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 Bonus Bag-5 lbs. Free
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- Provolone Cheese \$2.39 lb.
- Pepperoni \$3.29 lb.

White House Apple Juice
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Skippy Dog Food
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 3/\$1.00

Sweetheart Foam Cups
 9 oz.
 24 ct.
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Thorofare Macaroni & Cheese Dinner
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 4/\$1.00



Minute Maid Orange Juice
 64 oz.
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Breakstone Sour Cream
 8 oz.
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Sealtest Small Curd Cottage Cheese
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Light 'N Lively Yogurt
 6 pk.
 5 oz.
 \$1.59

Chef Boyardee Cheese, Sausage or Pepperoni Pizza
 89¢



Peppers
 6/\$1.00

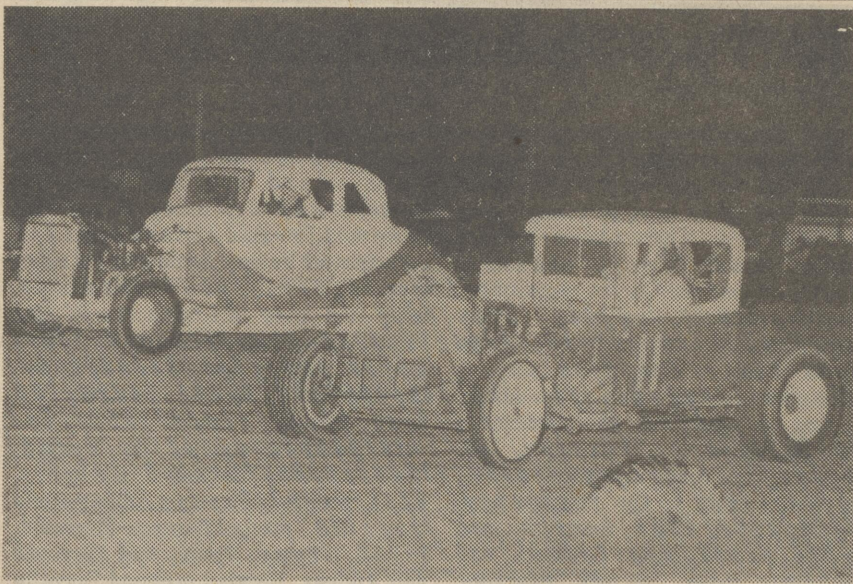
Honey Dew Melons
 \$1.59

Green Cabbage
 13¢ lb.

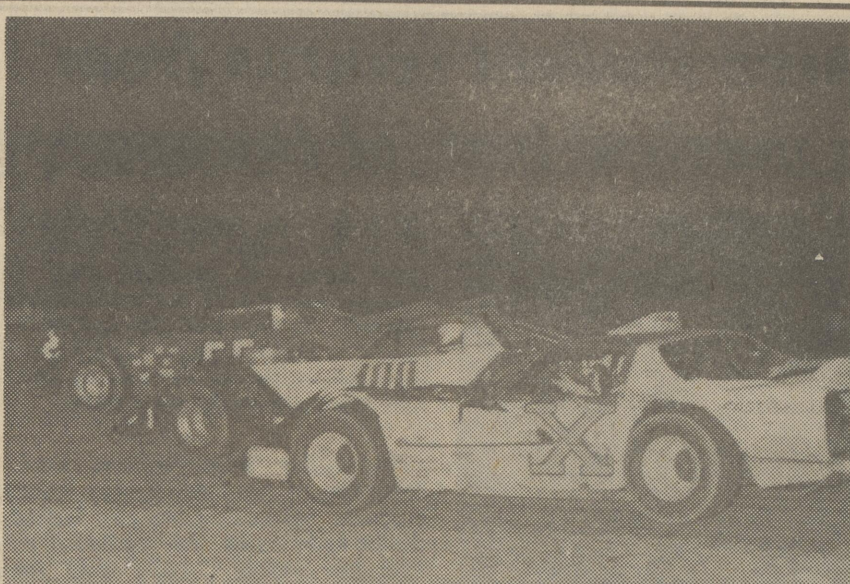


Nectarines
 59¢ lb.

