# February is Heart Month - See Page 10 for heart healthy tips

# The Harrington Journal.

Wednesday, February 28, 1996 • 79th Year, Vol. 33

To Subscribe Call 398-3206



Margaret Russ is shown here at work in the cafeteria of the Lake Forest South Elementary School. Photo by Carol Ann Porter

# **Heartbeat - Survivors**

By Carol Ann Porter

During the month of February, The Harrington Journal has featured personal profiles on area people who have suffered heart attacks or strokes, as well as people who have undergone open heart surgery and/or angioplasty.

Last year, four area people were profiled in our February issues. They are all doing well and an update on each follows:

**Burton Satterfield - According** to Mr. Satterfield's wife of almost 56 years, Madalyn, reports that her husband is doing as well as can be expected for what he had undergone. "He is holding his own and doing fairly well," said Madalyn.

Mr. Satterfield, who turned 77 on Feb. 27, underwent open heart surgery twice and had a pacemaker

Every three months, Mr. Satterfield attaches his telephone to a Medtronic Teletrace Transmitter which transmit signals from the pacemaker through the telephone line to a computer at the other end. This gives his pacemaker a check-

Jack Sapp - "I still feel pretty good," said Jack Sapp. He is under quite a bit of stress right now because both his parents are very ill. "I have seen my doctor, and I have discussed how this could affect my heart," said Jack. His doctor put him on a different type of medicine, and he seems to be doing quite well so far.

See Heart on Page 2

# A Salute to Black History Month in

The observance of Black History Month occurs during the month of February. It is a period that has been set aside for historical perspective, a frame of reference used to judge events and leaders and movements. It is a time set aside to give a clear view of yesterday, today and tomorrow in the lives of black Americans.

The Harrington Journal honors and acknowledges those fine men and

By Carol Ann Porter

She was raised in Harrington on the corner of East St. and the Fairgrounds Road. Her family believed in hard work and plenty of love, and Margaret Russ, 48, of Harring-ton, has lived by that rule most of

She is a single mom with four sons, Charles, 26, Chad, 19, and twins, Jonathan and John, 14. Although Margaret is single, she still believes that her sons should have a relationship with their dad....and

"I let them know that their fa-ther is there for them," said Mar-garet. "I think it's important for them to have a father figure in their life. There are no hard feelings between their father and me, and just because our relationship didn't work doesn't mean that theirs doesn't have to," she said.

women who have been the courageous movers and shakers of this nation's

There are many black Americans in this area who emulate the spirit and tenacity of these great people, and they give us all the incentive to meet the great challenges of the future. One such black American that The Harrington Journal is honoring during this special month is Margaret Russ.

Margaret's parents, Ward and Margaret Russ, are both deceased. But they left a legacy behind that Margaret and her three sisters will Their father worked for the rail-

road, and their mother was a cook. It was very important that the girls get their education and eventually

She recalls growing up in Harrington as a fun time. "We may have been poor, but I didn't know it," said Margaret.

They all had their chores to do at home. They raised pigs, chickens and ducks, and they all had to be fed before the girls got off to school in the morning.

There was wood to be brought in for the wood stove and ashes to be taken out. "I swore that when I grew up I would never have a wood stove," laughed Margaret.

She started working with her mother at People's Restaurant when she was 13. "I would stand on a milk crate and wash dishes after school to help with the finances at home," said Margaret. "When I was 15, I got my working papers, and then I did whatever was needed," she said. "We shared the money at home.

On Saturdays, Margaret recalls shopping at Mr. Woody Welch's store or Harold Melvin's store downtown. "I also recall Sam Short's Clover Farm Store," said Margaret. "But the best part of Saturdays was when the Bond Bread man would arrive at their door. "I can still taste those sticky buns and donuts," laughed Margaret.

And, of course, the milkman left bottles of cold milk on the porch to go along with the baked goods.

See History on Page 2

# INI buys

Seven publications in Kent and Sussex counties will change ownership on March 1. Chesapeake Publishing Corporation is selling its Southern Delaware operations to Independent Newspapers, Inc.

Independent Newspapers, Inc. is purchasing four more community newspapers: The Leader, the twice-weekly newspapers in Seaford; The State Register, the twice-weekly in Laurel; plus the Milford Chronicle and the Harrington Journal, both weeklies. Also included is the Delmarva Shopper, Sussex County's Spotlight on Real Estate, and the Southern Delaware Business Led-

Independent, a Delaware-based company, already publishes the Delaware State News in Dover; the Daily Whale in eastern Sussex; the Sussex Post in central Sussex; the Delaware Business Review; Central Delaware Business Review; and Sussex County Business Review, as well as the Airlifter under contract with Dover Air Force

Tom Bradlee, president of Chesapeake, said Chesapeake has been trying to acquire additional newspa-pers in southern Delaware for years and has been unable to do so. "We finally had to face the reality that we weren't going to be able to grow our presence in southern Delaware. In today's market environment it's very beneficial to readers and advertisers when you can network publications together.

"The fact that INI has publications in Dover, Lewes, and Millsboro will make this a very attractive newspaper group in southern

See Journal on Page 2

# Area high school students "College-Bound" According to Callaway, the first

By Amy Fleming

Parents, if your children are college bound, help is available. Monthly meetings are now taking place at Lake Forest High School to aid students and their parents in

the process of choosing a college. On Monday, January 29, students and their parents gathered in the Lake Forest High School cafeteria to discuss and pass around ideas about what steps to take to pick the ideal college. Jim Callaway, LFHS senior parent, spoke on his experience with helping his child in his decisionmaking. He described the process stressful, but fun" and emphasizes parent participation.

thing to remember is to start early. Most people begin in junior high school; choosing classes that would help the child in college preparation. The next thing Callaway found helpful was to talk to parents who had been through the procedures before. "Talking to veterans will give you an idea of what to expect," explained Callaway.

After speaking with other parents, talk to your child. Read and research schools with them to determine what type of programs that interest them. Then, set bounds for the type of school, the kind of environment the child would do well in and the distance from home that would be comfortable for the child. (Don't forget to twist the arm of the child to find out what their interests are!)

Next, parents should sit down with their child and set up a time line. Start scheduling visits to the colleges, calling ahead to make

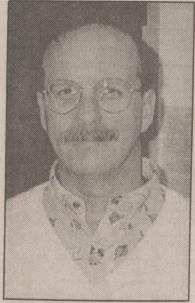


In top photo, Kay Buck, a co-sponsor of the "College-Bound" program at Lake Forest, is shown here looking over handouts with junior Destiny Kerstetter at a recent meeting. In bottom photo, Patrick Gleeson and his son, Patrick Jr., also a junior at Lake Forest High School, found the first "College-Bound" meeting to be both helpful and interesting. Photos by **Amy Fleming** 



# Headin' south

The Lake Forest cheerleading squad is leaving for Orlando, Florida on March 7 to participate in the National Cheerleading Competition. The team has raised part of the funds needed for the trip, but because of two the blizzards, they were forced to cancel a couple of scheduled fundraisers. Anyone wishing to donate may call Nikki Ferguson or Chantell Scott at 284-9291. Shown here, back row, left to right, Corie Roy, Sasha Thompson, Laura Perry, Sarah Bedwell, Lindsay Morris, Tracy Hayward, Lyndsey Harper and Andrea Gray. Front row, left to right, Palma Salerno, Mandy Harvath, Aimee Voshell, Gayle Hayward, Kerry Bish, Miranda Taylor, Amy Wright and Destiny Kerstetter. Read more about the cheerleading squad on Page 4. Photo by Carol Ann Porter



Senior parent, Jim Callaway, described the process of picking a college as "stressful but fun" as he addressed parents and students at a recent "College-Bound" program.

appointments and remembering to spread them out. After comparing the schools using the outline shown below, begin to make a

In an effort to make the best choice possible, take the time to talk to the admissions office at the See College on Page 4



Business.....Page 3 Education.....Page 4 Index Journal People....Page 5 Church.....Page 6 Sports.....Page 7 Classifieds.....Page 8

# Journal - (Continued from Page 1)

Delaware. This was a very tough decision emotionally, but we know it's a good move for our company and our people in southern Dela-

Southern Delaware's publications comprise Chesapeake's smallest division. The majority of their newspapers are in Maryland where Chesapeake owns 25 publications with printing plants in Easton, Elkton and Waldorf. Chesapeake also owns 16 publications in Virginia including the Virginia Gazette in Williamsburg, one of the oldest newspapers in the country.

Independent president, Tamra Brittingham, said the company is delighted to be able to acquire Chesapeake's southern Delaware

"This is exciting," Brittingham said. "We'll have a stronger market position. Some of the synergies, such as combined printing facilities and shared news databases, will enable us to continue to keep prices down and serve our readers and advertisers even better. Plus, these are fine papers and we're looking forward to welcoming some very talented newspaper people into our

Brittingham said no personnel or product changes are planned, except for some realignment where the business newspapers currently

overlap. "Chesapeake has developed some fine people who are serving these communities well. And we won't change much about the local products, except to make more resources available to them through their new sister papers. We'll be able to serve both readers and advertisers better," she said.

"We intend to seize this opportunity to make this one of the finest group of community newspapers in the country," she said. "And we're going to have a lot of fun doing it.'

The combined distribution of the publications in Delaware and neighboring Maryland will exceed 150,000 with estimated readership of over 350,000.

Independent, which started in Delaware, is an unusual enterprise. While the company itself is a normal tax-paying for-profit company, it is owned by a non-profit holding company. As such, the company will never be sold, and all after-tax profits can be reinvested in the company's journalistic mission.

In addition to the Delaware newspapers, Independent also publishes newspapers in Arizona, Florida and Maryland. The Maryland papers include the Daily Banner in Cambridge, Md., the Salisbury News and Avertiser, the Lower Shore Business Review, and the

# Heart - (Continued from Page 1)

He still walks most days except when the snow covers the ground. Sapp is 56 years old now and is having a great time with his 17-

month-old grandson, Jeffe Austin.
"It will be 10 years in August since my surgery," said Jack. He recalls when the doctor told him he wouldn't live to see Christmas that year if he didn't do something right

But because he underwent the quadruple bypass surgery, he has enjoyed 10 Christmas holidays.

Florence Nalbone - "So far, my pig valve is doing great," said Florence Nalbone, 72, of Harrington.

She still babysits for her grandchildren when she is needed, stays fairly active, and her doctor has told her she is doing great!

In 1993, with a badly damaged aortic valve, Mrs. Nalbone chose to have it replaced. The big decision was.....with what? Would it be an artificial valve or a valve from a pig? She chose the latter. Her decision to have the pig valve re-placement was based on the fact that with the pig valve she would not have to continue having blood work done or be on medication for the rest of her life.

The only drawback was the fact that they usually only last for about

10 or 12 years.
"At that point, I'll be in my eighties, and then I will have another decision to make," she

Donald "Dee Dee" Derrickson - "I feel fine, and the doctor tells me to keep doing what I'm doing," said 67-year-old Derrickson.

He underwent open heart surgery on Sept. 1, 1994, and was doing well until a couple of nights before the Harrington High School Alumni Banquet in May of 1995.

He had everything prepared for the 1995 banquet when he suffered another episode with his heart. He was in the hospital, but this year he's back doing the same thing he's done for the past 27 years.

Derrickson is a member and volunteer of many local organizations including the Harrington Heritage Day Committee and the high school alumni association.

He has served as the Executive Vice-President and Treasurer of the alumni for the past 27 years. "It's like a full-time job," smiles Derrickson. "I really don't have time for too many other things," he adds. "Except the Delaware State Fair." His catheterization to determine where his blockage was was postponed until after the 1994 Delaware State Fair had left town.

Free School and the Association of

Independent Colleges and Univer-

"Medicine and Health Issues"

will be front and center in a course

facilitated by William Sharkey, Jr.,

and Gerald Spellman who are both

closely associated with the Academy. Mr. Sharkey serves as Program

Coordinator for the Academy and

Spellman is the chair of the Academy council. Guest speakers

will address medical trends, health

care coverage, options, costs, insurance, and the latest informa-

tion on eye care for the older

The glory of the Hermitage museum in St. Petersburg, Russia

will serve as a focal point for a

look at six of the Romanov Tsars

horseman

'Daddy's hands were soft and

kind while I was cryin', Daddy's hands were hard as steel when I'd done wrong, Daddy's hands

weren't always gentle but I've

come to understand- there was always love in Daddy's hands."

I often think of this song by

Holly Dunn from years ago. It reminds me of good, fatherly men,

like my dad or the below mentioned- Eddie Davis. It not

only takes a bright, talented person to be a success, but the person

must have the special hands to

carry out the duties it takes to

complete the tasks. Like my father, Eddie Davis has put his hands to

use in many significant ways.

His name is plastered on the

covers and sports pages of local

and nationally-read newspapers

**Are your** Kitchen Cabinets

**Dull, Worn Out or** 

**Tired Looking?** 

We renew most Kitchen Cabinets for

UNDER \$400.00\*

Let Kitchen Tune-Up

cover those nicks &

scratches and put the

lustre back into your

cabinets, furniture, or

any wood surface.

"Now in over 300 locations in the

U.S. and Canada."

Most Kitchens under \$400\*

Kitchen

The Wood Care Specialists

See Davis on Page 7

and hero

**Eddie** 

Davis -

By Amy Fleming

See Academy on Page 3

sities of New Jersey

# History - (Continued from Page 1)

Christmas time was a neat time around the Russ household. "And our birthdays were really neat," said Margaret. She said that they always received a special gift and had a special dinner prepared just for them.

"There was plenty of food and plenty of clothes," said Margaret. They may have been hand-medowns, but we didn't know it, and we didn't care," she said.

"Nowadays, everything has to have a famous name attached to it," said Margaret. "My kids knew that if they wanted those special namebrands, they would have to work

And they did. Chad went to work when he was 14, saving money and eventually buying a truck of

He is in college now, doing very well for a student who started in the learning center at school.

The importance of education was another trait passed down through the Russ family.

Margaret began her education at Pierre S. DuPont, a segregated school, on Mispillion St. in Harrington. She attended there until sixth grade, then she was bussed to William Henry School in downtown Dover, another segregated

When it came time for Margaret to enter the twelfth grade, she found out that she would be spending her senior year at Harrington

The feeling was that of sheer devastation," said Margaret. "I had planned to graduate with my friends at William Henry, and now I had to get used to a whole new system and all new people," she

But after Margaret started her senior year at Harrington, she found that it was not as bad as she thought it would be. "I made new and lasting friendships," said Margaret. She recalls some as Raymond Poore, Margie Hobbs, Denise Callaway, Billy Abbott, Erwin Rogers, Jimmy Rash and many

"I was a little scared at first, but I soon found that people judged me not by my skin color, but they judged me for myself,"

There are many teachers who stand out in Margaret's mind. She recalls teachers such as Violet Testerman and Sarah Webb. And she also recalls the cafeteria personnel, especially Hazel and Lydia Johnson. "And I remember the Hobbs brothers driving the school bus. They were great," she smiled. "They transported me when I was a senior and then carried my children

After graduating from Harrington High School, Margaret joined the Job Corp and went to Poland Springs, Maine for eight months to train for a career as a clerk-typist.

When she returned to Harrington, her dream was cut short because her parents were both ill. She took care of them and worked parttime at People's Restaurant in Har-

This young, single mother was working sometimes six days a week, nursing her parents and raising her sons. She would come home from work, cook dinner, do her household chores, and then up early in the morning to start again.

'The church was a very important part of my life," said Margaret, who is a member of the Metropolitan U.M. Church in Harrington.

Again, remembering her parents, Margaret said that her parents always stressed that there was a time to be a born, a time to die, a time for everything, and God had a plan for everyone.

After working part-time for the Lake Forest School District, sometimes as a substitute teacher and sometimes in the cafeteria, her big

She was offered a job in the cafeteria at the Lake Forest South Elementary School. "I thought, what a big accomplishment for me," said Margaret.

She would cook all day at school and then go home and cook at night for her family. She loved having her summers off and would work part-time other places to compensate her income.

It was rough, but Margaret made it, and she's still making it.

"I owe a lot to my church," said Margaret. When talking about education, Margaret mentions the fact that if it were not for the tutorial program at her church, Chad would probably still be having a hard time in school.

"He was in the learning center at school, but he was very determined," she said. "He's not one to get in a rut and stay there. He's always working to pull himself out," she added.

She said that the twins are also very hard workers, and she thinks they well do well in school.

Margaret said that when the church doors are open, she is there. She is a church school teacher, sings in the choir, volunteers cleaning the church and is a chairperson of the administrative board. She is also a worship leader and lay speaker. "If there is someone sick, I try to help them," she said. "When there is a funeral, I try to be there.'

She is also a member of the Harrington Historical Society and helps in the tutorial program on Monday and Wednesday at the church. She attends prayer services and still manages to have dinner ready for her boys after all of that.

Hard work and love.....that's the answer according to Margaret Russ. "I modeled my life after my parents, and it has paid off," she said. "My mom always treated people like she wanted to be treated,' said Margaret. "Now dad wouldn't take anything from anybody," she laughed. "Whatever came up, came

Margaret said she wouldn't advise anyone to be a single parent, but if it happens, make the best of it like she did.

You don't need to be a parent until you are a little older," she said. "Get your education, go to

Even though Margaret has a family of her own, she says her church family is very important to her. "When one gets hurt, we all get hurt," said Margaret. "We pray together, cry together, and fight to-Then she added that she and her

sisters are very close. "We may not be together all of the time, but in time of a crisis, we know where to find the others," she said. One of the most important

words taught to her by her parents was "respect."

"My father always told us that we never know who we might have to ask for something," she said. "He said that we might be at the top one day and down at the bottom of the ladder tomorrow and have to ask for something, so don't

forget to respect people."

"I'm glad I took care of my parents while they were here," said Margaret, who added that many children push their parents off into a nursing home and forget about them. "Your parents were good enough to take care of you, and you need to return the favor to them" she said. "You only have them once, and I miss mine."

Margaret said that many times when she is having a problem, her mother comes to her in a dream. "And then everything is all right," said Margaret sadly.

"It's hard being a single parent, but it's even harder being the only female in the house," she laughed. "But they know I'm the boss!"

# isiting

Mike Junck, DVM

House Calls Only

Limited Veterinary Practice Dogs • Cats • And Teddy Bears Only (302) 945-2767 (800) 663-6161 (from Kent County)

# The Harrington Journal

P.O. Box 239, 110 Center Street, Harrington, DE 19952

A Division of Chesapeake Publishing Corporation Established 1915

> Ronald S. MacArthur, General Manager Carol Ann Porter, Editor Jerry Miller, Advertising Manager Karen F. Welch, Composition Manager Julia Millionie, Advertising Representative

Main Office -- 398-3206 • Fax 398-3824

The Harrington Journal, a division of Chesapeake Publishing Corporation, is published weekly. Office of original entry, Harrington, DE 19952-9998. Postmaster: Send address change to: The Harrington Journal, P.O. Box 239, Harrington, DE 19952. Annual subscription rate are \$15.00 in State, \$17.00 Out of State; Sr. Cit. \$13.00 in State, \$15.00 Out of State. All subscriptions must be paid in advance. (302)398-3206.

# Academy of Lifelong Learning classes begin March 5

Spring semester for the Southern Delaware Academy of Lifelong Learning is scheduled to begin March 5 and to continue through May 9 at the Virden Center in

Lewes. New courses being offered this spring include "Human Sexuality". It will be taught by John P. McGough who has offered this course at the Academy of Lifelong Learning in Wilmington to great acclaim. Mr. McGough is the retired president and CEO of the J.E. Rhoads & Sons in Newark, and holds a B.A. degree in psychology from DePaul University and an M.A. from Montclair State College, with additional graduate work at the New School for Social

Research, New York, NY.

