts for Comfort. Information about the group can be viewed on its Web site, <http://www.quilts-forcomfort.com>.

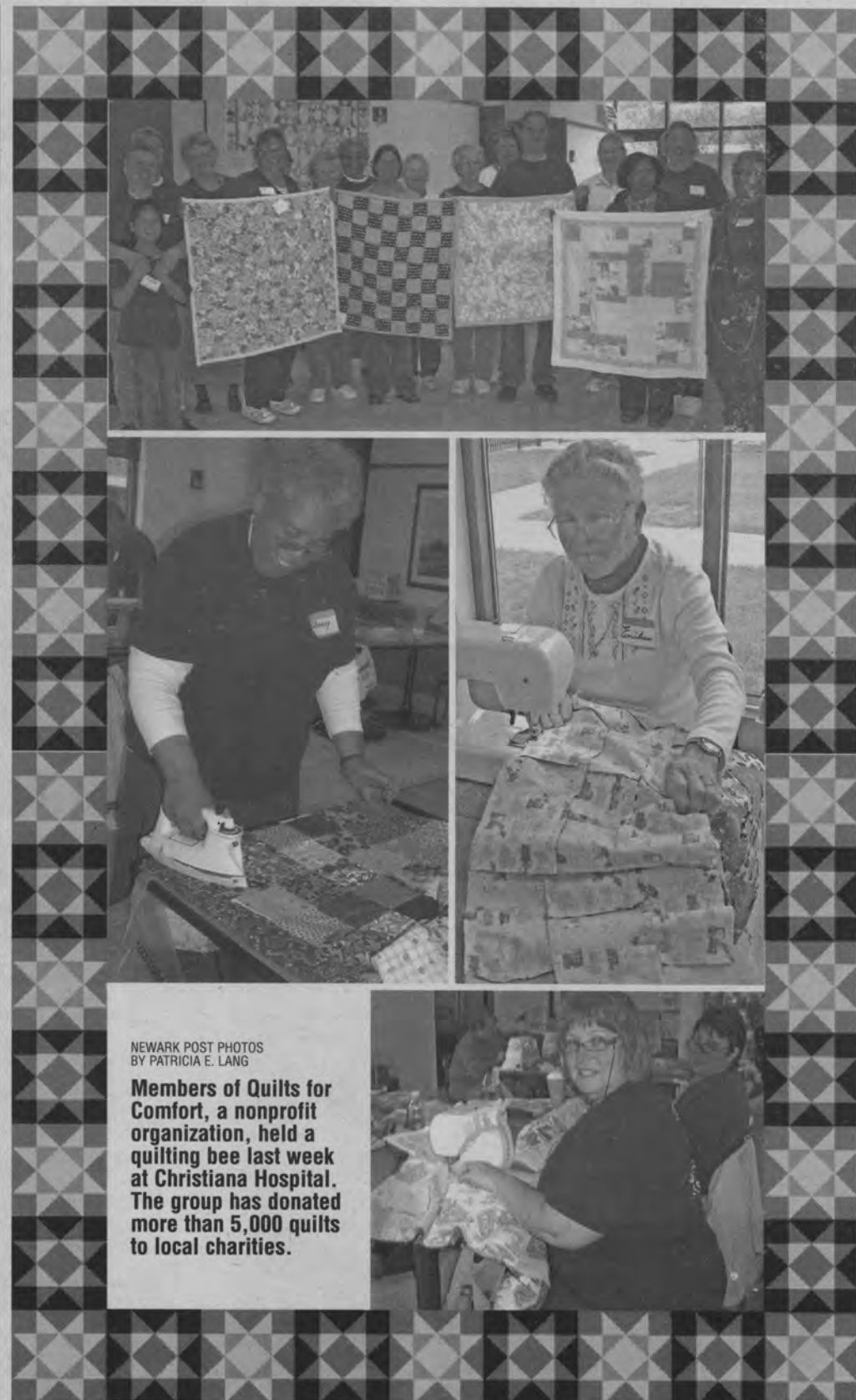
"I've worked for years with homeless and low income people," said Kotrola. "I know, personally, that there is a need in our community. Charity begins at home."

This group of talented women, including Newark-born resident Charlotte Yarrington (who told a lively tale of what growing up in Newark was like on Saturday), are willing to teach quilting to newcomers. Kotrola, who believes that teaching is "sharing what you know," said that persons new to quilting will have made their first quilt by the end of a session.

Quilts for Comfort is a 501-C3 non-profit organization, so monetary donations made to the group are tax deductible. They also need fabric, working sewing machines, thread, embroidery thread and batting.

"Why not give someone a unique Christmas gift," suggested Kotrola. "Donate a quilt in a friend's or loved one's name, and we will send a card acknowledging the gift. Honor a friend and help a child."

To donate a quilt, send \$35 to Quilts for Comfort, P.O. Box 592, Delaware City, DE 19706. Include your name and address and



NEWARK POST PHOTOS BY PATRICIA E. LANG

Members of Quilts for Comfort, a nonprofit organization, held a quilting bee last week at Christiana Hospital. The group has donated more than 5,000 quilts to local charities.

the name of the person you wish to honor and his/her address.

If you wish to participate, learn how to quilt, and/or find out more about the group call Edna Kotrola at 834-1227 or e-mail her at

ekotrola@earthlink.net. Better yet, visit with them at their next all-day community quilting bee, Dec. 8, at the Newark Library.

LIFESTYLE



Soup's on!

Trays full of turkey sandwiches and a pot full of vegetable soup rolled into classrooms at Newark Day Nursery and Children's Center on Barksdale Road last Wednesday, Nov. 21, as part of a special pre-Thanksgiving Day program.

All of the students in the daycare, which serves children from infants to age 5 and school-aged children in an after-school program,



participated in the event. Bobbi Budin, program director, said students collected the ingredients and helped wash and cut the vegetables so the kitchen staff could assemble the vegetarian vegetable soup — three big pots full.

The event continued on Wednesday with parents and extended family members joining the children for lunch. "We decided to do it before Thanksgiving because



all of the relatives are in town," said Budin.

Besides being a healthy and tasty lunch for the children, Budin said the program taught them about food science and how to contribute to a group project. It also reinforced the idea of family and communal events, she said.

The Newark Day Nursery is a nonprofit agency that has been caring for Newark area children for 46 years.

Fundraiser benefits Breast Cancer patient



A Breast Cancer Beef and Beer fundraiser was held Nov. 19, at the New Castle Moose on DuPont highway. Proceeds from the event, organized by Atterbury VFW Post 3420 and the Ladies Auxiliary, benefited a woman in the community who is fighting breast cancer for the second time.

More than 200 people attended. Tony Lewis and Chris Pollinger from Entertainer's DJ donated deejay services. Kevin Varrasse from Bachetti Brothers donated the roast beef. John Rees from Impressions Unlimited Inc. donated the printed tickets, and Lori McAvaney from 2 Can Dan's Catering donated the potatoes, salad and rolls.

HERO campaign promotes sober driving

► OUTLOOK, from 8

rants will be promoting designated drivers through HERO campaign materials.

The HERO campaign was started in memory of Navy Ensign John Elliott of New Jersey, who was killed in a collision with a drunk driver. To prevent more tragedies of this nature, the HERO campaign promotes the use of sober designated drivers. The University of Delaware Gamma Sigma Sigma community service sorority donated more \$2,000 to the campaign. "We wanted to do our part to support this cause by encouraging everyone to be a

hero by becoming a designated driver," said Chelsea Swilling, sorority chapter president.

Alcohol has been involved in 44 percent of the state's traffic deaths through Nov. 19. Speeding and alcohol are often found in combination when fatal crashes occur.

Aggressive driving is a factor in 64 percent of fatal crashes. Speeding is the top single aggressive driving behavior in fatal crashes. The Office of Highway Safety is working with law enforcement to conduct a major DUI enforcement plan which includes 26 sobriety checkpoints and 342 additional DUI patrols.

The checkpoints will be dedicated to the memory of those killed in impaired driving crashes and their families, such as HERO campaign founder Bill Elliott, the father of Ensign John Elliott. Another checkpoint will be held in Newark dedicated to local teens who were killed by a drunk driver on Otts Chapel Road.

HEROES save lives. You can save a life by not driving aggressively, not speeding and offering your services as the sober designated driver or make sure you appoint one before you go out if you plan to drink alcohol. I hope you are a HERO this holiday season.

Solution to The Post Stumper on Page 11.

JIM	APT	ENACT	VANDAL
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TAN	ONE	BEATRIX	POTTER
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FRIDAY

30

DANCE PARTY 9:30 p.m. "Awesome 80s." No cover charge. Deer Park Tavern, 108 W. Main, Newark. Info, 369-9414.

SQUARE DANCE 8 - 10:30 p.m. The 2x4 Square Dance Club will hold a Plus level dance. \$7. Shue-Medill School, 1550 Capitol Trail, Newark. Info, 239-4311.

THEATER 8 p.m. Through Dec. 2. Times Vary. Presenting the Smash Hit, "Stomp." \$45 - \$60. DuPont Theatre, Wilmington. Info, 594-3154.

CONCERT 8 p.m. UD's Dept. of Music presents the Chamber Orchestra. Adults \$12, seniors \$8, students \$3. Gore Recital Hall, Orchard Road, Newark. Info, 831-2577.

THEATER 7:30 p.m. Through Dec. 15. City Theater Company presents "Hair." \$20. Opera Delaware Studios, 4 S. Poplar St., Wilmington. Info, 757-9623.

THEATER 7:30 p.m. Through Dec. 2. Times vary. Featuring "Bah Humbug! Scrooges Christmas Carol." Adults \$12, children \$6 and up. The Everett Theatre, 47 W. Main, Middletown. Info, 602-1638.

ART EXHIBIT 5 - 8 p.m. Fine Arts Student and Faculty Holiday Exhibit. Cecil College, 107 Railroad Ave., Elkton, Md. Info, 410-392-3366.

SATURDAY

1

CONCERT 3 p.m. UD's Dept. of Music presents a choral celebration featuring the Concert Choir, University Singers and Chorale. Adults \$12, seniors \$8, students \$3. Loudis Recital Hall, Orchard Road, Newark. Info, 831-2577.

PAGEANT 9 a.m. The Miss Newark Cinderella Pageant. \$100 entry fee, \$5 admission. UTWD Union Hall, 350 Gooding Dr., Newark. Info, 731-7195.

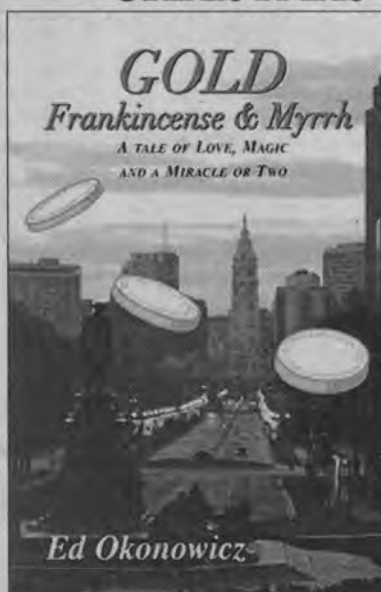
CRAFT WORKSHOP 10 a.m. - 12 p.m. Create a holiday wreath with fresh greens. \$35, pre-register. Fisher Greenhouse, Newark. Info, 831-2506.

CRAFT WORKSHOP 10 - 2 p.m. Decorating with Natural Materials. \$8. White Clay Creek State Park, 425 Wedgewood Rd., Newark. Info, 368-6900.

CONSERVATION PROGRAM 10 a.m. "Keeping cozy this winter: Ways to conserve energy and winterize your home." White Clay Creek State Park, 425 Wedgewood Rd., Newark. Info, 368-6560.

LIVE MUSIC 9:30 p.m. Featuring "Fat Daddy Has Been." Deer Park Tavern, 108 W. Main, Newark. Info, 369-9414.

LOCAL AUTHOR PENS A CHRISTMAS NOVEL



Local author and University of Delaware professor Ed Okonowicz has released a new book for the holiday season. "GOLD, Frankincense and Myrrh: A Tale of Love, Magic and Miracle or Two" tells the fictional story of a Philadelphia firefighter who discovers the long-lost gold presented to the Christ Child by the Three Kings. Okonowicz will be signing copies of his book at Border Bookstore in Christiana at 7 p.m., on Saturday,

Dec. 1. For more information, visit www.mystandlace.com.

HOLIDAY OPEN HOUSE 10 a.m. - 4 p.m. Decked out for the holidays. Free. Buena Vista Conference and Reception Center, 661 S. Dupont Hwy., New Castle. Info, 323-4430.

HOLIDAY OPEN HOUSE 11 a.m. - 3 p.m. Christmas music with hammer and dulcimer. Colonial music by Fifes and Drums of Delaware Militia. Free. Hale-Byrnes House, 606 Stanton-Christiana Rd., Stanton. Info, 737-5792.

HOLIDAY PERFORMANCE 2 p.m. Longwood Performing Arts presents "Holiday Magic." \$13. John Dickinson High School, Wilmington. Info, 610-444-6144.

AUCTION 1 - 7 p.m. Benefits AMVETS Heart to Heart Christmas program. Just Mugs Saloon, Route 40, Bear. Info, 328-5945.

CHRISTMAS IN ODESSA 10 a.m. - 7 p.m. Self-guided tour of 16 homes sponsored by The Women's Club of Odessa. \$20. Tour begins at Old Academy, Main Street, Odessa. Info, 378-4900.

■ SUNDAY, DEC. 2

CONCERT 3 p.m. UD's Dept. of Music presents the Symphony Orchestra and Schola Cantorum. Adults \$12, seniors \$8, students \$3. Mitchell Hall, South College Avenue, Newark. Info, 831-2577.

CONCERT 8 p.m. UD's Dept. of Music presents the Jazz Chamber Ensemble. Adults \$12, seniors \$8, students \$3. Gore Recital Hall, Orchard Road, Newark. Info, 831-2577.

ADVENT CONCERT 2 p.m. Featuring the 50-voice chorus of the Delaware Saengerbund. Free. Delaware Saengerbund, 49 Salem Church Rd., Newark. Info, 366-9454.

ADVENT SERVICES 8, 9:30 and 11 a.m. Taize Communion Service. Newark United Methodist Church, 69 E. Main St., Newark. Info, 368-8774.

THEATER 3 p.m. Presenting Charles Dickens' "A Christmas Carol." Adults \$27, children \$23. The Grand, Wilmington. Info, 652-5577.

FILM SERIES 7:30 p.m. Temple Beth Shalom presents Kraft Educational Foundation Film Festival. "The Rape of Europa" tells the epic story of the Nazi's theft of Europe's art treasures. \$12. Theater N, 11th and Tattall, Wilmington. Info, 571-5511.

FILM 3 p.m. The Wilmington Ski Club presents the ski film, "Playground" to benefit the Leukemia and Lymphoma Society. Adults \$15, students \$10, kids 12 and under \$5. Wilmington Friends School. Info, 792-0656.

CRAFT SHOW 10 a.m. - 3 p.m. St. Elizabeth Parish, Cedar and Clayton Streets, Wilmington. Info, 652-8409.

POKER TOURNAMENT Noon. Texas Hold'em sponsored by Friends for Responsible Pet Care. \$130, pre-registration required. The Poker Room, Route 896, Newark. Info, 750-6228.

■ MONDAY, DEC. 3

CONCERT 8 p.m. UD's Dept. of Music presents the percussion/marimba

See **EVENTS, 11** ▶

■ SATURDAY, DEC. 1

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

CHRISTIAN MOTORCYCLE ASSOCIATION 8:30 a.m. First Saturday. Denny's, Route 13, New Castle. Info, 322-1121.

■ SUNDAY, DEC. 2

KNITTING KNUITZ GUILD 1 p.m. First and Third Sunday. Limestone Medical Center, Room 005, 1941 Limestone Rd., Wilmington. Info, 452-0146.

■ MONDAY, DEC. 3

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

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

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

ENGLISH CLASSES 1 and 7 p.m. Mondays. English Conversational Classes. Free. Newark United Methodist Church, 69 E. Main St., Newark. Info, 368-8774, or esl-numc@hotmail.com.

TAI CHI 3 - 4 p.m. Monday (Advanced); or Wednesday, 4:30 - 5:30 p.m. (Beginner/Intermediate). \$20 per month. Newark

Senior Center, 200 White Chapel Dr. Info, 737-2336.

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

JAZZERCISE LITE 10:15 - 11:15 a.m. Mondays, 5:30 - 6:30 p.m. Tuesdays, 9 - 10 a.m. Wednesdays, and 8:30 - 9:30 a.m. Fridays. Low Impact, modified version for Seniors. Newark Senior Center, 200 White Chapel Dr. Info, 737-2336.

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

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

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

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

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

KUNG FU 6:30 p.m. Mondays,

MEETINGS

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

PANIC RELIEF 7 p.m. Mondays and Wednesdays. Phone workshop. Programs available. Overcome fears, anxiety and agoraphobia, and achieve positive self-image. Info, 732-940-9658.

■ TUESDAY, DEC. 4

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

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

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

DIAMOND STATE CHORUS OF SWEET ADELINES 7:30 - 10 p.m. Tuesdays. Women's acapella singing group. Curious and enthusiastic singers welcome. St. James Episcopal Church, 2113 St. James Church Rd., Wilmington. Info, 731-5981.

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

OPEN SWIM 4:30 - 7 p.m. Tuesdays and Thursdays. Gore Aquatic Center, Newark Senior Center, 200 White Chapel Dr., Newark. Info, 737-2336.

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

TAI CHI 6 - 7 and 7 - 8 p.m. Tuesdays. 7:30 p.m. Thursdays. Shaolin Martial Monks School, 181 Main St., Newark. Info, 373-2918.

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

CREATIONIST MEETING 7 p.m. First Tuesday. Scientific and Biblical Creationist Fellowship. This week: "Is the Star of Bethlehem One of God's Miracles?" 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. Deerfield Country Club, Thompson Station Rd., Newark. Info, 731-1972.

■ WEDNESDAY, DEC. 5

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.

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

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

TAI CHI 9:30 a.m. and 5:30 p.m. Wednesdays. Free for people touched by cancer. The Wellness Community in New Castle, 4810 Lancaster Pike, Wilmington. Info, 995-2850.

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

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

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

PROSTATE CANCER SUPPORT GROUP 6:30 p.m. First Wednesday. The American Cancer Society Office, 92 Reads Way, Suite 205, New Castle. Info, 324-4227.

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

See **MEETINGS, 11** ▶

THE POST STUMPER

ACROSS

1 Messina or Morrison

4 Address abbr.

7 Pass into law

12 Pillager

18 Vein contents

19 Historic org.

20 Mideastern mall?

22 Herbivorous reptile

23 Stocking shade

24 Indefinite pronoun

25 Benjamin Bunny's creator

27 Theologian Thomas

29 Director Sergio

30 Lumberjack tools

31 Rocker Ocasek

32 "God's Little —" ('58 film)

35 Wordless greeting

38 Musical medium

43 Dolls up

47 "Whether — nobler in the mind . . ."

48 Groom's gangplank?

49 He'll give you a squeeze

51 Baltimore

bird

53 Maestro Leinsdorf

56 Slippery character?

57 Source of ills

59 Like King's fans

61 "Ritorna vincitori!" singer

63 Mr. Mineo

64 Military chapeau

65 Uruguayan title

66 Adjusts an alarm

68 Undiluted

71 Provide rooms

72 Software

77 Duval's org.

80 Mailer's "The — Park"

81 Stick in the mud

82 Daze

86 Marineland performer

88 "The — Daba Honeymoon" ('14 song)

90 Court order?

92 Compensation

93 Genesis peak

97 After taxes

99 Ravi-shing instrument?

100 Scott role

101 Mil. base

102 Slanted

104 Expert

105 Doesn't have

to

107 Myron Floren's boss

111 Stroke's implement

112 Seldom seen

113 Joan Van —

114 Blind part

118 Emit

122 Spock's specialty

126 "Roseanne" actress

131 Pablum variety

132 Conduit fitting

133 Stang or Schwarz-egger

134 Author Collins

135 Buckingham (Abbr.)

136 Spider's snare

137 Tangled

138 Gravel-voiced

139 Ending for Capri

140 Boot part

DOWN

1 Spanish dance

2 Tigris-Euphrates land

3 Computer selection list

4 Classical hunk?

5 Cure-all

6 Very, in Versailles

7 Subside

8 Rob Roy's refusal

9 Showy shrub

10 Blanchett of "Elizabeth"

11 Starch source

12 Bigwig

13 Give it — (try)

14 '87 Streisand film

15 Base stuff?

16 "— Leaf" ('71 film)

17 Ulrich of Metallica

21 — Tin Tin

26 Lucy

28 Lawless role

28 April initials

32 Perplexed

33 Ma, for one

34 Hwy.

36 Smell

37 "David Copperfield" character

38 She brought out the beast in men

39 Oriental

40 Equal an opponent

41 Cops' org.

42 Forever, so to speak

44 Jeopardize

45 Dynamite philanthropist?

46 Stowe sight

47 Hardy heroine

50 Hersey

setting

52 Way out

54 Gator's cousin

55 "Salome" role

57 Hale or Revere

58 First name in fashion

60 Knight's better half?

62 Believe

67 Nimble

69 Part of MA

70 Gogol's "— Bulba"

73 Compote component

74 Metropolitan

75 End a space flight

76 French Sudan, today

77 Ostentation

78 React to a pun

79 Intense

83 South African province

84 Pottery defect

85 Thornfield governess

87 Poker stake

89 Inland sea

91 Notre Dame's river

94 Fuss

95 Moflo or Magnani

96 Fit — fiddle

98 RN's

specialty

102 Coach Parseghian

103 4 p.m. vehicle?