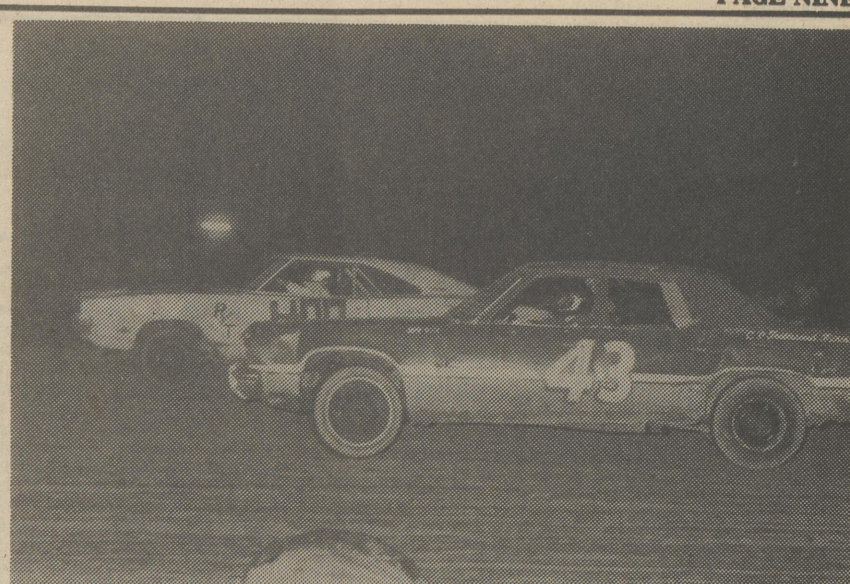
Broccoli
 89¢



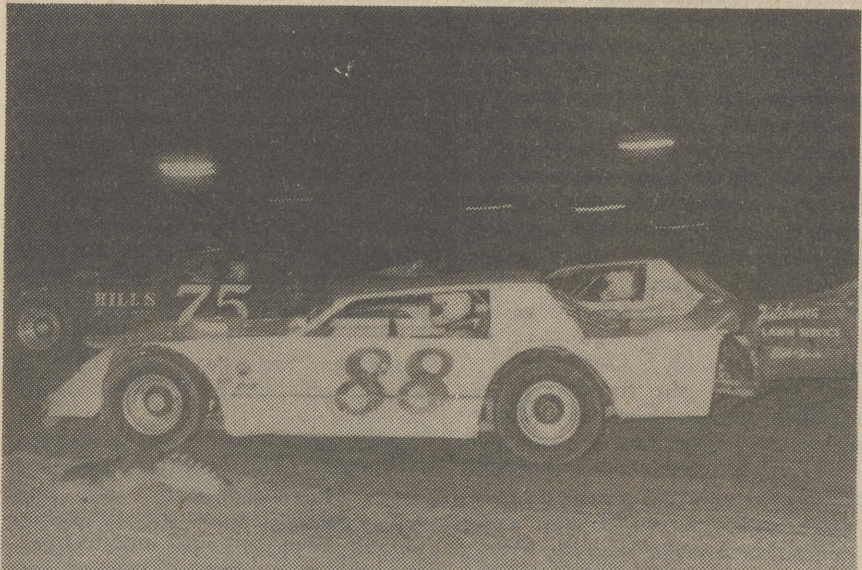
Russ Smith [11] and his fellow Antique Stock Car Oval Racing Club competitors brought back fond memories of the early days of stock car racing in an exciting 15-lap feature at U.S. 13 August 10th. Here Smith puts a lap on #54 Dick Altomose on his way to winning the event. Hal Cathell D&L Photos



Jay McLanigan [55], Hal Browning [100] and Joey Carey [X] go 3-wide in the 20-lap I.G. Burton sponsored Late Model Feature at U.S. 13 August 10th. Don Allen D&L Photos



Feature winner John Franz [400] and Phil Murray [43] in the midst of their race long "Mopar Battle" in the Street Modified portion of the I.G. Burton sponsored show at U.S. 13 August 10th. Hal Cathell D&L Photos



Harlan Williams [88] duels with Duane Rust [296] and David Hill [75] during the 20-lap I.G. Burton sponsored LM feature at U.S. 13 August 10th. Don Allen D&L Photos



#43 Phillip Murray and #17 Elwood Driscoll battle for position during the 10-lap Street Modified feature at U.S. 13 Speedway Wednesday night, August 7th. Don Allen D&L Photos



#36 Dean Brasure gets crossed up in front of #17 Elwood Driscoll and #40 Tim White during Street Modified Action Wednesday night, August 7th at the U.S. 13 Speedway. Don Allen D&L Photos

Bridgeport has exciting night

Doug Hoffman scored his tenth victory of season followed closely by former Flemington driver Karl Freyer. Jim Baker turned in a great performance taking third over Neal Kimer-nitsky. Fifth place was Paul Weaver. A. Matteo Trucking of Thorofare sponsored a "Dash for Cash", winner taking home an additional \$200 for the evening. The 3 lap event saw Ronnie Tobias, Doug Hoffman and Barry Burkhardt compete with Hoffman pocketing the cash. Barry Burkhardt has turned in an impressive performance over the past two weeks as the new driver in the Spinelli DS22.