In a presidential year, a course on the presidency and its history taught by Howard Maxwell of Rehoboth will be most topical. Dr. Maxwell received his doctorate from the University of Michigan and an M.A. from Harvard Univer-

sity. He has served as president of Girard College, the Williamson

Vouchers

We Also Sell Delaware

Ron's Market We Accept MasterCard VISA - MAC 5% Senior Citizens Discount on Harrington Shopping Center Wed. & Thurs. We Accept Food Harrington, DE · 398-4314 Stamps and WIC

Mon. - Fri. 8 a.m. to 9 p.m. • Sat. 8 a.m. to 9 p.m.

Sale Effective: Feb. 28 - Mar. 5

### **MEAT SPECIALS**

Cook's Ham

**Shank Portion** 



Butt Portion

Whole Chicken \$1.09 lb. Fryers 69¢ lb.

Bnls. Full-Cut Round Steak	\$1.89 lb.
Beef Cub Steaks	\$2.39 lb.
Bnls. Pork Loins	\$2.69 lb.
Bnls. Center Cut Pork Chops	\$2.99 lb.
RichFood Smoked Picnic Shoulder	79¢ lb.
Cut Up Fryers	79¢ lb.
Gwaltney Bacon, 1 lb.	\$1.39
Gwaltney Chicken Franks, 1lb.	99¢
Gwaltney Bologna, 1lb.	99¢
Fresh Ground Round	\$1.89

**DELI SPECIALS** 

Cooked Ham \$1.99 lb.



6" Italian Subs \$3.49 lb. New Yorker Pepper Cheese

**FROZEN** 

Banquet Extra Helping Dinners, 17 oz. \$1.89 \$1.59 Birdseye Value Size Mixed Veg., 28 oz.

Hanover Yellow Sweet Corn 99¢ 16 oz.

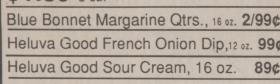
VanDeKamp Breaded Fish Sticks, 12 oz. VanDeKamp Breaded Fillets, 12-25 oz. Lender's Big & Crusty

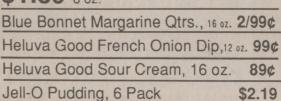
Bagels 99¢ 15 oz. Dairy Fresh Ice Cream, 1/2 Gal. \$1.59 So Dri Towels

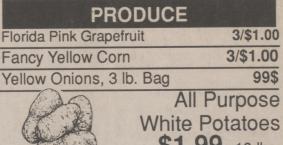
DAIRY

Kraft Cheddar Cheese \$1.39 8 oz.









\$1.99 10 lbs.

California Carrots

Seedless Grapes Red, White, Black 99¢ lb. 2/\$1.00 116

**GROCERY** Lipton Soup Mixes, 2 oz. 89¢ Lipton Noodles & Sauce, 4 oz. 89¢ Lipton Rice & Sauce, 4.5 oz. Lipton Tea Bags \$2.29 100s

Golden Salute Pastas 89¢ Sunshine Cheez'-It 10 oz. \$1.49 Maxwell House \$1.99 Bag Coffee 12 oz. Dove Dish Liquid, 22 oz. Charmin Ultra White Toilet Tissue, 12s \$3.49 Taco Bell Taco Sauce, 8 oz. Taco Bell Taco Seasoning Mix 1.25 oz 2/\$1.00 Taco Bell Shells, 12 ct. \$1.49

Hi-C Drinks, 10 Pack \$2.49 2/\$1.00 Pure & Sweet Sugar, 4 lbs. \$1.49

Cuddles Ultras, 18-26 Ct. \$4.99 Post Super Golden Crisp, 18 oz. \$3.29 Smuckers Grape Jelly, 2 lbs. \$1.49 \$4.49 Sanka Instant Coffee, 8 oz. Nabisco Premium Saltines, 16 oz. \$1.59

Sunkist Orange, 12-12 oz. Cans \$2.99 A & W Root Beer, 12-12 oz. Cans \$2.99 Utz Potato Chips, 6 oz. \$1.09

Charles & Diana 284-8955

Franchise Owners 800-995-8558 Call Anytime

VET CO

# **Business**



This weather is beginning to look like Spring is on its way....at

Following is an ordinance re-cently passed by Council concerning the disposal of trash and the control of grass and weeds. It is Ordinance No. 95-11.

An ordinance amending an ordinance and all amendments relating to the disposal of trash, rubbish, weeds and other waste material.

WHEREAS, no person, firm corporation or other legal entity shall permit weeds to grow in excess of twelve (12) inches or grasses to grow in excess of six (6) inches, or refuse, rubbish, trash or other waste material to be placed or to accumulate upon land or improved premises or upon any street, alley, sidewalk, or public way within the City Limits so as to create a nuisance detrimental to adjoining property or the health or safety of other persons, and

WHEREAS, all trash, refuse, rubbish, or other waste material shall follow the following rules: a. Ready for collection by 6:30

a.m. on Friday.

b. Flowers, grass, weeds and leaves in containers or plastic bags.

c. Limit 6 bags or containers (maximum 30 lbs. each) or equivalent thereto, per pick-up, placed at curb.

d. All containers must contain lids and bags must be tied.

e. Containers and bags must not be contained within a fenced or boxed in area. f. Containers must be removed

from curb by midnight after trash pick-up. Tree trimmings cut and tied

in bundles of a maximum of 3' in length.

h. Items such as: furniture, large appliances, tree stumps, rocks, sod, bricks, tires, boards, iron, paint, petroleum products, auto batteries and trees will be picked up for an additional charge and arrangements must be made directly with the contractor NOT the City, and

WHEREAS, no person, firm, corporation or other legal entity shall bury or burn any refuse, rubbish, trash or other waste material within the City Limits of Harring-

### Academy

(Continued from Page 2)

who built the Winter Place and the art collection housed there.

These courses and many more are available for those at least 50 years of age. For a catalog or more information, call the Academy office at 645-4111.

ton so as to create a nuisance detrimental to adjoining property or to the health or safety of other persons. In any event no refuse, rubbish, trash or other waste material shall be burned or buried within the City Limit of Harrington unless a permit therefore is obtained from the City Manager pursuant to standards established by the City

Council, and WHEREAS, it shall be unlawful for any person, firm, corporation, or other legal entity to bring into the City and deposit upon any street, alley, public way, or private property any garbage or refuse not generated by a residence or business located within the City limits of Harrington.

THEREFORE, BE IT RE-SOLVED, if within five (5) days after due notice by the City Manager to any person, firm, corporation or legal entity guilty of a violation of this ordinance, such weeds, grasses, refuse, rubbish, trash or other waste material are not removed, such person, firm corporation or legal entity shall be guilty of a misdemeanor and upon conviction shall be fined not less than \$10 or more than \$100 for each offense each day of a continuing violation will be deemed a separate offense. In the event such weeds, grasses, refuse, rubbish, trash or other waste material are not removed by the required time the City Manager may cause such weeds grasses refuse, rubbish, trash or other waste material to be removed. The City Manager may incur any firm, corporation or other legal entity guilty of such misdemeanor. No civil liability shall attach to any act of any contractor or City employee engaged in carrying out this sec-

Repealer: All ordinances and parts of ordinances inconsistent with the provisions of this Ordinance are hereby repealed.

Please continue to watch out for our kids on the streets, say hi to your neighbor. Have a safe week and remember - if you are in need of help or have a question, please call me at 398-3530.

### ax Preparation 25 Years Experience Understand your tax return? We Clarify!

Call **Boyd Butcher Tax Time!** April [302] 398-3143 15 By Appointment Only

### OTES & NEWS from the Harrington Business Community

by Linda Chick

Delaware's first attempt at a primary went off with little hoopla, despite the best efforts of the state Republican Committee. Most of the candidates were off to the more populous Arizona, campaigning and debating their way to the presidency.

Of the front-runners, only Steve Forbes stomped the trail in The First State

Is this the reason citizens blessed Forbes with their vote? One hopes candidates win because their ideas are compelling and because they have gained the confidence of the electorate. But is this so?

Steve Forbes was catapulted into the public eye waving the banner for tax reform. His multi-million dollar advertising campaign bought him instant and crucial name recognition. Whether people agree or disagree with his message, they know his name. Steve Forbes has jumped the first hurdle in campaign strategy.

His message was largely aimed at everyday working America, although it is unclear what final benefit a flat tax will bestow upon this or any group. Still, a new approach to taxation that promises simplicity is a welcome thought.

The question is, was the thoughtful deliberation of voters the key to the Forbes victory in Delaware? Or was a massive advertising campaign in the media and the mails the reason Forbes came away with the votes? It is difficult to tell.

A second question concerns the rampant use of negative campaigning. Forbes sought to discredit Dole as just another politician. In doing so, he may have helped both himself and Pat Buchanan gain votes. This seems to be a tricky strategy and one that can easily backfire.

Excessive spending and excessive negativity are trends that bear close scrutiny. We must be sure that we are electing the best person for the job, and this is becoming increasingly difficult.

Further, we don't need to add any more negativity to an already unkind atmosphere. The real fear is that good people will actively avoid public office.

To be a candidate today demands putting family and career on the line. The media is relentless in pursuing not only misconduct, but simple errors in judgement as well. Lives can be destroyed; and public spirited individuals hold back rather than drag their families through a cruel

We need to be concerned, as well, with the message we send to children. Cruelty in the spoken and written word is just another form of

## Thomas Melvin elected to policy board

Thomas E. Melvin, immediate past president of the Delaware State Funeral Directors Association, has been installed as a representative to the Policy Board of the National Funeral Directors Association. The Delaware organization held its bi-annual installation of officers at the Sheraton Convention Center in Dover on Feb. 17. As a member of the Policy Board, Melvin will advise the NFDA national leadership on issues affecting the funeral service industry and consumers in Delaware.

Melvin has been a licensed funeral director since 1974. In 1990, he founded the Thomas E. Melvin Funeral Home in Harrington to serve bereaved families in Harrington and the surrounding Delaware and Maryland communities. In 1994, Melvin was named a

Certified Funeral Service Practitioner. This professional designation requires completion of a rigorous program of advanced education and community service.

The Delaware State Funeral Directors Association is an organization whose mission is to enhance the professionalism of the funeral service industry and promote quality service to the consumer.

DSFDA officers installed for the 1996-98 term are: President, W. Cole Faries of Faries Funeral Directors, Dover; Vice-president, George M. Short of Short Funeral Services, Inc., Milton; Secretary, David E. Eames of Michael A. Mealey & Sons Funeral Home, Inc., Wilmington; Treasurer, Richard Watson, Jr., Watson Funeral Home, Inc., Millsboro.

Local Manufacturer's Rep for **NEW SOLID VINYL SIDING and/or** REPLACEMENT WINDOWS, CUSTOM KITCHENS, BATHS plus DECKS is looking for 10 LUCKY HOMEOWNERS...

at various sites for installation at drastic savings. We think it's good business to introduce our products in this way.

### 100% BANKING AVAILABLE

Call Today For More Information About This Unusual Offer

**|-800-873-6868** Ask for Bill

(CANTED) FRONT CURIO

Cherry finish

violence. Don't we have enough of that already?

There can be little nostalgia for the many injustices of "the good old days". But we do have to turn the clock back to a time of social gentility. We need to encourage political leaders to exercise civility and to cultivate a climate of kindness. Our society seems to be coming up short

# Federation Day set for May 2

Shoppers are invited to Federation Day on Saturday, March 2, 10:30 a.m. to 4:30 p.m. at Boscov's at the Dover Mall. This 13th annual event is the major fundraiser for the Delaware State Federation of Women's Clubs of Kent and Sussex Counties

Special booths scattered

throughout the store will offer attic treasures, books, plants, arts and crafts, and a country store. Raffle tickets may be purchased for a 50/50 drawing or \$100 shopping spree. A live auction will be held at 2 p.m. Entertainment and refreshments are also available.

**EXPERT TIRE** 

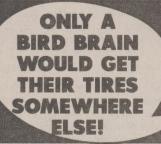
RADIAL

15.000 MILES

P195/75R14

P205/75R14

P215/75R14



**EXPERT TIRE ECONOMY RADIAL** 35,000 MILES



P15580R13 P18575R14 P19575R14 P20575R14 P20575R14 Tread design may vary. No dealers

**EXPERT TIRE** 

**ECONOMY IMPORT** 

40,000 MILES

155R-12

155R-13

P185/80R13 **EXPERT TIRE DELUXE RADIAL** 50,000 MILES

4 FOR '117 4 FOR \$139 185/70R-13 P175/70R-13 P205/70R-15 185/70R-14 P195/70R-14 195/70R-14 Tread design may vary

P185/70R-14 P215/70R-15 • Tread design may vary

P165/80R13

P175/80R13

RADIAL 70,000 MILES 4 FOR \$159 P185/75R-14 P195/75R-14

**EXPERT TIRE** 

512900

P205/75R15

P215/75R15

P235/75R15

Call for other sizes

### MAJOR MANUFACTURER OVERSTOCK!

UNIROYAL LAREDO WHITE LETTER P235/75R15....

BF GOODRICH TRAILMAKER® II WHITE LETTER

# \$69<sup>99</sup> FREE EXTRAS!

# Limited Mileage Lifetime Tire Care

Warranty See store for details

30 Minute Tire

Mountina

No payment for 90 Daystt No Interestt No Annual Fee

SOFA TABLE

Mirror Top w/Brass rim

Reg. Ret. \$329.95

Now Only

ExpertTire

2/32" of tread: FREE TIRE ROTATIONS FREE FLAT REPAIRS

For the life of the tire above

IN FREE ALIGNMENT CHECKS --With Tire Purchase

We also honor:

- Clip This Valuable Coupon! - -

Reg. Ret. \$389.95

OUR CASH PRICE

\$129.95

WITH

RECLINER

rif you do not achieve guaranteed mileage, ExpertTire will replace your tires on a prorated basis. Actual treadlife may vary. See us for written limited warranty. \*\*WE ARE NOT AN AUTHORIZED MICHELIN DEALER. ††Credit First Nationa Association. No Payment for 90 Days on qualifying purchases. No interest due on qualifying purchases if paid in full within 90 days. Interest at a fixed rate (21.84% APR); variable rate (18.55% APR as of 10/1/94 APR may vary), will be nposed from the date of purchase if not paid in full within 90 days. Minimum finance charge \$.50

# Everyday Discount Prices

103 CAUSEY AVE. • MILFORD • 422-4508

# FREIGHT (O. AND) Clip This Valuable Coupon =





20-PC. SET OF DISHES FREE

with purchase of any Bassett or Serta Mattress and Boxspring Set!

Bassett Mattress & Box spring

This is top of the line bedding and one of the best deals that we ever mape! These are all overruns, cancellations and close-out fabrics. This is one beck of a price on bedding,

complete with a warranty of one full year replacement at no charge.

\$589.95

\$729.95 \$859.95

\$1099.95

OUR CASH PRICE

\$259.95

\$309.95

\$399.95

\$519.95

SERTA MATTRESS & BOX SPRING

We Have The New 1995 Covers

We Absolutely Have The Best Prices On Bedding

SINGLE ... Reg. Ret. \$609.95.

DOUBLE... Reg. Ret. \$749.95.

QUEEN... Reg. Ret. \$889.95.

KING... Reg. Ret. \$1129.95...





HALL TREE

Mirrored

Back

Reg. Ret.

\$299.95

Our Cash Price

°139.95

5 Pc. DINETTE

Drop Leaf Table

ACTORY CLOSEOVII



4 Upholstered

Solid Natural

Oak Finish

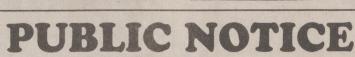
Reg. Ret. \$599.00

Our Cash \$149.04









Due to the closing of our Smyrna store because of poor building conditions, we have relocated a tremendous amount of inventory next to our Milford location. You can save 10-25% off!!! Stop by today for your savings!



### N.E. FRONT STREET • MILFORD • (302) 424-0180

Open Weekdays 10-8 • Saturday 10-6 • Closed Sundays We are a four-store chain not affiliated with any other stores.

Stores in Lancaster, York, Carlisle, PA, and Milford, DE To purchase by check you must have a phone number and valid Driver's License Not responsible for typographical errors • No Refunds • No Exchanges • Cash & Carry



Serta

TABLE LAMPS Only 500 to sell at \$19.00 each!

Double

Queen

King

Styles vary from shown: wood, metal and/or glass, 28"to 32" height. Reg. retail from \$79.00-\$109.00



\$119.95

\$149.95

\$199.95

OUR CASH PRICE \$149.95

OUR CASH PRICE \$189.95

OUR CASH PRICE \$249.95

OUR CASH PRICE \$299.95

# Education

# District Dialog

By Dr. James H. VanSciver **District Superintendent** 

In the November/December edition of CHANGE, Robert B. Barr and John Tagg have an interesting article entitled, "From Teacher to Learning -- A New Paradigm for Undergraduate Education." Theirs is advice for transforming education undergraduate programs.

However, while reading it, the reviewer will see lots of parallels between undergraduate and K-12 instruction. Please allow me to offer a few quotes.

"A paradigm shift is taking hold in American high education. In its briefest form, the paradigm that has governed our colleges is this: A college is an institution that exists to provide instruction. Subtly but profoundly we are shifting to a new paradigm: A college is an institution that exists to produce learning. This shift changes everything. It is both needed and want-

So it is with the experiences we share with our students here at Lake Forest.

We are beginning to recognize that our dominant paradigm mistakes a means for an end. It takes the means or method -- called 'instruction' or 'teaching' -- and makes it the college's end or purpose. To say that the purpose of colleges is to provide instruction is like saying that General Motors' business is to operate assembly lines or that the purpose of medical care is to fill hospital beds. We now see that our mission is not instruction but rather that of producing learning with every student

by whatever means works best." Again, excellent parallel for our

"The primary learning environment for undergraduate students, the fairly passive lecture-discussion format where faculty talk and most students listen, is contrary to

almost every principle of optimal settings for student learning. The Learning Paradigm ends the lecture's privileged position, honoring in its place whatever approaches serve best to promote learning of particular knowledge by particular

"The Learning Paradigm also opens up the truly inspiring goal that each graduating class learns more than the previous class. In other words, the Learning Paradigm envisions the institution itself as a learner -- over time, it continuously learns how to produce more learning with each graduating class, each entering stu-

What an excellent statement about the purpose of the educational experience and the mission for those guiding it.

A new paradigm for education, transferring the mission from instruction, the process, to learning, the outcome. And, both the teacher and the student benefit.

# Hard works pays off for Lake cheerleaders

By Nikki Ferguson, Coach

This year's Spartan cheerleaders have done an outstanding job. The season began in late May with the selection of an all-new squad. Practice began the first week in June, and the young ladies practiced hard for two months in preparation for competition.

Practices averaged six times a week for two or three hours each practice. So much for summer va-

All of their hard work eventually paid off. They placed first in the Varsity Cheer Division at the Tastee Freeze Cheerleading Competition held at the Delaware State

Although the competition was finished, the cheerleaders were only beginning. From the first of August until school began in September, the cheerleaders prepared for football and soccer games.

At the end of August, they attended an NCA (National Cheerleaders Association) home camp where they received all outstanding

Once school started, they continued preparing for games, pep rallies, community activities and competitions. They then competed in the Boscov's Southern Delaware Cheerleading Championship in No-

The Spartan Cheerleaders competed with 13 other varsity squads. They finished first in the Varsity Division and first Overall.