106 In good shape

108 Inflicts

109 Twist and turn

110 Scrape by, with "out"

114 Act like a wrestler

115 — Flynn Boyle

116 Em or Bee

117 Jogger's gait

119 Emulate

120 Recipe instruction

121 West Coast sch.

122 London district

123 Salamander

124 "The People's Choice" pooch

125 Czech river

127 — de France

128 Hall of Farmer Roush

129 Mouth piece?

130 Enchanted

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► **MEETINGS, from 10**

AT HOME MOTHERS CONNECTION 7:30 p.m. First and third Wednesday. Meeting for moms only. Unitarian Universalist Society, 579 Polly Drummond Hill Rd., Newark. Info, 388-6469.

PARENTS WITHOUT PARTNERS 7 p.m. First and third Wednesday. Orientation for

the Wilmington chapter. Panera Bread, 3650 Kirkwood Hwy, Wilmington. Info, 998-3115.

■ **THURSDAY, DEC. 6**

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.

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

DIVORCECARE FOR KIDS 6:30 p.m. Thursdays. For children ages 5 - 12 of families experiencing divorce and separation. Berea Presbyterian Church, 957 Old

Lancaster Pike, Hockessin. Info, 737-7239.

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

BLUEGRASS/OLDTIME JAM 7:20 - 10 p.m. Thursdays. Any skill level welcome. Bring your own instrument. St. Thomas Episcopal Church, 276 S. College Ave., Newark. Info, 368-4644.

MOMS CLUB OF PIKE CREEK 9:00 a.m. First Thursday. Non-profit organization supporting stay-at-home-moms. All mothers are welcome. Limestone Presbyterian Church, 3201 Limestone Road. Info, 998-1987.

► **EVENTS, from 10**

ensembles and Delaware Steel. Adults \$12, seniors \$8, students \$3. Loudis Recital Hall, Orchard Road, Newark. Info, 831-2577.

■ **TUESDAY, DEC. 4**

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

BUSINESS WORKSHOP 5:45 - 8:45 p.m. Score presents Small Business Startup Series. Workshop II: "Thinking of Starting Your Own Business." \$40. Newark Senior Center, 200 White Chapel Dr., Newark. Info, 573-6552.

FOOD SAFETY COURSE 1 - 4 p.m. "Delaware Dine Safe" for food service workers. \$25, pre-registration required. UD Extension Office, 461 Wyoming Rd., Newark. Info, 831-2506.

CONCERT 8 p.m. Presenting the Celtic Quintet "Grada" on Christmas Tour. \$29.

The Baby Grand, Wilmington. Info, 652-5577.

CAREER INFO SESSION 7 - 9 p.m. Training options for careers in the health care field. Cecil College, One Seahawk Dr., North East, Md. Info, 410-287-6060, ext. 760.

■ **WEDNESDAY, DEC. 5**

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

CONCERT 8 p.m. UD's Dept. of Music presents the Graduate String Quartet. Free. Gore Recital Hall, Orchard Road, Newark. Info, 831-2577.

BUSINESS WORKSHOP 5:45 - 8:45 p.m. Score presents Financial Skills Series. Workshop II: "Tax Strategies, Planning and Compliance." \$35. Newark Senior Center, 200 White Chapel Dr., Newark. Info, 573-6552.

EDUCATION WORKSHOP 6:30 - 8:30 p.m. "Problem Solving with Children." Teaching children to play nicely. \$10. UD Extension Office, 461 Wyoming Rd., Newark. Info, 831-2506.

MERCHANT EVENT 4 - 9 p.m. Harp music by Pam Goffinet from 6 - 8 p.m. Free Fair Trade coffee and chocolate samples. Village Imports, 165 E. Main St., Newark. Info, 368-9923.

CONCERT 7:30 p.m. The Music Masters Concert Series present From Classics to Jazz. Adults \$10, students and seniors \$5. Wilmington Music School, 4101 Washington St., Wilmington. Info, 762-1132.

THEATER Through Dec. 23. "The Complete Works of William Shakespeare (Abridged)." Prices and times vary. Delaware Theatre Company, 200 Water St., Wilmington. Info, 594-1100.

FOLK DANCE 7:30 - 9:30 p.m. With Jerry Donna Abed. \$4. Arden Gild Hall, 2406 Granby Rd., Wilmington. Info, 478-7257.

SPEAKER 7 p.m. Robert D. Novak,

columnist and commentator, speaks on "Journalism, Politics and the Public Good." Free. Theatre N., 1007 Orange St., Wilmington. Info, 888-6225.

WOMAN'S LUNCHEON Noon. Sponsored by The Woman's Club of Cecil County. The Arts committee will host a holiday program featuring the Elkton High School Choir. Elkton Town Hall, Elkton, Md. Info, 410-398-9598.

■ **THURSDAY, DEC. 6**

MUG NIGHT Featuring Kristen & The Noise. Deer Park Tavern, 108 W. Main, Newark. Info, 369-9414.

LA LECHE LEAGUE 9:45 a.m. First Thursday. Meeting on breast-feeding and mothering. The Bible Fellowship Church, 808 Old Baltimore Pike, Newark. Info, 366-8539.

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

G.O.A.L. DINNERS 7 p.m. First and Third Thursday. Going On After Loss sponsors dinners at various restaurants for Widows and Widowers. Call Carol at 368-8980.

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

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Glasgow High School

Annual

Christmas CRAFT FAIR

Saturday, December 8th, 2007

9:00 am to 3:00 pm

Located on Route 896, south of Route 95 Glasgow, DE

On Campus

NEWS FOR NEWARK FROM THE UNIVERSITY OF DELAWARE

BRIEFLY

Ceramics sale at UD slated for Nov. 30-Dec. 1

The University of Delaware's semiannual student pottery sale is set this year for Friday and Saturday, Nov. 30 and Dec. 1. Ceramic and earthenware mugs, bowls, plates, vases, lidded boxes and other student-made pottery items will be on sale from 10 a.m.-6 p.m. on Friday and from 10 a.m.-4 p.m. on Saturday in the Studio Arts Building, located at the corner of North College and Cleveland avenues in Newark.

Saturday Morning Math registration begins Nov. 30

Registration for the University of Delaware's Saturday Morning Math enrichment program begins at 8:30 a.m., Friday, Nov. 30, at the Mathematics and Science Education Resource Center in Room 103 at 200 Academy St., on UD's Newark campus.

Open to all students in grades 1-8, Saturday Morning Math runs for six Saturdays beginning Jan. 5.

For more information, visit www.udel.edu/mserc/satmath.html or call UD's Mathematics and Science Education Resource Center at 831-4447.

UD calendar highlights coastal resources

Those who want to get a jump on their holiday gift shopping ought to check out the 2008 desk calendar from the University of Delaware's College of Marine and Earth Studies.

Each monthly card features a stunning photo of a Delaware coastal treasure such as a colorful marsh in autumn, a sailboat at sunset and Delaware Bay from space. Information related to each photo is noted on the back of the card, where important monthly dates and interesting facts also are listed.

Cost is \$6, plus \$1.50 for shipping and handling. Pay by check, cash, money order or credit card. Order by calling the Marine Public Education Office at 831-8083.

UD safety expert honored by National Safety Council

Robin Elliott of Newark, director of Occupational Health and Safety (OHS) at the University of Delaware has been awarded the Distinguished Service to Safety Award by the National Safety Council (NSC). The award, which was presented during the council's 95th annual congress and expo on Oct. 15 in Chicago, is the highest honor bestowed on an individual safety professional by the council in recognition of outstanding service to the field of safety.

"Some of the most innovative advances in safety and health are the result of individual ingenuity and initiative," said Alan McMillan, president and CEO of NSC. "The Distinguished Service to Safety Award, which symbolizes and recognizes individual innovation and service in the field of safety, is among the ways the National Safety Council honors individuals who take a lead in creating initiatives that support

and promote a corporate culture of safety. Ms. Elliott understands today's issues and has made tremendous contributions. We are honored to present her with this award."



Elliott is the immediate past chairperson for the National Safety Council's Campus Safety Health Environmental Management Association (CSHEMA). She has held the positions of treasurer and vice chair in CSHEMA and served in the award and recognition committee, professional liaisons committee and the benchmarking task force.

Elliott, who has provided service and leadership in the field of environmental health and safety for the past 23 years, directs UD's occupational and environmental health safety programs in areas such as biosafety, radiological health, chemical hygiene, fire prevention and accident prevention.

At Delaware's Authority for

Radiation Protection, a body responsible for state regulations in radiation safety, Elliott has held committee chairperson positions and held the offices of vice chairperson and chairperson. As an officer, she lobbied Delaware's legislature for regulatory changes to positively impact the health and safety of the state. She also participates in many professional associations, including the Delaware Safety Council, the Delaware Valley Society for Radiation Safety, the Delaware Chapter of the American Industrial Hygiene Association and the Mid-Atlantic

Biological Safety Association.

The National Safety Council is a nonprofit, nongovernmental, international public service organization dedicated to educating and influencing people to prevent accidental injuries and deaths. NSC members include more than 50,000 businesses, labor organizations, schools, public agencies, private groups and individuals. Founded in 1913 and chartered by the U.S. Congress in 1953, the primary focus of the NSC is promoting safety and health in the workplace, in transportation, and in homes and communities.

McNair Scholars at UD bake 200 pies for those in need

From peeling apples to packing pies, the third annual McNair Scholars Piepalooza was a winning mixture of ingredients that included community support, student volunteer efforts and the spirit of service in helping others during the Thanksgiving holiday season.

Held in the kitchen of St. Thomas Episcopal Church on Friday, Nov. 16, the event included the peeling of seven bushels of red and green apples to be used in many of the 200 pies slated for delivery to local charities and community agencies.

"All of the McNair scholars get together, and each person does their own part," Amanda Strickland, a senior English major from Dover, said. "I think it's great to be involved doing a service and also having fun."

Donors include Acme Markets, Wawa, Super G, Pathmark, BJ's Wholesale Club, Safeway Stores,

U.S. Foods and Wal-Mart, Maria Palacas, program director in the Office of Undergraduate Studies, said.

"It's a cooperative event between the community and local suppliers, which has continued to grow each year," Palacas said. "It's meaningful for both the students and the individuals who will receive the pies. Piepalooza is a well-oiled machine, and it is indeed the spirit of McNair love that makes the whole thing work."

The Ronald E. McNair Scholars Program honors the African-American astronaut who died in the explosion of the Challenger space shuttle in 1986. The University Undergraduate Scholars Program helps students from diverse and disadvantaged backgrounds get into graduate programs of their choice and obtain funding and is modeled on the McNair program.

UD Museums' digitized images available online

University of Delaware students, faculty and staff now have direct access to high-quality digital images from the University Museums' major collections, including the University Gallery Collection, the Paul R. Jones Collection of African American Art and the Mineralogical Museum Collection.

The collections are accessible at <http://visualcat.udel.edu>.

These image collections are a product of a collaborative effort between the University Museums and the Office of Information Technologies.

VisualCat, a new Information Technologies service, is an institutional resource for developing Web-accessible image databases, with its primary emphasis on UD image collections requiring controlled access for digital rights management.

The university art collection encompasses three major collections with distinct histories, including the Paul R. Jones Collection of African American Art, The University Gallery

Collection and the Permanent Collection of the University. The number of artworks and cultural artifacts approaches 12,000. Nearly one-third of these items are now in visual catalogue, and images will continue to be added.

The Mineralogical Collection comprises 1,500 display items and another 15,000 study specimens.

Intended for use and study by members of the UD community, the online collection will initially contain a large selection from all University Museums collections, with more objects to be added. Faculty, staff and students will be able to search the collections online, select works or artifacts and do basic research on objects before requesting to see the selected objects.

Although the digitized collection is intended primarily for the UD community, access can be granted to students and scholars from outside the university. Students and scholars from outside UD who wish to access the digitized collection should e-mail universitymuseums@udel.edu.



UD PHOTO BY SARAH SIMON

IN THE NEWS

Bear-Glasgow names leaders of new YMCA

After years of working out of a storefront and then a modular unit, the now-under-construction Bear-Glasgow Family YMCA facility is nearing completion.

Recent images of the lobby, outdoor pools, fitness centers, gymnasium and locker rooms can be seen online at www.ymca-de.org by selecting the Bear-Glasgow branch location.

In preparation for its opening early in 2008, a leadership team has been selected and they are currently developing staff and programming for the facility.

Together, they have the accumulated YMCA experience of more than 100 years, providing the training and skills to continue the YMCA's commitment to build strong kids, strong families and strong communities.

Many of them live in the greater Newark area and have been affiliated with the YMCA of Delaware for more than five years.

Val Siktir, executive director, of Hockessin, has 22 years of YMCA experience and has been responsible for the overall operations of the Bear-Glasgow branch since 2004.

She began her affiliation with the Y in 1985 as the youth program director at the Talbot County YMCA in Easton, Md. She has worked with the Anne Arundel County (Md.) YMCA and served as the State Director for Youth in Government in Maryland and Delaware. She has worked in the YMCA Resource Center, and served as the executive director of the Sussex Family YMCA from 1999-2004.

Chris Nasta, associate executive director, of Wallingford, Pa., has more than six years of experience with the YMCA. He is responsible for the overall operations of the aquatic, member-



PHOTO SPECIAL TO THE NEWARK POST

Staff members of the Bear-Glasgow Family YMCA stand before the YMCA of Delaware's first entirely new facility in 40 years. They are (first row): Val Siktir, executive director, Patricia Vozenilek, office manager, Karen Shearer, child development director; Michelle Barczak, member services receptionist; Jackie Rudloff, assistant program director-childcare.

Second row, left to right, Chris Nasta, assistant executive director, Jennifer Graham, aquatic director, Marvel Wall, senior member services director, Heather Borkoski, registrar, David Halley, program director, Lamarr "Marty" White, senior health & wellness director.

ship and wellness departments. He helped open the Rocky Run YMCA in Media, Pa., and served as the wellness director and senior physical director, overseeing wellness and sports departments.

Lamarr "Marty" White, senior health and wellness director, of Bear, has 12 years of YMCA experience. He is in charge of adult and youth wellness programs, including the Adult Wellness Center, Youth Wellness Center, group exercise programs, spinning, youth physical education programs and dance.

David Halley, program direc-

tor, of Newark, has five years of YMCA experience. He is responsible for providing a safe, organized and enjoyable atmosphere for all members at the Bear-Glasgow Family YMCA in day camp, teens and sports. He has completed the YMCA of the USA's highest requirement level of a senior director. He is also responsible for the Bear-Glasgow Family YMCA's Annual Great Pumpkin Run and Healthy Kids

Day. His previous Y experience has involved before and after school care at Bear.

Jennifer Graham, aquatic director, of Bear, has 24 years of YMCA experience. She supervises aquatic programs, including swim lessons for all ages, Ellis Lifeguarding, water exercise, family swims and the management of the outdoor pool complex. She most recently worked with the Western Family YMCA.

Karen Shearer, child development director, of Hockessin, has 16 years of YMCA experience. She is responsible for before- and after-school care programs and Kids Zone (onsite babysitting while parents work out). She also assists in the summer camp program. She worked for the Western Family YMCA for 15 years in various childcare programs including Kids Zone, half and full-day preschool and summer camp. She joined the Bear-Glasgow Family YMCA in 2005.

Jackie Rudloff, assistant program director-childcare, of Bear, has four years of YMCA experience. She is responsible for before- and after-school care programs, currently at 14 sites.

Marvel Wall Sr., member services director, of North Wilmington, has more than three years of experience with the YMCA. She is responsible for all aspects of membership services including membership sales, retention marketing and administration of the membership department. She began her YMCA career in 2004 with the Burlington County Family YMCA in New Jersey as the assistant wellness director. She joined the YMCA of Delaware in 2005 as the membership director at the Brandywine YMCA.

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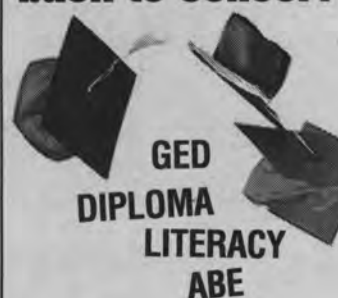
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BUSINESS NEWS

Tutor Time of Newark earns accreditation

The Middle States Commission on Elementary Schools (MSCES) has announced that Tutor Time Child Care / Learning Center in Newark earned accreditation for its infant through fourth-grade programs from the Middle States Association (MSA) of Colleges and Schools.

This achievement was announced by Dr. Thomas L. Seidenberger, chair of the commission and superintendent of the East Penn School District (Emmaus, Pa.) following the Commission's November 2007 Meeting.

F. Laird Evans, Ed. D., president of the commission, offered his congratulations to Tutor Time, stating that, "MSCES accreditation is recognition of both prior achievements and a commitment to greater future accomplishments."

More than 45 schools, including Tutor Time, earned this recognition. Tutor Time of Newark is the first early child-

hood center in Delaware to receive MSA Early Childhood Accreditation.

"Studies continue to show that early education experiences can have a lasting, positive impact on children and we are honored to be a small part of their life," said Deanna Speir, Tutor Time franchise owner. "We have always known that we offer a quality education program and now, with this accreditation, we can help our families feel even more confident about selecting Tutor Time as their child's provider for early education and care."

To achieve MSCES accreditation Tutor Time had to engage in a rigorous process of developing self-knowledge; host an evaluation team of independently-appointed educators; and develop an on-going strategic plan to move forward with school improvements. The accreditation process took 18 months, was governed by a steering committee and drew from the continued support from Tutor Time's owners, fac-

ulty, parents and students.

Accreditation by MSCES is recognized around the world as an indication of trustworthiness, educational quality and a commitment to on-going school improvement. It signifies that Tutor Time of Newark has met the MSCES standards for a quality school. These standards reflect current research and best practices throughout the education profession. During the term of its accreditation, Tutor Time will engage in a commission-directed series of reports and/or site visits to maintain the vigor of the accreditation process.

Tutor Time of Newark is an individually-owned franchise and part of one of the nation's largest providers of child care and early educational services, providing care to more than 28,000 students throughout the United States and internationally. For more information, call Deanna Speir at 292-3529 or visit www.tutortime.com.

Rath Inc. expands in Newark area

Delaware-based Rath Incorporated has recently relocated its headquarters to 300 Ruthar Drive in Newark.

With the relocation, Rath will expand their operations to 30,000 square feet. The move is part of the company's strategy to incorporate its fabrication, manufacturing, machining and sales office into one regional facility.

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Rath Incorporated is a wholly-owned subsidiary of Rath AG, headquartered in Vienna, Austria. From its beginnings over 100 years ago as a manufacturer of bricks for home stoves, Rath has evolved into a leading provider of insulating refractories. In 1990, Rath Incorporated was established in Delaware to serve the refractory needs of their U.S. based customers.

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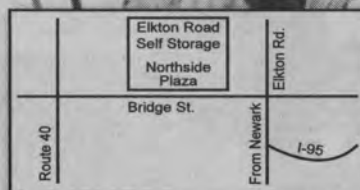
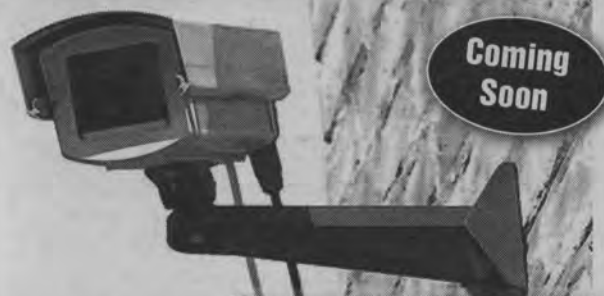
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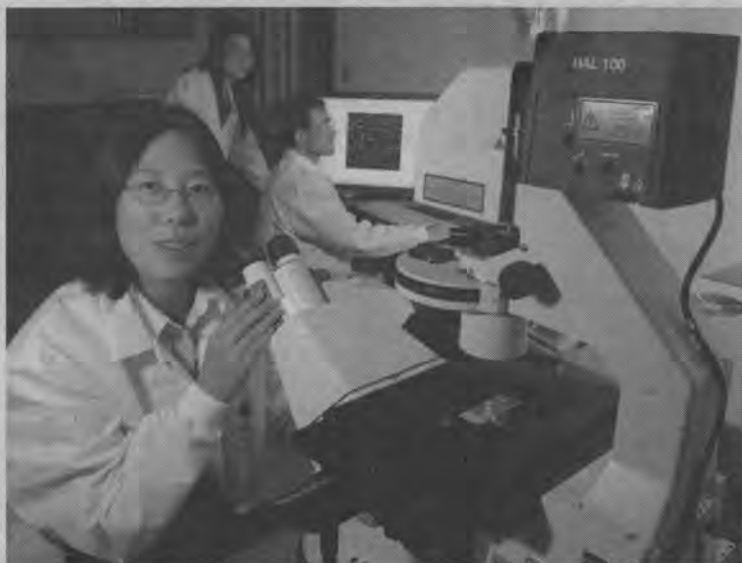
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CAMPUS NEWS

Bad to the bone: UD research to shed light on osteoporosis



UD PHOTO BY KATHY F. ATKINSON

Liyun Wang, UD assistant professor of mechanical engineering, views osteocytes (bone cells) in her lab, as graduate students Wen Li and Xiaozhou Zhou examine the magnified images in the background.