The sportsman race saw Scott Lewis's #12 lead the early laps as Chic Coccaboom worked his way through traffic followed by Belmont. Belmont took the lead on lap 7 and never looked back as he was dogged until the

checker by Cossaboom. A blown engine was lap 19 found Cossaboom on the infield watching the field take the checker. Andy Belmont scored his third victory of the season followed by Daryl Carmen, Frank Mangone, points leader John Leach and Gary Bruckler. Leach's regular car the #99 was sidelined with mechanical difficulties and John qualified the 17X of Mike Sonier in the sportsman consi to continue his race for the points championship.

URC chauffeur Dave Kelly won the feature sponsored by Ground Round. Since Dave has already won a qualifying spot earlier this season, Ken Adams who finished second will go to Syracuse from this race. The top five URC finishers were Kelly, Adams, Fitzcharles, Miller, and Berger Jr.

Bunting adds "Diamond State Fifty" to winning season record

Harold Bunting scored his sixth win in seventh starts Wednesday night when he roared to a dynamic victory in the "Diamond state Fifty", fifty lap Modified show at the U.S. 13 Speedway. Bunting overpowered pole-sitter Doug Hoffman early in the event only to have his lead taken awa by Bobby Wilkins in the Blue Hen Racing #30H. The D&D Dismantling #19D came back strong though, with 17 laps to go, and dominated the remainder of the event. Wilkins ended up in third behind Ron Keys and followed by Jerry Dickinson and John Kozak

Hoffman and Bunting had both scored heat race wins and started the main first and second respectively. The Olsen 60 Over sat swift pace for the first three circuits but Bunting wouldn't let go of its rear bumper. The 19D dropped Hoffman to second on lap four and one lap later Wilkins, up from seventh, moved around to begin his attack on Bunting.

Wilkins' 30H was awesome as it closed menacingly on the #19D.

Lap ten saw Wilkins stretch his lead over Bunting followed by Keys, Hoffman and Billy Towers in the other Blue Hen Racing #30. Towers' fifth spot only lasted for one more lap when the Olsen mount let lose a large cloud of smoke and Billy pulled it to the pits. This put the B&F Towing racer of John Pinter in fifth. Pinter snapped at Hoffman's bumper as leader Wilkins easily held off the sling-shot challenges of Bunting.

Hal Browning came to rest in turn two in his Grotto Pizza #100 on lap 29. The resulting restart spelled disaster for Hoffman. The 60 Over got slightly out of shape and came to rest in front of the pack. Ed Brown Jr. had no where to go in his #48 and contacted Hoffman's nose

with the rear of his car putting both of them out for the night. This now put current U.S. 13 Modified point leader Gary Trice and his Westside Auto Parts #33 just ahead of sixth place Jerry Dickinson who had worked his way up from an eighteenth starting spot.

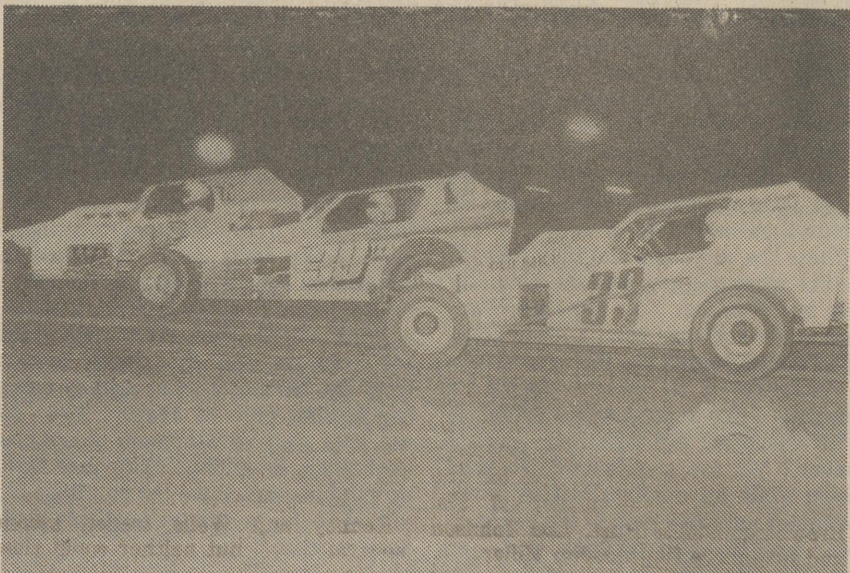
On lap 32 the 30H of Wilkins seemed to falter. Bunting found his chance and took the lead coming out of two. From then on the Wilkins mount wasn't quite the same and it was announced after the race that the power steering had given up in the car forcing Bobby to manhandle it around the track. He held onto second until the two lap sign but the blisters on his hand and the determined charges of Ron Keys left him in third at the checked.