The girls continued supporting their teams which included cheering the football team onto a state ti- law firm of Hudson, Jones, Jay-

All of their hard work paid off once again when they received an invitation to the National Cheerleading Championship in Orlando, Florida. So to add to this already full schedule, they had to find time to hold fundraisers to help with the cost of the trip.

They also had many individual accomplishments as well. Aimee Voshell, a senior cheerleader, won first place in the individual competition at the Tastee Freeze Cheerleading Championship, first place in the individual competition at the Boscov's Southern Delaware Cheerleading Championship and was also selected as an All-American Cheerleader by the NCA camp staff. She was offered a position on the NCA staff for this summer's camp.

Destiny Kerstetter, a junior cheerleader, was also selected as an All-American Cheerleader.

The Spartan cheerleaders will be leaving for Orlando on March 7 and will be competing on Saturday, March 9. The cheerleaders and their parents have worked extremely hard to raise money for the trip and were very successful. They raised \$7,000 and are very close to their goal.

Without the dedicated parents, none of this would be possible. Also, without many area businesses, the trip would not be possible. Some of the sponsors include the Harrington Fire Company, Bowers Beach Fire Department's Ladies Auxiliary, the Felton Bank, JCPenney National Bank and the

work, Williams and Liguori.

The next time you look down the sidelines during a football game or on the side of the mats at the wrestling matches or in the bleachers at a basketball game, remember that cheerleading is a sport also, and that these young ladies work very, very hard.

They accomplish as much as any sports competitor even though it's not actually recognized as a sport, which only makes them work a little harder.

If anyone would like to make a donation or would like more information on the cheerleaders' trip to the Nationals, please contact Nikki Ferguson or Chantell Scott at 284-9291 and leave a message. Monetary donations may be mailed to Lake Forest High School, 5407 Killen's Pond Road, Felton, DE 19943, Attention: Nikki Ferguson or Chantell Scott.

# Chipman Students of the Week

Week of Feb. 12-17 CHEETAHS Jason Bartram, Matt Benton, Nicole Irent.

PUMAS Laura Evans, Devin Bell, Holly Carver, Kristen Brown. **BOBCATS** 

Lyndsey Hobbs, Daniel Jones, Antonia Matthews, Jill Watson.

We salute these sponsors who have joined

our Newspapers In Education partnership

to put The Harrington Journal into the hands of local school students each week! College - (Continued from Page 1)

colleges. If the child has any talents such as arts or sports, talk to the teachers and coaches or even the dean of the school. If you live in Kent County, use all available sources-such as the libraries or Kent Net. Help is available at every turn so use it to its full

Don't forget-SCHOLARSHIPS! Every little bit helps and almost every child can find an eligible bracket. Take the time to apply for any that may accommodate the child. Check with the guidance office at the school to get an early start with scholarships!

If you're interested in College Bound, they meet monthly at the LFHS cafeteria. For more information, contact Sue Ellen Dennis, an administrative secretary at the Lake Forest District Central Business Office, at (302) 284-3020 or Kay Buck, a parent, at (302)

# **Outline For College Bound Students**

Provided by: Jim Callaway, LFHS Senior parent

Step #1-Start Early!

Step #2- Benchmarking



A. Pick and visit your favorite school. (Using your best guess) B. Take notes and gather all information that interests you.

C. Record your impressions-Key points about the school that you

D. Compare and rank your schools as you visit them.

E. Realize the benchmark may change.

F. Parents-Probe and prod your child!!!

G. Organize your inforrmation!

Step #3-Narrow Down (To save money on application fees.)

A. Select your choices.

B. Aim high for several schools-Stretch financially or academically if need be.

C. Read the details-Is it what you want out of school?

D. Know the deadlines-There is no forgiveness for lateness!

E. Start filling out applications.

F. Talk with guidance offices.

### Step #4-Application Pitfalls

A. Do not be late!

B. Most applications are not computer or typewriter friendly!

C. They are hard and very time consuming!

D. Allow extra time to write essays, (Essays should be neat and well thought out!)

E. Give the teachers and counselors time to complete their part!

F. Give yourself time to be successful!

### Step #5-Scholarships/ Financial Aid

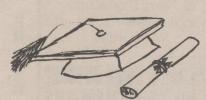
A. Merit Scholarships are out there-good grades help!

B. Look in magazines and schoalrship books.

C. Profile-A college scholarship information service.

D. FAFSA (Free Application for Federal Student Aid) E. Remember America Online and the Internet.

F. Deadlines-Deadlines!



#### GIVE A GERMAN HIGH SCHOOL FOREIGN **EXCHANGE STUDENT A DREAM OF A LIFETIME!**

Would arrive in August, have own spending money and medical insurance. You may choose from Scandinavian, European, South American, Asian and yes, even the New Independent States of the former Soviet Union.

Become a Host Family by calling 1-800-SIBLING

**American Intercultural Student Exchange** 



A non-profit tax exempt educational foundation.





Corner of Hanley &

Milby sts., Harrington, DE Insulated Window Units • Maintenance Free Exterior Gas Heat • AC Town Water & Sewer

READY FOR IMMEDIATE OCCUPANCY

104 Main Street, Marydel, DE 19964 (302) 492-3456

# Friends of the Harrington Public Library

By Miriam Bolich Secretary

The meeting held Feb. 22nd at the library was two fold. First, we had an informative program presented by a scholar from the Delaware Humanities Forum. Susan Austin Alchon of the University of Delaware really got us going with her presentation of "Food & History: Or Why We Love Sweets & Meats"

Evidently the various populations of the USA really consume more sweets and meats than any other country in the world. Her history and account of how this all came about was truly interesting and had us all commenting on the various habits of our families. . both past and present. Oh, that we would not have to worry about all the fat and calories present!

The program was well attended and all those present enjoyed the "Sweets & Meats" we had just before we went into our monthly meeting. If you were not there, you really missed out on a truly great discussion.

Our regular monthly meeting was predominately centered on the dispatch of our newsletter to Friends and hoped for friends expected to be mailed next week. We also went into plans concerning current and future fund raisers. How does a Walkathon to benefit the Library sound? Stay tuned for further news.

Upcoming discussions at the Library should interest all who see this article, love to read, and would like to know more about this wonderful part of the USA we live in... Delmarva.

March 7th (Thursday at 7 p.m.) will bring us Frank O'Connor to discuss the book "Myne Owne Ground: Race & Freedom on Vi rginia's Eastern Shore 1640-1676." March 21st will bring us Jerry

Schields to discuss the book 'Patty Cannon Administers Jus-April 4th will bring us Thomas Flowers to discuss "The Oyster

Wars of Chesapeake Bay" April 18th will bring us Sandra Poole to discuss "Jacob Have I

Loved' Finally, May 9th will bring us Betsy Nielson to discuss "The Floating Opera".

Each of these five books will be available at the Library for you to read before scheduled meetings. Please come in to the Library and sign up . . . you will enjoy it.

Further information about these books, their authors, and the programs may be obtained by calling the Library at 398-4647. Get your mind really working on your very own backyard and wonderful her-

# Plan for History Camp now

It may seem to be early to be thinking about sending young people to camp, but it really isn't. Spring is just around the corner and summer comes right ...ong behind it.

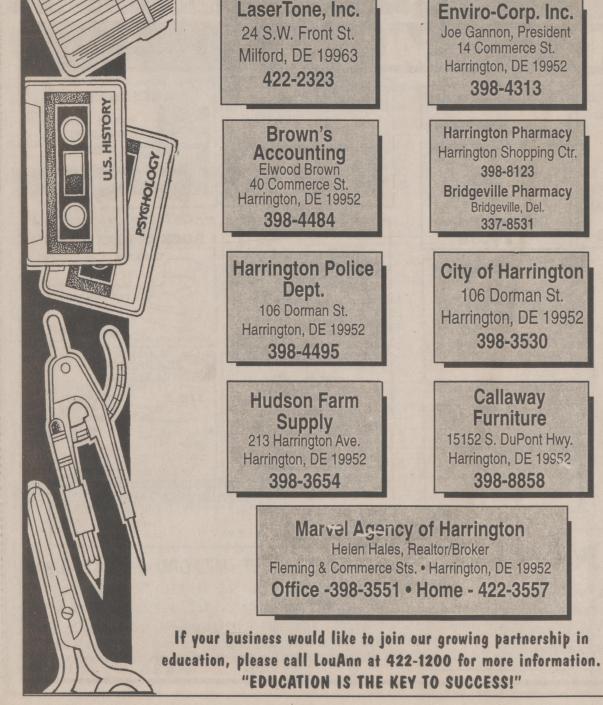
Young people enjoy camp and learning new things to do. Why not come to the Harrington Historical Society meeting held at the mu-seum at 110 Fleming St. on March 7 at 7:30 p.m. and learn how your young person can attend a History Camp. There will be a slide presentation, brochures, etc.

Dr. Deborah Haskell and Mr. Robert Stark of the Delaware Heritage Commission will be available to answer questions and present the Please let your interest be known

by bringing your 11-13-year-olds to the meeting. Hope to see you



Bearings & Plow Parts (302) 337-7617 800-235-2537 or 800-654-0088



# Journal People

Mr. and Mrs. Gregory C. Davies

# Morgan-Davies nuptials

Lisa Kay Morgan and Gregory Clement Davies were united in marriage at 3 p.m. on Saturday, Sept. 30, 1995, at the Lewes Presbyterian Church, Lewes. The Rev. Harry Hughes officiated the double-ring ceremony.

The bride is the daughter of Mr. and Mrs. Woodrow Morgan of Lincoln, and the granddaughter of Mrs. Anita Morgan of Milford, and Mr. and Mrs. Frank Reed of Lincoln.

Escorted by her father, the bride wore a white off the shoulder satin gown. The sweetheart neckline, cap sleeve and basque waistline was adorned with satin rosettes,

seed pearls, sequins and lace. The full skirt and detachable cathedral length train were scattered with lace appliques, seed pearls, sequins and edged with a scallop lace border. Her matching tiara head piece featured an elbow length tiered puffed veil adorned with seed pearls and sequins.

She carried a cascading bouquet of freeform gardenias, white roses, stephanotis and ivy.

The maid of honor was Karen Beaumont of Long Island, NY, friend of the bride. Bridesmaid was Laura Davies of Dover, sister of the groom.

Flower girl was Kellie Morgan of Milford, niece of the bride. The groom is the son of Mr. and Mrs. William Davies of Dover and the grandson of Mrs. Kathleen

Montague of Harrington. Best man was Greg Moore of Dover, friend of the groom.

Groomsmen owere Stewart Crouch of Felton, and Marc Grossman of Millsboro, both friends of

A dinner reception was held at the Sea Horse Restaurant in Rehoboth Beach.

After honeymooning in St. Lucia, West Indies, the couple are residing in Dover.



Alex and Jean Argo celebrated their 50th wedding anniversary on Feb. 26. Their family took them out for dinner on Sunday, Feb. 25 in honor of this special occasion.

By Pauline Morgan

Sunday worship service at Houston United Methodist Church is 9:30 a.m. Sunday School for all ages immediately follows the service at 10:30 a.m. Rev. Dr. James VanDerWall is the Minister. All are welcome.

Last Sunday Rev. VanDerWall delivered the message. His scripture reading was Genesis 2:17-19 and 3:1-7. Adam and Eve were allowed to live in the Garden of Eden. God told them that they could eat anything in the garden except from one tree, the Tree of Knowledge. Satan tempted Eve and she could not resist the temptation to eat the apple from the forbidden tree. She gave some to Adam. They were punished and sent out of the Garden. To this day, Satan is always around to try to get us to do wrong things

Mrs. VanDerWall spoke to the children about flowers. The senior choir sang "I Know Whom I Have Believeth'

Greeter was Sara Hunter. Ushers were Pauline Ward and Phyllis Minner. Richard Layne was

Congratulations to Anna May Rothermel who celebrated her birthday last week.

On February 14, Valentine's Day, a party was held at the Milford Senior Center for couples who had been married 50 years and over. Not only did they celebrate more than 50 Valentine's Days together, they also publicly renewed their wedding vows. Seventeen couples participated. Congratulations to Robert and Virginia Seamons who had celebrated 60 years of wedded bliss. They were presented with a beautiful bouquet of roses. May they enjoy many more happy years

Mr. Gorden Fuller and daughter, Hannah from Arlington, VA, were weekend guests of Mr. and Mrs. John Lemmon of Milford.

Thought for the Week: "A house without love may be a castle or a palace but it is not a home. Love is the life of a true home.

"Better a dry crust with peace and quiet than a house full of feasting with strife." (Proverbs 17:1)

# Harrington Community Interest News

Happy Senior Center Birthday to Burton Satterfield, William Pearson, Jean Harrington and Cecil Meredith, Betty Lindale, Irma
Hrupsa, Earle Nelson, Lelia Matthews, Bruce Straw Sr., Mildred
Poore, John Carpenter, Addie Jefferson and Ralph Blades.

Happy birthday to Dirk Moore

on March 1. Dirk is the son of Faye and Rick Moore and the grandson of Klein and Genevieve Moore.

Don't forget the Harrington Little League is still selling candy bars to raise money for the upcoming season. They are also accepting donations for a new softball field! Mark your calendars for March

15th and March 20th. The Harrington Senior Center will hold a minibazaar on the 15th and they will have an auction on the 20th and we are all invited! Carol Ann, Billy and Brittany

Porter along with several friends enjoyed an evening of good food and games of pool at GrandSlam on Friday night.

Mary Anthony and sister Thelma enjoyed lunch at Bonanza on

Imported Sunblushed

Peaches &

**Nectarines** 

15 Oz. **Kellogg's** 

Cocoa

32 Oz. **JFG** 

128 Oz.

Regular/

Liquid

All

24 Roll

Bath

Tissue

Northern

With Bleach

Detergent

Mayonnaise

....

JFG

Mayonnaise

**Krispies** 

Wednesday afternoon. Hello to some of our Maryland readers JoAnn White, Kenneth and Julia Andrew.

Congratulations to the Lake Forest Elementary Flag B program students for their second place finish in the 1995-96 Odyssey of the Mind Competition held at Lake Forest High School this past Sat-

This team placed second in the Amusin' Cruisin' Division I category. Team members were Zachary Michels, Nicholas Bailey, Colleen Gleeson, Ashley Garey, Brandy Bauer, Derek Bailey and Travis Michels. Their coach was Lynda Rae Gannon. The team members (and their parents) would like everyone to know how much

they appreciate all of the hard work of Mrs. Gannon and also their sincere appreciation to the Garey's for the use of their home for this project. Congratulations to all involved.

Carol Ann, Billy and Brittany Porter traveled to The Grand Opera

Seedless Grapes

House in Wilmington on Saturday to watch The Wizard of Oz on 30 foot screen. On Sunday they, along

with Cindy, Jake and Nicole Porter, and Courtney Taylor enjoyed an af-ternoon at Klub Kids in Dover

# elton-Sandtown News

By Lola M. O'Day

Extending birthday wishes to: Bernice Hrupsa, Wayne Voshell, Christina Renee Dill, Pete Pizzadili, Frances Keough, Cynthia Bloth, Robert M. Wilkison Jr., Ray A. Roland, Ronald Jarrell, Brandi Lynn McCloskey, Mike Powell, Joshua Paul Wootten, Nick Mogle, Kelly Vansant, Bobby Todd, Haley Todd, Derek James Moore, Mary Wagner, Krista Hickey, Robert S. Dill, Nancy Vansant, Jerry Hay-man, Page Brothers. "Wendy Darling is a four year between birthdays, how old are you now? Just kidding around." Alfred Larsen, Lester Emory, Beverly Cox, Laura K. Gooden, Mary Arlene Hurd Couden, Sue Yost, Susan Renfrow, Dee Ann Widder.

Anniversary wishes to: El and

Bea Hanes, Ralph and Margaret Bryant, Kim and William Lodge, Ron and Peggy Ivory, Horace and Susan Jackson, Walter and Evelyn

Glad to know Irene Kersey, Viola, has arrived home from the hospital, hope you have a quick and complete recovery.

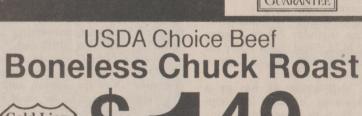
'Congratulations" to the ten W.T. Chipman band members who were selected for 1996 Kent County Honors Band. We're proud of all of you. "Congratulations" to Angela Stumpf, an 8th grader being chosen for her honors of first choice. Angela is the daughter of Mr. and Mrs. Ronald Stumpf, Fel-

Thought to live by -- The Best Teacher -- one who makes you want to learn. (Source La Citadelle, Ky.)



Reg. \$1.49/Lb.







**USDA** Choice Beef **Boneless Chuck Steak** 



Fresh Lean Pork Whole Boneless

Pork Loin Z FREE! Individually Quick Frozen

**Boneless Skinless** Chicken Breast...

Turkey Breast.....

Lasagna.....

Custom

2.5 Lb. Bag Only \$1.99 Per Lb.

#### Garlic BUY ONE PKG., GET ONE PKG. \$1.79

**Bread** Sticks Slicing



Value

11 Ounce Eggo Waffles





24 pack, 12 oz. cans Pensi Diet Pansi Mt. De

Diet Pepsi, Mt. Dew, Pepsi Free, Diet Pepsi Free, Diet Mt. Dew, 7-Up Diet 7-Up

Prices in this ad good Wednesday, February 28 thru Tuesday, March 5, 1996. We Reserve The Right To Limit Quantities.



Save Even More With These **MVP** Items

JIMMY DEAN LIGHT TURKEY & PORK SAUSAGE

MVP Price With Extra Low Price \$2.69

STOUFFER FAMILY SIZE LASAGNA

**ALPO PRIME** ALPO) GRAVY BEEF DOG FOOD

SUGAR

COOKIES

# Church

# Calvary Wesleyan Church

Try-outs for the Drama to be presented the weekend of Mother's Day will be within the next two weeks. The Drama will be on the family. Those interested in participating in the Drama or working behind the scenes should watch for the try-out date and make known your wishes to Toni Pfaff or Brenda Collison.

During the Lenten season we are asked to pray for ourselves, our families, our loved ones, our church, our community, and our world. Everyone is encouraged to practice the discipline of fasting at least once a week.

Schedule for the week:

Wednesday - 6 a.m. Wesleyan Men's Breakfast at the Colony Inn; 6 p.m. Family Dinner; 6:30 p.m. Youth and Clubhouse Ministries; 7 p.m. Adult & Young Adult studies. Thursday - 1 p.m. Heritage Bible Study at Heritage Manor;

Sunday, March 3 - 7:15 a.m. Wesleyan Men's Breakfast; 9:30 a.m. Sunday School; 10:45 a.m. Morning worship; 10:50 a.m. WKFM; 6 p.m. evening worship. Monday - 8 p.m. Men's basket-

Tuesday - 7 a.m. Youth Breakfast Club at Hardees; 9:30 a.m. Ladies Bible Study; 6:30 p.m. Youth Basketball Leagues.

the week are sugar, spaghetti

The Asbury Family are again

planning a church directory. Pic-

tures will be taken by Olin Mills Studios March 27, 28, 29, and

30th. If you are a member of

Asbury Church, please call Gary Miller, 398-8581, for more infor-

Satan tests us everyday. He tests

sauce, and jelly.