Liyun Wang, assistant professor of mechanical engineering at the University of Delaware, is leading research that will shed light on how osteocytes – the cells encased inside your bones – sense external stimuli and communicate with cells on the surface, signaling them to either build more bone or remove existing bone.

The five-year, \$1.6 million project, ranked in the top 5 percent of research proposals recommended for funding by the National Institutes of Health (NIH) this year, holds promise in unveiling the mysteries of bone and joint diseases afflicting people worldwide.

The results may not only help scientists home in on the cause of osteoporosis and arthritis, but also develop more effective drug therapies to treat the debilitating bone and joint diseases.

The project will involve an interdisciplinary team of investigators at UD, including Prof. Mary C. Farach-Carson and Associate Prof. Randall Duncan, who hold primary appointments in biological sciences with joint appointments in mechanical engineering, and John Novotny, assistant professor of mechanical engineering.

"Bone and joint disorders affect almost half of all people over 50 years old, at a cost of \$250 billion annually in the United States," Wang said. "A third of the people who suffer a fracture due to bone loss end up dying within a year."

Currently, Wang's laboratory group includes Wen Li,

a graduate student in biomechanics and movement science, Xiaozhou Zhou, a graduate student in mechanical engineering, and undergraduate students Ben Keller and Laura Schultz, who are both working on degrees in mechanical engineering, and Samantha Nigro, who is pursuing her degree in biological sciences. Research associate Jun Pan will join the group at the end of this year.

"My students have been excellent," Wang said, smiling. "They are well-organized and eager to learn how to do research. They are very motivated, and that is important. We have exciting work ahead of us!"

Conference to explore climate change in Delaware

With stories of polar bears drowning in ice-free arctic waters and the recent awarding of the Nobel Peace Prize to former Vice President Al Gore for his efforts to heighten awareness about its potential impacts, climate change is now receiving a great deal of media attention.

The topic is more than a news story from far away locations, however. Climate change can have real environmental, economic and social implications for Delaware.

Sustainable Solutions to Climate Change in Delaware, a daylong conference that will review the scientific facts about climate change and discuss practical policy and design solutions that can be employed by local governments, architects and the building community, will be held Tuesday, Dec. 11, at the University of Delaware's Hugh R. Sharp Campus in Lewes.

The conference is sponsored by the Delaware Sea Grant Marine Advisory Service, Delaware chapter of the American Institute for Architects (AIA), Delaware Department of Natural Resources

and Environmental Control, and Sustainable Delaware, a chapter of the Northeast Sustainable Energy Association.

"It is well-known that buildings require energy and materials that produce by-product greenhouse gases," said Jim Falk, director of the Marine Advisory Service and co-chair of the conference. "This conference will help architects, design professionals, developers, public officials and community leaders become better informed and more knowledgeable about actions that need to be taken now to slow the rate of greenhouse gas emissions."

The program will begin with a welcome by local officials, including remarks from Gov. Ruth Ann Minner. National experts will then discuss the implications of climate change on the state and review several ongoing state and regional approaches to the problem. Delaware officials and business leaders will discuss the scope of the problem for the design community and policies that will impact the business of design in the future.

The focus of the conference is sustainable solutions, both in terms of policy and design, to global climate change, noted conference co-chair, John Mateyko of the American Institute of Architects.

Conference registration is \$65. Registration is \$95 for AIA members wishing to receive six health, safety and welfare (HSW) continuing education units (CEUs). Fees include continental breakfast, luncheon, networking reception and conference materials.

The deadline for registration is Monday, Dec. 3. To register, contact Rita Baty at 645-4346 or rbaty@udel.edu. For more information visit www.ocean.udel.edu/seagrant/climatechange/brochure.html.

Carper keynote speaker at Winter Commencement Jan. 5

U.S. Sen. Thomas Carper (D-Del.) will speak at the University of Delaware's Winter Commencement, scheduled at 10:30 a.m., Saturday, Jan. 5, in the Bob Carpenter Center. Winter Commencement, for students who complete their degree requirements in August and December, traditionally features a distinguished UD graduate as speaker.

Carper, who received a master's degree in business administration from UD in 1975, attended Ohio State University on a Navy ROTC Scholarship and graduated in 1968 with a bachelor's degree in economics. Carper went on to complete five years of service as a naval flight officer

in Southeast Asia during the Vietnam War and later as a P-3 aircraft mission commander. He served in the Naval Reserve until his retirement from military service in 1991 with the rank of captain.

Carper's career in public service began in 1976 when he was elected to the first of three terms as Delaware's state treasurer. In 1982, he was elected to represent Delaware in the U.S. House of Representatives. After serving five terms as a U.S. congressman, Carper became the 78th governor of the state of Delaware in 1993 and served two terms in that role.

Carper was sworn in as Delaware's junior senator on Jan. 3, 2001. He was re-elect-

ed to the U.S. Senate on Nov. 7, 2006. Beginning in January 2007, Carper gained a seat on the Commerce, Science and Transportation Committee in the 110th Congress. He retained his assignments and seniority on the Banking, Housing and Urban Affairs Committee, the Environment and Public Works Committee, the Homeland Security and Governmental Affairs Committee, as well as the Special Committee on Aging.

The ceremony will conclude with a reception in the Delaware Field House. Light refreshments will be served and UD mascot YoUDee will be available for photographs with graduates and their families.

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IN THE NEWS

Attitudes of fans made game special

► UPFRONT, from 1

people that were there. I don't really care that the attendance was over 19,000 – a record for a playoff game. That can be explained by sheer geography. If Villanova played Delaware in a playoff game at Delaware Stadium, I wouldn't expect anything less.

The attendance wasn't what made the atmosphere special. What made it special were the attitudes of the fans – the natural ribbing that took place before the ball was even kicked off, the amount of DSU fans walking amongst the UD fans, the intensity that most fans brought with them to the game – those are the things that I'll remember most. Those are things that probably have a good chance of sustaining themselves year after year.

I've never been against these two teams playing each other.

I have been against the feeling that the entire state has been clamoring for it for the past 80 years. I have been against the feeling that it would be competi-

tive year in and year out. I have been against the feeling that race is the reason the two schools haven't played and I have been against the feeling that Delaware

somehow owes Delaware State the opportunity to play.

Delaware-Delaware State made for a fun college football experience. At this point, that's

the only reason the game should be played.

Unless, of course, UD fans are looking for an even easier game than West Chester.

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IN THE NEWS

Unlimited District-wide full-day K in 2009-10

► SCHOOLS, from 1

schools must complete a Choice application to attend.

Four schools in the Newark area, Downes, Maclary, West Park Place, and Wilson, will offer limited Full-day Kindergarten

seats. Due to capacity limitations, a limit of 44 seats will be available for Full-day Kindergarten at each of these locations. ALL students who wish to attend Full-day Kindergarten in one of the Newark locations must complete a Choice application.

If more than 44 applica-

tions are received by the Jan. 9, 2008, state deadline, the current lottery process will go into effect, which gives priority to students in the school's feeder pattern. All remaining students will be assigned to half-day Kindergarten. If the 44 seats are not filled by Jan. 9, 2008, school


choice will remain open until those 44 Full-day Kindergarten seats are filled.

All students applying for Kindergarten choice must first be registered in the school of residence before a choice application can be processed.

All other elementary schools

will continue to offer Half-day Kindergarten in 2008, with implementation of Full-day Kindergarten anticipated in 2009.

Choice applications are available in every district school or at www.christina.k12.de.us/choice/2008-2009.




Histories of Newark 1758-2008

YOU GOT IN LINE, NOW YOU'RE IN THE BOOK: Announcing the publication of the hardcover book *Histories of Newark 1758-2008*, celebrating the 250th anniversary of the founding of the village of Newark.

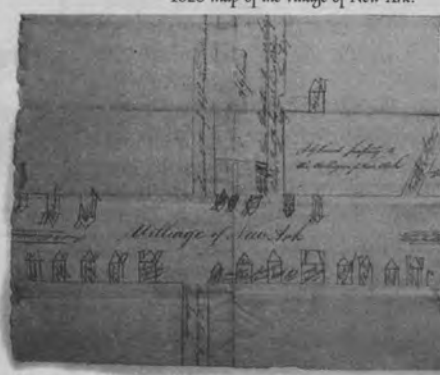
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COME TO THE BOOKSIGNING at the Aetna Hook, Hose & Ladder Company, corner of Academy Street and Delaware Avenue, Friday, December 7th, 6:00 - 9:00 pm. Starting December 10th the book will be available at the Newark Historical Society storefront, 148 East Main Street, and at the Newark Arts Alliance.

MORE DETAILS and page views available at wallflowerspress.com.



Paper Mill Road and a protest sign for the State Theater.



1820 map of the village of New Ark.
Photos courtesy University of Delaware Library.



Announcing...

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IN THE NEWS

COMMUNITY News

Ladies Auxiliary collects items for troops

The members of General W.W. Atterbury Post 3420 Ladies Auxiliary are putting together holiday packages for our deployed personnel. Newark residents are invited to help with this project. Interested persons can drop off non-perishables, such as stationary supplies, handheld games, eye wetting drops, baby wipes and CDs, in their original package. They may also make a check donation for holiday packages.

The Post 3420 is located at 649 New Churchman's Road in Newark. For more information call 738-5932.

NHS alumni invited to holiday homecoming

Newark High School alumni, staff, faculty and friends are invited to a Happy Holiday Homecoming.

The celebration will be held at the Newark Country Club on Thursday, Dec. 27, from 5 - 9 p.m. There will be hors d'oeuvres, a carving station, a pasta station, dessert and a cash bar.

Tickets are \$35 and proceeds go to the NHS Alumni Scholarship Fund. Reservations and admission "tickets" can only be made on the Web site of the NHS Classes of 1966, 1967, and 1968 at <http://NHS-CarpeDiem.com>.

Glasgow Lions Recycle for Sight

The Glasgow Lions Club will be collecting used eyeglasses and hearing aids at People's Plaza on Saturday, Dec. 1, from 10 a.m. - 3 p.m. These will be recycled for use in impoverished countries around the world. Club members will also be available to answer questions about the Lions organization and its services.

For more information call Ed Short at 834-0310.

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Sports

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Keeler seeks upgrades

By TOM TOMASHEK

NEWARK POST STAFF WRITER

Amid a busy day of preparation for Saturday's NCAA quarterfinal game at Northern Iowa in Cedar Falls, University of Delaware coach K.C. Keeler took time to look beyond the Panthers and the season.

Although the former Blue Hen athlete and sixth-year Blue Hen coach is extremely proud of the football program's tradition, he conceded that it still has needs to remain one of the nation's premier Football Championship Subdivision schools.

"We're the Goliath when it comes to fan support. We're the Goliath when it comes to tradition," Keeler said at his Monday press conference. "But let's face facts, we're not the Goliath when it comes to some of the other issues that are important when it comes to recruiting."

"This is a gold mine that we have not mined well enough lately. We've been sitting on our hands too long. I can't have a 10-year program. I need to get some of the improvements now."

Keeler said he has been working behind the scenes to accomplish his program goals. He didn't say when he began his campaign, but a good guess would be last year when his Hens finished a 5-6 season and Delaware failed to make the NCAA playoffs for the second straight year. Even though this year's team finished the regular-season 8-3 and received an at-large tournament bid, two consecutive losses at the end of the conference schedule probably intensified his resolve to accomplish his mission.

To emphasize the importance of his issues, he cited improvements that have been made at James Madison, William & Mary, and Villanova. JMU and Villanova have obviously upped the stakes in Colonial Athletic Association football with its changes, but William & Mary must have other



Tomashek

See TOMASHEK, 23 ►

HENS HAMMER HORNETS

UD scores early and often to advance in playoffs

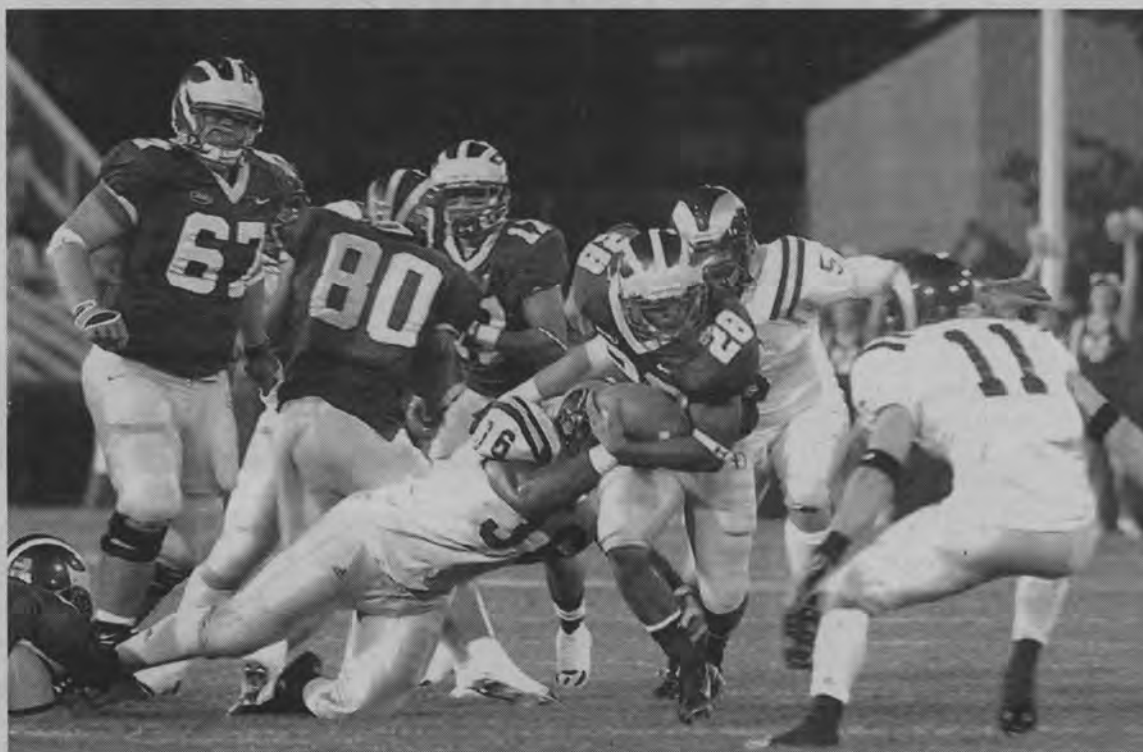
The long-awaited first-ever football matchup between the University of Delaware and Delaware State University turned into the Omar Cuff Show Friday afternoon at Delaware Stadium as the All-American running back rushed for a school record 288 yards and scored four touchdowns as the Blue Hens throttled the Hornets for a 44-7 victory in the first round of the NCAA Football Championship Subdivision playoffs.

The Blue Hens, making their first NCAA Tournament appearance since advancing to the 2004 quarterfinals, ran all over the Hornets with Cuff leading the way, piling up 536 yards, including a season-high 347 on the ground, on the way to the easy victory.

The game was played before a Delaware Stadium post-season record crowd of 19,765, the third highest first round attendance in NCAA FCS playoff history.

Delaware (9-3), which earned a berth in the tournament as an at-large pick, snapped a two-game losing streak and is now off to the quarterfinals where the Hens will face the winner of the Northern Iowa vs. New Hampshire game next Saturday.

Northern Iowa (11-0) is the top-ranked team in the tournament while New Hampshire (7-4), Delaware's fellow member in the Colonial Athletic Association, downed the Hens 35-30 back in October in Durham, NH. An NCAA record five CAA teams are competing in the NCAA post-



POST FILE PHOTO

Omar Cuff (No. 28 center) rushed for 288 yards in the Hens' 44-7 win over Delaware State Friday.

season this week.

Delaware State (10-2), which captured the Mid-Eastern Athletic Conference title and was making its initial trip to the NCAA Tournament, had an eight-game win streak snapped. The Hornets, who entered the game ranked No. 9 in the nation in scoring defense, allowing just 16.1 points per game, gave that up in the first quarter alone. Delaware State had not allowed more than 21 points to any FCS opponent all season.

The Blue Hens, who won their fifth straight home NCAA playoff game, jumped out to a 14-0 lead in the first seven minutes of the game and never looked back.

The game matched the only two NCAA Division I schools in the state, which are situated just 45 minutes apart.

"This game was not about Delaware and Delaware State, it was about the playoffs," said Keeler, who picked up his 50th career win at Delaware and improved to 11-1 all-time in NCAA first round games, including a 3-0 mark at Delaware. "We were fortunate to get some short fields early and made some plays. We took a lot of momentum out of Delaware State early and got into the end zone. We played well today and a lot went our way."

Cuff, a senior from Landover,

MD and the nation's leading scorer, continued his record-setting season for the Blue Hens as he carried 38 times for 288 yards and four touchdowns and broke the UD single game rushing mark of 272 by Daryl Brown vs. Northeastern in 1994 and the single season rushing mark with 1,657 (old record 1,625 by Germaine Bennett in 2003).

Cuff surpassed the 4,000-yard career rushing mark during the game and also extended his NCAA FCS single season touchdown record to 37. He also established a new NCAA single season

See HENS, 23 ►

Caravel, Hodgson advance to title game

By JOE BACKER

NEWARK POST STAFF WRITER

Top-seeded Caravel Academy defeated defending state champion Concord 21-6 in one of the Division II semifinal games played Friday night.

The Buccaneers earned their fourth consecutive trip to the Division II championship game. Caravel (11-0) will play undefeated Hodgson (12-0) Saturday night at Delaware State's Alumni

Field in Dover. Kickoff is scheduled for 7 p.m.

No. 3-seed Hodgson, meanwhile, defeated previously unbeaten Delmar 22-14 on the road Saturday night in the other semifinal.

Caravel's Brian Potts gave the Bucs a lead in the second quarter on a one-yard run. Tyler Niggebrugge's extra point kick boosted the lead to 7-0.

Later in the quarter, Concord's backup quarterback Ryan

McCarthy tossed a 29-yard touchdown pass to Kevin Hopkins. A failed two-point conversion left the Raiders a point down at 7-6 going into halftime.

This hard-hitting contest wasn't decided until the fourth quarter when Travis Perez scored on a 56-yard touchdown run. Perez set up the scoring drive by intercepting a pass from Concord's starting quarterback Jon Bacher with 2:25 left in the game.

Bacher sustained a left knee

injury late in the first quarter, but returned near the end of the first half.

Concord mounted several serious scoring threats throughout the second half, but couldn't penetrate Caravel's tenacious defense.

Concord's last attempt to tie the game was thwarted with 20 seconds remaining on the clock when the Bucs' Deven Smith

See HIGH SCHOOL, 23 ►

IN THE NEWS

UD runs over Delaware State

► HENS, from 22

rushing touchdown record with 33 and a new CAA career rushing touchdown record with 63.

"I knew the situation we were in," said Cuff, who scored on two one-yard dives in the opening eight minutes and on runs of 37 and two yards. "It's the playoffs so you gotta win to stay alive. I take a lot of pride in what I do so this feels really good."

Delaware quarterback Joe

Flacco hit on 11 of 20 passes for 189 yards and a touchdown, Jon Striefsky tied a Delaware single season record with a 22-yard field goal, his 17th of the season, and a stingy Delaware defense held the Hornets to just 11 first downs and 144 totals yards, the lowest amount allowed by the Hens since giving up 82 yards to The Citadel in 2000 and the lowest total in Delaware's 40-game NCAA playoff history which dates back to 1973.

Bucs top Concord in rematch of title tilt

► HIGH SCHOOL, from 22

intercepted a pass and raced into the end zone for the clinching touchdown.

Caravel last won the state title in 2005.

The Silver Eagles, looking for their first football title, built a 6-0 lead on a 27-yard touchdown run by sophomore tailback Jamaal Jackson with 6:48 remaining in the first quarter.

Jackson raced 50 yards for his second touchdown of the night, with 7:10 remaining in the third quarter.

Hodgson quarterback Jamie Trembl then threw a two-point conversion pass to Jamal Merrell for a 14-0 lead.

On Delmar's next possession, Justin Thomas broke free for a 58-yard touchdown to cut the Hodgson's lead to 14-7.

Early in the fourth quarter, Trembl scored on a one-yard plunge. Another two-point conversion extended the Silver Eagles lead to 22-7 with just over 11 minutes left.

Delmar's final scoring drive was set up by a fumble recovery. The Wildcats completed a 60-yard, 11-play drive when Matt Campbell scored on a six-yard keeper with 2:23 remaining.

Delmar had one final drive, but Hodgson's Bryan Reshetar intercepted a Campbell pass with 24 seconds left in the game to seal the victory, and secure Hodgson's first trip to the title game.

UD preps for N. Iowa

► TOMASHEK, from 22

internal problems based on its record over the last several years. Keeler suggested that going beyond his program's immediate needs, an expanded improvement plan could make Delaware Stadium a multi-purpose arena for other UD sports, as well as high school and regional events.