Bunting was virtually unchallenged from lap 32 on. Things did heat up on lap 33 when Pinter got one of his laps back but Bunting just turned up the wick and by the next caution on lap 46 he had built a comfortable lead.

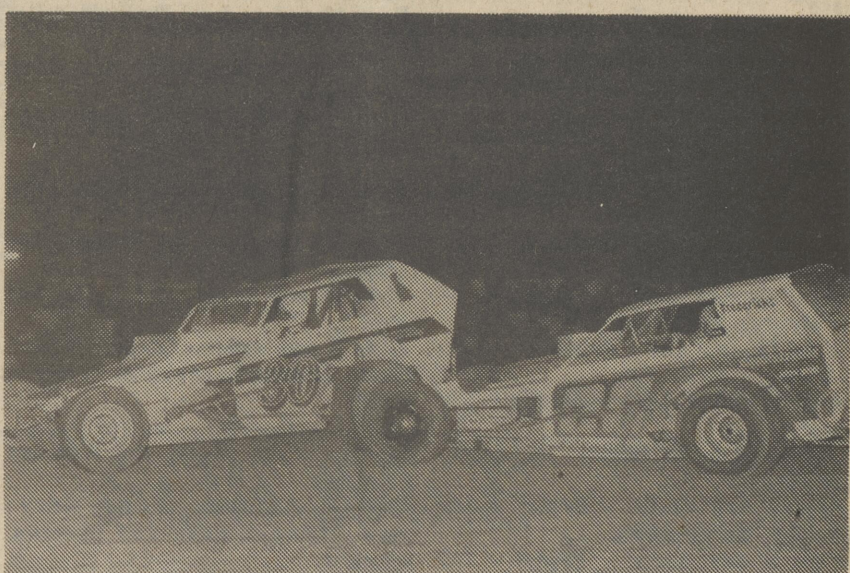
The last yellow of the event was for Trice. Gary had climbed as high as fourth in the final laps, but with just four to go his #33 came to rest at the entrance to the front stretch.

Pinter was right back with the front runners on the restart but still one lap down. He succeeded in getting around Keys in third and the second place #30H but by the time he got a clear look at Bunting the white flag was out. Bunting really stood on it and flashed under Billy Lawson's checker to claim the \$3,000 winner's purse.

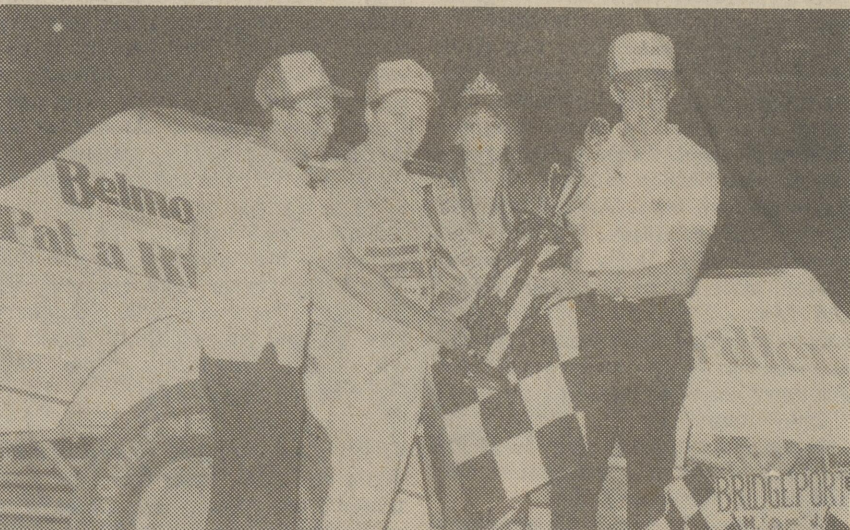
FEATURE RESULTS: Bunting, Keys, Wilkins, Dickinson, Kozak, Pinter, G. Trice, Charlie Moore, Norman Short Jr., Doug Hoffman, Hall Browning, Bob Toreky, Ed Brown Jr., Bobby Walls, Billy Towers, Ray Swinehart, Freddy Brightbill.