# Asbury U.M. Church News

The Asbury U.M. Church is located at 200 Weiner Avenue in Harrington with the Rev. James VanDerWall Minister.

We have Sunday School classes for all ages at 9:45 a.m.-10:45 a.m. Worship service is at 11 a.m. A nursery is provided for children under five, and Mrs. Marie Van-DerWall has a message each Sunday for the children. Bible study every Monday at 1 p.m. and Disciple Bible study every Wednesday

evening at 7 p.m.

Please feel free to attend any or all of these services. We cordially invite you to join us.

Happenings at Asbury Sunday, March 3 - Communion Sunday, Birthday Penny Sunday and U.M.M. Breakfast at 7:30 p.m. Monday, March 4 - Ad. Council at 7 p.m.

We will again be having a "Compassion Offering" for Shepherds Place in Dover during this Lenten Season. They are in need of laundry and dish detergent, towels, twin bed linens, bleach, toothbrushes, tissues, toothpaste, etc. Thanks for supporting this min-

# Also, the food pantry needs of St.

Mass is celebrated Wednesday at 7 p.m., Saturday at 4:30 p.m. and Sunday at 9:30 a.m. All are welcome! The Parish Lenten Reconciliation Service is scheduled for

Bernadette's

March 27th at 7 p.m. St. Bernadette's Annual Fish Dinner is scheduled for Saturday, March 16th. Dinner will be served from 4 to 7 p.m. The menu includes fillet of trout, macaroni & cheese, stewed tomatoes, cole slaw, green beans, corn bread, dessert and beverage. Tickets will be sold in advance only! For tickets, please call 398-8269, 284-4324, 398-3166 or 398-8603. Don't forget to mark your calendar and join us for this annual event.

Stations of the Cross are a popular form of piety intended to stimulate private prayer and devotion. The first Way of the Cross, with stations and meditations, appeared in the middle ages and enabled Christians who could not visit the Holy Land to trace the steps of Christ. By the 18th century, these stations counted 14 in number, drawn from scripture and traditional accounts that were passed on for generations. Thus, whether publicly or in private the journey made in following the Way of the Cross is a sign that the church is a pilgrim upon earth and that individual Christians are called to die with their Lord so as to rise with Him in glory. Stations of the Cross will be held at 7 p.m. on the Fridays during Lent at St. Bernadette's.

of Mind and

Mond the

Cur First

Consideration

(全位中)

us when we question God, when we cast doubt, or deny the work of God. However, Satan is powerless without man's assent and consent. Adam and Eve fell prey to Satan's temptation to doubt God. They were living in paradise, everything was beautiful, and then they were tempted by Satan, perverting a 'good" for their own selfish ends.

"And the Lord God said unto the woman, What is this that thou has done? And the woman said The serpent beguiled me, and I did eat." (Genesis 3:13)

# Pilgrim Chapel

We'd like to extend a warm welcome from Pilgrim Chapel. Our services are

Sunday School - 9:30 a.m. Morning Service - 10:40 a.m. Evening Service - 6 p.m. Wednesday Service - 7 p.m.

Pastor Ronald Wuest is our minister. For further information, call

# **Trinity** U.M. Church

Trinity United Methodist Church is located at 63 Commerce St., Harrington. Rev. James E. Carmean Jr., is our pastor. Sunday School is at 10 a.m. for all ages, and worship service at 11 a.m.

Senior Choir rehearsal is Thursdays at 7:30 p.m. and Junior Choir rehearsal is at 7 p.m.

Sunday evening vesper services will be at 7:30 p.m.

Mrs. Vicki Megonigal was our friendly greeter on Feb. 25. Miss Nicole Smith and Master Bryan Smith served as acolytes. Mr. Winston Linton and Mr. Samuel Powell, Sr., served as ushers.

The service was opened by singing "Surely the Presence of the Lord". Rev. Carmean's sermon, "How Long will You Have To Wait?", was taken from Judges

The senior choir sang "To The Work", accompanied by Mrs. Leslie Wix, our church organist. Trinity Administrative Board will meet on March 5 at 7:30 p.m.

# **McKnatt Funeral Home**

50 Commerce Street HARRINGTON, DELAWARE 398-3228

# St. Johnstown Cemetery Located at Greenwood, DE **Annual Spring Clean-Up**

Date: Saturday, March 2nd

All decorations will be removed. Anyone wishing to save their decorations must remove them before Saturday, May 2nd.

For questions, call Luther Lyons 349-4247 or Richard Carlisle 349-4811

# **Obituaries**

DONALD EARL HANEY Donald Earl Haney, 62, of Dover died of cancer Saturday, Feb. 24, 1996, in his home.

Mr. Haney was raised in Union-

He was a retired master sergeant from the U.S. Air Force after serv-

ing 22 years.
Mr. Haney was also administrator for the Camden-Wyoming Moose Lodge 203, retiring in June

1995 after 10 years of service. He was formerly head groundskeeper for the Caesar Rodney and Dover Athletic Club Pop Warner

VFW in Denton, Md. He was preceded in death by his sister, Gerry Surber in 1996.

Mr. Harvey was a member of the

He is survived by his wife, Sandra H. Haney of Dover; one son and daughter-in-law, John D. and Bonnie Haney of Greenwood; one daughter and son-in-law, Laura H. and David Horwitz of Eldersburg, Md.; and one grandson, Benjamin Horwitz of Eldersburg.

Services were in Trader Funeral Home, 12 Lotus St., Dover. Burial was in Delaware Veteran

Memorial Cemetery, Bear. Instead of flowers, the family suggests contributions be made in

his memory to Delaware Hospice, 911 S. DuPont Hwy., Dover, DE

NYLE CALLAWAY JR. Nyle "Soupy" Callaway Jr., 72, of Harrington, died of respiratory failure Saturday, Feb. 24, 1996, in Milford Memorial Hospital.

He was a signal inspector for Conrail and retired in 1980.

Mr. Callaway was also a farmer and founder of Cedar Field Ruritan Club in the Milford area.

He was a member of Harrington and Lake Forest school boards from 1969 to 1972, and he was a former member of Harrington Lions Club.

The trophy bell given at the Lake Forest and Milford football games was given by Mr. Callaway.

He was a World War II veteran and a member of the Brotherhood of Railroad Signal Men.

He was preceded in death by his sister, Gail Lawton about four years

He is survived by his wife of 49 years, Lillian Callaway; two sons, Nyle Callaway III and John Callaway, both of Harrington, Harry Callaway and Donald Argo, both of Milford, James Callaway of Frederica and Ronald Argo of Felton;

# John Wesley AME Church observes Day of Prayer for Aids

The John Wesley AME Church will mark the fourth annual Black Church National Day of Prayer for the Healing of Aids with a special service on Sunday, March 3. The John Wesley Church joins thousands of churches across the nation that will observe the day in order to help raise awareness about Aids, a disease which is killing African Americans at the rate of one person per hour.

This service will take place at John Wesley Church, 217 W. Division St., Dover, at 11 a.m. The Black Church National Day of Prayer for the Healing of Aids is a program of the Balm in Gilead, Inc., a New York based organization. The mission of the Balm in Gilead, Inc., is to mobilize African American churches nationwide and address HIV/Aids appropriately and effectively.

According to Rev. J.D. Tull, black churches have the power and responsibility to change the course of the Aids epidemic. "He (God)

will wipe away all tears from their eyes, and there shall be no more death, nor sorrow, nor crying, nor pain. All of that has gone forever. ' (Rev. 21:4)

In addition to the special Sunday morning service, Mrs. Debbie Cheatwood, from Family Services, Turn Around Counseling in Georgetown, will be speaking on Aids issues.

The Black Church National Day of Prayer for the Healing of Aids is a vehicle for spiritual renewal, transformation, and the HIV prevention education for every individual and church community taking part. The special day of prayer and worship has proven effective in mobilizing African American churches to offer compassion to individuals and families affected by Aids to advocate for more and better HIV/Aids Services.

Delaware Conference HIV/Aids Taskforce chairperson is Charlotte M. Tull, African Methodist Episcopal Church.

# **New Hope Pentecostal Church**

The New Hope Pentecostal Church of Dover will be holding a benefit dinner on Saturday, March 2 from 11 a.m. until 5 p.m. The dinner will be held at the Harrington New Century Club on Dorman Street in Harrington. Proceeds will go towards the Church Building

plans fund raiser dinner

The public is invited to enjoy a delicious dinner which includes choices of chicken and dumplings, fried chicken, ham, turkey, baked

chicken, yams, macaroni and cheese, potato salad, peas, string beans, tuna salad, cole slaw, collard greens. Dessert choices include pound cake, pineapple up-sidedown cake, sweet potatoe pie and pumpkin pie.

Local delivery is available. Donations accepted.

For more information/admission price call Brother Billy Scott at 335-4181 or Brother Milton Benson at 398-4931.

# Battlefield Baptist Church

Sunday School - 10:00 a.m., Morning Service - 11:00 a.m., Evening Service - 7:00 p.m., Wednesday Evening Service 7:00 p.m.

"Where the SHOUT has not died

# St. Stephen's **Episcopal** Church

Sunday School classes for all ages 9 a.m. Worship services at 10:30 a.m. A time for fellowship follows the service.

Church office is open Monday, noon. For additional information, call 398-3710.

St. Stephen's Episcopal Church is located on Raughley Hill Road, Harrington. Rev. William Komstedt is the primary priest.

Pastor James Richardson and the congregation at the Battlefield Baptist Church on Addix Avenue in Greenwood invite you to join them in worship services and find out how you can be 100 percent sure that you are going to heaven. For more information call 398-3478.

# U.M. Church

Church, located at 109 West Street, Harrington holds church services as follows:

Morning Service - 12:30 p.m. Rev. George B. Moody, Pas-

Everyone is welcome!

# Metropolitan

The Metropolitan U.M. Church School - 11:30 a.m.

Our church is located on East

# Church Directory



1-800-7774561 Greenwood, DE

"Go To Church On Sunday'

**Shopping Center** Rt. 113 & 14 • Milford, DE 422-9641

three daughters, Nyleen Lonski of Magnolia, Denise Argo of Harrington, and Deborah Porter of Milford; three sisters, Betty Weaver of Greensboro Md., Aleen Reaser of oak Orchard and Doris Barber of Harrington; 16 grandchildren and four great-grandchildren.

Services were Tuesday, in McKnatt Funeral Home, 50 Commerce St., Harrington.

Burial was in Odd Fellows Cemetery, Milford.

ROBERT TAYLOR Robert Taylor, 76, of Cheswold

died of cancer Thursday, Feb. 22, 1996, in his home. Mr. Taylor was a factory worker

at Draper King Cole in Milton.

He is survived by his wife, Gene Taylor; three stepsons, Matthew Powell of Milford, Dale Stevenson of Ellendale, and Vincent Stevenson of Wilmington; three sisters, Lucille Campbell of Greenville, Ala., Annie Wilson of Mobile, Ala., and Olame Lucky of Pensacola, Fla.; one daughter, Mary Anglin of Frederica; two step-daughters, Caledonia Stevenson of Wilmington and Betty Stevenson of Dover; his father-in-law, Nathaniel Powell; one daughter-in-law, Shanek Stevenson; two brothers-in-law, a sonin-law, seven grandchildren, two great-grandchildren, and a host of cousins and an aunt.

Services will be at 1 p.m. Wednesday in Young's Funeral Home, 309 North St., Milford. Burial will be in Old Hickory

Cemetery, Slaughter Neck. LESTER BEULAH

Lester Beulah, 60, of Dover, died of heart failure Tuesday, Feb. 20, 1996, in Kent General Hospital,

Mr. Beulah was a former member of Capitol Baptist Church, Dover, and attended Base Chapel II at Dover Air Force Base.

He is survived by his wife, Mary Beulah; one son, Vincent Beulah of Dover; three daughters, Linda Holmes of Waldorf, Md., and Lisa Dolbow and Kelly Beulah, both of Dover; one sister, Artula Johnson of Pinetown, Md.; six brothers, Buck Beulah of Philadelphia, Alonzo Beulah and Howard Beulah. both of Pinetown, Shelton Beulah of Federalsburg, Md., James Beulah of Denton, Md., and Melvin Beulah of Greenwood; one halfbrother, Alfred Stanford of Chester, Pa.; and three grandchildren.

Services were Saturday in Capitol Baptist Church, 401 Kesselring Ave., Dover.

Burial was in Sharon Hills Cemetery, Dover.

Arrangements by Bennie Smith Funeral Home, 717 W. Division St., Dover.

JEHU M. DAVIS SR. Jehu M. Davis Sr., 91, of Milford died of natural causes Wednesday, Feb. 21, 1996, in Yoder's Care Cen-

Mr. Davis was born the son of the late Leonard and Virdie Moore Davis of Frederica.

ter in Milford.

He was a carpenter and a farmer. Mr. Davis worked for the state highway concrete plant in Dover, and retired in 1974 after seven years of service.

He enjoyed gardening. Mr. Davis was a member of the Calvary United Methodist Church in Milford and Crystal Fount Lodge 10. He was also a member of the Order of Odd Fellows in Milford and the Cedarfield Ruritan Club. Many years ago, he was the superintendent of Millwood Methodist Church in Milford. He was a past member of the Southern States

Board of Directors. He was the 1994 Ruritan of the Year. He was preceded in death by his wife, Mary French Davis.

He is survived by three daughters, Joyce Cole of Cheswold, Mary Ann Draper and Norma Potter, both of Milford; five sons Jehu Davis Jr., Marvin J. Davis, Donald F. Davis and William H. Davis, all of Milford, and Thomas O. Davis of Salisbury, Md., one brother, James Davis of Farmville, Va., 13 grand-children and 15 greatchildren grandchildren.

Services were Saturday in the chapel of Berry-Short Funeral Home, 119 N.W. Front St., Mil-

Instead of flowers, the family suggests contributions be made to Calvary U.M. Church, 301 S.E. Front St., Milford, DE 19963 or Cedarfield Ruritan Club, c/o Kenneth Blessing Jr., 1931 Bowman Road, Milford, DE 19963.

MYRTLE J. TULL
Myrtle J. Tull, 89, of Greenwood died of heart failure Thursday, Feb.

22, 1996, in her home. Mrs. Tull was born April 24, 1906, in Bridgeville, the daughter of the late Minos and Mollie Adams Williamson.

She was a homemaker. She had worked at a Gimbals store, Cannon's Food, Seely Cannery and Newton's Hatchery, all in the Bridgeville area, until her retire-

ment 26 years ago.

She was preceded in death by her husband, William N. Tull, Aug. 24,

She is survived by three sons, William M. Tull and Leroy T. Tull, both of Greenwood, and Donald H. Tull of Denton, Md.; 10 grandchildren, 15 great-grandchildren and three great-great-grandchildren.

Services were Sunday in Williamson Funeral Home, 311 South Main St., Federalsburg, Md.

Burial was in Hillcrest Cemetery, Federalsburg, Md. Contributions may be made to Union United Methodist Church, Laws and Market streets, Bridge-

ville, DE 19933.

MICHAEL HARVE LAYTON Michael Harve Layton, 28, of Harrington died of a cancerous tumor Thursday, Feb. 22, 1996, in the Lifecare at Lofland Park, Seaford.

Mr. Layton was born Nov. 9, 1967, in Dover, the son of John E. Layton Sr. and Rebecca Ann "Dottie" Cannon Layton, of Felton.

He was a graduate of Lake Forest High School. Mr. Layton was the sole owner and operator of Trend Setters Hair Styling of Mil-

He is preceded in death by his grandfather, Harvey Scott in 1994. In addition to his parents, he is survived by one brother, John E.

See Obituaries on Page 9

# Harrington Baptist Church

"And one of the criminals who were hanged there was hurling abuse at Him, saying, Are you not the Christ? Save yourself and us! But the other answered, and rebuking him said, Do you not even fear God, since you are under the same sentence of condemnation? And we indeed justly, for we are receiving what we deserve for our deeds; but this man has done nothing wrong. (Luke 23:39-41)

Do we indeed fear God? Have we come to Him confessing our sins and admitting our helplessness and receiving His forgiveness, grace and mercy?

Harrington Baptist Church invites you to come and worship our Lord and Savior Jesus Christ each week, as we share the gospel message our pastor, Willie Johnson, brings to us from the pulpit. Learn what it means to be set free forever from the condemnation we

Liberty St. across from the

Armory. Everyone is welcome. Opportunities for the week:

Sunday worship services at 11 a.m. and 7 p.m. (morning nursery provided). Adult Choir rehearsal on Sun-

Sunday School for all ages at

days at 6 p.m.
Sunday Youth Watchers class at

Wednesday prayer service at 6:30 p.m., followed by Bible study

**Coming events:** March 3-10 - Week or Prayer for Home Missions. Monday, March 4, program at the church at 7 p.m.; Wednesday, March 6, church-wide soup and salad at 6 p.m., video beginning at 7 p.m. which will focus on ministries here in the U.S. VBS volunteers are needed for

8:30 p.m. Must be a member of the church. Thought for the week: "What would happen if God remembered us only as often as we remember

the week of June 24-28 from 6-

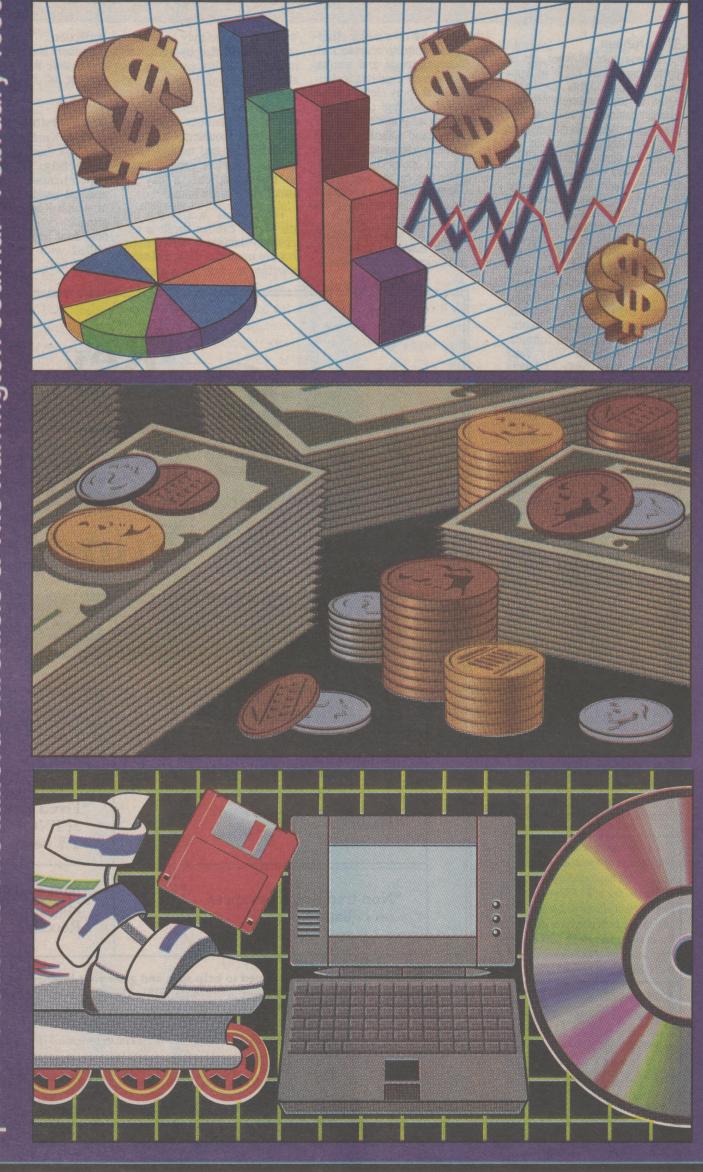
# Attention!