"Delaware Stadium is special, but it's that the fans make it special," he said. "It's not the structure itself. The structure itself needs some change, and we have to decide how to do it."

Keeler seemed to have a subtle plan to present his agenda during a conference initially designed to discuss next week's quarter-final contest against undefeated Northern Iowa, the nation's No. 1-ranked FCS team. When asked about running back Omar Cuff's tremendous performance in last Friday's 44-7 opening-round playoff victory over intra-state opponent Delaware State, Keeler waxed enthusiastically about Cuff's school-record 288 rushing yards, and then added an editorial comment.

"I looked at the scoreboard and figured either the scoreboard wasn't working right or [Cuff] was having a great day," he said mischievously alluding, at least in

part, to the scoreboard's mechanical problems in a stadium that in recent seasons has received increasing criticism.

In what might be the last major discussion about Delaware and Delaware State for a year or two, Keeler — who emphasized that "now is the time for me to get involved with the scheduling" said the game makes too much sense not to be part of Delaware's regular-season. Attendance alone suggested there is interest considering that paid attendance on a Thanksgiving weekend was 19,765, more than 2,000 more fans than Northern Iowa's season high against Southern Illinois, the tournament's No. 4 seed in the tournament.

He emphasized that Delaware needs "more and more and more and more I-AA games in our stadium," but when asked if that meant that Delaware's long-time series with Division II West Chester might be scratched, Keeler was evasive. "I don't know. I'm not sure how long we are locked in with them, but a lot depends on how many I-As you can get in the stadium."

He did say that considering that the CAA is extremely demanding from top to bottom, it wouldn't make any sense to make the schedule any more difficult: possibly interpreted to mean that

West Chester might get dropped if Delaware can line up some lower-tier I-AA teams such as Monmouth and Albany — a classic miscalculation from a year ago — to come to Delaware.

As for Saturday's 2 p.m. game in the UNI-Dome, Delaware will face an undefeated Northern Iowa that had only two close regular-season decisions, a 30-24 victory over Southern Illinois and a 14-13 squeaker over Youngstown State. The latter was a 7-4 team that some believed deserved to receive an NCAA tournament bid considering that three of the Penguins' four losses were to major college Ohio State, Northern Iowa, and Southern Illinois.

Delaware has several logistic problems, the first one having to travel halfway across the nation for the game. They also will be playing in a domed stadium, a rare competitive environment and one where noise can be a problem. The Hens, who will leave for Iowa this Thursday, will have one indoor session this week in which they'll practice with simulated noise.

The Blue Hens and Northern Iowa have played only one other time and that was on Delaware turf in the 2003 quarterfinals of UD's championship season. Delaware defeated the visitors 37-7.



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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.

Wes L. Baron

Wes L. Baron, 35, died Sunday, Nov. 18, 2007.

A funeral service was held on Saturday, Nov. 24, at Spicer-Mullikin Funeral Home, 121 West Park Place, Newark.

Evalyn J. Hall

Evalyn J. Hall, 72, of Newark, died on Tuesday, Nov. 20, 2007.

She was a homemaker who performed many hours of volunteer work serving others. During previous years of employment, she served as a waitress and bus driver. In her youth, she was a frequent church soloist and professional singer with the Al Roberts group.

Hall is survived by a daughter, Helen G. Hopper; son, Barry Todd Noden and wife, Katie; a brother, James Hornberger; a sister, Mabelle Nance; four grandchildren, Matthew, Joshua, Bethany and Timothy. She is preceded in death by her husband, Leonard C. Hall Sr.

A funeral service was held on Saturday, Nov. 24, at Faith Baptist Church, 4210 Limestone Road, Wilmington. Burial followed in Harford Memorial Gardens, Aberdeen, Md.

Contributions may be sent to either: Delaware Hospice, 3515 Silverside Rd., Wilm. DE 19810 or American Diabetes

Gean Hopkins-Barnard, 88, founding member of Newark Bridge Club

Gean Elizabeth Hopkins-Barnard, 88, of Newark, died on Wednesday, Nov. 21, 2007, at Newark Manor Nursing Home.

She was born in Sparta, N.C., on May 23, 1919, the daughter of the late Quincy Graham and Verlyn B McCann Edwards. A longtime resident of Newark,

she was a founding member of the Newark Bridge Club, a life member of Head of Christiana Presbyterian Church and an avid and talented gardener.

She is survived by her husband, Paul E. Barnard, of Newark; her son, Philip Hopkins and his wife, Wendy, of Inverness, Fla.; three grandchildren; five

great-grandchildren; a brother, Edmond Edwards of Lancaster, Pa.; four sisters, Wilma Franklin of Newark, Nellie Daly of Wilmington, Sylvia M. Clancy of Wilmington and Elva Fagan of Milford. She was preceded in death by her brother, Raymond Edwards; and her sister, Berkie M. Brown.

A funeral service was held on Thursday, Nov. 29, at R.T. Foard & Jones Funeral Home, 122 West Main St.; Newark. Burial followed in Delaware Veterans Memorial Cemetery.

Memorial contributions may be made to the Alzheimer's Foundation c/o the funeral home.

Foundation, Suite 1002, 10th St., Wilmington, DE 19801.

Joseph Thomas Hulton

Joseph Thomas "Whitey" Hulton, 55, of Newark, died on Saturday, Nov. 17, 2007, in the Christiana Hospital after a short illness.

He was a graduate of Claymont High School and served in the U.S. Navy. He was employed by DelDOT as an equipment operator retiring after 28 years of service.

Hulton is survived by his wife of 25 years, Deborah A. Cooper Hulton; and three sons, Christopher, Matthew and Michael, all at home.

A memorial service was held on Tuesday, Nov. 27, at the Chandler Funeral Home, 2506 Concord Pike, Wilmington. Burial was private.

Donations may be made to the Memorial Fund for the Joseph Hulton Family, WSFS, 115 College Square, Newark, DE 19711.

John Vernon Keithley

John Vernon "Bunny" Keithley,

88, of Elkton, Md., formerly of Newark, died Wednesday, Nov. 21, 2007.

Born on April 15, 1919, in New Castle County, he was the son of the late Charles K. and Reba Brown Keithley. He was a 1938 graduate of Elkton High School, and a U.S. Army veteran of World War II and Korea. Keithley retired from General Motors Corp., Wilmington, after 30 years of service. He was a member of Elkton United Methodist Church. His other memberships included UAW Local #435, Lodge Jr. OUAM, VFW Post #8175, Elkton, Daughters of America Elkton Council 112, Cecil Rebekah Lodge #92, and Oriental Lodge #12 IOOF.

He is survived by his daughters, Joyce K. Sinclair of Dover and Susan E. Stoltzfus of Kirkwood, Pa.; sister, Reba V. Bryson of Elkton, Md.; five grandchildren; and a great-granddaughter. In addition to his parents, he was preceded in death by his wife, Barbara J. Keithley; son, John V. Keithley Jr.; and brothers, William C. Keithley and J. Burton Keithley.

A funeral service was held on Saturday, Nov. 24, at Hicks Home for Funerals, 103 W. Stockton St., Elkton, Md. Interment followed in Elkton Cemetery with military honors by American Legion Mason-Dixon Post #194, Rising Sun, Md.

Allan W. Marshall

Allan W. Marshall, 61, of Newark, died on Sunday, Nov. 18, 2007, at Heartland Hospice House.

Born in Flushing, N.Y., he was the son of the late Edwin and

Anna (Campfield) Marshall. He had worked for Delaware Park in the security and surveillance department.

In addition to his parents, he was preceded in death by his daughter, Celeste. He is survived by his wife of 38 years, Ethel M. Marshall; four children, John Allan Marshall and his significant other, Angela, Varina Lynn Marshall, Sharon Ann Marshall and her fiancé, Steve, Paul William Marshall and his fiancée, Melissa; and four grandchildren, Alex Ryan, Cody Aaron, Dylan Lee and Eric Matthew Marshall-Gore.

A funeral service was held on Friday, Nov. 23, in the Chapel at Gracelawn Memorial Park, 2220 N. DuPont Pkwy., New Castle. Entombment followed in the adjoining memorial park.

Anthony DeWitt Mason

Anthony DeWitt Mason, 46, of Newark, died Nov. 18, 2007, at Christiana Hospital.

He was born to Ernest Roberts Sr. and Marva J. Curtis on May 14, 1955. He was wed to Marie G. Byrd on Dec. 5, 1980.

He is survived by his children, Sherise Morris and Raegan Byrd; his nephew, Debro Anthony Curtis; two brothers-in-law, Elwood Byrd and Clayton Byrd; two sons-in-law, Neil Morris and Donovan Alderman; four granddaughters; one grandson; and two great-grandsons.

A funeral service was held at Mother AUFCMP Church, 9th and Franklin Street, Wilmington. Interment was in Silverbrook Cemetery.

Mary C. Mays

Mary C. Mays (Higley), 87, of Newark, died on Sunday, Nov. 18, 2007, in the Christiana Hospital.

She was a cashier for Alexis I. Du Pont Middle School for 14 years, retiring in 1980. She was a member of St. Joseph on the Brandywine Church.

She was preceded in death by her husband, Paul H. Mays, who died on Jan. 8, 1998; and her brothers, Thomas E. Higley Jr. and his wife, Mary, and George W. Higley and his wife, Betty. She is survived by her son, Paul F. Mays with whom she lived; her "adopted daughter" Dottie Chicosky of Newark; her brother, Samuel E. Higley and his wife, Regina, of Atlanta, Ga.; several nieces and nephews; and great-nieces and nephews.

A Mass of Christian Burial was held on Friday, Nov. 23, at St. Joseph on the Brandywine Church, 10 Old Church Rd., Greenville. Interment was in St. Joseph on the Brandywine Cemetery, Greenville.

Contributions may be made to your favorite charity.

William J. McLaughlin III

William J. McLaughlin III, 39, of Newark, died on Thursday, Nov. 22, 2007.

He worked as a chemical operator in the Chemical Material Section of the Rohm and Hass Company in Newark. He was active in the Fraims Boys Club.

He is survived by his parents, William J. Jr. and Sherry Bixler McLaughlin; a brother, Brien J.

See **OBITS**, 25 ►

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IN THE NEWS

▶ OBITS, from 24

McLaughlin and his daughter, Darby; and a sister, Amber and her husband, Michael Hinton.

A Mass of Christian Burial was offered on Tuesday, Nov. 27, in St. Thomas The Apostle Catholic Church 4th and N. Bancroft St., Wilmington. Burial was private.

Contributions may be sent to The Fraims Boys Club at 669 S. Union St., Wilmington, DE 19805.

Douglas M. Potts

Douglas M. Potts, 62, of Newark, formerly of New York, died at home on Tuesday, Nov. 20, 2007.

He was born in Bayside, N.Y., to the late Melvin Harold and Hattie Potts. He retired in 1999 as the Borough Manager for New York City Department of Buildings. He was a member of St. John's Evangelical Lutheran Church.

He is survived by his wife of 15 years, Elizabeth A. Potts; his son, Justin Douglas Potts; and sister, Irene Boesendahl of Bayside, N.Y.

A memorial service was held on Saturday, Dec. 1, at St. John's Evangelical Lutheran Church, 135 S. Old Baltimore Pike, Newark 19702.

Contributions may be made to St. John's Evangelical Lutheran Church.

Olive M. Sayers

Olive M. Sayers (Buckingham), 88, of Newark, died on Saturday, Nov. 17, 2007, at Christiana Hospital.

Born in Wilmington, she attended Wilmington High School. She was a member of Red Lion Evangelical Free Church.

She was predeceased by her brothers, John, Richard and Howard Buckingham; and her sisters, Pearl MacClary and Mildred Galbraith. She is survived by her husband of 60 years, Leroy Sayers Jr.; her daughters and sons-in-law, Olivia Jane and Spurgeon Nickle of Newark and Sandy and Jim Farrow of Middletown; her sons, Glennwood L. Sayers and his wife, Joyce, of High Point, N.C., and Jeffery L. Sayers of Newark; seven grandchildren; and four great-grandchildren.

Funeral services were held on Wednesday, Nov. 21, at the chapel at Gracelawn Memorial Park, 2220 N. DuPont Highway, New Castle. Interment followed in the adjoining cemetery.

Contributions may be made to Red Lion Free Evangelical Church, 1400 Red Lion Road, Bear, DE 19701.

Mildred Cunane Smith

Mildred Cunane Smith, 89, of Christiana, died on Saturday, Nov. 17, 2007, at Newark Manor Nursing Home.

Born to the late Joseph and Anna (Stalena) Schurko of Olyphant, Pa., she attended grammar school and Ukrainian school. At age 14, she left for New York

City and began to do domestic work in a number of mansions there and later in Delaware.

She married Joseph Cunane in 1940 and raised four sons. Her husband, Joseph, died in 1965. As an active volunteer with the Christiana Fire Company Ladies Auxiliary, she helped with many fundraising events. She later married Alden P. Smith. Over the years they traveled to all 50 states. After reaching the age of 80 she enjoyed two trips to Ireland.

She was preceded in death by her husbands of 25 years each, Joseph Cunane and Alden P. Smith; three sisters and two brothers. Survivors include sons, Joseph and his wife, Nona, of Newark, James of New Castle, Thomas of Bear and Robert of Newark; sisters, Anna Zurko of West Palm Beach, Fla. and Olga Hancarik and her husband, John, of Trumbull, Conn.; four grandchildren, Dawn, Nona, Joseph and Christine all of Newark; and eight great-grandchildren.

A Mass of Christian Burial was celebrated on Tuesday, Nov. 27, at Holy Family RC Church, 15 Gender Road, Newark. Interment followed at Delaware Veterans Memorial Cemetery, Bear.

Contributions may be made to the Ladies Auxiliary of Christiana Fire Co., 2 East Main Street, Christiana, DE 19702.

Dennis W. Stallings

Dennis W. Stallings, 46, of Newark, died on Sunday, Nov. 18, 2007, at Christiana Hospital.

A funeral service was held on Saturday, Nov. 24, at Mother UAME Church, 701 E. 5th St., Wilmington.

Kellenia Locke Stewart

Kellenia Locke Stewart, of Newark, died on Sunday, Nov. 18, 2007.

All services were private.

Contributions may be sent to favorite charities.

Frank Sylvester Webb

Frank Sylvester Webb, 84, of Newark, died on Saturday, Nov. 17, 2007, at his home.

Born in Bear on Oct. 16, 1923, he was the son of the late Frank Clair Webb and Jennie Turner Webb. He served his country in the U.S. Army during World War II. A professional house painter, he owned and operated Webb Decorators in Newark since 1946. He was particularly well known for his work in painting churches, having painted 15 of them locally, including churches in Port Penn, Townsend and Odessa. Webb was a longtime, very active member and trustee of Christiana United Methodist Church.

He is survived by his wife, Eleanor V. Wegrzynowski Webb; four children, Eleanor Webb-Landman and husband, Bruce, of Carrollton, Ga.; Claire Coleman and husband, Clark, of Newark, Frank Webb and wife, Sharon, of Wilmington and Jeni Jackson and husband, Stewart, of Wilmington;

two sisters, Evelyn MacMicking of New Castle and Betty Strausser and her husband, Ed, of New Castle; and seven grandchildren, Clark and Christina Coleman, Emma and Sarah Landman, Kelsey and Emily Webb and Antonio Ahmed.

A funeral service was held on Monday, Nov. 26, at the Spicer-Mullikin Funeral Home, 121 West Park Place, Newark. Interment followed in Delaware Veterans Memorial Cemetery, 2465 Chesapeake City Road, Bear.

Contributions may be sent to Christiana United Methodist Church, 21 W. Main Street, Newark, DE 19702.

■ 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:

Gean Elizabeth Hopkins-Barnard
Wes L. Baron
Evalyn J. Hall
Joseph Thomas Hulton
John Vernon Keithley
Allan W. Marshall
Anthony DeWitt Mason
Mary C. Mays
William J. McLaughlin III
Douglas M. Potts
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Mildred Cunane Smith
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IN THE NEWS

Holiday rituals promote family ties

It's time to start thinking about how you're going to celebrate the upcoming winter holidays. Participating in annual traditions is one way to help families stay healthy, says Patricia Tanner Nelson, family and human development specialist for University of Delaware Cooperative Extension.

"Rituals help us reinforce family beliefs and values," said Nelson. "Family gatherings are a good way to set aside time to relate to one another, strengthen bonds, make progress in healing losses and wounds, and perhaps adapt to changes in family structure."

Rituals play a powerful role in organizing family life, ensuring that members feel secure and stable, says Nelson. Rituals seem especially important during times of transition and change, such as when a family moves into a new neighborhood, when families are blended following a second marriage or when a loved one is lost through divorce or death.

"The child-rearing years offer the strongest times for family rituals to flourish, since children thrive on routines," said Nelson. "As children grow older, families may need to modify rituals that

teenagers find hollow or meaningless."

"New rituals can be started at any time to adapt to changes in family structure," she said.

"Say, you have always eaten Thanksgiving dinner at grandma's house, but this year she moved to a nursing home. It is time for another family member

to begin hosting the family dinner, or organize a covered dish dinner with the host house providing the main dish and guests bringing side dishes."

As you prepare for the holidays, engage in conversations that will connect family members. Nelson offers the following as examples of how to stimulate discussion:

What is special about our family?

What's a favorite family memory?

What do you enjoy most about the holidays, and what you do not like about them?

What are your favorite holiday foods and why?

What plans can help capture the holiday spirit without stressing out any family members?

While it may be ideal to celebrate with the whole family, it is not always possible or practical. Plan to telephone distant family members, said Nelson, or write a note to a favorite relative expressing what you most appreciate about her or him.

"It is important to every family's well-being to express love and appreciation for each other," she said. "Nurture the gratitude attitude every day of the year, and, during the winter holidays, make a special effort to communicate that appreciation."



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**UNDER NEW
MANAGEMENT**

IN THE NEWS

Gamers to hold benefit tournament

The Days of Knights on Main Street in Newark is hosting a Thrall Harvest, Warmachine/Hordes tournament on Sunday, Dec. 2, beginning at noon.

The event allows players to match wits while benefiting a local charity. The entry fee is five cans of non-perishable food to be donated to the Delaware Food Bank, which is headquartered in

Newark. Players can donate additional canned goods to impact the game.

Adam Heisman, creator of Thrall Harvest, will be spearheading the event. For complete rules, visit www.harvestthralls.org/foodmachine-rules or www.daysofknights.com.

For more information, contact John Corradin, manager of Days of Knights, at 366-0963.

Holiday events kick off downtown

City celebrates Winterfest Dec. 7

The city of Newark officially kicks off the holiday season next week with its annual Winterfest event. The event will be held Friday, Dec. 7, from 6 to 9 p.m. on the Academy Building lawn on Main Street.

The traditional holiday celebration features all the Christmas season favorites — caroling, roasted chestnuts, hot chocolate and cider, car-

riage rides, a tree lighting and an appearance by Santa Claus. Santa will arrive at 6:30 p.m., just in time for the special tree lighting. Music will be provided by the Joe Baione Jazz Ensemble.

This year will also feature the Reindeer Run, a 5K run and a 1K walk along a course lit with luminaries. Proceeds from the event will benefit Special Olympics Delaware. To register, visit www.sode.org.

In case of rain, Winterfest will be held on Saturday, Dec. 9. For more information, con-

tact Newark's Department of Parks and Recreation at 366-7060.

Also, starting next week, the Newark Cinema Center in the Newark Shopping Center will host weekly holiday matinees. The movies will take place every Saturday in December at 11 a.m. Admission is free with the donation of a non-perishable food item for the Newark Area Welfare Committee.

The first movie, "A Christmas Story," will be shown Saturday, Dec. 1, sponsored by Captain Blue Hen Comics.

LOCAL BRIEFS

NPD collects toys for tots

The Newark Police Department in cooperation with the USMC Reserve is commencing with their annual Toys for Tots Campaign by accepting donated gifts for children up to 12 years of age. The Newark Police Department is accepting the gifts at the lobby of their police headquarters through Friday, Dec. 7.

On Dec. 12, members of the police department and members of the USMC Reserve will be transported to at least five area communities by the Aetna Hose, Hook, and Ladder Company to give the gifts out to deserving children.

Any questions about this program should be directed to Cpl. Scott Simpson at 366-7110, ext. 129.

Workshop to focus on foreclosures

The Delaware State Housing Authority is hosting a free workshop on foreclosure prevention and homeownership in Newark on Tuesday, Dec. 11, from 6 to 8 p.m.

Delaware residents who have fallen behind in their mortgage payments or who have an adjustable-rate or option ARM mortgage are invited to attend.

Participants will learn 10 ways to avoid foreclosure and hear about a new state loan program and updates to federal programs. Staff will review the mortgage documents of individuals with an adjustable rate mortgage.

The workshop will be held at the YWCA, 153 E. Chestnut Hill Rd., in Newark. To attend, call 224-4060, ext. 200, to make a reservation.



NEWARK POST FILE PHOTO

Opus One performs at last year's Winterfest event.