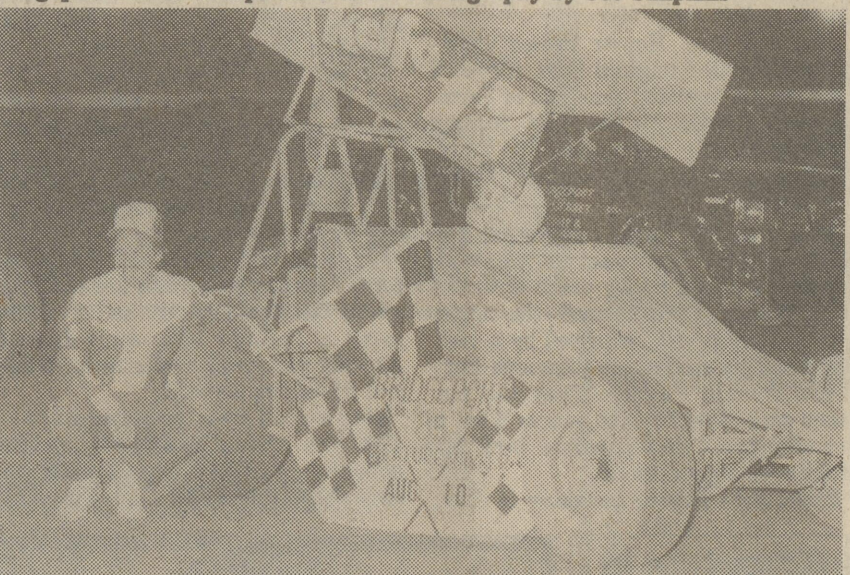
Three of U.S. 13's top modified drivers dueling during the "Diamond State 50" Modified Feature. #39 Ron Keys, #30H Bobby Wilkins and #33 Gary Trice August 7th. Don Allen D&L Photos



#26 Ray Swinehart takes a spin as #30 Billy Towers squeaks by during the "Diamond State 50" Mod Feature at the U.S. 13 Speedway August 7th. Don Allen D&L Photos



Bridgeport sportsman Andy Belmont, feature winner on August 10th. Miss Bridgeport and CLM representatives. Photography by Joe Simpkins



Bridgeport URC Sprints on August 10th. Dave Kelly, feature winner. Photography by Joe Simpkins



Bridgeport Modifieds August 10th - Doug Hoffman, feature winner. Miss Bridgeport and CLM representatives. Photography by Joe Simpkins



Kelly Hastings, Laurel, and Calvin Musser III, Laurel, go head to head in the Combine Demolition Derby. Photo by David Dill

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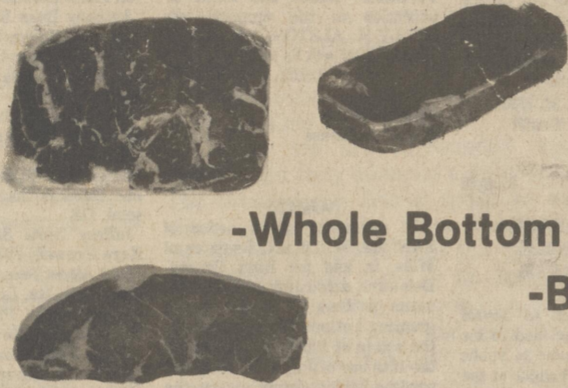
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Editor & Publisher

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Back to School and Salute to Fall Sports



Supplement to The Harrington Journal

August 14, 1985

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Open Letter From the Lake Forest School District Superintendent

On behalf of the faculty and staff of the Lake Forest School District, it is my extreme pleasure to welcome each new and returning student for the 1985-86 school year. As the district superintendent, I also wish to take this opportunity to personally thank and commend all school board and staff members who continue to exhibit a total commitment to educating our young people.

The 1985-86 school year for the Lake Forest School District promises to be most exciting. Throughout the summer, a significant amount of planning and prioritizing has taken place involving the administration, teachers and school board. As you may or may not be aware, all across the school district there appears to be a growing expectation for improved academic performance.

Consistent with this expectation, I wish to highlight and re-emphasize that a higher standard of academic achievement will be guided by school district goals and objectives now under consideration by the school board.

The need to renovate each one of our school district buildings, as well as acquire all available state equalization funds ranks high on the list of priorities. Both needs can be met by passing a late autumn referendum with your support. Be on the lookout for more information on these critical topics.

Additionally, the professional contribution of all involved in the on-going renewal of curriculum, will I'm sure, have a beneficial effect upon the pursuit of educational excellence in the Lake Forest School District.