# **Hollywood Cemetery Lot** Owners...



Hollywood Cemetery will begin their annual clean-up of cemetery lots soon. You are asked to remove any desired decorations before March 1.

Special Section to The Milford Chronicle & The Harrington Journal • February 1996



### KITCHEN TUNE UP

#### The problem

As you take another sip of coffee and lean back in your chair your thoughts turn once again to the condition of your kitchen cabinets. It's not the first time you've thought to yourself that something needs to be done. The wood is dull and life-less. Nobody ever did fess up to the three-inch scratch on the door of the lazy susan. You scrubbed those stains on the countertop until your shoulders ached, and yet, you can still tell that they're there. Even the drawers are starting to resist when you try to pull them open. What was once a beautiful kitchen and the shining jewel of your home is now a tired, wornout mass of wood and formica. You ask yourself: Why can't someone keep may cabinets looking and working like new?

#### The solution

Actually, it is possible to rejuvenate your cabinets. Just ask Charles and Diana DuBois, owners of Kitchen Tune-Up. The Kitchen Tune-Up in central Delaware is one of nearly 300 franchises throughout the United States and Canada.

"We're not a wood refinishing company. We do wood restoration," explains Charles. "Just as you tune-up and detail your cab-

Get a new kitchen for half the cost!



"Before & After" photographs and testimonials from satisfied customers will help you decide!

Enjoy the beauty and convenience of a new kitchen for around half the cost of new kitchen cabinets. FREE in-home consultation allows you to see and choose from dozens of door styles and colors along with a large selection of decorative pulls, knobs and hinges.

Most kitchens under \$400



The Wood Care Specialists
Kitchen Tune-Up is a division of KTU Worldwide
All franchises independently owned and operater

284-8955 • 800-995-8558

inets. First we do a major cleaning of the wood to remove soil, food stains, grease and smoke. We use several products including a topical spray cleaner and a petroleum distillate that brings back the wood grain."

back the wood grain."

Charles and Diana then fill and buff any scratches and nicks using wood epoxy or other fillers depending on the size of the flaw. Any areas that have faded are restained and repaired to match the rest of the finish.

Finally, the wood is treated with an oil designed to pull out any remaining dirt and replenish

wood fibers that may have been adversely affected by variations in room humidity such as areas around sinks, dishwashers and windows.

As part of Kitchen Tune-Up's service, the DuBois' also clean and polish counters, lubricate drawer slides and realign hinges. The complete cabinet tune-up takes less than a day — usually four to six hours.

The DuBois' won't take the job if your cabinet finish is extensively damaged. For cabinets that are treatable, it's not always possible to achieve complete

perfection. "I always inform customers ahead of time that we can restore their wood to 80-90 percent of its original condition."

#### The Investment

Most Kitchen Tune-Up jobs cost less than \$400. There's an extra charge if you want new drawer hardware, door hinges or updated handles and knobs, all of which Kitchen Tune-Up can provide. You can even have new door and drawer fronts installed with various styles to choose from.

Besides kitchen cabinets, Kitchen Tune-Up can restore bathroom vanities, window casings, interior doors, wainscoting, stairways, beamed ceilings and any type of wood furniture.

Diana adds that many customers also have a Kitchen Tune-Up done just before selling their home. "They know how important the kitchen and woodwork is to prospective buyers."

The DuBois' work weekdays, evenings and Saturdays. You

See KITCHENS - page 5



The key to helping Delaware's small businesses grow.

Special Need	Special Program
*Smaller Loans	*Loans as low as \$5000
*Fixed Rate	*Fixed rate for up to 5 years at PNC Bank's prime rate or 1% below
*Non-traditional advances on collateral.	*Non-traditional advances include: Real Estate – 90% LTV Receivables – 85% LTV.

The Key Loan Fund is designed to help start and grow your business by making it easier for you to borrow the capital you need. If you own a business within Delaware with sales of \$500,000 or less and are unable to qualify for conventional financing, the Key Loan Fund is designed for you.

For more information call 429-1701 or 1-800-722-1172 extention 1701.

# PNCBANK

Where Performance Counts

in the second of the second



Member FDIC

Equal Opportunity/Housing Lender

**Physical** 

# DICKINSON MEDICAL GROUP

The physicians and staff of Dickinson Medical Group are proud to be in their 21st year of treating patients in Kent and Sussex Counties.

Dickinson currently maintains offices in three locations in Southern Delaware - 800 North Dupont Highway in Milford, 410 North Dupont Highway in Georgetown, and 807 South Bradford Street in Dover. Dickinson offers the widest range of neuromusculoskeletal services available at one location in this area. Our six physicians are supported by a 36 member

#### Orthopedics

Dickinson Medical Group began as a orthopedic practice. Today, we offer a very skilled and experienced staff of four orthopedic surgeons. Each of The our orthopedists treats a wide range of conditions such as fractures, sprains, foot problems,

repetitive motion injuries as well as sports-related injuries. They also perform total joint replacements, arthroscopic surgery as well as other forms of orthopedic and reconstructive surgery.

#### Edward F. Quinn, III, M.D.

Attended medical school at The University of Maryland Medical School. He completed his residency at the U.S. Navy Hospital in Bethesda, Md.

#### Donald M. Pfeifer, M.D.

- Attended medical school at The University of Maryland Medical School and completed his residency also at The University Maryland Medical School. Francis C. Drury, M.D
- Attended medical school at University of Maryland Medical School and completed his residency at The University of

Maryland Medical School.

#### Nelson E. Wiegman, M.D.

Attended medical school at George Washington University and completed his residency at Madigan Army Medical Center.

#### Rheumatology

Rheumatology, the diagnosis and treatment of arthritis, painful joints, gout and lupus has been offered at Dickinson Medical Group since 1979. We were fortunate that in July, 1995 Maria J. Watson, M.D. joined our staff. Dr. Watson attended medical school at Thomas Jefferson University, completed her Internal Medicine residency at Albert Einstein Medical Center completed her Rheumatology fellowship at Thomas Jefferson University.

#### Neurology

Since 1979, Dickinson has

also offered the specialty of neurology, which is the diagnosis and treatment of nervous disor-Conditions commonders. ly treated by a neurologist include headaches, epilepsy, Alzheimer's Diagnostic services offered at

stroke, palsy, and tremors. Neurology also includes the treatment of Parkinson's and disease.

See DICKINSON - page 5

include EEG's and EMG'S.

To provide close support to

our physician practices and at the

same time offering convenience

to our patients, we are pleased to

have a physical therapy depart-

ment and a medical laboratory at

Therapy/Laboratory

Dickinson related to neurology

A supplement to The Milford Chronicle and The Harrington Journal, February, 1996.

BUSINESS PRIDE AND PROGRESS

Published by the Milford Division of Chesapeake Publishing PO BOX 297 Milford, DE 19963

Cover design by Stacey Hoyt



# Dickinson Medical Group

COMPLETE CARE OF MUSCLES, BONES, JOINTS, AND THE NERVOUS SYSTEM FOR PATIENTS IN KENT AND SUSSEX COUNTIES

# ORTHOPEDICS

- · Specializing in: Fractures, injuries of hand & wrist, back & neck, sports-related injuries.
- General and Reconstructive Surgery joint replacement, arthroscopy, bone, joint and hand surgeries

Edward F. Quinn III, M.D. Donald M. Pfeifer, M.D. Francis C. Drury, M.D. Nelson E. Wiegman, M.D.

### PHYSICAL **THERAPY**

- Treatment of sports injuries, back and neck pain, knee injuries
- Post operative and fracture rehabilitation

Vincent J. Deleo, P.T. Lois A. Hamilton, P.T.

# RHUEMATOLOGY

• Diagnosis and treatment of arthritis, painful joints, gout, lupus

Maria J. Watson, M.D.

### NEUROLOGY

 Diagnosis and treatment of nervous disorders, including headache, epilepsy & stroke, palsy & tremors, Parkinsons & Alzheimers

Michael H. Mark, M.D.

DIAGNOSTIC SERVICES, INCLUDING LABORATORY, X-RAY, EEG & EMG

**DOVER** 807 S. Bradford St. 734-4455

MILFORD 800 N. DuPont Hwy. 422-3000

GEORGETOWN 410 N. DuPont Hwy. 855-9356

# BEST ACE HARDWARE

Best Ace Hardware is busily gearing up for the spring season. Entering its fourth full year, the 10,000-square-foot, full-line hardware store continues to offer many customer services. Some of these services include: key-cutting, pipe-cutting, rekeying quick-set locks, glasscutting, screen repair, customized paint matching.

This spring, customers will find all their gardening needs ranging from seeds to plants to tools to chemicals at Best Ace Hardware. Garden ponds and accessories will also be available.

Bird watchers will find a large variety of bird houses and

feeders. A complete variety of bird seeds are available for every season of the year.

For pet owners, Best Ace carries Purina's ProPlan Nutritious Diet for dogs. They also carry Dealer's Choice dog and cat food, as well as Buckeye food for both dogs and cats. Hamsters, guinea pigs, rabbits, and pet bird food can also be found at Best Ace.

If you have not yet visited Best Ace Hardware, stop in soon and see why "Ace is the Place" for all your hardware and gardening needs. They are open seven days a week, and hope to continue to successfully meet the needs of Milford residents.

Pam Marshall embarked upon a business venture when she recently opened up her Free Spirit gift shop in Camden.

Marshall, who has has been involved in art all her life, does personalized custom paintings of animals and flowers, as well as murals and original graphic designs on towels, pocketbooks, t-shirts and sweatshirts.

She also does antique repro-

duction furniture out of various wood mediums, including: pine, walnut, ash and wormy chest-

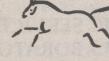
Her original designs, including "Free Spirit," "Steppin' Out," "Free Spirit Cat" and "Home Free" are on display now at her gift shop, which is located at 112 East Camden-Wyoming Avenue.

Call 697-1975 for more information.

BUDINESS FROTS

Small businesses are the backbone of the local and national economy.

# Free Spirit Gift Shop



Featuring Pam's Originals

Personalized, Custom Paintings of Your Pets HORSES • CATS • DOGS • MUCH, MUCH MORE! Antique Furniture Reproductions

Located in the

Friday & Saturday 11 a.m. - 6 p.m.

Gifts • Household Accessories Sunday 12-5 p.m.

302-697-1975

at 112 East Camben-Wyoming Avenue • Camben, Delaware

### MILFORD. A GOOD PLACE TO BE FOR ALL SEASONS









**Hurry - Sale Ends** March 31, 1996

# Outdoor Essentia





**Poly Rope** Versatile poly rope. Ideal for





See your Helpful Hardware Folks at:



BEST ACE HARDWARE

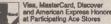
Milford Plaza • Milford 424-5414

Monday-Saturday 8 a.m. - 9 p.m. Sunday 9 a.m. - 5 p.m.









are interpretate productions being the series are in

### Dickinson — Continued from page 3

our Milford location. physical therapists, Vincent J. DeLeo, P.T. and Lois A. Hamilton, P.T., have practiced in our physical therapy department since it opened in 1980. Conditions commonly treated in include sport injuries, back and neck pain, knee injuries and rehabilitation following surgery or re-setting of a fractured bone. Our medical laboratory offers a wide range of laboratory ser-In addition to our own patients, Dickinson Medical Laboratory can accept patient (your insurance company may have restrictions on where you obtain laboratory services, so you should check with your insurance company before getting any work performed).

Many changes are occurring today in the health care industry. Bowling Lanes, Inc. has provid-Dickinson's physicians, thera- ed Milford and its surrounding pists and staff are responding to communities with hours of fun these changes. ate the confidence many family. Delawareans have placed in us in our physical therapy department the past and seek to continue to which is a third generation, famjustify that confidence in the ily-owned and operated, is years ahead.

302-422-3355.

#### Kitchens -

Continued from page 2

for an appointment, but they will come out sooner for a job estimate and to do a free demonstration of the restoration meth-

### 

For over 36 years, Milford We appreci- and entertainment for the entire

Milford Bowling Lanes, located off U.S. 113. Milford For more information or to Bowling Lanes started out as a arrange for an appointment, call 16-lane bowling center to 32 lanes. The center was then remodeled to feature the popular and easy-to-use Brunswick Automatic Scoring System ® as well as a large snack bar, referrals from other physicians should call a week in advance lounge, game room and pro

In the modern pro shop, you'll find the newest inventory of bowling balls, bags, shoes and accessories as well as an experienced pro shop operator capable of handling any of your specialized ball-drilling needs.

Milford Bowling Lanes also caters to children's birthday parties, featuring bumper bowling - which eliminates discourag-

ing gutter balls. The parties provide children with hours of excitement and fun, and include a free gift for the birthday child.

To schedule a birthday party, call Milford Bowling Lanes, Inc. at 422-9456.

#### BUSINESS FACTS:

Need to reach an elected official? R. Thomas Wagner **Auditor of Accounts** P.O. Box 1401, Dover, DE 19903 Office phone: 302-739-4241 Donna Lee Williams Insurance Commissioner 841 Silver Lake Blvd., Dover, DE 19901 Office phone: 302-739-4251 Janet C. Rzewnicki, State Treasurer P.O. Box 1401, Dover, DE 19903

Office phone: 302-739-4231

# THE CITY OF MILFORD...

# Dedicated to Providing Better Community Service Throughout Our Departments!



Parks & Recreation....



**Electric Division....** 



The City Offices....

# And Through "Pride And Progress"



Public Works....



Police Department....



Public Works....

422-6616

201 South Walnut St.

# DOWNTOWN MILFORD, INC.

Milford's Main Street program begins 1996 with accomplishments under its belt and optimistic plans for the future.

Support in the community for downtown revitalization was shown by the successful "Adopt-A-Tree, Adopt-A-Lamp" fundraiser. Thanks to excellent response from individuals and businesses, the fundraiser has exceeded its goal of raising \$42,000 in support of bringing new sidewalks, street trees, and Victorian-style lamposts to downtown Milford. The total amount in federal, state and private funds raised by Downtown Milford Inc. for the streetscape project is close to topping \$550,000.

On the fun side, Downtown Milford Inc. is planning three

promotional activities for the spring and summer season. The Little League Opening Day Parade, revived last year, will again march 700 baseball stars through the heart of town on Friday, April 26, at 6:30 p.m. Baseball and Main Street — page Norman Rockwell.

For the second year, the Downtown Milford Farmer's market will bring shoppers downtown for fine and fresh produce on Saturdays from 9 a.m.-1 p.m., beginning July 6. Also planned for '96 is the first annual Milford Heritage Festival, with an emphasis on Milford's natural history — Saturday, June 22, 10 a.m.-4 p.m. Festival activities will include duck decoy painting and

boat building for kids, home gardening for newcomers, Ice Storm '94 and more photo exhibit, square dancing, historic fitness walks, children's games from the past and much more

Downtown Milford recently welcomed A Second Cup coffee shop to downtown and looks

forward in the spring to an old-fashioned ice cream parlor. We are also watching the rapid expansion of the Riverbank Associates state service complex into a third downtown building, which will add 100-plus state employees to the downtown scene.

Another piece of the City of Milford's greenway park system will be added in 1996, on the northwest corner of the Walnut Street and the Mispillion River.

Downtown Milford Inc. welcomes participation and comments from the community. Call 422-1108 to learn more.



# PENINSULA oil co.

People Serving People All Over Delmarva!

Our family at Peninsula Oil
has been keeping your
family warm for over 60 years!

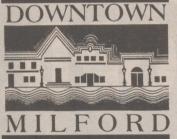
For your comfort we sell the finest heating and air conditioning units. For your convience we have a great service department which services everything we sell. Over the years we've added Uncle Willie's and Gascard to our Peninsula Oil Family to help make your life less complicated. At Uncle Willie's you can count on good food at reasonable prices and with Gascard you can keep your trucks and business cars fueled with 24-Hour Automated service.

We at Peninsula Oil realize that our customers are our greatest asset. We would like to take this opportunity to say thank you to each and everyone for making Peninsula Oil #1 on Delmarva.

We couldn't have done it without you!

PENINSULA

Blades Causeway • Seaford, Delaware (302) 629-3001 or in DE 1-800-782-1090



Milford, you're the greatest! \$44,000 raised from families and businesses for new downtown streetscape! THANKS!

BUSINESS FACTS:

With the explosion in office technology, its important for small business owners to keep up to date with equipment and trends.

BUSINESS FACTS:

Need to reach an elected official?

Gov. Thomas Carper

Tatnall Bldg., Dover, DE 19901

Office phone: 1-800-292-9570

Lt. Gov. Ruth Ann Minner

Tatnall Bldg., Dover, DE 19901

Office phone: 302-739-4151

Attorney General Jane M. Brady

820 N. French St., Wilmington, DE 19801.

Office phone: 302-739-4211

## MILFORD SCHOOL DISTRICT

School District to provide a quality education for all students. While a major portion of schooling is devoted to developing the essential skills of reading, math, and writing, creative programming provides a variety of programs to meet the needs of all chil-

Staff members maintain high expectations for their own performance as well as for the quality of student work. Clear academic and behavior goals are communicated to all students. Our schools are safe and orderly in a caring environment.

We encourage each of you to learn all you can about the Milford Schools. Visit with us, volunteer, get involved. We are confident that with the continued support of the Milford School community, the future of our children will be ensured.

The Schools...

Milford School District Administrative Offices - 422-

The school district offices

It is the goal of the Milford are open Monday through trict provides a comprehen-chool District to provide a Friday, except holidays, be-sive program for all children tween the hours of 8:00 a.m. with emphasis in literatureand 4:00 p.m.

Evelyn I. Morris Early Childhood Center (Pre K-1) -422-1650

Benjamin Banneker Ele-

mentary (1-4) - 422-1630

Lulu M. Ross Elementary (1-4) - 422-1640

Milford Middle School (5-8) - 422-1620 Milford High School (9-12) - 422-1610

Instructional Program...
The Milford School Dis-

sive program for all children based reading, process writing and math. Thinking skills are integrated across the curriculum.

The district strives to implement a wide variety of programs to meet student needs, including gifted and education, talented, special college preparation, and vocational-technical training. Close cooperation among teachers, parents, and stuamong dents is encouraged.



Recycle now for a better Earth tomorrow.





- Reliable
   Accommodating
- Special Values On AAA Tours & Cruises
  - One-Stop Travel Planning And Much, Much More!!

CALL ABOUT OUR HOMEOWNER'S, **RENTER'S AND CAR INSURANCE RATES! WE'LL BE HAPPY TO ASSIST YOU!!** 

55 Greentree Dr., Greentree Shpg. Ctr., Dover, Del.

674-8020 • 800-522-4849

No need to be a member of AAA to use certain services

BUSINESS FACTS:

Delaware has joined the National Main Street movement, which lends assistance to towns throughout the state.

# MILFORD SCHOOL DISTRICT

GET TO KNOW US... VISIT YOUR SCHOOLS!

#### MISSION STATEMENT

We will provide each child appropriate educational programs in a healthy, nurturing and stimulating environment where students experience success and gain the skills to be lifelong learners.

In partnership with homes and community, our mission is to develop responsible, productive, creative, ethical citizens who respect themselves and others, value cultural diversity, set goals with a positive attitude, think critically to solve problems, and can adapt to the changing needs of a global society.