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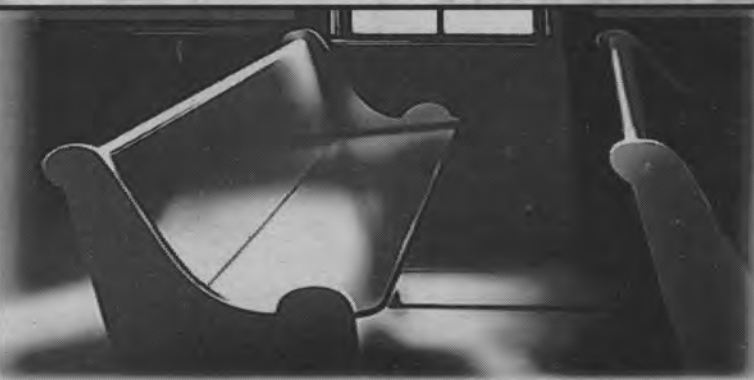
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IN THE NEWS

Newarkers hired by Delaware Hospice

Delaware Hospice, a non-profit hospice organization serving the state of Delaware, has recently hired three Newark area residents.

Mindy Dowsett, M.S.D., of Newark is a new chaplain for Delaware Hospice. Dowsett attended Lancaster Theological Seminary for her master's of divinity. She did her Chaplain Residency at Christiana Care Health Services. She has also taught middle school in Prince George's County, Md., and served as chaplain for summer camp at the Hartman Center in Milroy, Pa.



Mindy Dowsett, M.S.D.



Barbara King, M.S.W.



Renita Peterson-Shorter, C.N.A.

Barbara King, M.S.W., of Newark will serve as a social

worker on Delaware Hospice's care team. King attended the

State University of New York and the University of Buffalo and is

a licensed clinical social worker. She has worked for 20 years as a therapist in mental health agencies.

Renita Peterson-Shorter, C.N.A., of Newark was hired by Delaware Hospice. Shorter is a Delaware Certified Nursing Assistant, Nationally Certified Phlebotomy Technician, and a Nationally Certified Medical Assistant. She has worked for the Mary Campbell Center as a C.N.A., for the Henrietta Johnson Medical Center as a medical assistant, for Lab Corp as a phlebotomist, and for Exceptional Care for Children as a C.N.A.

Mariane Pearl, journalist/activist, to speak at Newark conference

Mariane Pearl, award-winning journalist and noted author, will be the keynote speaker at the 24th annual Delaware Women's Conference to be held in Newark on March 1, from 7:30 a.m. to 4:30 p.m., at the University of Delaware's Clayton Hall.

One of the goals of the conference is to bring women of all lifestyles and diverse backgrounds together. To help reach that goal, this year's theme is "Women Unite! No Borders, No Boundaries."

Pearl has produced daily shows for Radio France Internationale, and written for

Telerama, a weekly French magazine. Today, she is a reporter and "Global Diary" columnist for Glamour magazine. Her monthly columns spotlight exceptional women around the world.

She is the widow of Daniel Pearl, the Wall Street Journal reporter who was kidnapped

and murdered in Karachi, Pakistan, in early 2002, and the author of "A Mighty Heart - the Brave Life and Death of my husband, Danny Pearl." She is co-founder of the Daniel Pearl Foundation created to further the ideals that inspired his life and work and to promote cross-cultural understanding through

journalism, music and innovative communications.

For more information about the conference and to purchase tickets, visit www.delaware-women.org. Organizers recommend interested women purchase their tickets soon in order to assure their attendance.

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IN THE NEWS

2008 budget increased by 4.8 percent from 2007

► COUNCIL, from 1

at a time when we're still facing a degree of fiscal uncertainty in the years ahead...I'm not sure that, until we have everything sorted out, this is not something we need to defer for another year or two," he said.

Pomeroy voted against the budget and the tax rate increase.

Councilman Stu Markham, who also voted against the property tax rate, said, "It gives me heartburn, mostly because I feel it falls on people who have built houses more recently."

Markham, who represents several new developments in District 6, suggested the city decrease the budgeted surplus of \$700,000 in order to forego the tax increase.

But Finance Director Dennis McFarland said this may hurt the city's credit rating. Credit agencies, he said, "are looking at us to continue to build the surplus and get our cash balance back up." McFarland said he viewed \$700,000 as a minimal amount of surplus and would prefer to have more than \$1 million in store.

Councilman Frank Osborne pointed out that the tax rate has been constant for the last two years. "It seems to me, the one-cent tax increase, in light of what's happening in the economy as a whole, is rather insignificant," he said.

Councilman Jerry Clifton

said he preferred the small tax increase now to a larger increase in the future. "Most reasonable people understand our cost of doing business goes up every year...Unfortunately, taxes are a necessary part of running a government," he said.

The one-cent tax rate increase will cost a typical single-family home with an average assessed value of \$67,100 an extra \$6.71 a year.

It will contribute to the 2008 budget, which totals \$33,261,960, an increase of 4.8 percent from 2007.

"There's not a lot of bells and whistles in the budget for next year, but I think it's a good one from a financial standpoint," said Luft.

The operating budget includes technology improvements, such as the addition of computer workstations at city hall, software upgrades and a new digital document storage system.

About \$20,000 has been dedicated to the city's 250th anniversary celebration. The budget also includes money for new "Welcome to Newark" signs, improvements in handicapped access at city hall and money to start a curbside recycling program, if council approves one.

Funds for the 2008 capital budget, which consists of projects valued at more than \$20,000 or with a usable life of more than six years, increased by 66 per-

cent from 2007, and total about \$2.28 million. Projects include the annual street improvement program, an expansion of the Curtis water treatment plant and construction of a new electric substation.

Legal fees related to the city's ongoing litigation with the initial reservoir contractor are expected to go down in 2008. Most of the legal research that will be applied to an appeal was done this year, said City Solicitor Roger Akin.

"The only thing that might drive the number back up is if the city is successful on any or all of the claims and is awarded a new trial," he said, noting that it might not happen until late 2008 or early 2009.

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IN THE NEWS

Fans turn out to see history in the making

► GAME, from 1

By 11 a.m. Friday, parking lots around the Newark stadium

were filled with fans, many of the tailgaters proudly wearing their blue and gold UD gear and flying Blue Hens flags from their car tops.

Sure, it was a weekday, the day after Thanksgiving and the biggest shopping day of the holiday season, but these fans had only one thing on their minds:

football.

"I used my last vacation day to come to this game," admitted Theresa Russell, a Blue Hen fan and season ticket holder.

Brett Hayman, a UD graduate, said the atmosphere outside the stadium had a more exciting feel than other games he'd attended, even though many college students were out-of-town for the holiday.

Of the two Delaware teams finally playing each other, he said, "It's a good thing. I hope to see a good game, but I'd like to see UD prevail."

Delaware State fans came rooting for their team, while hoping for a good game overall. "Yesterday, we ate some turkey. Today, we've come to kick some chicken!" said DSU alum Chris Washington.

A group of former Hornets' football players tailgated at one end of the parking lot. Several of the teammates had traveled from other states to see the game they had always wanted to play but never got the chance.

Erik Jones said he was "tremendously happy" to be in town for the game and felt it proved Delaware State had achieved another level of parity. "We've competed with their graduates in the board room. Now, we get to compete with their athletes on the field," he said.

John Jefferson said he would like to see the Hornets play the Blue Hens every year. "This game would be a classic," he said.



Brett Hayman, third from right, and friends tailgate before Friday's big game.



From left, Kelly Duff, Katie Shrewsbury, Kathy Shrewsbury and Kristina Shrewsbury are ready to root for their favorite fullback, Delaware State's Adam Shrewsbury.



Former members of the Delaware State University football team come out to see history in the making.



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IN THE NEWS

Tour holiday celebrations old and new at Winterthur

Yuletide continues through Jan. 6, 2008

By **CHRISTINE NEFF**

NEWARK POST STAFF WRITER

Picture, if you will, a Victorian Christmas.

Unless you're a scholar on the subject, the scene probably resembles something you've seen in Hollywood's classic retelling of Charles Dickens' "A Christmas Carol."

But, true holiday traditions of years past may surprise you. And, this year's Yuletide tour at Winterthur Museum & Country Estates offers a peek into that past in a showcase of rooms dressed for holiday celebrations, both old and new.

The tour explores Christmas over the years as experienced by children. It opens with a display of the first Christmas "tree" in America — a 1740s' Moravian pyramid decorated with evergreen boughs, apples and proverbs, which were given to children as gifts.

It shows the evolution of children's holiday gifts from candies and sweets in the 1860s to wrapped packages filled with toys by the 1880s.

Already, said curator Deborah Harper, mothers were lamenting the "commercialization" of the holiday. "There is a perception of each generation that they just

See **WINTERTHUR, 34** ▶



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IN THE NEWS

See early depictions of Christmas trees

► WINTERTHUR, from 33

missed the golden era," she said.

The tour explores, too, the use of the Christmas tree, which changed from a method of distributing gifts into a lavish holiday decoration.

The earliest depiction of a traditional tree, said Harper, appears

in an 1815 sketch of a broadleaf evergreen simply decorated with cookies. In the late 1800s, a portrait of Prince Albert and Queen Victoria's family around a decorated evergreen popularizes the tradition, though it did not start it, as widely believed, she said.

Winterthur's staff put its own spin on the tree tradition by lavishly decorating several trees

along the tour. Two whimsical trees inspired by Winterthur Garden capture the colors of the March Bank, known for yellow, white and blue blooming bulbs, and the Peony Garden, which bursts with ivory, yellow, pink and red blooms in May. Dried flowers from the gardens and greenhouses decorate a stunning and fragrant tree also on display.

One room along the tour – the Chinese parlor – depicts a traditional Christmas as celebrated by Henry Francis du Pont and his family in the 1940s. Baskets of presents wrapped in colorful cellophane – a DuPont product – sit on the floor, and floral arrangements brighten the room. "When Henry du Pont wrote to friends that he looked forward to having them here for the 'Christmas show,' he meant the floral displays," said Harper.

The Yuletide tour shows now through Jan. 6, 2008, and

includes special events such as choral and chamber music performances and Breakfast with Santa on Saturdays.

Admission is \$5 for members, \$20 for adults, \$18 for students and seniors, \$10 for kids ages 2 to 11. Entrance fees include access to the "Pets in America" and "K is for Kids" exhibits.

Winterthur is located on Route 52, six miles northwest of Wilmington. For more information, call 1-800-448-3883 or visit www.winterthur.org.



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The following Sentinel Self Storage sites will be holding public auctions on January 9, 2008. All sales are cash only and final. A \$100 cash deposit is required to purchase a unit.

SENTINEL SELF STORAGE

**200 First State Boulevard
Wilmington DE, 19804
302-999-0704**

Public auction to be held on January 9, 2008 at 11:00 a.m. The following storage units will be auctioned:

- #0335 - Joseph B. Cain - mattress, boxspring, chair, couch, loveseat, coffee table
- #3137 - George V. Henry, Jr. - baby chair, lamp, end table, 5 totes, heater
- #5105 - Gary L. Brown, Jr. - 10 bags, bed frame, mattress, filing cabinet, chair, couch, desk, freezer, ironing board, pictures, end table, TV, vacuum, heater
- #9351 - Nicholas Massey - sofa, love seat, table
- #9454 - Christine Blackburn - 2 bags, mattress, entertainment center, shelving, 2 TV's
- #9456 - William Stepp - 6 boxes, clothing, microwave, futon

SENTINEL SELF STORAGE

**465 Pulaski Hwy.
New Castle, DE 19720
302-328-5810**

A public auction will be held on January 9, 2008 at 1:00 p.m. The contents of the following storage units will be auctioned.

- #4017 - Susan Lapp - stroller, chairs, boxes, totes, tool box, tables, shelving
- #4102 - Bonnie Yeager - bed, boxes, lamp, suitcase, TV
- #1116 - Pamela Finney - bags, boxes, rug, totes, Christmas tree
- #4022 - William Feso - bags, clothing, crate, cushions
- #3014 - Crystal Williams - bags, clothing, French horns, toys, totes
- #2026 - Diane Quali - bags, boxes, grill, fishing equipment, rifle
- #4006 - Jimmy Means, Jr. - automobile - Cadillac
- #2065 - Eric Merritt - tools, boxes, motorcycle, fencing, hockey table, heater, suitcase

SENTINEL SELF STORAGE

**1100 Elkton Road
Newark, DE 19711
302-731-8108**

A public auction will be held on Wednesday, January 9, 2008 at 10:00 a.m. The contents of the following storage units will be auctioned:

- #2140 - Carmel Waters - bags, clothing, fan, ironing board, shelving, coffee table, end tables, totes, household items
- #4215 - Eugene C. Dickerson - clothing, household items, boxes
- #8090 - Frank A. Fisher, Sr. - boxes, totes, shelving, vacuum

SENTINEL SELF STORAGE

**333 E. Lea Blvd.
Wilmington, DE 19802
302-764-6300**

Public auction to be held on January 9, 2008 at 12:00 p.m. at the above address. All sales are cash only. All sales are final. The units to be auctioned are as follows:

- #24 - Diwanya Deputy - beach chair, chest of drawers, clothing, dresser, entertainment center, tool box, TV, vacuum, tool chest
- #29 - Martha Morgan - office chair, end table, totes, chest, car
- #52 - Wanda Reeves - bed, boxspring, mattress, filing cabinet, computer, pictures, coffee table, end table, heater
- #121 - Louise E. Ares - baby chair, bed, mattress, boxes, toys, TV's
- #130 - Joyce A. Dixon - boxes, china cabinet, couch, microwave, table, TV
- #148 - Winston Holness - bags, boxes, filing cabinet, clothing, desk, suitcase, TV, fax machine
- #161 - Beulah A. McManus - bed, boxspring, mattress, office chair, desk, pictures, stereo, TV, scooter
- #177 - A Leap of Faith, Inc. - boxes, computer, ice chest, totes, toys, heater
- #209 - Anita Gladney - bags, bed, boxspring, mattress, bicycle, kitchen chair, table lamp, kitchen table, toys, rocking chair
- #219 - Ashish H. Patel - boxes, office chair, clothing, dryer, totes, BBQ grill
- #306 - William Starkey - bags, boxes, kitchen chair, upholstered chair, fishing equipment, suitcase, tool box, shelving, dry vac
- #370 - Troy A. Cole (Hollingsworth) - bed, boxspring, mattress, boxes, clothing, speakers, kitchen table, DVD's
- #396 - Robert R. Saunders - bed, boxspring, clothing, ladders, tool box, paint
- #434 - Robert L. Davis - bed, mattress, boxes, ladder, speakers, suitcase, vacuum, music equipment, shop vac
- #435 - F. Thomas Greer - boxes, couch, ice chest, floor lamp, pictures, TV's, coffee table, end table, hand truck, desks
- #510 - Christian S. Dougherty - boxes, china cabinet, dresser, dining table

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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 11th day of DECEMBER, 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 #1 OC. AD., 2007.

PARCEL NO. 11-006.20-249

PROPERTY ADDRESS: 619 Postfield Road, Newark, DE 19713

ALL that certain lot, piece or parcel of land with the dwelling thereon erected, known as 619 Postfield Road, situate in Pencader Hundred, New Castle County and State of Delaware, and known as Lot No. 428, block N, on the Plan of Scottfield, Section Three, as said Plan is of record in the Office of the Recorder of Deeds, in and for New Castle County, Delaware, and being more particularly bounded and described in accordance with a recent survey by Howard L. Robertson, Inc., dated September 20, 1994, as follows, to-wit:

BEING the same lands and premises which Emidio Zalewski and Michelle S. Larison did grant and convey unto Michelle S. Larison by deed dated August 14, 1999 and recorded on August 23, 1999 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 2697 Page 0305.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF MICHELLE S. LARISON.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of FIRST PLURIES LEV FAC #2 OC. AD., 2007.

PARCEL NO. 09 028.10 118

PROPERTY ADDRESS: 100 Kenmark Road, Newark, DE 19713

ALL that certain lot, piece or parcel of land with the dwelling thereon erected, situate in White Clay Creek Hundred, New Castle County and State of Delaware, and known as Lot No. 20, Block B, on the Plan of Todd Estates, Section 1, as said Plan is of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware, in Plat Record 4, Page 35, and being more particularly bounded and described in accordance with a recent survey by AES Surveyors, Inc., as follows to wit:

BEING the same lands and premises which Mark H. Johnson and Leonara D. Johnson did grant and convey unto John W. Hoskins, Sr. and Cheryl Hoskins by deed dated August 9, 1999 and recorded on August 13, 1999 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 2693 Page 0264.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF JOHN W. HOSKINS, SR. AND CHERYL HOSKINS.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #4 OC. AD., 2007.

TAX PARCEL NO. 10-043.10-374

PROPERTY ADDRESS: 10 Three Rivers Drive, Newark, DE 19702

ALL that certain lot or parcel of land known as Lot No. 260, Walden Glen at Wellingtons Woods, New Castle Hundred, New Castle County, Delaware, known as 10 Three Rivers Drive and being more particularly bounded and described in accordance with a recent survey prepared by Zebley & Associates, Inc., dated July 23, 2004, as follows, to-wit:

BEING the same lands and premises which Audrey L. Scott did grant and convey unto Wendy Snow by deed dated August 5, 2004 and recorded on August 6, 2004 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Book Record 20040806-0086503.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF WENDY SNOW.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #11 OC. AD., 2007.

PARCEL NO. 11-006.10-254

PROPERTY ADDRESS: 49 Kenmar Drive, Newark, DE 19711

ALL that certain lot, piece or parcel of land with all improvements thereon erected, situated in Pencader Hundred New Castle County and State of Delaware, known as 49 Kenmar Drive, being Lot No. 124, Section K, on the Plan of Brookside Park, 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 79, and being more particularly bounded and described in accordance with a survey prepared by East Coast Survey, Professional Land Surveyors, dated November 3, 2005.

AND BEING the same lands and premises conveyed unto Shawn O'Hara and Joy O'Hara, as joint tenants with the right of survivorship, by deed of Warner R. Jester and Marie E. Jester dated November 8, 2005 and of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware in deed Instrument No. 20051109-0115949.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF SHAWN O'HARA AND JOY O'HARA.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #12 OC. AD., 2007.

PARCEL NO. 09-017.30-173

PROPERTY ADDRESS: 7 Sustain Court, 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 7 Sustain Court, being Lot No. 295 on the Record Major Subdivision Plan of Harmony Crest, Section III as said plan is of record in the Office of the Recorder of Deeds, in and for New Castle County, and State of Delaware in Microfilm No. 8099 and being more bounded and described in accordance with a recent survey prepared by Zebley and Associates, Inc., dated April 19, 1999.

AND BEING the same lands and premises conveyed Kenneth R. Hargan and Norma M. Hargan, by deed of James O. Boon and Karen E. Boon, dated April 20, 1999 and of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware in Instrument No. 20050517-0046303.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF KENNETH R. HARGAN AND NORMA M. HARGAN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #14 OC. AD., 2007.

TAX PARCEL NO. 11-055.00-111

PROPERTY ADDRESS: 417 Maplewood Drive, Middletown, DE 19709

ALL that certain lot, piece or parcel of land, with the buildings thereon, situate in Pencader Hundred, New Castle County, Delaware being designated lot 91, as shown on the Record Plan of Lea Era Farms, Phase III, of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware on Microfilm No. 11181, said lot also known as 417 Maplewood Drive and being more particularly described by A.E.S. Surveyors.

AND BEING the same lands and premises conveyed unto Wesley G. Garnett, Sr. and Michelle A. Garnett by deed of NVR Homes, a Virginia Corporation, dated May 8, 1996 and of record in the Office of the Recorder of Deeds in and for Kent County and State of Delaware in Deed Book 2105, Page 0313.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF WESLEY G. GARNETT, SR. AND MICHELLE A. GARNETT.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of SIXTH PLURIES LEV FAC #15 OC. AD., 2007.

TAX PARCEL NO. 09-023.30-061

PROPERTY ADDRESS: 202 Brownleaf Road, Newark, DE 19713

ALL that certain lot, piece or parcel of land with the improvements thereon erected, situate in White Clay Creek Hundred, New Castle County, State of Delaware, known as 202 N. Brownleaf Road, and being Lot No. 31, Block E, on a Plan of Hillside Heights, Section 1, dated April 30, 1956, prepared by Edward H. Richardson Associates, Inc., Consulting Engineers, and recorded in the Office of the Recorder of Deeds for New Castle County, State of Delaware, in Plat Record 4, Page 3, on June 7, 1956, and being more particularly bounded and described in accordance with a recent survey by David G. Williams, Professional Land Surveyor, Wilmington, Delaware, dated October 10, 1997, as follows, to-wit:

BEING the same lands and premises which Galen Elwood Croft did grant and convey unto Kenneth J. Lindell and Laura A. Keener by deed dated October 31, 1997 and recorded on November 3, 1997 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 2351 Page 241.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF KENNETH J. LINDELL AND LAURA A. KEENER.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #20 OC. AD., 2007.

TAX PARCEL NO. 09.030-10-034

PROPERTY ADDRESS: 17 Top View Court, Newark, DE 19702

ALL that certain lot, piece or parcel of land, with the buildings thereon erected, situated in known as 17 Top View Court, being lot no. 68 pm the plan of Edgebrooke, New Castle County, State of Delaware, and being more particularly bounded and described in accordance with a recent survey by Zebley and Associates, Inc., dated June 16, 1998, as follows to wit;

BEING the same lands and premises which Andrew M. Phelps and Jonelle M. Phelps did grant and convey unto David A. Sisofo and Jill Maguire by deed dated June 30, 1998 and recorded on July 7, 1998 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 2471 Page 0345.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF DAVID A. SISOFO AND JILL MAGUIRE.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #26 OC. 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 of 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 JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #33 OC. AD., 2007.