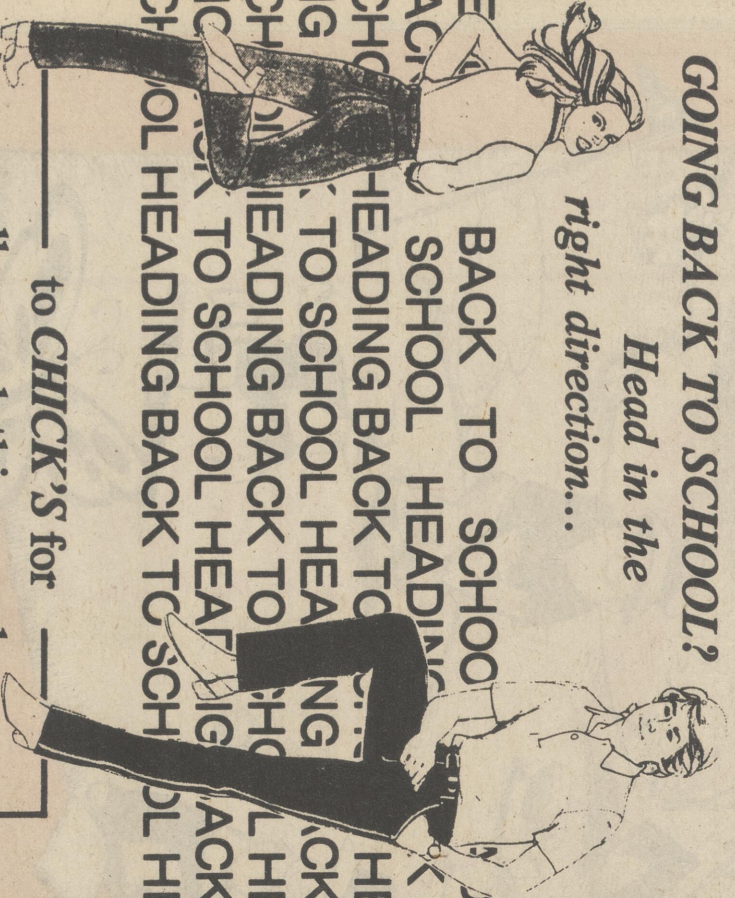
I look forward to additional activities which will call upon increased community involvement in the areas of educational need, interest, and concern. Best wishes to all for a safe and restful completion to the summer vacation.

Dr. Gerald S. Lytek

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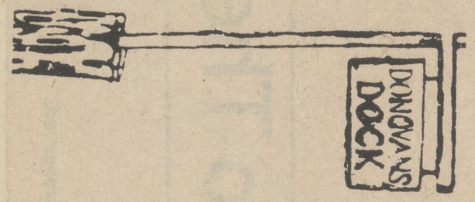


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News From Wesley College

As part of the new fall schedule, the Wesley College Office of Continuing Education will offer a non-credit course in conversational German. Geared for beginners, the course will focus on easily assimilated vocabulary and common German phrases. Participants will learn to competently converse with German speakers in everyday situations to include those involving travel needs, such as in hotels, restaurants, train stations, shops, etc. Some notes on contemporary German life and culture in the German speaking countries will be provided.

Mary Lou Soltyz, a former translator for the U.S. Department of Defense, will be the instructor for the course. Soltyz earned a master's degree in German from the University of Pennsylvania and has studied and traveled extensively in western Europe. She previously taught German in Philadelphia.

For more information on "Conversational German," consult the forthcoming Wesley College Continuing Education Fall Brochure or call 736-2484.

Delaware State College Registration

Delaware State College August 27-29 until 8 p.m. in fall semester registration for the Center for Continuing Education (736-5164), Class-September 11.

Lake Forest Lunch Prices

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Junior high school: 70 cents
High school: 85 cents
Breakfast is 40 cents in elementary schools, 45 cents in junior high schools and 50 cents in high school.
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September 6 ... Last Day of Registration
September 11 ... Last Day to Add Courses
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Milford Christian School

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FALL SPORTS

Lake Forest Gridders Set to Defend Title

By Harry G. Farrow Jr.

Defending Southern Division Champions Lake Forest Spartans are ready to defend their title on the gridiron this fall. Coached by Jim Fleming, who is in his 10th year of being the head coach, the Spartans enjoyed one of their best seasons last year. They were defeated in the State play-offs by Claymont. Fleming has 15 veterans returning and seems to be deep at all positions. At quarterback, Fleming will have three seasoned candidates at that position with Rickie Brown, Steve Sipple, and Tony Noble. "Brown started a couple of games for us last year and we were pleased with what we saw," said Fleming. Sipple played tight end. Coach Fleming will have three running backs to choose from to run the "Veer Offense". With the Veer

there are two running backs behind the quarterback and Fleming has a big breakaway threat in Lionel Dixon who scored 6 TD's last year and rushed for over 600 yards last season. So... Fleming has high hopes for Dixon. With Donnie Bell the Spartans possess one of the quickest runners in the conference. He scored over 200 yards in the playoff game against Claymont last fall. Wendell Watson will be the other back, Fleming can use. "We have a good little running back coming up from the JV. He showed me a lot last year, and I feel he will work in with the team", said Fleming. In Steve Sipple and Mike Wingo the Spartans possess a couple of seasoned players with sure hands. Sipple can catch the ball and tote it for miles. At wide receiver, Alfred Chester, Scott, The JV

Lake Forest Hockey Team Prepares to Defend as Henlopen Conference Champions

by Harry G. Farrow, Jr.