#### GOALS

- Each student will be knowledgeable about and sensitive to diversity.
- Each student will be taught by teachers who continually maintain and update their knowledge and skills.
- Each student's school experience will be enhanced by the support of a parent or other significant adult.
- Each student will attend schools which provide a safe, healthy, orderly and nurturing environment.
- Each student will attend schools which work to increase parental and community involvement in the mission of their school.
- Each student will participate in a variety of experiences that enrich intellectual, social, emotional, creative and physical development.
- Each student will acquire knowledge and skills for a healthy lifestyle, lifelong learning and personal success.

### STATEMENT **OF VALUES**

Values are traits for personal character development which we hold in high esteem. They are those character defining principles that enable persons to live with fulfillment, responsibly relate to others and contribute to the betterment of society.

#### **VALUES**

#### Compassion

Kindness Generosity Forgiveness Sharing Caring

# Integrity

Honesty Truthfulness Courage

#### Respect

Respect for self, others and property Reverence Courtesy Purity of language, action, thought Fairness

## Perseverance

Diligence Conviction

#### Responsibility

Sense of duty Accountability Work Ethic

### Self-Control

Non-violence Self-discipline Thrifty

#### MILFORD SCHOOL DISTRICT BOARD OF EDUCATION

Barbara B. Rutt, President Charles S. Postles, Vice President Charles E. Moses, Superintendent Vance G. Daniels, Sr. Walter G. Feindt Edwin Kee

Richard J. Klute Marvin P. Shelhouse Eugene M. Sharp III

### MID-ATLANTIC DEL. DIVISION ARA

In 1977, the American Automobile Association (AAA) Mid-Atlantic Delaware Division opened a branch office on South State Street in downtown Dover. At that time, the office, staffed with up to three people, concentrated on automobile travel services and dispatching emergency and road service calls.

Over the years, the downtown location expanded and increased its staff to accommodate the steady increase in memberships.

In the spring of 1994, the Dover branch expanded its services to include a travel agency and increased the number of insurance agents, said branch manager Lynda Miller.

That same year, the office moved from its downtown location to Greentree Shopping Center, Rt. 8, Dover, and doubled the staff (which now includes ten).

The emergency service department has its own dispatch center and can be reached 24

hours a day, seven days a week, at 1-800-AAA-HELP.

AAA Mid-Atlantic, which has 1.5 million members, offers a variety of services for onestop-shop travel planning.

Call today and plan anything from a one-day excursion to an all-inclusive package, 674-8020 in Kent County, or 856-7451 in Sussex. Travelers do not have to be AAA members in order to utilize travel packages, airline and cruise bookings, and insurance rates. However, for all other benefits, AAA membership is required.

422-3344

The Chamber of Commerce for Greater Milford

422-3344

Thank you for your wonderful support! Because of you, we've enlarged our gas to 3 islands. Thanks for your Propane business, too!



Feed • Seed • Fertilizer • Farm Supplies • Farm and Passenger Tires • LP Gas • Grain Marketing

Southern States Cardtroll Gas & Diesel Fuel!

OPEN 24 HOURS A DAY -- "365 DAYS A YEAR!" APPLY FOR YOUR CARD NOW!! . VISA & MASTERCARD



Milford Cooperative, Inc. Williamsville Rd., Milford, Delaware (302) 422-8066

### CO-OPERATIUE

Southern States began as a business in Virginia in 1923 under the name of Virginia Seed Company.

Since then, the company changed its name to Southern States and now operates retail stores in Delaware, Maryland, Virginia, West Virginia, Kentucky and North Carolina.

Southern States, a company which has been in business for 72 years as a whole, has been active in Milford for 50 years.

Southern States Cooperative, Inc. of Milford opened in downtown in the late 1940's. Southern States moved to its present location in 1954.

Southern States in Milford employs 22 people. Donnell Calhoun, Sr. is board chairman of Southern States; Ronald Robbins is board vice chairman; Ray Trivits is manager; and Gary Rhodes is assistant manag-

# MEET YOUR THEORHOOD ACTE Local Professionals Qualified To Help You With Your Real Estate Needs

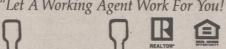
**Real Estate** 

arrington ealty.Inc.

First in Service!

282 N. Rehoboth Boulevard • Milford, DE Office: 422-2424 • Home: 422-5682

"Let A Working Agent Work For You!"





arrington Dealty.Inc.

First in Service!

282 N. Rehoboth Boulevard • Milford, DE Office: 422-2424 • Home: 422-5682

"Two Generations To Serve You!" Nina Silicato





**Real Estate** 

Mickey Mateo

arrington ealty.Inc.

Suzanne Croce

First in Service!

282 N. Rehoboth Boulevard • Milford, DE Office: 422-2424 • Home: 422-5682

"Working Harder To Serve You!"







**Real Estate** 

C.R.S., G.R.I.

D.j. Silicato



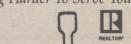
Myra K.

ealty,Inc. First in Service!

282 N. Rehoboth Boulevard • Milford, DE Office: 422-2424 • Home: 422-5682

"Working Harder To Serve You!"

arrington







# LASER TONE

Laser Tone, Inc., a local laser printer service and repair company, owned and operated by Debbie Cromer of Milford, specializes in re-manufactured toner cartridges. Laser Tone's reputation has been built on a foundation of customer satisfaction and a commitment to the environment.

In addition to remanufactured toner cartridges, Laser Tone offers money saving generic and brand name toner supplies. They carry printer ribbons, fax film, inkjet cartridges, copier toner and the majority of all office machine supplies you

For the past seven years, Laser Tone has been providing service for large industry, schools, hospitals, small and home-based businesses throughout Delaware and eastern Maryland. Their free pickup and delivery service throughout the state each week assures customers of prompt, scheduled deliveries and a convenient method for recycling.

Most toner cartridges in use today are recyclable. With this growing awareness, many busiplastic waste to our landfills when thrown in the trash. In addition to keeping hundreds of tons of plastic out of our landfills yearly, Laser Tone's recycling program reuses cardboard boxes and recycles aluminum components that would otherwise be discarded.

by saving 40-60% of the price of costly, new supplies. In addition to the savings, Laser Tone provides free technical support, free tees their products and services a Better Tomorrow." 100%. Quality control and thorough testing assure you that a remanufactured toner cartridge will perform as well, if not better than a new one. Most new toner cartridges are manufactured abroad. By purchasing remanufactured cartridges, you are supporting your local economy and keeping American dollars in the United States.

The Laser Tone staff which is comprised of the ser-

nesses and individuals are con-vice department, remanufacturtributing to the effort to save the ing technicians, sales and office environment around us by recy-personnel — is dedicated to cling. Each used toner cartridge making sure their customers' adds more than three pounds of needs are satisfied. Trained technicians are always available ton answer your questions and provide solutions. Their qualified service department can tailor a low-cost preventive maintenance program which can eliminate unnecessary service calls and down-time.

Laser Tone stresses the American businesses benefit importance of recycling and encourages everyone to join the campaign to better the world we live in. Serving Delmarva since 1989, they continue to live by pickup and delivery and guaran- their motto, "Recycle Today for



Recycling helps the environment

# Celebrating

1956 — 1996

"We provide the best in T.V. Service by Albert Dill; in televisions & VCR's by Zenith & Magnavox; in major appliances by Kitchenaid, Whirlpool & Roper"

Corner of N.E. 10th & Walnut sts. · Milford

422-8534



Thumbs up to local businesses

# **MILFORD AUTO**

Full Line Of Domestic, Foreign And High Performance Auto Parts!

**Hardware** 

AC DELCO PARTS DEALER

**OPEN 7 DAYS** 209 N.E. Front St. • Milford Shopping Center

422-7065 10% OFF Non-Sale Items With This Ad!

COURTESY SERVICE
No Charge Pick
Up & Delivery of your Car with
New Set of Tires Zymmy

Best Place in Town for Tires & Service

24 5% Z 5% DISCOUNT

Milford, Delaware (Formerly Milford Motors)

Oil Change • Brakes • Shocks • Exhaust Repair Work • Custom Wheels

"MILFORD'S COMPLETE CAR CARE CENTER!"

302-422-3337

ALIGNMENT \$29.95

\$39.95

ROTATION, BALANCE, LUBE. OIL & FILTER \$29.95

With 10W30 or 5W30 Up to 5 quarts of oil, other weights available at extra charge. Diesel oil & filter extra. With 10W30 or 5W30 Up to 5 quarts of oil, other weights availab at extra charge, Diese oil & filter extra.

LUBE, OIL

& FILTER

\$15.88

ALIGNMENT, ROTATION & WHEEL BALANCE \$39.95

### DEL MORTU and APPLIANCE

Started in 1956 by Franklin Currey, Del Mor TV and Appliance is currently owned by Don and Millie Albhsi.

Don and Millie Albhsi purchased the business in 1990 from Shirley Renzi.

The businesses' original location was on Rt. 14 in Houston, but was moved to Milford in 1988, and to its current location in the Milford Shopping Center

TV technician and TV operating manager Albert Dill and purchasing manager Marilyn Dernberger are ready and willing to assist patrons with TV service and sales, antennas and all major appliances.

Call Del Mor TV and Appliance at 422-8534.

# **SAVE 40-60%**

Remanufactured \_\_\_\_ **Laser Printer** Cartridges!



## **100% GUARANTEED!**

Hewlett Packard, IBM, Apple, Okidata, Epson, Canon printers/copiers & More

• Supplies for all office machines at discount prices · Laser Printer service and repair

LASER TONE, INC. (800) 422-4409 • (302) 422-2323

'Delivering Quality Service to Delmarva Since 1989'

### MILFORD AUTO and HOME CENTER KENT-SUSSEK AUTO CARE

Sam Shah and Perry Parekh, owners of Milford Auto and Home Center are pleased to announce the purchase of Kent-Sussex Tires' property herein named Kent Sussex Auto Care,

The new modern and renovated location, which was the former site of Milford Motors site at 914 N. Walnut St., Milford.

Kent Sussex Auto Care will be one the Milford's complete car care center, under-the-hood and under-the-car car automotive services. Services such as oil changes, adjustments, brakes, exhaust and shocks will be offered at this location.

Name brand tires such as Cooper®, Michelan®, Dunlop® and Goodyear® will be sold at this location. The center also cars and trucks.

15 years of experience in the automotive business. Cars will be serviced, and certified techni-Milford and vicinity areas are all families with.

The automotive department has all kinds of parts and accessories to repair cars. The department has expanded the speed shop to include all high performance parts such as car masks, bug shields, headers, Delco ®

batteries and their specialty items.

The hardware department offers plumbing supplies, garden supplies, electrical supplies and hardware items such as

bolts, nuts, home fixtures, paint and paint supplies for do-ityourselfers.

The partnership of Milford Auto and Home center and Kent-Sussex Auto Care is See AUTO-HOME - page 12

#### 

Harrington ERA Realty has been leading the Milford area in listing and sales for the past 10 years. The Harrington ERA Realty real estate sales organization is conveniently located at 282 N. Rehoboth Boulevard in Milford.

Under the successful leadership of Sue Kugelmann, the Milford office continues to break company production records. The productivity of the specializes in custom wheels for Milford office played a significant role in Harrington ERA Co-owner Sam Shah had over Realty's ranking in the top 25 offices nationally Electronics Realty Associates.

Growth has certainly been the cians whose work people of by-word in the Harrington Realty Milford office. We are pleased to welcome six new agents to our office, including: Suzanne Croce, Myra K.Mitchell, Sharon Pierson, Debra Abbott, Roy Carlson and Charles Mulrooney. The new agents will all undergo ERA's

High Achievers Program, which will give them the competitive edge with buyers and sellers of real estate in this market area. We feel confident they will soon join our Multi-Million Dollar Producers Nina Silicato, Rymal Kenton and Mickey Mateo.

Nina Silicato has been named project manager for Marshall Commons, a development featuring custom-built homes with city amenities.

We are convinced that if you are looking for effective real estate activity, you need to call Harrington ERA Realty in Milford.

Harrington ERA Realty offers just what you'd expect from a

Give them a call today at 422-2424 or stop by the office Monday through Friday from 9 a.m.-5 p.m., Saturday from 9 a.m.-3 p.m., or Sunday from 11 a.m.-3 p.m.



Complete In Home Decorating Service

Residential & Commercial

Custom-made Draperies & Valances • Large In-stock Selection of Designer Fabrics • Domestic & Imported

- (scores of colors)
- Pleated Fabric Shades (energy saving fabrics)
- Vertical Blinds (fabric louvers, too)
- Swags, Cornices Shades, Layers

## CALL RACHEL WALSH OR **IUDY GRIER**

For In Home Service • 422-8300 WE ALSO DO WALL COVERING AND CARPET!

Want more info on your hometown?

Call the Chamber of Commerce for Greater Milford at 422-3344



INTERIORS

Creative Interiors' Rachel Walsh and Judy Grier (formerly affiliated with the Decorating Den since 1988), offer in-home decorating services.

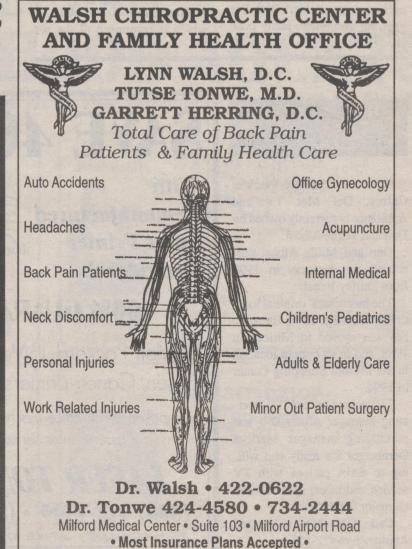
The specialized services include:

- Window treatment draperies, blinds of all kinds, valances (cornices or soft fabric
  - Wallcoverings
  - Carpeting
  - Accessorizing
  - Private consultations

Rachel and Judy will work within your budget and in your own home. They will utilize your lighting and layout, and provide decorating consulting, both residential and commer-

Call for an appointment at 422-8300.





#### MILEORD MEMORIAL HOSPITAL

Milford Memorial Hospital has been a vital part of this community for more than 50 years. Our talent and technology work together for you to provide the finest health care possible throughout the 1990s and into the next century.

MMH has undergone incredible changes over the past year and remains dedicated to staying a step

MMH is located in a small, rural community and it is necessary for us to reach out across the state to different towns in order to properly serve our patients. We have done this, not only through our Outpatient Services Center, but also through our Home Health Services and Occupational Health Services.

Outpatient Services
In an effort to better serve our communities, we have opened two out-lying outpatient services centers. These centers, located in Harrington and Frederica, provide basic diagnostic testing including laboratory, radiology and EKG services. These centers are strictly a drawing and testing station for routine physician requested services.

The centers limit the amount of

traveling a patient must do in order to receive proper health care. For example, following a physician visit, a patient may need routine diagnostic testing. Rather than travel to Milford, the patient can bring their doctor's slip to either Harrington or Frederica for their required tests.

Accessibility and convenience are the primary factors behind these diagnostic testing facilities. MMH reaches out to the community to provide convenient and easily accessible health care services.

MMH is dedicated to all of its

communities not just the one in which the hospital is located.

The Frederica Outpatient Services Center is open Monday, Tuesday, Thursday, and Friday, from 6:30 a.m. to 4 p.m.; and Wednesday from 6:30 a.m. to 5:30 p.m. Appointments are not necessary. Call 335-1970 for more informa-

The Harrington Outpatient Services Center is open Monday to Friday from 6:30 a.m. to 3 p.m. Appointments are not necessary. Call 398-0370 for more information.

#### **Home Health Services**

Modern technology has changed the health care field tremendously. In the past, virtually all procedures performed at a hospital were done on an inpatient basis

By the end of 1995, 75 percent of all procedures performed by hospitals will be done on an outpatient This dramatic increase has introduced a different form of health care, home health.

MMH's Home Health Services give patients the opportunity to receive treatment at home. Home health is available to patients who are not sick enough to be in the hospital, but still need some medical attention.

Home health service patients, 75 percent of whom are elderly, are often those who are recovering from and receiving treatment for heart attacks and cancer, undergoing physical therapy, or those who have been recently discharged from the hospiFor more information, call 424-

#### **Occupational Health Services**

Occupational Health Services is a highly specialized medical service which caters to area businesses by offering convenient, comprehensive solutions to their health care needs in a cost-effective, caring manner.

It is able to offer businesses lower medical fees because only workrelated service are provided to cli-ents and more people can be seen at a lower cost.

The most notable aspect of this service is the ability to provide services on location. The Milford Memorial Hospital Auxiliary pur-chased a 35-foot mobile health vehicle in 1993. The Occupational Health Van provides businesses with on-site health care. More than 75 area businesses have seen the tremendous benefits of MMH's Occupational Health Services.

The only service not offered on the van is X-ray service.

With the van, a variety of medical screenings and tests are now available on the job site. This is an important aspect, because it gives businesses the chance to cut down on non-productive time, thus making this service more cost-effective and decreasing their cost of doing

This on-site service allows businesses to comply with the different medical regulations without dis-rupting the working environment. OSHA has issued many manda-

tory medical requirements on businesses which have increased the non-productive time of workers who have to take hours, and sometimes an entire day, for medical testing and evaluation.

MMH's occupational health services offers the following on-site: Some types of illness and injury treatment, audiogram, blood and urine specimen collection, drug testing, pulmonary function testing, vision testing, glaucoma screening and physical exams and screenings.

Also provided is preventive education. With a health risk assessment, patients are asked to fill out a lifestyle-related questionnaire. Answers are entered into a computer, analyzed, then the results will be discussed by the patient and a counselor. If necessary, patients will be educated on how to lower health risks to increase their lifespan.

For more information, call MMH's Occupational Health Services at 424-5705.



# TANNER & WILLEY **Associates**

Cathel Tanner, P.A. • Elaine Willey, P.A. Kenzel Davis, Consultant

- Personal & Business Taxes
   Computerized Payroll
- Accounting Services
- · Direct Deposit
- Super-fast Refunds\*



422-5005 **Appointments Recommended** 200D N. Rehoboth Blvd. • Milford, Delaware

### RONALD J. PRISCO

Located on the Milford-Harrington Hwy., the law offices of Ronald J. Prisco, P.A. services clients in Kent and Sussex counties.

Mr. Prisco, a graduate of Milford High School, the University of Delaware and Delaware Law School, has been practicing law in the Milford area since 1980. He is a member of the Delaware and American Trial Lawyers Association.

The firm specializes in personal injury cases such as auto accidents and workmen's compensation. Additional areas of practice include residential and commercial real estate, wills and estate, family law, business law, leases, contracts and corporation.

# let Bowled



Join A League Or Just Come Out For Some Family Fun!!

WE OFFER

32 Lanes For Your Bowling Convenience Automatic Scoring • Bumper Bowling for Kids Lounge & Full-Service Snack Bar • Happy Hour Specials A Complete Line Of Bowling Balls, Bags, Shoes And Accessories Playroom Facilities For League Bowlers

# **Birthday Party Specials For Children**

Sunday 11 a.m. - 11 p.m. Monday 9 a.m. - 11 p.m. Tuesday 6 p.m. - 11 p.m.

and the second of the second o

Thursday 12 Noon - 12 Midnight Friday 6 p.m. - 12 Midnight Saturday 9 a.m. - 12 Midnight Wednesday 9 a.m. - 11 p.m.