PARCEL NO. 09-021.40-188

PROPERTY ADDRESS: 41 Gilbert Court, Newark, DE 19713

ALL that certain lot, parcel or tract of land, situate and lying in the, County of New Castle and State of Delaware being more particularly described as Parcel No. 09021.40188.

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 41 Gilbert Court, being Lot No. 148, Block D, on the Record Land Development Plan, Section 1 of Kimberton, 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. 1819, and being more particularly bounded and described in accordance with a survey prepared by East Coast Survey, Professional Land Surveyors, dated September 2004 as follows, to-wit:

BEING the same lands and premises which Nancy Sun did grant and convey unto Bryan McFadden and Jacqueline McFadden by deed dated August 31, 2006 and recorded on September 12, 2006 in the Office of the Recorder of Deeds in and for New Castle County, State of Delaware, in Deed Record 20060912-0087521.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF BRYAN MCFADDEN AND JACQUELINE MCFADDEN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #41 OC. AD., 2007.

TAX PARCEL NO. 09-041.10-281

PROPERTY ADDRESS: 41 Birchgrove Road, Newark, DE 19702

ALL that certain piece, parcel or tract of land with the buildings thereon erected situate in the Town of Middletown, New Castle County and State of Delaware, being Lot No. 25 on the Record Major Subdivision Plan of the Woods at Lakeside, as recorded in the Office of the Recorder of Deeds in and for New Castle County, Delaware, on Microfilm No. 14269, and being more particularly bounded and described in accordance with a recent survey by East Coast Survey, Professional Land Surveyors, dated October 22, 2001, as follows, to wit

BEING the same lands and premises which Ian Claudio and Nilza Claudio did grant and convey unto Sheron Johnson and Terrance Thomas by deed dated March 31, 2005 and recorded on April 5, 2005 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Instrument 20050405-0031737.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF SHERON JOHNSON AND TERRANCE THOMAS.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #44 OC. AD., 2007.

TAX PARCEL NO. 11-030.40-023

PROPERTY ADDRESS: 13 Bordeaux Boulevard, Newark, DE 19702

ALL that lot, piece or parcel of land with the buildings thereon, situate in Pencader Hundred, New Castle County, Delaware being designated as Lot 119 as shown on the Record Subdivision Plan of Meritage, of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware, in Microfilm No. 13872, said being more particularly described by A.E.S. Surveyors, dated September 20, 2004, as follows, to-wit:

AND BEING the same lands and premises conveyed unto Shawn R. Butler and Anita Butler by deed of Meritage Development, LLC, dated October 11, 2004 and of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware at Instrument Number 20041021-0114555.

SEIZED AND TAKEN IN EXECUTION AS THE PROPERTY OF SHAWN R. BUTLER AND ANITA BUTLER.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #47 OC. AD., 2007.

TAX PARCEL NO. 10-043.30-244

PROPERTY ADDRESS: 419 Feather Drive, Newark, Delaware 19702

All that certain piece, parcel or tract of land situate in New Castle Hundred, New Castle County, Delaware, being Lot 75 according to the Record Major Subdivision Plan of Raven Glen at Wellington Woods as recorded in the Recorder of Deeds, New Castle County, on Microfilm Number 11345 and as described in accordance with a survey prepared by On Point, Inc., dated October 20, 2003.

(Continued)

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(Continued)

BEING the same lands and premises that Clarence E. Jamison, Jr. by Deed dated November 10, 2003 and recorded in the Office of the Recorder of Deeds, New Castle County, Delaware, in Deed Instrument 20031212-0613082, did grant and convey unto John C. Conway, in fee.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF JOHN C. CONWAY.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #62 OC. AD., 2007.

TAX PARCEL NO. 18-043.00-132

PROPERTY ADDRESS: 306 Arbour Drive, Newark, Delaware 19713

ALL that certain lot, piece or parcel of land, with the dwelling thereon erected, situate in the City of Newark, New Castle County, Delaware, being Lot No. 12, Block A, as shown on the plan of Arbour Park, Section 2, as said plan is recorded in the Office of the Recorder of Deeds, New Castle County, in Microfilm No. 828, and described in accordance with a survey by Howard L. Robertson, Inc., Civil Engineers and Surveyors, Wilmington, Delaware, dated June 18, 1981.

BEING the same land and premises which Joseph J.D. Testa, by Deed dated February 23, 1990 and recorded in the Office of the Recorder of Deeds, New Castle County, Delaware, in deed Book 998, Page 313, did grant and convey unto Muriel L.D. Testa, in fee.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF MURIEL L.D. TESTA.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #65 OC. AD., 2007.

TAX PARCEL NO. 11-049.00-033

PROPERTY ADDRESS: 711 Sloop Court, Newark, DE 19702

ALL that certain lot, piece or parcel of land with the improvements thereon erected situate in Pencader Hundred, New Castle County and State of Delaware, being Lot No. 71 on the record major subdivision plan for Bay Pointe, as said Plan is recorded in the Office of the Recorder of Deeds, in and for New Castle County, Delaware, in Microfilm No. 13,616, and being more particularly bounded and described according to a survey by Zebley & Associates, Inc., Professional Land Surveyors, dated March 19, 2004.

AND BEING the same lands and premises conveyed unto James F. Wooleyhan and Christen M. Wooleyhan by deed of Blenheim Brown, LLC and Blenheim At Bay Pointe, LLC, dated April 6, 2004 and of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware at Instrument Number 20040407-0038093.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF JAMES F. WOOLEYHAN AND CHRISTEN M. WOOLEYHAN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of SECOND PLURIES LEV FAC #68 OC. AD., 2007.

TAX PARCEL NO. 09-029.30-110

PROPERTY ADDRESS: 60 Alexis Drive, 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, known as 60 Alexis Drive, being Lot No. 89 on the Plan of Chapman Woods as said plan is of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware in Microfilm No. 13104, and being more particularly bounded and described in accordance with a survey by East Coast survey, dated October 10, 2001 as follows, to-wit:

BEING the same lands and premises which Christina D. Sfakianos, by Deed dated October 26, 2001, and recorded in the Office of the Recorder of Deeds, in and for New Castle County, Delaware, as Instrument No. 20011031-0090169, did grant and convey unto Robert Lee Caldwell, in fee.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF ROBERT LEE CALDWELL.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #75 OC. AD., 2007.

TAX PARCEL NO. 11-023.30-121

PROPERTY ADDRESS: 509 Stewarton Court, Newark, DE 19702

BEGINNING for the same at a point, said point being a corner for this lot and lot 73, and being located the following two (2) courses and distances from the east end of a 15.00' radius junction curve joining the easterly side of Thornhill Drive (50.00' wide) with the northerly side of Stewarton Court (26.00' wide), thence, along the northerly side of Stewarton Court; (1) By an arc curving to the left and having a radius of 203.95', 89.89' to a point, thence; (2) North 80 degrees 12 minutes 02 seconds East 28.82' to the point of beginning thence, from said point of beginning the following five (5) courses and distances: (1) Binding on Lot 73, North 09 degrees 47 minutes 58 seconds West, 115.00' to a point in line with the lands dedicated to New Castle County, thence with same; (2) North 80 degrees 12 minutes 02 seconds East, 32.64' to a corner of the lands dedicated to New Castle, thence, with the same; (3) South 09 degrees 47 minutes 58

seconds East, 94.28' to a point in the northerly side of Stewarton Court; thence continuing along said northerly side of Stewarton Court, the following two (2) courses and distances; (4) By an arc curving to the right and having a radius of 25.00', 35.02' to the point of tangency; thence (5) South 80 degrees 12 minutes 02 seconds West, 8.00' to the point of beginning containing therein 3,627 square feet of land more or less.

BEING the same lands and premises which Carl F. Sharp and Holly L. Sharp did grant and convey unto Carl F. Sharp by deed dated March 24, 2005 and recorded on April 27, 2007 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Instrument 20070427-0038294.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF CARL F. SHARP.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #83 OC. AD., 2007.

TAX PARCEL NO. 11-027.40-035

PROPERTY ADDRESS: 24 Deer Circle, Bear, DE 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 24 Deer Circle, being Lot No. 235, on the Plan of Fox Run, as the Plan the roof 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 survey prepared by First State Mortgage Surveys, Professional Land Surveyors, dated September 15, 2002, as follows, to-wit:

BEING the same lands and premises which Nicholas Bucci, Jr and Josette Bucci did grant and convey unto Gregory W. Childers and Susan L. Childers by deed dated 10/11/2002 and recorded 10/15/2002 Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Record 2002105-0098803.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF GREGORY W. CHILDERS AND SUSAN L. CHILDERS.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of FIFTH PLURIES LEV FAC #88 OC. AD., 2007.

TAX PARCEL NO. 11-006.30-289

PROPERTY ADDRESS: 231 Oakfield Dr., Newark, 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 and known as Lot 202, Block H on the Plan of Scottfield, Section One as said Plan is of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware in Microfilm Record 1687, and being more particularly bounded and described according to a survey by Burnie R. Waski, dated June 10, 1976, to-wit:

AND BEING the same lands and premises which John M. Skinner by deed dated June 29, 1988 and recorded in the office aforesaid in Deed Record 795, Page 79, granted and conveyed to David W. Lacey and Deborah L. Lacey, herein in fee.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF DAVID W. LACEY AND DEBORAH L. LACEY.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

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

TAX PARCEL NO. 11-049.00-060

PROPERTY ADDRESS: 913 Westerly Court, 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 913 Westerly Court, being Lot No. 99 on the Record Major Subdivision Plan for Bay Pointe 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. 13,616, 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 September 12, 2002, as follows, to wit:

BEGIN the same lands and premises which Blenheim Brown, L.L.C. did grant and convey unto Andre Martin by deed dated September 2002 and recorded on October 23, 2002 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Instrument 20021023-0102094.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF ANDRE MARTIN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #104 OC. AD., 2007.

TAX PARCEL NO. 09-041.10-253

PROPERTY ADDRESS: 5 Good Sir Street, Newark, DE 19702

ALL that certain lot, piece or parcel of land, with the building thereon erected, known as 5 Good Sir Street, situate in White Clay Creek Hundred, New Castle County and State of Delaware, and being Lot No. 3 of the subdivision of Christiana Hollow, Microfilm No. 12969, and being more particularly bounded and described in accordance with a survey by East Coast Survey, Inc. dated January 11, 2005 as follows, to wit:

BEING the same lands and premises which Joseph N. D'Alessandro did grant and convey unto Andy Laboy and Lisa Laboy by deed dated January 31, 2005 and recorded on Febru-

ary 9, 2005 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Instrument 20050209-0013743.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF ANDY LABOY AND LISA LABOY.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #111 OC. AD., 2007.

TAX PARCEL NO. 09-022.20-044

PROPERTY ADDRESS: 2923 Ogletown Road, Newark, Delaware 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 2923 Ogletown Road, being more particularly bounded and described in accordance with a survey prepared by East Coast Survey, Professional Land Surveyors, dated November 23, 1999, as follows, to-wit:

BEING the same lands and premises which Frances L. Van-nort and Marion C. Geesaman did grant and convey unto Eric C. Parsons, by deed dated December 10, 1999 as recorded in the Office of the Recorder of Deeds, in and for New Castle County, Delaware, in Deed Book 2754, Page 0037.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF ERIC C. PARSONS.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #115 OC. AD., 2007.

TAX PARCEL NO. 09-007.20-074

PROPERTY ADDRESS: 64 Darien Road, Newark, DE 19711

All that certain lot, piece or parcel of land situate in White Clay Creek Hundred, New Castle County and State of Delaware known as 64 Darien Road and being Lot No. 6, Section Four, Block B, on a Plan of Covered Bridge Farms, and being more particularly bounded and described in accordance with a recent survey by First State Mortgage Surveys, Inc., dated August 19, 1985, as follows, to-wit:

BEING the same lands and premises which Sharon H. Hudson did grant and convey unto Lloyd A. Hudson and Sharon H. Hudson by deed dated 3/18/92 and recorded 3/24/92 Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 1304, page 152.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF LLOYD A. HUDSON AND SHARON H. HUDSON.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #121 OC. AD., 2007.

TAX PARCEL NO. 11-006.20-017

PROPERTY ADDRESS: 12 Marlin Drive, Newark, DE 19713

ALL that certain lot, piece or parcel of land with the buildings thereon, situate in Pencader Hundred, New Castle County, Delaware, being designated Lot 23 as shown on the Final Street and Lot Plan of Brookside Park, Section M of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware on Microfilm No. 3, Page 10, said lot also known as 12 Marlin Drive, and being more particularly described by A.E.S. Surveyors as follow, to-wit:

BEING the same lands and premises which Weshire, LLC, a Limited Liability Corporation did grant and convey unto Linda Le by deed dated February 28, 2005 and recorded on March 4, 2005 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed instrument 20050304-0020873.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF LINDA LE.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #123 OC. AD., 2007.

TAX PARCEL NO. 10-043.10-722

PROPERTY ADDRESS: 15 Foxton Drive, Newark, DE 19702

ALL that certain lot, piece or parcel of land, with the buildings thereon, situate in New Castle Hundred, New Castle County, Delaware being designated Lot 291, as shown on the Record Major Subdivision Plan of Wellington Woods, Section II, of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware on Microfilm No. 10595, said lot also known as 15 Foxton Drive and being now more particularly described, according to a survey by Associated Engineers & Surveyors, Inc. dated 1/10/92, as follows, to wit:

BEING the same lands and premises which Maczene T. proctor did grant and convey unto Ernest Jones by deed dated July 21, 2005 and recorded on July 21, 2005 in the Office of the Recorder of Deeds in and for New Castle County, State of Delaware, in Deed Record 20050721-0072285.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF ERNEST JONES.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of FIRST PLURIES LEV FAC #127 OC. AD., 2007.

TAX PARCEL NO. 09-030.30-122

PROPERTY ADDRESS: 1704 Barnaby Street, Newark, DE 19702

(Continued)

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(Continued)

ALL that certain lot, piece or parcel of land, with the buildings thereon erected, situate in Lot 68.1 Barnaby Street, Christiana Village Subdivision, White Clay Creek Hundred, New Castle County and State of Delaware, as shown on Sheet I of 2 on the said Record Plan dated August 27, 1976, and recorded in the Office of the Recorder of Deeds, on Microfilm No. 4260, and being more particularly bounded and described in accordance with a survey prepared by First State Mortgage Survey, Inc. Registered Surveyors, dated June 21, 1977, as follows, to wit:

BEING the same lands and premises which Jermain Davis did grant and convey unto Linda M. Hancock by deed dated October 1, 2003 and recorded on October 10, 2003 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book instrument 20031010-0131003.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF LINDA M. HANCOCK.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #129 OC. AD., 2007.

TAX PARCEL NO. 11-006.10-265

PROPERTY ADDRESS: 129 Kenmar Drive, Newark, DE 19713

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 Lot No. 234, on the plan of Brookside Park Section K, as recorded in the Office of the Recorder of Deeds in and for New Castle County, on Plat Book 2, page 79, and being more particularly bounded and described with a recent survey by East Coast Survey, Professional Land Surveyors, dated July 22, 2003, as follows, to-wit:

BEING the same lands and premises which Forrest Kirk did grant and convey unto Juan Antonio Pena by deed dated July 31, 2003 and recorded August 7, 2003 Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book 20030807-0094894.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF JUAN ANTONIO PENA.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

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

TAX PARCEL NO. 11-042-10-044

PROPERTY ADDRESS: 207 Pebble Creek Place, Bear, DE 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 207 Pebble Creek Place, and being Lot No. 37 as shown on the Record Major Subdivision Plan of Meadow Glen, as said Plan is of record in the Office of the Recorder of Deeds in and for New Castle County, Delaware in Microfilm No. 11949, and being more particularly bounded and described in accordance with survey prepared by The Pelsa Company, Consultants and Surveyors, dated June 17, 2003, as follows, to-wit:

BEING the same lands and premises which Terrance L. Clark and Allison N. Clark did grant and convey unto Patrick Z. Lepere by deed dated June 30, 2003 and recorded on July 1, 2003 in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Instrument 20030701-0078577.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF PATRICK Z. LEPERE.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

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

TAX PARCEL NO. 09-022.20-162

PROPERTY ADDRESS: 105 Duet 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, Delaware, being designated Lot 476, as shown on the Record Major Subdivision Plan of Harmony Crest, Section III, Phase II, of record in the Office of the Recorder of Deeds, in and for New Castle County, Delaware in Microfilm No. 8957, said lot also known as 105 Duet Drive and being more particularly described, according to a recent survey by Zebley & Associates, Inc., Professional Land Surveyors, dated May 2003, as follows, to-wit:

BEING the same lands and premises which Kim A. Adu did grant and convey unto Kim A. Adu and Carolyn Adu by deed dated March 24, 2004 and recorded March 25, 2004 Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Record 20040325-0033742.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF KIM A. ADU AND CAROLYN ADU.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

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

TAX PARCEL NO. 11-028.40-074

PROPERTY ADDRESS: 208 Palermo Drive, Bear, DE 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, being designated Lot 33, as shown on the Record Major Subdivision Plan of Pine Woods, of record in the Office of the Recorder of Deeds in and for New Castle County and State of Delaware in Microfilm No. 9332, said lot also known as 208 Palermo Drive and being now more particularly bounded and described in accordance with a recent survey prepared by East Coast Survey dated April 17, 2002, as follows, to-wit:

BEING the same lands and premises which David R. Alston did grant and convey unto Tiffany Brown by deed dated 11/20/2006 and recorded 4/23/2007 Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Record 20070423-0036650.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF TIFFANY BROWN.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of ALIAS LEV FAC #147 OC. AD., 2007.

TAX PARCEL NO. 08-038.40-352

PROPERTY ADDRESS: 3817 Eunice Avenue, Wilmington, Delaware 19808

ALL that certain lot, piece or parcel of land with the buildings thereon erected, situate in Mill Creek Hundred, New Castle County, Delaware, and known as No. 3817 Eunice Avenue, and being Lot No. 9, Block C, on the Plan of Dunlinden Acres, as said Plan is of record in the Office for the Recording of Deeds, New Castle County aforesaid, in Plat Record 2, Page 90, and described in accordance with a survey made by Sidney E. Barnes, Registered Land Surveyor, Wilmington Manor, Delaware, dated October 23, 1953.

BEING the same land and premises that Concetta McAvaney and Daniel McAvaney, by Deed dated March 31, 1966 and recorded in the Office of the Recorder of Deeds, in and for New Castle County, State of Delaware, in Deed Book V-76, Page 339, did grant and convey unto Ulysses C. Dash and Carol N. Dash, in fee.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF ULYSSES C. DASH AND CAROL N. DASH.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

SHERIFF'S SALE

By virtue of a writ of LEV FAC #162 OC. AD., 2007.

TAX PARCEL NO. 10-042.20-031

PROPERTY ADDRESS: 351 Kemper Drive, Newark, DE

ALL that certain piece or parcel of land with the improvements thereon erected, situate at Lot 516, Block D. Section Two, on the Plan of Record of Brookmont Farms, New Castle Hundred, New Castle County, Delaware, and being known as 351 Kemper Drive, as said plan is of Record in the Office of the Recorder of Deeds, New Castle County, Delaware on Microfilm No. 1790 and being more particularly bounded and described in accordance with a survey by East Coast Survey, Inc., dated November 2005.

BEING the same lands and premises which Francis W. Gross Jr. and Shirronda C. Gross did by deed dated November 15, 2005 and recorded in the Office of the Recorder of Deeds aforesaid in Instrument No. 20051130-0122375 did grant and convey Zadok M. Rurigi.

SEIZED AND TAKEN IN EXECUTION AS The PROPERTY OF ZADOK M. RURIGI.

TERMS OF SALE: 10% DOWN AT TIME OF SALE. BALANCE DUE ON OR BEFORE JANUARY 7, 2008.