The Spartan Hockey Team turned a 10-2-2 season last year under head coach Pat Dyal and Assistant Coach Dave Adams. They were the Henlopen Conference Southern Division Champions. "We have lost 9 seniors... which will hurt us a great deal. This is the year for rebuilding", said Adams. The Spartans will have 4 seniors returning, 8 sophomores and several freshmen will be trying to make the varsity "...or at least get some playing experience", said Adams. The Spartans had a host of super players who graduated. They were Andrea and Angela Molohan, Karen Sipple, Beth Reed, Nancy Hebler, Pam Butler, Lizzy Watkinson, Roberta Ricker, and Laurie Arrington. "It was a powerful team...one of the best we have fielded in recent seasons", added Adams. [Continued on page 5]

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Lake Forest Soccer Team to Have Veterans Returning

by Harry G. Farrow Jr.
Coach Dave Buck, a veteran himself at the coaching ranks for Lake Forest, will have a large number of veterans returning to the 1985 squad. Coach Buck hopes to improve over last year's record of 9-6-1.



have a real good season based on the returning players," said Coach Buck. Last season Lake Forest Spartans finished fourth in the Conference which is not divided in north/south. But if you look at the roster of teams, we were first over the so-called southern teams," added Buck. Lake Forest ended the season last year very strong. "We finished out the

SOCCER

On offense Buck will use the standard three man forward type offense.

In the returning squad will be veterans Kenny Orick and Jeff Dixon at halfback. Billy Betts, Dana Wright and Bryan Hughes will be at fullback. The sixth starter from last year will be Kyle Kelley who fields the forward position. "Conference winner last year was Dover, but they have lost a lot of their players to graduation. GR will be tough, but we should

Blades Set to Prepare Cross

Country Harriers

by Cathy Hickman
The Lake Forest Cross Country teams headed by coach Jim Blades begins preparation on August 19 at 6 p.m. at the Lake Forest High School for another successful season.

Blades, who is the winningest coach in LE history will try to improve on an 8-1 record last year.

Ruth Ann Minner

Senator 18th District

I wish the Lake Forest students and teachers a successful school year!

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When Your Child Starts School

(Continued from page 7)

With a firm, patient, reassuring handling of the child by parents and teachers, usually the child will soon feel comfortable away from home and will make new friends and learn some in-



"Test going to school as part of the normal course of events. Don't argue the issue of school attendance; it is required by law."
•Let your child settle the quarrels or difficulties that many arise with school friends.
•Help your child cope with occasional frustrations and disappointments at school. Learning to cope with all kinds of experiences is important to development and helps to prepare for the

stress of life. Avoid comparing this child's school experiences and how brothers and sisters or neighbors did when they began school. Each of us is different and we meet



interesting exciting things. What is important for the child's emotional health is that, having mastered a new challenge - with support from others - the youngster has helped build his or her own feelings of self-confidence and security.



each of life's turning points and challenges in our own way."
•Think of yourself as supporting and helping your children's development - not as protecting them from a world about which they must learn.

Lake Forest Teacher-of-the-Year Nominee



Mrs. Cynthia Kramer, a 4th grade teacher at East Elementary in Proctorville has been named the district's candidate for the 1986 Delaware Teacher-of-the-Year. Photo by HGF

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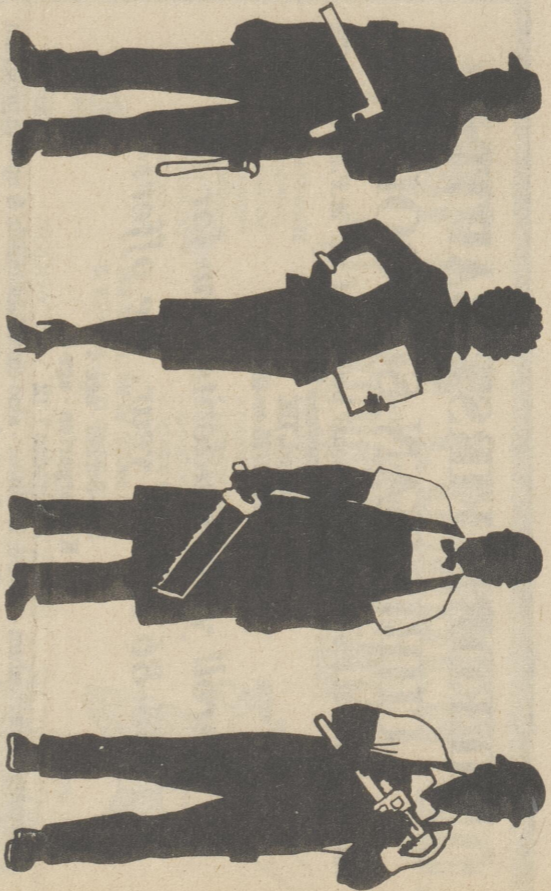
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Blades Set to Prepare Cross Country Harriers