809 N. DuPont Blvd. • Milford, Delaware Jeff Fry, Manager (302) 422-9456

# Occupational

Your Business Healthcare Specialist

- Individually Engineered Programs & Services
- Guaranteed Cost Effectiveness
  - Hospital Affiliated
  - Preventative Health & Safety Emphasis
  - Complimentary Physician Consultation
  - & Medical Record Retention Service • Over 14 Years of Service Excellence
  - Onsight Delivery of Services
  - 24 Hour Drug & Alcohol Testing
  - Regulatory Compliance OSHA, DOT, ADA
  - · Healthcare Consultation/ Resource
  - · Managed Care Approach
  - · Client Reference List Available

For More Information on the Services Available Call (302) 424-5705

Proud Member of Delaware Center for Wellness

Clarke Avenue P.O. Box 199 Milford, DE 19963-0199



**OCCUPATIONAL** HEALTH SERVICES

# MAIL BOXES ETC.

A business of the 90's for the businessman of the 90's, Mail Boxes, Etc. makes it possible for the small business owner to function efficiently without a large overhead expense.

Owned and operated by Robin Engstenberg and Sandy Kinkus, Mail Boxes Etc. 18 beginning its fifth year in

Milford. Since opening its doors in October of 1991, many businesses have come to think of Mail Boxes, Etc. as their right hand man.

Among the services offered is The Mail Box Rental. Renting a mail ook from Mail Boxes, Etc. affords the customer the convenience of a street address,

24-hour access to the center as well as the copy machines, and mail check — a call-ahead service to determine if there is mail before venturing out. UPS, Federal Express and other carriers may also be received there.

With the down-scaling of corporate America, Mail Boxes, Etc. is available to help with all the small business needs. Mail Boxes, Etc. is located in the Milford Plaza.

# Auto-Home -

Continued from page 10

geared up to service the community of Milford for many years to come.

Milford Auto and Home Center, located in the downtown Milford Shopping Center, has been in operation as an auto parts store, speed shop and hardware store for the past 11 years. Let Us Make Your Real Estate Wishes Come True!



10 N.W. FRONT STREET P.O. BOX 599 MILFORD, DE 19963 (800) 644-2121 (302) 422-2121 Fax: (302) 422-2898

### CENTURY 21 WELLS REALTY

Century 21 Wells Realty has enjoyed steady growth in the past year, since it joined the Century 21 system. Six new agents have joined Wells, doubling the sales force and resulting in an increase in business. The increase has exceeded all expectations.

"We've been fortunate to attract two experienced agents and four new ones, people who have had either previous experience with the Century 21 system, or saw the benefits of Century 21 training, referrals or national advertising, combined with a local well-known name in real estate," said Joe Wells, president of the company.

A long-standing real estate firm in Milford, Wells Realty opted to join Century 21 in 1995 for several reasons.

"We were finding it was harder to compete as larger realty firms pushed into the local market. Plus, so many of our buyers are from out of state and recognize the Century 21 name as the brand of choice for quality real estate service," explained Wells.

Most recently, Century 21 Wells Realty announced a merger with Classic Realty, which added two more realtors and a satellite location three miles north of Milford on US 113. Wells agents are now there daily in the Shawnee Homes model, a modular home assembled in nearby Salisbury, Md. and distributed by '72 Builders locally.

In March, Century 21 Wells will announce a telephone hotline service, wherein prospective home buyers can call in 24 hours a day and obtain details about homes for sale.

For more information, visit the main office in downtown Milford at 10 N.W. Front St., or call 422-2121.

# RONALD J. PRISCO, P.A. ATTORNEY AT LAW A FULL SERVICE LAW FIRM

- Auto Accidents
- Personal Injury Claims
- Workers Compensation
- Family Law
- Business Law
- Residential Real Estate
- Commercial Real Estate
- Wills & Estates
- Leases & Contracts
- Corporations

(No Recovery/ No Legal Fee in All Injury Cases)

422-2520

MILFORD-HARRINGTON HWY., MILFORD, DELAWARE EVENING & WEEKEND HOURS BY APPOINTMENT

Practice area listing does not represent official certification as a specialist Clients must pay expenses of litigation regardless of outcome.

# MAIL BOXES ETC.

Catering to the Small Business Owner!



- Sandy Kinkus
- Robin Engstenberg

Offering:

Copies • Color Copies

- Fax Laminating •
- Binding Passport Photos Packing/Shipping •
- UPS FedEx USPS
- Other Carriers
   Mail Box Rental With A Street Address

686 N. DuPont Blvd. Milford, DE 19963 (302) 422-3017 FAX 422-3019

# CLASSRO SEMINATE ACE WORKERS AND ACE

Linking Delaware's workforce with education and career opportunities.

Delaware Tech Dover: 741-2700 Georgetown: 856-5776

DELAWARE TECH

# CLASSIFIEDS

- INDEX -

Building Materials &

Exercise & Health

Firewood/Stoves

Heavy Equipment Hunting Supplies

Kitchen & Bath

Machinery & Tools

Misc. Merchandise

Pets & Supplies

Instruments

Sporting Goods

Sports Cards &

Collectibles

Yards Sales

596 Christmas Trees

**FARMERS MARKET** 

600 Farm Products

615 Horses/Livestock

Produce

Wanted to Buy

Cameras/Optical Goods

Furniture & Accessories

Lawn & Garden Equipment

Pianos, Organs & Musical

TV/Electronics & Stereo

Farm Feed/Supplies

Poultry/Meats, Supplies

Apartment Unfurnished

Farm Equipment

Plants & Seeds

700 Apartment Furnished

Computers & Accessories

515 Auctions

Supplies

Clothing

Equipment

Flea Market

Jewelry

520

530

550

555

565

570

580

582

588

610

630

RENTALS

- **ANNOUNCEMENTS** 100 Card of Thanks 105 In Memoriam
- 110 Give Away
- 115 Lost
- 120 Found
- 125 Special Notices 130 Happy Ads
- 975 Seaford Legals 985 Milford Legals
- 995 Harrington Legals
- **FINANCIAL & BUSINESS**
- 200 Loans
- 205 Insurance
- 210 Taxes **EMPLOYMENT**
- 300 Employment PT 305 Employment FT
- **Employment Medical** 310
- 315 Employment Sales 320 Job Information
- 325 Business Opportunities
- 330 Situations Wanted SERVICES
- 400 Adult Care
- 405 Child Care 410 Cleaning
- 415 Health Care
- Heating & Air Conditioning 420
- Home Repair & Remodel
- 430 Lawn & Garden 435 Paint & Papering
- 440 Miscellaneous
- 445 Schools & Instruction
- 450 Business & Office **GENERAL MERCHANDISE**
- 500 Arts & Crafts
- 505 Antiques 510 Appliances

# Taxes

# Lost

long hair, light brown, black markings on face. Blades vicinity. Call

### 120

red collar, approx. 1 yr. old. Vicinity of Front St. 2/3/96. Address to come & identify, 209 N. Walnut St., Milford, DE.

BRACELET gold. Vicinity of Leggetts on 2/15. Call 422-3981

**DOBERMAN MIX** male under 1 yr. Well groomed, brand new collar! Vicinity 628-9463

KEYS in front of Jennifer's in Harrington. Call 398-9203

BAHAMA VACATION

With Hypnosis You Can Achieve! Stop Smoking,

Lose weight Control Stress & Pain **Professional Help** 

Affordable Rates Health & Hypnosis Center 422-4079.

Medical Plan

Vacation

Uniforms

#### TAX PREPARATION Specializing in family daycare. Call 875-9332 reasonable rates & accurate work.

# Employment Part-Time **DELI & CASHIER FT**

needed for nights & weekends. Exp. preferred, call 422-2640 EDUCATORS/ HOMEMAKERS Inter-

national Student Ex-change, Inc. (ISE) seeks local person for Area Re-presentative position. In-cludes recruiting, screening, supporting, and supervising host families and their foreign ex-change students. Should have good communicaof local school systems. Financial stipend/part-

PT DELI CLERK Position available. Good working conditions & attractive pay scale. Apply at Delux Dairy Market, Rt. 113 & 16, Ellendale & Rt 20 E.

PT HELP NEEDED Thursday & Friday evening and occasiona Saturday Call 422-0711

RN OR LPN for a specialty Medical practice. Assist w/ office hours & office duties. Perform In-Service for organizations & medical community. Contact Tina at 628-3118

# Employment Full-Time

CDL DRIVER w/ HAZMAT & AIR BRAKES 5 days/ week, approx. 7 PM to 3 AM

Apply at Manlove Auto Parts, 424 Front Street, Seaford.

Learning Center in ston. Call 424-4905 Houston. or stop in for application.

> **IMMEDIATE** OPENINGS! Managers Sales Řeps Telemarketers New office opening in Milford! 20-40K Yearly 302-424-4145 Call for App't only!

# Pension & Profit Sharing Salary Flats & Reefers Commissions Year Round Work

70" Raised Roof Freightliners

Must have three years over the road experience

Over the Road

Call for more information

1-800-821-2636 PINE TREE DISTRIBUTORS, INC.

A Growing Company

730 Hunting Property 735 Land/Lots

710 Condos

720 Duplex

725 Houses

740 Manufactured Homes 745 Resort/Waterfront

715 Commercial Property

- 750 Rooms For Rent 755 Roommate Wanted
- Storage Space 760 770 Wanted To Rent
- REAL ESTATE 800 Condos
- 805 Duplex 810 Commercial Property 815 Houses
- 820 For Sale By Owner 825 Land/Lots
- Loans & Mortgages Manufactured Homes
- 840 Resort/Waterfront 845 Real Estate Wanted
- TRANSPORTATION 900 Automobiles
- 905 Antique/Classic Autos 910 Campers/RV's 915 Commercial Vehicles
- Motorcycles 920
- Pick-Up Trucks
- 4-Wheel Drive 930
- 935 Vans
- 940 Auto Service/Repair Auto Supplies/Parts 950 Power Boats
- 955 Sail Boats Marine
- Accessories/Storage

# CALL 24 HOURS

629-0565 • 398-0443 • 422-1203

Mon. 2 pm

.Tues. 5 pm

.Wed. 3 pm

Address



Mon. 11 am Wed...

.Wed. 3 pm

Deadline | LEGALS - Pub. Day

Friday

**OFFICE HOURS:** 8:30 am - 5:00 pm Monday - Friday

Mon. noon

Wed. noon



# of Weeks



# IMPORTANT INFORMATION

Important Information - The Publisher reserves the right to censor, reclassify, revise, edit or reject any classified advertisement not meeting the standards of acceptance of Chesapeake Publishing Corp. All ads accepted are subject to credit approval. Cancellations - You may cancel as soon as you have results and a price will be based on the number of days ad published. See cancellation deadlines. Does not apply to special promotions.

Legals - Must be submitted to Southern Delaware Classifieds, (you may fax or mail your legal.) To cancel legals you also must fax or mail a cancellation request prior to deadline for the legal to be cancelled. Legals or cancellation for legals will not be accepted over the phone. Adjustments - Please read your ad carefully the first day of publication, if there should be an error, call Southern Delaware Classifieds by noon the day the ad appears. We will not be responsible for more than 1 incorrect insertion. The Publisher shall be under no liability for its fallure for any cause to insert an advertise-ment.

**Deadlines - Publication & Cancellation** 

Deadline | DISPLAY - Pub. Day

Wed....

Friday

#### PRIVATE PARTY RATES **ACTION ADS:**

LINERS - Pub. Day

Fri. Leader/Register ..

Wed..

Fri. Shopper.

Milford Chronicle

The Leader

State Register

Delmarva Shoppe

0\_

Merchandise Under \$500, 4 lines, \$5 Merchandise Under \$5,000, 4 lines, \$10

WHEEL DEAL ADS: Vehicles Under \$5,000, 4 lines, \$10 \$5,000 & Over, 4 lines, \$14

YARD SALE ADS: \$1 Per Line (4 line Minimum)

HAPPY ADS: \$1 Per Line (4 line Minimum)

LINE AD EXTRA CHARGES: Attention Getter - \$5 ea.\*

Boxed Ad - \$2 ea.\* Reversed Ad - \$5 ea.\* Logo Top or Bottom - \$5 ea.\*

Blind Box Rates: \$7 P/U; \$10 Mailed\*\*

\*length of initial order \*\*Mailed out once per week

Classification #

order form

Mail to: Southern Delaware Classifieds, 110 Center St., Harrington, DE 19952

# Only SOUTHERN DELAWARE CLASSIFIEDS Offer GUARANTEED RESULTS!

If you don't sell your item the first week, just call us and we'll run it a second week FREE! Private Parties Only. Applies to Merchandise Categories only.

#### 110 Give Away 210

CATS (4) free young, willing to neuter & spay. Call 302-227-1520

**CATS:** All Gray or Gray & White, very pretty, Free to good homes only. Will be going to SPCA if homes can't be found.

CAT big male striped Tabby (black, brown, & rust). Answers to name of Nick. Vicinity of White Oak Trailer Park, behind Shawnee Acres, Milford Shawnee Acres, Milford 2/24. Reward Offered!

EYE GLASSES prescription, in case. Vicinity of Milford Village parking lot, 2/19/96. Call

422-0812 if found. LHASA APSO MIX

# Found

BLACK LAB male w/

Country Club. Call

KEYS in snow, vicinity of Laser Tone, S. W. Front St., Milford. Call to identify 422-2323.

# 125 Special Notices

9 day for two, \$450. Call 422-4946

DAY CARE position available, flexible hrs., 6-6, FT & PT. Ready-Setbeach. 424-2273 aft. 6pm

Classifieds 398-0443

OUTSIDE SALES for busy printing and advertis-ing specialty business. Exclusive territory, salary plus commission. Must have dependable car, be self motivated, energetic with professional appearance and attitude, typing, clerical skills a must. Call 302-629-4430.

**GROTTO PIZZA-**FAMILY Come grow with us! Proven success in Restaurant. Front phone 1-800-456-6335

AVON

Wanted GIRLS WANTED From MD, VA, DE. Ages 6-19 to compete in this year's 1996 Baltimore Pageants. Over \$20.000 in prizes & scholarships. Call Today 1-800-367-2125, Ext. 825.

LOOKING TO CLEAN HOMES reasonable rates, honest & depend-

# able. Call 947-9360

RESPONSIBLE PERSON avail. to do house cleaning on Satur-days in Milford area & the

T

# Home Repair/

pairs. Over 27 years experience. Bathroom Remodeling, Paneling, Painting & Carpentry. Mobile Home Roof Coating, Plumbing, Locks. Cleaning of garages, basements, & attics. No job too small.

Licensed John 3:16

Call David Voss
302-398-4895

# RESTAURANT MANAGEMENT 302-398-4895

RESTAURANTS Seeking entry level Supervisors & Asst. Managers in N. C. & Sussex County, DE. of House or Back of House a must! Exc. salary & benefits. Send resume: Beverly

# Cox, 4299 Hwy. One, Rehoboth Beach, DE 19971 or Fax to (302)227-4566 Employment

All areas Sales \$\$\$\$ 1-800-662-2292

# Situations

410 Cleaning

Southern Delaware

## Remodel

Employment Full-Time DAVE'S Home Improve-ments & Mobile Home Re-pairs. Over 27 years ex-

#### **EMORY L. LYNCH** Interior & Exterior No Job Too Small

302-424-0873

Licensed & Insured

& Garden Sussex Tree Inc. International Society of \$20/ doz. James Dean Arboriculture Certified Life size cardboard stand-Arborist, Dan Nelson & Jeff Meredith. We care about your trees! Complete Tree Care 629-9899 or 337-3346

# 440 Miscellaneous

Services BAHAMA CRUISE 5 days/4 nights. Un-derbooked! Must Sell! \$279/couple, limited tickets. 1-800-935-9999, ext. 170. Mon.-Sat.

9am-10pm. & J SERVICE 24hr Towing Service (Lowest Prices Around) Junk Cars Towed Free! Call 410-754-9266 Emergency Evening Calls Beeper #

Instruction GUITAR LESSONS in comfort of home, professional teacher & musician, over 25 years exp. 422-0602 510 Appliances

# AC GE heat & cool (4) units avail. 11,400 BTU's cool, 11,000 BTU's heat, 220 Volt. 629-4052

Computers & Accessories TANDY 1000 SL 5 1/2" floppy, 512K, VGA monitor, keyboard & soft-ware. Great to get started on, \$350 OBO. 629-9090.

#### 580 Miscellaneous Merchandise

CRABS, SOFT frozen,

up,

therapy panel \$70. Will de-liver, (302) 875-0747. SAVE BIG BUCKS on all Andersen Windows. America's No. 1 Window from Delaware's No. 1 dealer. No sales tax. THE NATIONAL DOOR & WINDOW STORE, Rt. 13 (South) Laurel, DE

302-875-5000 USED TRACTORS MF 135 IH454, John Deere 820, IH Cub, IH Super A, Case 580E Backhoe. JOHN DEERE 300B and 400 Backhoes. & Mini Bikes PTO Generators. W.C. Lit-

tleton's 875-7445

### 410-221-3062 HELP WANTED CARPENTERS/

**CARPENTER HELPERS** Full-time year-round employment. Excellent benefits • Excellent pay.

Apply in person to: **Warfel Construction** 246 S. Rehoboth Blvd., Milford, Del.

# 4 LINES WEEK HONDA ACCORD EXC. 1992: Holoded, offer. 1992: S12,000/best offer. (Each additional line \$1 per week One vehicle per ad. Price must appear in ad. Private party only.) a Your ad appears in T

#### Milford Chronicle & Harrington Journal. **GUARANTEED RESULTS!** \*If your vehicle doesn't sell the first week, just give us a call and we'll run it a second week FREE!

The Leader, State Register, Delmarva Shopper,

629-0565 • 398-0443 • 422-1203

#### Schools & 580 Miscellaneous Merchandise

FORGET "FAD" DIETS! Choose good nutrition for a lifetime of health! Scientific formulations - top quality... I lost 25 lbs & 68" of bodyfat in 2 mos. & have maintained since! Also programs for Energy, Fit-ness, Stress, Etc.. Call ness, Stress, Etc.. Call 800-792-6667 to hear others' success then call

Wendy @ 410-896-2640 to get started! USED TRACTORS 25hp, 18hp, \$6975 \$4870 Kubota. Mitsubishi, 16hp, \$5,500. New 5 1/2 ft 3pt disk 550. John Deere Lawn

# & Garden Equipment W.C. Littleton's 875-7445 & Supplie

AQUARIUM: 55 gal. \$25. Whirlpool bath crushed coral, under gravel filter system, eater, 2 power heads, protein skimmer, 1 filter system, 1 Whisper Wet Dry, Sea Test (includes 5 tests), salt, PH Buffer, Stress coat, Copper Tester, hood, lights, stand, python water

### •••••••• SOUTHERN DELAWARE CLASSIFIED

**Inside Sales Trainee** An expanding business has created this opportunity to join our current team of talented people seeking Classified Advertising for Sussex County's Number One Classified Group, Southern Delaware Classifieds.

a company benefits package which includes 401K. Real estate, administrative or sales background helpful. No classified experience necessary; we will train you!

If you have a pleasant outgoing telephone personality,

This position offers excellent salary, commissions and

are familiar with a computer keyboard, can spell, consider yourself a team player and enjoy talking to very pleasant people (our customers & potential customers), then this is the job for you!

Hours are a very convenient Monday through Friday, 8:30 am to 5:00 pm with a half hour for lunch. Please reply in writing to: Southern Delaware Classifieds

And hurry, this spot won't last long!