OCTOBER 31, 2007

Michael P. Walsh, Sheriff
Sheriff's Office
Wilmington, Delaware

np 11/30,12/7

LEGAL NOTICE

PUBLIC AUCTION

Notice is hereby given that the undersigned will sell at a public auction on **January 9, 2008 at 10 a.m.** at:

**CHURCHMAN'S MINI STORAGE
455 NEW CHURCHMAN'S ROAD
NEW CASTLE, DE 19720
302-322-7836
Fax: 302-322-7804**

the personal property heretofore stored with the undersigned by:
D037 - Greene - boxes
D032 - Creppon - boxes, misc. household
C046 - Jones - boxes, tubs, tools
B044 - Truskowski - furniture, boxes
A035 - Russell - boxes, furniture
A036 - Hitchens - futon, set, boxes, lamps
np 11/30,12/7

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

DECEMBER 10, 2007 - 7:30 PM

Pursuant to Section 402.2 of the City Charter of the Code of the City of Newark, Delaware, notice is hereby given of a public hearing at a regular meeting of the Council in the Council Chamber at the Municipal Building, 220 Elkton Road, Newark, Delaware, on **Monday, December 10, 2007 at 7:30 p.m.**, at which time the Council will consider for Second Reading and Final Passage the following proposed Ordinance:

Bill No. 07-38 - An Ordinance Amending Ch. 23, Parades & Public Assemblies, by Redefining a Private Social Gathering & By Providing for Required Fines & Eviction After a Second Offense

Susan A. Lamblack, MMC
City Secretary

np 11/30

LEGAL NOTICE

**INVITATION TO BID
Newark Housing Authority
Sale of Cleveland Heights**

A public auction will be held by the Newark Housing Authority, 313 E. Main Street, Newark, DE 19711 on **Monday, January 28, 2008 at 12 noon.**

Cleveland Heights is an approximately 5.56 acre housing development consisting of 42 units in 13 apartment buildings. The tax parcel number is 18-015.00-006. The property fronts in part on Cleveland Avenue in Newark, Delaware 19711 along auto row. The property will be sold to the highest bidder at or above fair market value. The Newark Housing Authority will start the bids at \$4 million dollars. The Newark Housing Authority reserves the right to reject any and all bids that are not for fair market value. All bidders must pre-qualify and provide documentation of the ability to close on the property within 60 days. The successful bidder must place a \$100,000 dollar non-refundable deposit with the Newark Housing Authority at conclusion of the auction. Information packages are available at the Newark Housing Authority that includes the environmental history of the property.

The approval of HUD of the disposition of Cleveland Heights should not be construed as a commitment by HUD to participate in any activities identified by the Housing Authority concerning the future development or use of the properties being approved for disposition. Please call the Newark Housing Authority at (302) 366-0826 with any questions regarding this solicitation.
np 11/30,12/7

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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
Rayando Cleon Huggins Jr.
PETITIONER(S)
TO
Jaidyn Michael Mewha
NOTICE IS HEREBY GIVEN that Rayando Cleon Huggins Jr. 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 Jaidyn Michael Mewha.

[Signature]
Petitioner
Dated: 11/15/07
np 11/30,12/7,14

LEGAL NOTICE

THE COURT OF COMMON PLEAS FOR THE STATE OF DELAWARE IN AND FOR NEW CASTLE COUNTY IN RE: CHANGE OF NAME OF
Cole Davis Hudson
PETITIONER(S)
TO
Cole Davis Dunnigan
NOTICE IS HEREBY GIVEN that Kenya Dunnigan (father) of minor Cole Davis Hudson 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 Cole Davis Dunnigan.
Kenya Dunnigan
Petitioner

Dated: 11/8/07
np 11/16,23,30

\$2500 Settlement Help

Come take a look at this totally renovated home in Newark. You won't be disappointed. New front door, vinyl siding, windows, railings for front porch, front concrete steps and driveway. Other features include 3 BR with new full master bath off main bedroom. Refinished hardwood and new ceramic tile floors in the all new kitchen (with 42 inch cabinets), baths and powder room. New carpet for family room with new patio sliders to rear deck. One car attached garage with inside access. Relax on the large rear deck and enjoy the tranquility of Christiana Creek. **\$284,900.**

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The Sales Center is 2.5 miles on the left.

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From I-95 take exit 1B (Rte. 896N/Newark). Go north towards Newark and follow signs to traffic loop on right to go West on West Chestnut Hill Road. Follow for 1 mile and the community will be on the right.

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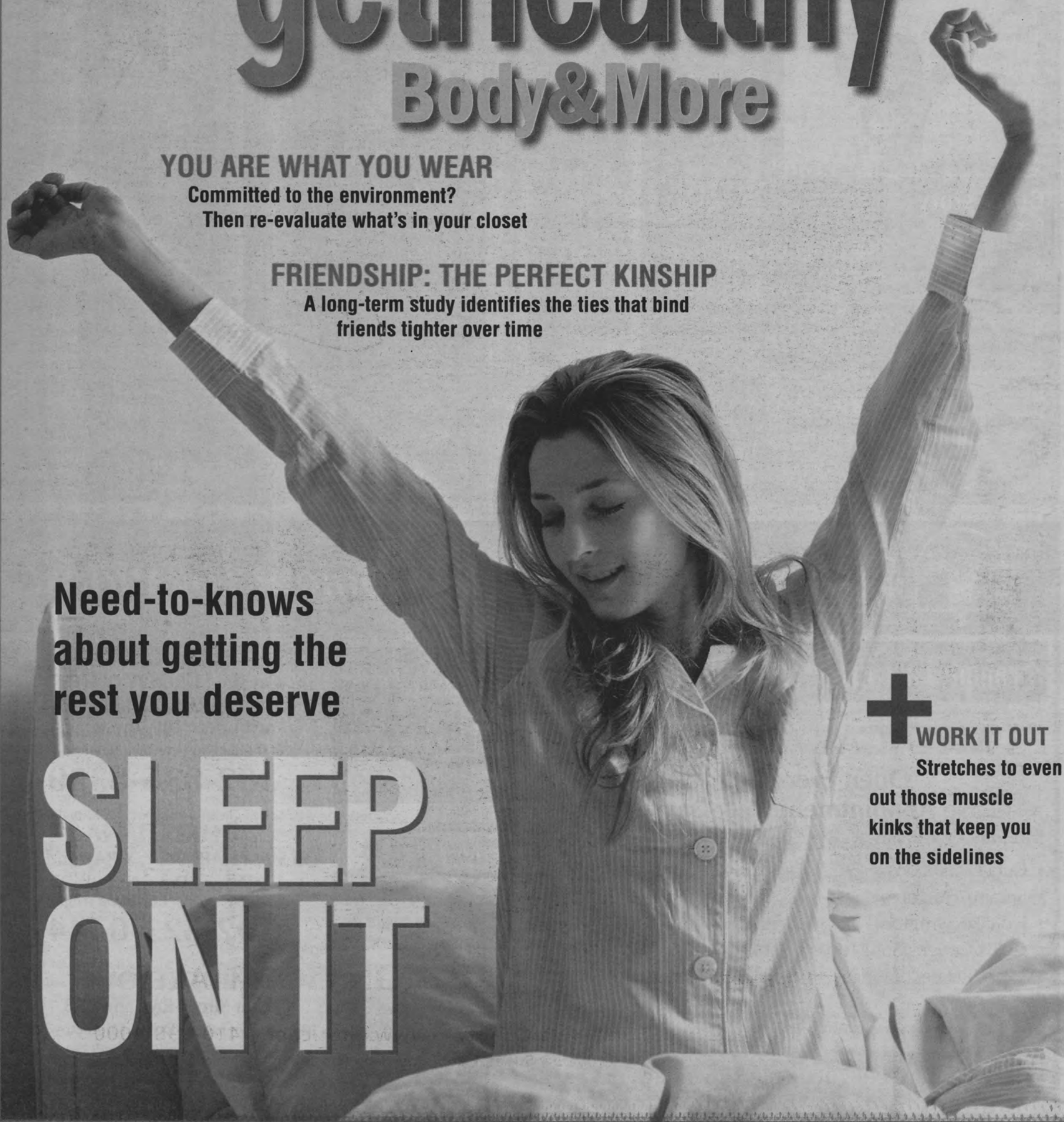
Need-to-knows
about getting the
rest you deserve

SLEEP ON IT



WORK IT OUT

Stretches to even
out those muscle
kinks that keep you
on the sidelines



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The more we do, the less we sleep: That is making us sick

By Afi-Odelia E. Scruggs
CTW Features

If getting a good night's sleep seems like an impossible dream, take solace in the fact that you're one of 70 million Americans suffering from a sleep disorder, according to the U.S. National Institutes of Health.

The problems range from insomnia caused by emotional stress or depression, to an inability to get to sleep – also known as delayed sleep syndrome – to restless leg syndrome, involuntary muscle movement that keeps folks from getting a full rest.

Whatever the cause, lack of shut-eye costs the country \$16 billion in health-care expenses and \$50 billion in lost productivity, the agency estimates. And the situation doesn't seem to be improving. More Americans are meeting the demands and stresses of daily life by getting less sleep, not more, even though studies show that skipping sleep hinders productivity, slows down reaction time and decreases the ability to focus.

So how much sleep is enough? Adults need between six to eight hours of sleep a night. And nighttime really is the best time for sleep, since our body clock revs us up during the day and winds us down after dark.

When your inability to fall or stay asleep begins to interfere with work or other responsibilities, it's best to see a doctor. Still, there are steps you can take to ensure you drift off to dreamland when your head hits the pillow.

"I like my patients to work on habits first," says Dr. Hitesh Makkar, a pulmonary specialist in Akron, Ohio, who also specializes in treating sleep disorders.

He notes the trick to curing those



IT'S TIME
TO GET SOME
SLEEP

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CLOCKING IT

**How your body's internal
controls manage your
sleep cycle**

By Afi-Odelia E. Scruggs
CTW Features

If you've ever caught your head dropping around 1 or 2 p.m., don't blame yourself. Blame your body – specifically, the biological cycles that scientists call the circadian rhythms.

Most people know the rhythms rule everything from the most natural times for sleep – between midnight and 7 a.m., and again from 1 to 4 p.m. – to blood pressure, hormone levels and heart activity.

"Circadian rhythms are the cyclical changes that occur regularly every 24-hours," explains Dr. Kumar Budur, a sleep specialist and psychiatrist at Cleveland Clinic in Cleveland. "The rhythms respond to light and dark, and help keep humans in touch with society."

But did you know your body has a master timekeeper?

Researchers have found that all cells have an internal clock that governs daily rhythms. In humans, each organ has its unique cycle. This master time-keeper is a small group of cells called the suprachiasmatic nucleus located in the hypothalamus. These cells respond to light and the absence of it and help the body keep up with the demands of society.

Budur explains that the body's natural "day" is 24 hours and 18 minutes. "Continuously, our body made adjustments to keep us in tune with society. The most important factor is our ability to adjust to light. Light is the most important stimulus by which we can adjust the internal clock," he says.

You feel more alert in the summer because

you are more alert. Longer days mean the body doesn't get the signal to sleep until later in the evening. And, if you find yourself winding down around 9 or 10 p.m., it's because lack of light tells the SCM to prepare the body for rest.

But work and family obligations may put us out of sync with our internal clocks. The consequences can range from a shortened attention span to problems falling or staying asleep. Long-term consequences can include depression or substance abuse.

Night-shift or swing-shift workers, who are often at odds with the body's clock, are especially vulnerable to some of these problems. That's because they need to stay awake when the physiological changes are shutting the body down. And when they want to rest, the body is generating impulses to keep them awake, Budur says.

Folks who find themselves traveling across numerous time zones are also susceptible to sleep disorders.

"Usually humans can make minor adjustments up to three time zones," Budur says. "If it's more than three time zones, then it's hard for body to make adjustments. That's when we get into problem with jet lag, difficulty falling asleep, or staying asleep, excessive daytime sleepiness."

Following these tips for good sleep hygiene will help you sleep when your circadian cycles have gotten out of sync from work, stress or jet lag:

TURN DOWN THE LIGHTS If you work nights, you can get a good day's rest by darkening the bedroom. If it's not possible to darken a room, invest in eye masks or ear plugs. The goal is to mimic nighttime and trick the body into lowering its temperature and otherwise preparing for sleep.

TRAVELERS, RESET YOUR CLOCKS Reset your internal clock by shifting your exposure to light. Online jet-lag calculators, such as the one featured on www.bodyclock.com, provide instructions on readjusting your internal clock.

Of course, if sleeplessness or other problems are affecting your work or relationships, then seek professional help.

"Continuously, our body made adjustments to keep us in tune with society. The most important factor is our ability to adjust to light. Light is the most important stimulus by which we can adjust the internal clock,"

— Dr. Kumar Budur, a sleep specialist and psychiatrist at Cleveland Clinic



It's time to get some sleep

continued from page 3

sleepless nights is to work on the underlying cause and to practice good sleep hygiene. Here are some suggestions:

STICK WITH A SCHEDULE

Go to bed at a regular time and get up at a regular time. Having a schedule seems to strengthen the circadian cycle, the body clock that regulates our sleeping and awakening.

RISE AND SHINE Work out early in the day, not late in the evening. The body clock prepares us for sleep by slowing lowering our body temperatures. Exercise raises the body's temperature. If a trip to the gym is part of your routine, do so at least four hours before bedtime.

CUT THE CAFFEINE Sipping

a venti mocha latte at 6 p.m. almost guarantees you'll be tossing and turning at midnight. That's because the half-life of this stimulant – the time the body needs to metabolize half the amount of caffeine consumed – is about six hours. To compensate for a restless night, you'll probably reach for another cup of coffee, starting the cycle again.

TRY A BEDTIME SNACK A cup of warm milk seems to help induce sleepiness, although the science behind the claim is debatable. The sleep-inducing amino acid tryptophan, found in milk and other foods such as turkey, cheese, peanuts and tuna, induces sleep when it enters the brain. The protein in milk may decrease the effect of the tryptophan, though.

NO LATE-NIGHT ALCOHOL

Don't down a glass of beer or wine before bedtime, though. These drinks make you sleepy but don't produce the deep, restorative rest, warns Dr. Nancy Foldvary-Schaefer, director of the Sleep Disorder Center at Cleveland Clinic, Cleveland.

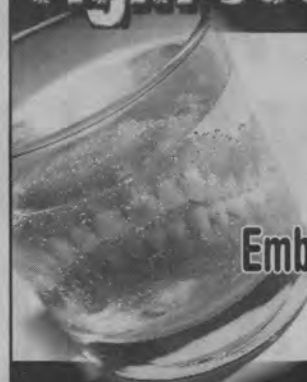
"Alcohol markedly fragments the quality of sleep," she says.

DON'T FIGHT Still can't sleep? Give in. If you lie in bed longer than 20 minutes without falling asleep, don't toss or turn.

"If you can't go asleep, don't stay there. Get up until you're tired and then try again," Makkar says. Keep your activities relaxing, though. Don't watch action movies or read a mystery novel. Avoid over-stimulation that might further delay sleep.

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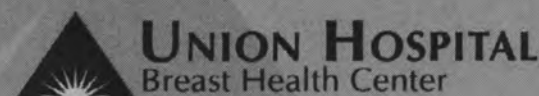
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WHEN FASHION AND ECOLOGY COLLIDE, YOU ARE WHAT YOU WEAR

By Deborah Douglas
CTW Features

The heat climbed in the tiny suburban boutique as elated customers milled about, oblivious to the impending doom they faced. The owner, Takara Beathea-Gudell, felt as if she were being suffocated. She could yank off her top to get relief from the suddenly and inexplicably high temperatures, but what would her customers think? And couldn't they, too, feel the fire?

This was a woman in the midst of a hot flash – while wearing polyester.

"You find yourself feeling a little nervous about the whole process," says Beathea-Gudell, her voice quivering, as if she's about to re-live the sensation of having a hot flash, one of the uncomfortable byproducts of going into menopause. "But if you have on cotton or linen or rayon – breathable fibers – the heat comes right through the clothing."

Natural fibers turned out to be a lifesaver for Beathea-Gudell, 50, who is careful to stock a wide variety of natural styles in her 5-year-old Oak Park, Ill., store, Willow. She caters to professional women and empty nesters who are redefining themselves after raising families or are developing a unique style to break from the cookie-cutter, mass-produced look found in corporate dress-code handbooks.

"I'm not sure where polyester comes from," Beathea-Gudell says suspiciously, noting that the once tragically unhip synthetic fabric is now hot again.

Encouraged by her daughter and partner, Tamia Beathea, 32, Beathea-Gudell's focus on natural fibers also helps sustain the global environment because these fabrics eventually break down, unlike chemically based fabrics, like polyester, which clog landfills.

IMAGINE THAT: LOOKING GOOD, FEELING GOOD AND BEING GOOD

Being good while being green – or greener – has gained momentum as countries, companies and individuals around the globe seriously adopt or seek solutions that will reduce the damaging effects of global warming and cut down on the amount of waste humans send to overcrowded landfills.

Alex Steffen has been at the forefront of providing sustainable living solutions as executive editor of the Seattle-based Web site worldchanging.com and the book, "Worldchanging: A User's Guide for the 21st Century" (Harry N. Abrams, 2006).

Rethinking what we wear is an important step to making and keeping a commitment to clean up the environment by consuming responsibly. What did it take to grow the cotton to make a treasured outfit? Steffen asks. What industrial processes were used to make a synthetic fabric that may result in a "more affordable" outfit? And what did it cost the environment in terms of the number of toxins and chemicals used to produce it?

"We talk a lot about the concept of the backstory; what happened to the thing before you bought it," Steffen explains. "Before you know the backstory, you can't know if you're being effective. Most of the clothes we buy are the byproduct of an industrial process or the growth of fibers like cotton and wool that are grown in some pretty nasty ways."

Going a step past natural, to buying organic or renewable clothing made with fibers grown without



“Most of the clothes we buy are the byproduct of an industrial process or the growth of fibers like cotton and wool that are grown in some pretty nasty ways.”

— Alex Steffen, executive editor of the Seattle based Web site worldchanging.com

pesticides or other toxins, is one way to up the ante on your ecological commitment, Steffen offers. Still, he laments, those fibers must be processed through mills and other machinery to separate the seeds, spin the material into fiber or thread, and be made into something valuable by garment workers who are often struggling to earn a living wage.

“It’s still a one step on a long path to creating a sustainable shirt,” Steffen says.

That’s why he cautions to think twice about buying clothes, a theory not so farfetched even in the fashion world, say Tamia and Takara. At the end of a season, the duo audits their stock and may choose to recycle some of their avant-garde, loose-fitting fashions.

“I recycle clothing in terms of if an item didn’t sell, I cut it up and add it to my next fall season,” says Beathea-Gudell, who has a background in mass producing clothing and jewelry for the big retailers Sears and Nordstrom.

Tamia Beathea echoes Steffen’s concern that creating a sustainable environment includes providing sustainable jobs for people in Third World countries and making sure garment workers are paid fairly. It’s the ultimate healthy living message when people, especially poor women, can earn a living and provide for the health and well-being of their families, says Tamia, who is predisposed to sustainability issues because she is a vegan. In fact, she comes from five generations of vegetarians. Some of her stock is organic clothing secured through a fair-trade group.

BUT DOESN'T ALL OF THIS COMMITMENT COST MORE?

Sometimes it does, Steffen says. But, Tamia adds, when you think of the markup on a designer item, it’s often the name brand that boosts the price, not necessarily the material or manufacturing cost.

“It just depends on who the designer is,” her mom, Beathea-Gudell says.

“There are five degrees of real good linen. Then there’s a linen you can get off the dollar table. Honestly, I’ve worn all of them, and I will say there’s nothing like wearing a handkerchief linen fiber. It’s as if you’re wearing nothing.”

And if you’re having a hot flash that might be just what you need.



WHAT’S THE ALTERNATIVE?

The next time you engage in a little retail therapy, use guidelines from “Worldchanging: User’s Guide for the 21st Century,” to suss out clothes made with fibers that don’t harm the environment to grow or manufacture.

ORGANIC COTTON Cotton grown without pesticides, available in a variety of products from towels and bedding to tampons and clothing.

BAMBOO FIBER Durable, versatile bamboo can be made into yarn and blended with other fibers.

MERINO WOOL Made from sheep, merino requires much less processing than synthetic or agricultural fibers. It makes great athletic wear because it provides a thin, insulating layer keeping moisture away from skin.

HEMP Weaving this natural fiber into fabric has gotten much better over the years and can now be found in high-quality, silk-like fabrics.



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*By Jody Robbins
CTW Features*

Got a fitness problem? Sometimes... you've got to stretch yourself.

The most common injuries are sorted into two categories: chronic and traumatic. Chronic injuries occur thanks to repetitive movements, a tennis swing, for instance. Traumatic injuries happen, quite obviously, because of a more sudden occurrence, like taking a hard hit on the sports field or a car crash.

Either way, proper stretching for flexibility and body strengthening can make all the difference, helping you pursue your favorite hobbies with less pain and for longer. The point is to strengthen muscles around the injured spot and to counteract the effects of repetitive movement.

"After an hour or two of practicing a golf swing, your body literally starts to stay in the form of the drive," says Chris Frederick, who, along with his wife, Ann, operate Phoenix-based Stretch to Win, a total fitness system.

Their days range from working with NFL quarterback Donovan McNabb to penning their most recent book, "Stretch to Win" (Human Kinetics, 2006). "We teach people how to untwist by doing things as simple as swinging the golf club in the opposite direction a couple of times, which will prevent back pain and allow you to continue to have a good time."

ANKLE SPRAIN

This kind of traumatic injury can occur thanks to hardcore sports action or one clumsy step. The key here is flexibility and ability to react quickly: agility work. McMillian recommends exercises as simple as standing on one leg for a period of time, then alternating.

For more effect, she recommends the basic single-leg squat for balance and strength; and the inch worm, a stretch that involves bending over with your hands on the floor, then walking them forward and straightening out your body as you do so, then following with your feet — and repeat.

TENNIS ELBOW

Professional tennis players don't get tennis elbow because they have good form. If you have it, that could mean it has a lot to do with bad form, says Brad Schoenfeld, fitness author and owner of the Personal Training Center for Women in Scarsdale, N.Y.