(Continued from page 4)
 team. He has in Mark Tozer, one of the best runners in cross country boys team were runner-up to Cape Hanloper in the Henlopen Conference. They were first in the county championship and third in the Division II state meet.

Although Blades is known to produce winners and always somewhat optimistic about his seasons, he recently said, "We lost four of our starting seven to graduation, and I know the kids are going to have to work hard in order to win the conference."

Those lost through graduation were such standout runners as Mike Melvin, Danny Haines, Kevin Pelton and Mark Whidden. "It's going to be hard...real hard to replace this caliber of runners," said Blades. "Blades sees three runners as the nucleus for this year's shot," said Blades.

Lake Forest Hockey Team

(Continued from page 3)
 Returning this season will be Dana Adams, Lori Wilson, Teresa Taylor, and Kathy Carlson. The eight sophomores which include Kelly Adams, Afrisia Bell, Paige Parker, Mary McGuire, April Knight, Amy McClements, Tammy Robbins, and Jenny Fiblekorn.

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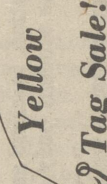
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Country Harriers

The four starters returning this year are Kelli and Melanie Pelton, Lori Wilson and Shiraine Goodman. Blades will share Wilson with the hockey team.
 Coach Blades is hoping for a good turnout on Monday, August 19 which is the first official practice session. He said he had sent seventy-five letters to students in the district in an effort to stimulate some interest in the team. Blades concluded by saying "...no team in the conference will be coming into the season with a lot of season returnees. So I think from that standpoint we should all be on equal footing."

If you're interested in running cross country for Lake Forest show up on the nineteenth of August at 6 p.m. at the high school.
 Adams, Lori Wilson, Teresa Taylor, Kelly Adams, Paige Parker, Amy McClements, Tammy Joe Robbins and Jenny Fiblekorn.

Anyone interested in playing Hockey for Lake Forest this season should show up at the High School on August 19th at 8:00 a.m.

corn. The freshmen who are preparing are Tracy Hughes and Edith Senter. The two who played JV last season and have a chance of making the team are Malora Bennett and Jodi Jensen.
 There are 13 scheduled to attend a hockey camp at Rising Sun, MD for a week in August. They are Dana Robbins, and Jenny Fiblekorn.

Good News for Students Heading Back to School

The continuous influx of new material speeds up forgetting, so we can expect that, after several hours of concentration on new material, we'll forget most of what we learned during the first hour. Study habits should be scheduled with that in mind.
 We know that most forgetting occurs immediately after learning. On the other hand, if steps are taken to remember something the day after it's been learned, chances are it will stick with us.
 We know the cramming is relearning. Realizing this, the student can prepare a more productive cram session.

Reviews, timing the review to offset the curve of forgetting, consolidation of material—these are some of the other keys in the process used to impress the mind with the material learned and needed to retain.
 If done properly, the mind will retain the material...in some cases indefinitely. Knowledge of this process can serve well in school and will be a life long asset in other areas.

It is a step-by-step plan designed to help students retain classwork and pass their exams. (A comforting thought that all students returning to school would like to take with them.)

Back to School With Music: The Benefits are Lifelong



School music programs offer more than meets the ear. For pre-school, elementary and high school children, learning to play an instrument can sow the seeds of a lifetime of personal growth and pleasure.
 For parents, music offers a valuable means to develop a closer relationship with their children.
 Moreover, education experts agree that the earlier children are introduced to music the sooner and better they will benefit from it. It can be a vital outlet for a child's self-expression.
 Parents, too, according to a recent national survey, rate music as one of their interests.

Music can be a source of greater harmony with your child. The whole process of self-discipline, patience, expansion of horizons and enjoyment as major reasons for introducing their children to music.
 Shirley Strohm Mullins, a pioneer in school music education and a consultant to the instrument manufacturer and marketer G. Leblanc Corporation, says that music studies combine culture and science with creativity, dexterity, poise, and self-confidence. It's no surprise, she says, that most of the top students in schools today list the ear.

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