"Injuries like tennis elbow are caused by repetitive motions but also by bad

mechanics," Schoenfeld says. So you've got to learn good form and strengthen the surrounding muscles (triceps, biceps, forearm). If your tennis elbow is already in effect, Schoenfeld recommends a three-part, at-your-desk wrist exercise that works the arm from shoulder to fingertips.

"It really contains three separate stretches, but they work synergistically together," Schoenfeld says.

SCIATICA/LOWER-BACK PAIN

It all comes back to the abdominals, especially lower-back pain. The author of "Boot Camp Abs" (Fair Wind Press, 2005), McMillian says if you want to figure out why your back's hurting, just look down at your stomach.

"Get the ab work done," she says. "There is no side-stepping ab work, and I'm not just saying that because I wrote the book."

Her recommendation:

Total body crunches, known in the military as atomic sit-ups. You can lighten the load of this advanced exercise at first by supporting your weight with your hands on the ground beside your hips. Basically, you lay down flat on your back and tuck both

ends by bringing your knees into your chest and your chest into your knees, then extend it back out.

"The key with ab work is your stomach has to be drawn in, or engaged, the whole way through," McMillian says.

To make it easier, just balance on your backside with your torso upright and kick your legs out.

RUNNER'S KNEE

Tendonitis is the culprit when it comes to this chronic knee injury, and that is usually caused by pounding the pavement, putting repeated pressure on the knee joint.

As with many chronic conditions, it's possible to avoid this one by varying your workouts and engaging your entire body. Schoenfeld recommends working on the hips with a sit-and-reach stretch. Sit with your back against a wall and extend your legs; then reach forward and try to touch your ankles while keeping your back straight. Bend

with your hips, not your spine.

CARPAL TUNNEL SYNDROME

Maybe sitting at your desk and working on a computer doesn't sound like a period of the day where fitness counts, but you'd be wrong about that.

"Most of us sit all day at work leaning forward, which makes the discs in your back bulge toward the rear, and can end up herniated, so we try and reverse that," says Ann Frederick, who recommends what she calls the shoulder opener: Put hands on your posterior with elbows behind, opening up your chest; lean backward slightly and slowly extend the distance.

"It reverses what has become short and tight, thanks to sitting at a desk," Frederick says. "Think carpal tunnel and we think of our hands (reverse wrist curls work well) but, like so many things, it starts closer to the core."

Don't fall for it

There is a lot you can do when it comes to dealing with an injury, but the best idea is to skip it altogether. It's possible, says Charla McMillian, owner and chief instructor at FitBoot, a basic-training program for professionals in Boston and San Francisco.

"To avoid injury from a fall, it's important to be flexible and to know how to fall," McMillian says. "Try and take it on a large surface area while protecting your head. Putting a hand out is not going to help you at all; you're going to snap something."

"Instead, fall like children do. They are truly surprised, so they let everything go freely, and the body absorbs the impact better."

"It's a simple exercise that can help you stay mentally sharp," McMillian says. "Motor skills and cerebral skills are linked, so this can help you keep your mental edge, too."



Inside elbow stretch

Good for: Tennis elbow, carpal tunnel. Make sure you rotate wrist.



Arching reach stretch

Good for: Stretching out shoulders and abdominals. Don't arch too much if you have lower-back problems.



Shoulder stretch

Good for: Relief from sitting hunched over at a desk. Make sure you rotate body away from the bar (or wall).



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WEIGHT-LOSS SURGERY SAFE FOR OLDER OVER-WEIGHT PEOPLE

Older people fare just as well after weight-loss surgery as younger people do, according to a study published in the journal Archives of Surgery.

Surgery is the best option to cure morbid obesity, according to researchers at University Hospitals Case Medical Center and Case Western Reserve University of Medicine in Cleveland, where the study was conducted. Obesity is a leading preventable cause of death.

When comparing younger patients to older ones over age 60, researchers found

that older patients stayed in the operating room 17 minutes less than younger patients. Older patients also showed no significant signs of complications after surgery.

Medicare patients, too, fared well from weight-loss surgery, also called bariatric or metabolic surgery. However, Medicare patients did stay a day and a half longer in the hospital.

"Our results indicate that bariatric surgery should not be denied solely based on age or Medicare status," researchers concluded in the study.

RECYCLE THESE PLANET-SAVING IDEAS



Recycling is just one step toward saving the environment. Now society needs to up the ante, says a British research group. Their conclusion: We need to consume less.

The philosophy is called "zero waste," according to the U.K. Economic and Social Research Council. While there are "inherent problems" in reaching that goal, using it to set standards could help reduce the amount of household waste generated annually. In the United Kingdom alone, household waste could double harmful methane emissions, which have been linked to global warming, by 2020.

Consumption goals should include setting more ambitious recycling targets and focusing on construction and demolition waste, council experts suggest. Developing "closed loop" systems for organic waste could reduce landfill waste, too, by returning composted food to land as fertilizer.

NO WRINKLES, IN TIME

An Israeli researcher has isolated a plant-based wrinkle-fighting antioxidant that will lead to better products that last longer, say reports from Hebrew University of Jerusalem.

Anti-aging products made using Dr. Orit Bossi's method would have longer shelf life than existing wrinkle fighters, such as vitamin C, green tea and vitamin E, which tend to oxidize (lose freshness) quickly, reducing their effectiveness.

"A problem with many of the commercial antioxidants... that are said to retard the aging process is that they oxidize quickly and therefore their efficiency declines with time," says Bossi, who developed the substance as part of her doctoral research. "The antioxidant which I used in my research is able to withstand high temperatures, is soluble in water and does not oxidize easily and thus remains effective over time."

Bossi did not disclose which plant she studied because she is patenting her pro-



cess to develop wrinkle-fighting products that will penetrate deeper into the skin than existing anti-aging products.

Antioxidants neutralize naturally occurring free radicals. When the body is exposed to high quantities of free radicals – for example, during excessive sun exposure – tissue breaks down, including the skin.

ASTHMA OFTEN MISDIAGNOSED

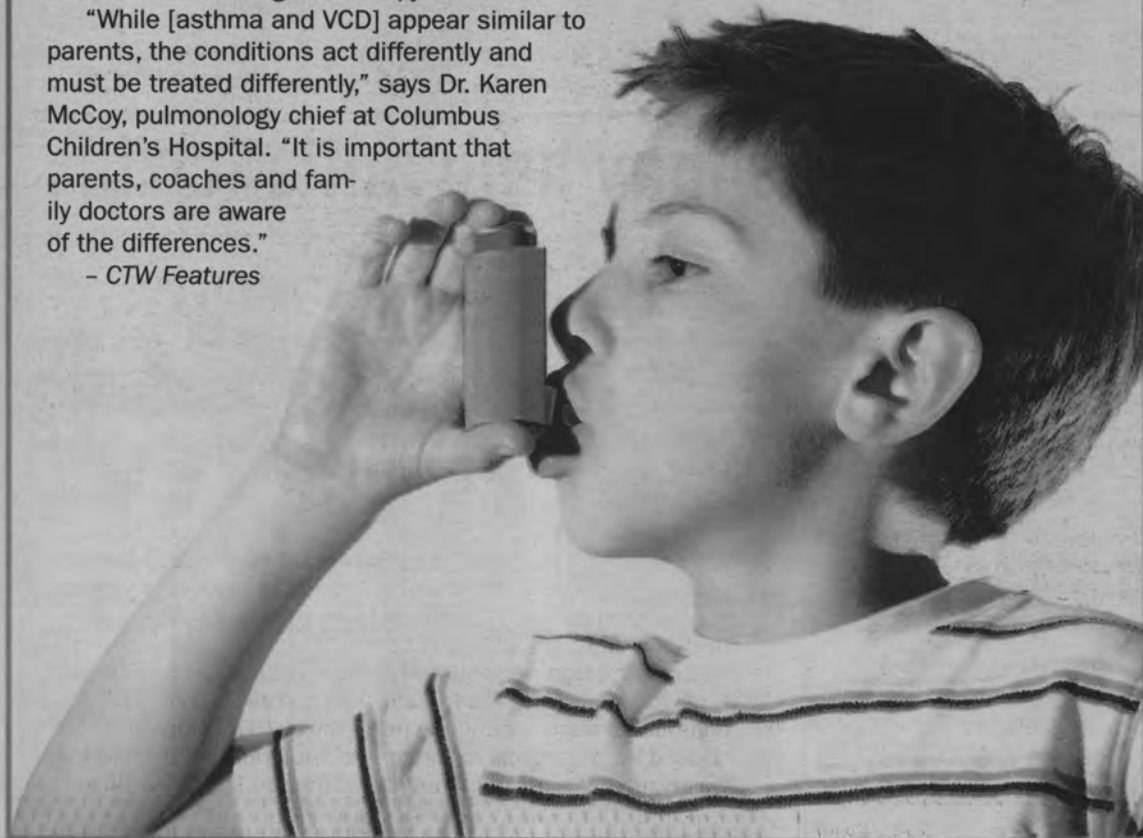
Doctors may be mistaking the wheezing associated with asthma for another condition called vocal cord dysfunction (VCD), according to researchers at Columbus Children's Hospital. Asthma medications won't alleviate a VCD attack.

"Our study suggests that if more emergency departments made use of the spirometry test, it could cut down on the number of kids who are misdiagnosed and potentially hospitalized," says Muffy Chrysler, an asthma coordinator at the Columbus, Ohio-based hospital.

In a year-long study of patients ages 12 to 21, researchers used a device that measure airflow that proved effective in identifying VCD patterns. Twelve of 17 patients who reported to the emergency room with breathing problems showed vocal cord dysfunction symptoms, which led to a change in therapy.

"While [asthma and VCD] appear similar to parents, the conditions act differently and must be treated differently," says Dr. Karen McCoy, pulmonology chief at Columbus Children's Hospital. "It is important that parents, coaches and family doctors are aware of the differences."

– CTW Features

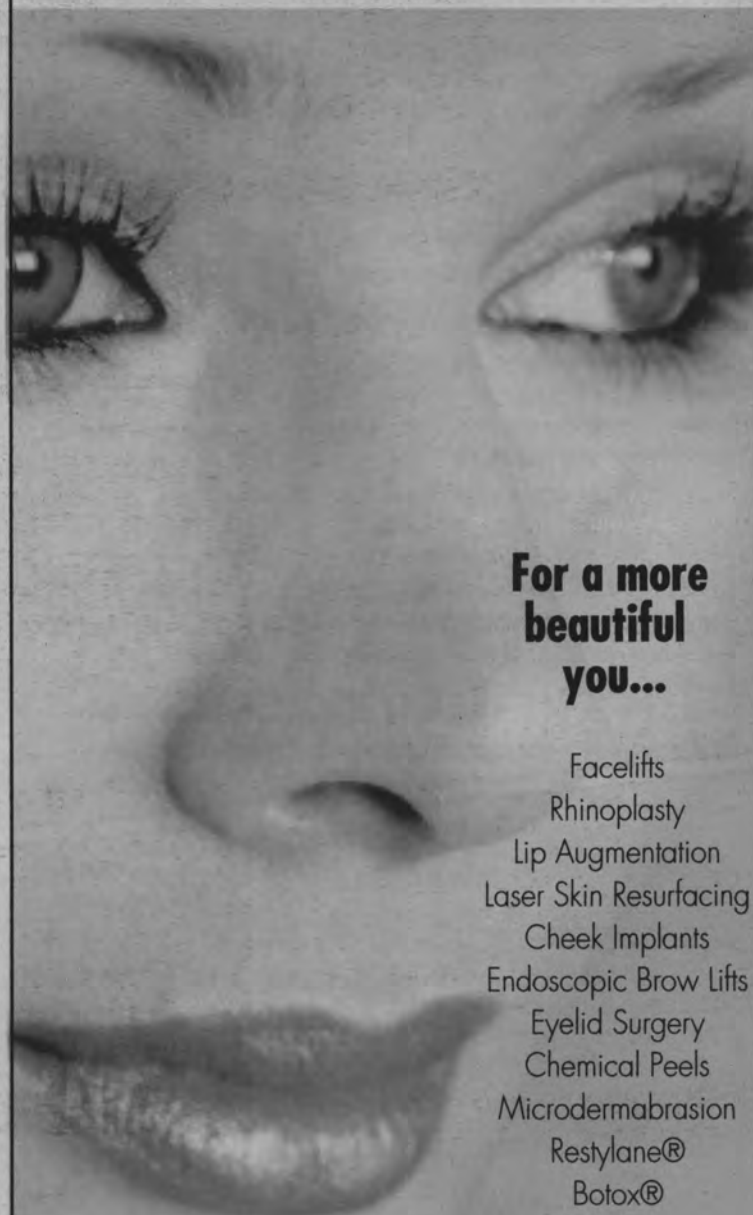


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ATHLETES: DON'T OVERDO THE FLUIDS

With all the bottled water and sports drinks lining grocery shelves, you might think athletes really need all that fluid. They don't.

Many athletes who run marathons, triathlons or do long-distance cycling tend to overhydrate, causing exercise-induced hyponatremia, a form of water poisoning that

has been linked to deaths of marathon runners, according to experts at Georgetown University Medical Center.

Frequently, the public's impression of the amount of water that is necessary to drink for good health is not based on factual data, says Dr. Joseph Verbalis, a professor and interim director at Georgetown University Medical Center. "Many in society have promoted this idea that you need to continually drink a large amount of fluid, such as 8 ounces of water, eight times a day. But most people don't really need that much."

One study showed that 13 percent of Boston marathon runners suffered from hyponatremia. Some people have gained a dangerous 6 to 7 pounds during a single marathon because their kidneys could not excrete all the unnecessary fluid.

"There's a misconception among the sports community that consuming sports drinks rather than water will protect you from becoming hyponatremic," Verbalis says. "That's simply not true. Drinking too much of anything puts some people at risk from potentially dangerous levels of hyponatremia."

So when should you take a drink? When you're thirsty, Verbalis says.



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Stereotypes may help autistic kids

Stereotypes are so easy to learn, even autistic children pick up on those based on race and sex, according to a study published in the journal *Current Biology*.

Kids with autism are profoundly unable to engage in typical social interaction and cannot understand the beliefs, desires or intent of others, the study says. However, stereotypes, which don't require high-order thought, are so easy to learn that researchers believe they may be able to use them to teach social skills, according to the study.

Not all stereotypes are negative, researchers caution.

"Stereotypical roles are important for navigating everyday interactions," says Lawrence Hirshfeld of the New School for Social Research in New York. "Finding a



plumber would be difficult if we thought of people as only unique individuals. Getting through the checkout lane would be unwieldy if we didn't have simple scripts about the roles that both shoppers and cashiers play."



SOS: TEETH ARE MADE TO LAST FOREVER

Like sucking on pickles? How about savoring a cold swig of your favorite soft drink? If you like food and drinks with high acid content, you can wear down your tooth enamel, according to the Academy of General Dentistry.

There's no need to stop eating yogurt, fruit, honey and raisins. You just need to change how you eat them, says Dr. David Bartlett, an Academy member.

Bartlett advises waiting 20 minutes after

eating acidic foods to brush your teeth, and eating and drinking high-acid items within five minutes, instead of nibbling or sipping through the day.

People with teeth sensitive to hot and cold are good candidates for dentin bonding, in which a dentist paints a thin film over teeth to protect them from further erosion. Toothpastes formulated for sensitive teeth and a neutral pH can also help harden tooth enamel that has gotten soft due to erosion.

CLIFFORD CHIROPRACTIC COLUMN

by
Dr. William
Clifford



THE PAINKILLER EPIDEMIC

According to an Associated Press (AP) analysis of statistics from the Drug Enforcement Administration (DEA), use of pain medication has nearly doubled in recent years. Between 1997 and 2005, the amount of painkillers sold at retail establishments rose 90 percent. During the most recent year represented in the data, more than 200,000 pounds of codeine, morphine, oxycodone, hydrocodone, and meperidine were purchased at retail stores. This number breaks down to 300 milligrams of painkiller for every person in this country. These numbers are reflective of a pain-management philosophy that has been advocated for nearly three decades. Chiropractic, on the other hand, believes in controlling pain by effectively addressing underlying causes. Once the cause is removed, the symptom of pain subsides.

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ACCOUNTING FOR 'GOOD TASTE'

When critical and public tastes collide, you might think it's the critics' opinions that count. Not so, say researchers at Columbia University and Bocconi University in Italy.

Regular folks' taste is actually quite good, researchers found when they measured box-office success, factoring the impact of marketing campaigns.

"Films of the sort that win favorable evaluations of excellence from expert reviewers also tend to win approval from ordinary consumers," wrote Morris Holbrook and Michela Addis in the *Journal of Consumer Research*. "Films of the kind that ordinary consumers consider excellent tend to elicit liking and word-of-mouth, or click-of-mouse, recommendations."



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FRIENDS FOREVER?

Researchers distill the qualities that keep friends on good terms

By Deborah Douglas
CTW Features

Quick, list your friends who have "refrigerator rights" in your home? Whoever is listed, it likely is a true-blue friend, because people don't let just anybody go rummaging through their refrigerators, says Em Griffin, a communications professor at Wheaton College.

Refrigerator rights are a measure of intimacy that proved key in Griffin's 19-year

study on forecasting who among college students would be "friends forever." Fellow researchers Andrew Ledbetter at Ohio University and Glenn Sparks at Purdue University co-authored the study published in the journal *Personal Relationships*.

That example is instructive, Griffin says, because, "I think Americans get the knock from people on the continent or Australia for being friendly but having few deep friendships."

The trio studied 32 pairs

of same-sex friendships and 13 pairs of mixed-gender friendships from 1983 to 2002. Their levels of closeness were measured in how well they played a game of understanding and communication. Participants moved an average of six times during the study period. Some got married, some divorced and others had children.

Researchers asked participants the following questions:

- Whether they expected to be close friends in the future.



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- How many friends they had that they considered to be closer than their target friend.
- How frequently they communicated with the friend face-to-face, on the phone, across postal and across e-mail.
- Whether they had performed specific behaviors that are associated with friendship closeness, such as standing up for the friend in his or her absence.

The study found that similarity, not in personality, but in attitudes and values, tipped the scales in favor of friendships withstanding the test of time. Distance didn't seem to matter to the friends in the study. Whether they talked on the phone, e-mailed one another or visited across long distances, the friendships and closeness remained intact.

And new life could be breathed into lapsed friendships when time and distance have kept good friends apart.

"The long-term friendships that showed up in this study provide a sense of shared history that can be a rarity in today's changing environment," Sparks says. "Friends from our youth anchor us in this age of constant mobility."

Why focus on friendship? Over the past 30 years, the quality of friendships has declined under the pressures of career, family circumstances and geographic distance. Yet, friendships offer a huge health and psychological bonus.

"Having a strong friendship network mitigates against the possibility of illness, and some studies even show links between friendship availability and longevity," Ledbetter offers as examples.

For Christine Stepp, refrigerator rights go to her four best friends since childhood. The 48-year-old Indianapolis native has traversed the U.S., working as a financial analyst, promotions manager and producer from San Francisco and Chicago to Atlanta. They've never lost touch, even visiting Stepp on the Pacific Coast 10 years ago to on a "Sex and the City" style road trip along the ocean.

How do they make it work? Like those studied, Stepp and her three BFF's (best friends forever) communicated to



"WE ACCEPT EACH OTHER WITHOUT BEING JUDGMENTAL. THAT'S THE MOST IMPORTANT THING FOR US." — Christine Stepp

make sense of the world. That type of mutual understanding solidified friendships over time and helped kick-start lapsed friendship, the study says.

"We accept each other without being judgmental," Stepp says. "That's the most important thing for us."

What's remarkable in Stepp's case, as those studied, is that these relationships remained intact despite the lack of societal support to keep them that way. Unlike marriage, friendship is the most voluntary friendship, the researchers say. We expect that we'll stay in touch with family members, but those same expectations don't always apply to friendships, even close ones.

"We're born into a family. Get married, voluntarily, of course, but that institution has societal props, some legal requirements," Griffin says. "Society sanctions what a married person does. [But] outside of a long-term satisfying love relationship, friendship can make us pretty happy."

HOW CAN YOU KEEP YOUR FRIENDSHIP FIRES BURNING?

COMMUNICATE When researchers went back to study participants, many were often ashamed that they hadn't reached out to college friends. It doesn't matter who reaches out or whether the same person who tends to do so, as long as someone does, Griffin says.

"Our data suggest that it doesn't matter so much how you communicate as it does that you do communicate," Ledbetter says. "If you want to reinvigorate an old friendship, get to the phone or to your e-mail in-box and send a message!"

UNDERSTAND "When you communicate," Ledbetter says, "try to really understand how the other person sees the world. Investing time in really understanding the person builds the friendship's strength, and makes it more likely that you'll both work to maintain it in the future."

KEEP THEM CLOSE Should you ever fire your friend? Ledbetter believes a friendship that has reached that critical point may signal that the relationship needs work and attention, not severance. "Our study didn't look at phasing out friendships, but I'm biased toward thinking that one should carefully evaluate before strategically phasing out a friendship," Ledbetter says. "Close friendships are valuable, and valuably contribute to happiness and well-being."

You never know when you might want to rekindle that connection, and burning a bridge might make that impossible."

BANK ON IT Making and keeping friends is like a bank account. "You must make investments," Sparks says, "and it is never too early to start."

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