# \$495 changer & more. OBO. Call 629-0536 11: 3111

616 Water St.

Seaford, DE 19973

# Big D Trucking

D

Backhoe & Bush Hog Service Lots Cleared • Stone, Topsoil & Dirt . Local Hauling Free Estimates

WEATHER PROTECTION **ALL SEASONS** WATERPROOFING **BASEMENTS • DENS** 

CRAWL SPACES **INSPECTIONS & CERTIFICATIONS** WRITTEN ESTIMATES REFERENCES AVAILABLE OWNER SUPERVISED 736-0100

# Jerry's **PAVING**

CONTRACTOR

• Streets

Driveways

 Parking Lots • Resurfacing FREE ESTIMATES 422-7676 Milford, DE



COMPLIMENTARY MAKEOVER Learn how to translate color in

your own personal sense of style. he ColorLogic Glamour System from Mary Kay is a unique, personalized approach to selecting your most flattering shades based on your skin tone

hair color, makeup preferences wardrobe choices and lifestyle

ill today for a free consultation MARY KAY FACE-TO-FACE BEAUTY ADVICET Dawn Curtiss endent Beauty Const

302-398-8364

**\$2 Off** i Shampoo/Cut/Blowdry Style.

# Reg. \$15, Now \$13 Hair Cuffery≪

A good haircut is a good haircut.™ The Hair Cuttery of Milford Commons 953 N. DuPont Hwy., Milford, Del.

302-424-0599

Offer valid only at above salon. Expires 2/29/96. One coupon per person. No double discounts please

Everything for your hair-care needs. **Nail Care Products** Wholesale - Retail Air Park Plaza, Milford 424-0240 (Between Wal-Mart & Bowling Alley)

**Beauty Supply** 

# Sports



No. 24, Tanitka Smith, makes two despite good coverage from Indian River opponents. Photo by Dave Dill



This Lake Forest Spartan shows determination despite the oncoming Indians as Lake Forest downs their opponent 62-38. Photo by Dave Dill

# Lake Forest Sports Rap

By Carol Ann Porter

In Lake Forest basketball action, the boys finished their season last week with seven wins and 15 losses. They played Indian River, losing 75-57. High scorers for the game were Michael Stevenson with 24 points and Dion Gambles with 12 points.

The girls beat Indian River 62-38. High scorers were Chasity Cole with 28 points, Tonya Norris with 13 points and Sherise Spence with 10 points. They finished their sea-

son with 14 wins and eight losses.

The girls will be playing tonight in the first round of the state tournament at Smyrna against Newark beginning at 6 p.m.

The wrestlers participated in the State Individual Wrestling Tournament over the weekend. Representing Lake Forest were Eric Hufstuttler in the 119-lb. class, Rusty Melvin in the 125-lb. class, Malcolm Hughes in the 145-lb. class, Dan Matta in the 152-lb. class and

Baseball Players Wanted
The United States Over 30 Baseball League is looking for players, teams and individuals to help organize a spring program. For more information call 1-800-992-9273.

Nate Rust in the heavyweight class. Nate Rust won the individual heavyweight state championship. Malcolm Hughes finished 5th in the 145-lb. class, and Rusty Melvin finished 6th in the 125-lb. class.

ent

Cro

Shi

and Md of Lyr SFleet 106 Md F

In the state swim meet held this past weekend at the University of Delaware, Tony Paladino finished 3rd in diving. The boys team finished 17th overall.

For the girls, Corey Dennis finished 8th in the 500 freestyle, and the team finished 15th overall.

All of the teams are finished for the season except for the girls bas-

Spring sports begins March 1. This includes boys and girls track, varsity and junior varsity baseball, varsity and junior varsity softball, boys and girls tennis and also golf.

The Lake Forest Athletic Boosters meeting will be held on March 4 at the high school auditorium beginning at 7:30 p.m. The public is invited to attend.

# '96 Dover **Destroyers** set casting call meeting

The first of a series of organizational meetings for the Dover Destroyer's 1996 football season has been scheduled for Sunday, March 3 at the Dover Sheraton Inn. The meeting will begin at 1 p.m. Anyone interested in coaching, playing or assisting in team operations are urged to attend. For more information call (302) 436-9001.

# Davis - (Continued from Page 2)

and magazines all over the East coast. The Sport's Eye, a daily newspaper with up to the minute racing news, forfeited a Sunday racing program at Meadowlands Raceway so that the front page could hold his honor.

Eddie Davis, as a careerminded harness driver, has grabbed the attention of the Governor, the Senate, The House of publicity Representatives, managers at local racetracks, as well as several thousand cheering fans and fellow harness drivers. The media has more than given the public the facts and figures on his success as a driver time and time

Eddie Davis has become a hero to the Standardbred racing industry. As a horsewoman, I find in he and his family the qualities it takes to make a top owner, trainer and driver of harness horses. He is a dedicated family man who, along with his wife, Kathy, provides a good, stable environment for his wife and three children. He is a generous man who has worked hard, long hours for his many accomplishments, and he has persevered through rough times to continue to support our industry.

His family has always come first. Eddie Davis returns to his home in Smyrna each night after the races, no matter where they are or when they get finished. I have been there at times when he has returned home after two or three o'clock in the morning, and he will stay awake and talk to his family about the happenings while he was

Until a few years ago, Kathy was a stay at home mother, taking care of the house, the accounting duties, charming the guests as they came and went. She cooked sometimes for what appeared to be an army, and took time to entertain all of the drop-ins. Most importantly, she took care of

I have been around the tracks for a long time and it is hard for some wives to support their husband's career as she has done. She never complained about him not being home- she just went with him when she could. She shows



**Eddie Davis** 

her husband daily her support and is outwardly grateful for the life he has provided for their family. Now, she has began to work while she continues her other duties at home. The hands have turned and Eddie shows his support for his wife.

Several summers ago, I stayed with the Davis' at their home in Smyrna. It is a wonderful place to be and I must say there is hardly ever a dull moment. At any time, Eddie and Kathy Davis open their home and their hearts to anyone who may come along. On any given day, there could be 50 people pass through the door to their home, open the refrigerator and grab some food, or plop down on their sofa for an afternoon nap. There were times when I had no idea who I was talking to, but I knew that they, as well as myself,

were welcome in that house. In the morning, the first feet to hit the floor were Eddie Davis'. He was up and at it early, no matter how late he arrived home the previous night. After spending most of the morning at the barn, he came in for lunch with his family and then back out he went. In the late afternoon, he usually was getting ready to head on to the racetrack- sometimes it was Rosecroft, sometimes the Meadowlands. I don't remember ever hearing that he was tired or

sick or that he did not want to go. He just went. According to his wife, Eddie is the hardest working

person that she has ever seen. In the summer, Eddie Davis baled hay on a farm near where he lives. At 50+ years old, he could outwork the young boys on the farm. After their day was done, the boys would drag themselves into the house, red as beets with sweat running down their cheeks and exhausted looks on their faces, And bringing up the rear was Eddie, joking at the boys, smiling about the day. Even after the tire blew out on the hay wagon and Eddie had to stop and fix it on the way home, he almost looked refreshed. Vibrant and colorful, happy to be able to work- thats the image he always portrayed.

Not too long ago, Davis became only the 13th person to ever reach his six thousand win in the sport of harness racing. After 32 years in the sport, he has earned in excess of 29 million dollars of purse money for his owners. Twice the world's leading driver, he has won more than 100 races per year for 24 consecutive years!

After recently attending Eddie's 6000 win party, it is evident that people love Eddie Davis. People love his family. The Davis family has a circle of supporting fans but in return, they support their industry. Both Eddie and Kathy have played important roles in the changing of harness racing, beginning back many years ago. The family has never quit, and have had owners for long periods of time, which shows that they are a respectable family within the industry's realm.

As for me, I would like to congratulate the Davis family on their many years of success. Eddie as well as his wife, Kathy, should be deemed heroes of our sport for all that they have given. Their children are continuing in the tradition, with Eddie's three sons becoming harness drivers and his daughter, Kandy, continues in the support of her father and brothers.

The family has not only shown the fans that they are good at the sport, but that they have a host of

valuable family and friends that are important to them. Eddie has shown through the years that he and his family have the morals

and committment that it takes to win. Good Luck, Eddie Davismany best wishes for a safe and happy future of harness racing.

# DRS. DuSHUTTLE & ROWE, P.A.



R.P. DuSHUTTLE, M.D.

Today lower back problems are epidemic. People of all ages, from the industrial worker to the world class athlete, are at risk for the pain and disability of back pain. Although there is no "magic pill" you can take to solve your problem overnight, there are many things you can do to take care of your back. Fortunately, spinal surgery is needed in less than 15% of patients with back problems. When surgery is indicated, however, it can play a vital role in overall treatment and

recovery. To understand why you may need spinal surgery and how to protect your back before and after surgery you need to learn about your spine and how it functions. A healthy spine protects the spinal cord and supports the body while allowing it to move, bend, sit, twist, and turn. The bones comprising the spine (vertebra) and the discs between them are aligned in three natural curves. These curves are normally kept in a balanced position by strong flexible muscles. Because of injury, the natural aging process, or premature aging due to misuse, certain spinal problems cause the discs or bones to press on the spinal nerves causing symptoms such as pain radiating down the leg into the foot (sciatica), stiffness, tingling and/or numbness.

The three most common categories requiring spine surgery in the adult are: ruptured or herniated discs, arthritis, or instability of the back. A ruptured disc causes pain on the spinal nerve root and sometimes radiation of the pain from the buttock down into the lower leg. A ruptured disc is often understood more easily by comparing it to a jelly doughnut. If one were to squeeze a jelly doughnut some of the jelly would squirt out from the doughnut. This is similar to what happens with a herniated disc — the disc is ruptured, so the jelly from

SURGER

the inside leaks out causing pressure on the spinal nerve root. Another condition that may require surgery

is arthritis. Aging, worn vertebra and discs allow bone spurs to form. This can cause worsening of the back pain and can irritate nearby nerve roots. The symptoms once again are often pain in the back, in the buttock region, and radiating down the leg. In arthritis, however, the pain is often worsened by walking and relieved by sitting.

Instability is the third category that may require surgery. As a disc degenerates and flattens out, the vertebra in the back get closer together and slip back and forth. This slippage and rubbing of the bones in the back irritate the muscles and nearby ligaments which can result in an irritated nerve. The end result is pain radiating down the leg, or sciatica.

Spinal surgery aims to relieve symptoms by removing the cause of the irritation or compression of your spinal nerve. Over the past decade, the majority of spinal surgery for the low back has progressed to the pint where most procedures require an incision of approximately two inches or less. Generally, the procedure is to remove only the part of the disc that is ruptured. Fortunately fusion of the spine is required in less than 10% of back surgery. After surgery an appropriate exercise program is instituted to encourage healing. Increases in strength, flexibility and endurance occur generally within 6 weeks.

For further information or to schedule an appointment in our Dover, Milford, Seaford or Smyrna office, please call 678-8447, 424-0690 or 628-7702. Our doctors are on call twenty-four hours a day for emergencies, and Saturday appointments are also available.



# State Heavyweight Champion!

Lake Forest wrestler Nate Rust won the Individual Heavyweight State Championship last week. Photo by Jen Ellingsworth.

Airport Road • Milford, DE 19963 (302) 424-0690

DACHSUND PUP

LAB AKC black, female, 8 mos. old. All shots upsell, \$150 OBO. 424-4007

bituaries

Layton Jr., and a sister-in-law, Mar-

rianne Layton of Felton; maternal

grandparents, Dorothy L. Scott of Felton and Thomas E. Cannon of

Rock Hall, Md.; paternal grandpar-

ents Norman H. Layton Sr. of Ridgely, Md., and Hilda Marie

Layton of Rock Hall, Md.; several

aunts and uncles, Jimmy and Marie

Crossan of Landenburg, Pa., Nor-

man Layton Jr. of Greenwood,

Lloyd Layton of Ingleside, Md.,

Shirley Taylor of Ingleside, Md.,

Dottie McCord of Burrsville, Md.,

and Vicky Layton of Chestertown,

Md.; a nephew, Aaron Lee Layton

of Felton; and a niece, Heather

Services were Sunday in the

Fleegie-Helfenbein Funeral Home,

106 West Sunset Ave., Greensboro,

Burial was in the Greensboro Ce-

Instead of flowers, the family

suggests contributions to Delaware

Hospice, 911 South DuPont Hwy.,

PARLEY D. LITTLETON IR.

Frederica died of heart failure

Tuesday, Feb. 20, 1996, in Kent

General Hospital, Dover.

Parley David Littleton Jr., 65, of

Lynn Layton of Felton.

metery.

Dover, DE 19901.

PUPPIES Yellow Lab, PIES: AKC Registered, \$300. 335-5133 pure bred, all shots, wormed, no papers, \$100, 3 males only. Call 410-943-4875

Sporting

(Continued from Page 6)

He worked as a grocery-store

manager for 30 years, for the Acme

in Middletown and then for Pantry

Pride in Dover. He worked for

Pantry Pride until they closed 15

years ago. He also worked for the

past 15 years at Champions Family

Amusement Center in Christiana as

Mr. Littleton served his country

He loved children, the arcade

Mr. Littleton was a member of

the Friendship Methodist Church in

He is survived by his wife of 39 years, Dorothy W. Littleton; two

sons, Glenn David Littleton of

Winter Park, Fla., and Scott Bruce

Littleton of Newark; two daughters,

Connie Waite and Tina Thomas,

both of Dover; his father, Parley D.

Littleton Sr. of Berlin; two broth-

ers, Victor Littleton of Gumboro

and Vincent Littleton of Bishop-

ville, Md.; nine grandchildren; and

Funeral Chapel, Bradford and Reed

Services were Friday in Torbert

Burial was in Lakeside Ceme-

two great-grandchildren.

streets, Dover.

tery, Dover.

in the U.S. Army during the Korean

and bowling.

HIGHEST PRICES PAID for old & used guns, new guns 10% over cost. Oscar Taylor, 26 NW Front St, Milford, DE. 6:30-9pm

Top Dollar Paid Gold, silver, diamonds, anti-ques, broken jewelry. Col-lectors Corner Antique & Pawn Shop. 856-7006. 302-422-4364

Farm Feed Supplies

to Buy

**Animal Bedding** Shavings & Sawdust Kiln Dried Ideal for horses & cattle Picked up or delivered 7am-5pm \* Mon-Sat GRIZZLY'S Milford 422-4544

**Apartments** Furnished



All Real Estate advertised herein is subject to the Feder-al Fair Housing Act which makes it illegal to indicate any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or dis-

We will not knowingly accept any advertising for Real Estate which is in violation of th law. All persons are hereby informed that all dwellings advertised area available on an equal opportunity basis.

crimination.

Southern Delaware Classifieds 398-0443

**Apartments** 

you believe that you may have been discriminated against in connection with the sale, rental or financing of housing, call The United States Department of Housing and Urban Development (HUD) at 1-800-669-9777.

Apartments Unfurnished

2 BR Apt W/ ref & range. Silver Hill Apts, Milford. \$430/mo MARVEL AGENCY 422-9626

HARRINGTON 2nd floor, 1BR w/ den & All carpet, W/D DW, \$450. Sec. & ref 302-398-8858

Houses 725

HOUSTON small 2BR house. \$500/ mo. + sec. dep. 422-7358 aft. 5pm.

Room

HARRINGTON furn share microwave, bath, private entrance, \$75/ wk or \$310/ mo. Dep. \$75, ref. req. 398-3348

Harrington Area Rooms \$70 wk, Cable TV hookup, HBO, Showtime & Max included. 398-9173 1pm-8pm Max included. Call

MILFORD: 1 room. house priveldges, appliances, \$75/wk. 422-7535 aft 3pm

755 Roommate

SEEKING A RESPONSIBLE person to share Apt. in Slaughter Lv. msg

arrington Realty,Inc. First In Service

**BUILD YOUR DREAM** This home is situated HOME HERE! Milford on almost 1 acre, in a very desirable, family School Dist. One acre, neighborhood. As you clear & approved for walk in - you will be taken back by the 18' cathedral ceilings w/ standard cap & fill system 200' frontage. \$23,900. open beams & 2 huge

**BEAUTIFUL COUNTRY** SETTING just outside of Milford. Lot on CR 209. 1,500 sq. ft. minimum ranch. Standard septic .36 acres. Call Ryma

Call Barbara, ML-1326.

Kenton, ML-1295. **REDUCED TO \$15,000!** TWO ACRES on CR 61 in Greenwood. All woodland

with 200' frontage. Call

John Wilkins. ML-1136. HARD TO FIND BUT WE HAVE IT! One

acre lot with well & septic for mobile. All for \$21,000. On Co. Rd. 429, Houston Call Bob Morgan for more information. ML-1469. **ROAD FRONTAGE** 

ACREAGE on Rt. 13 jus south of Harrington. Al kinds of possibilities. Will sub-divide 7 acres \$75,000. Call Nina Silicato for more details. ML-1470.

> 282 N. Rehoboth Blvd. Milford, Delaware **422–2424**

Wanted to Rent

LOOKING TO RENT Small trailer or house or old hired man's quarters on farm. 50 yr old single male, smoker, have pets. Call John 875-4371

arrington Dealty, Inc.

815 Houses 825 Land/Lots \$119,500

5BR

**Shawnee Acres** 

Milford, DE

skylights that overflow

w/ sun & moonlight! To

the left, you will see the Christmas Tree Bay

Window, the big eat-in kit. has a sliding glass door to the deck out

back. 2 of the 5 BR's & 1 full bath are located on

the 1st floor. Upstairs

you will find a full bath w/ jacuzzi, 2 big BR's &

a Master BR complete

with a skylight that opens up to let in the

cool romantic night breezes. All 5 BR's have

great closet space. Full basement, 1 side almost complete. You must

come see this before it's too late. Please Call,

between 5 & 8,

804-333-9313 (Executive

Relocating)

825 Land/Lots

Beautiful Residential

Home Lots for sale in South Shores, just south of Milford. Waterfront wooded lots, \$16,000 to \$35,000. Marvel Agency

LOT FOR SALE Survey

MILFORD lot for sale,

Eastman Heights, Abbott Drive, \$22k. Call

SOUTHERN DELAWARE

**CLASSIFIEDS** 

**CALL 398-0443** 

(302) 422-9626.

422-5295

First In Service!

Residential Home Lots For sale in Hudson Mill just South of Milford. 1 acre + in size. Recorded restrictions. \$22,000 to \$29,000. MARVEL AGENCY 422-9626

SEAFORD lots, 4 acres to 13 acres. Septic approved, owner finance. Call 302-934-9636

Loans & Mortgage

**BankAmerica Mortgage** Free Pre-Approval 1st Time Home Buyers Programs \$1000 gets you in Construction-Perm,

Re-Finance

**Evenings & Weekend** 

appts avail. **Brown Thawley** 1-800-272-6712 ext 302

HOME EQUITY LOANS

For Any Reason NO TURN DOWN with sufficient Equity 1-800-651-5282 Monument Mortgage Corp.

835 Manufactured

A Dollar and A Deed is all you need at LUV HOMES. Call 302-934-6322.

Credit a Problem?
Call Kevin at LUV
HOMES Specializing in
financing for the credit imcomplete, site evaluation complete. 1 acre & financing avail. Call day 302-337-3737 eve.

> Inventory Clearance all prices reduced. Financing with as little as 5% down. Call LUV HOMES 302-934-6322

> **NEAR MAGNOLIA ACTION PRICED!** 14x70, 2BR, 2BA, CAC, W/D, 1 yr. warranty. 3 Months, No Payment & NO Security Deposit. \$1000 dn, \$152/mo. 734-4509.

> REPO REPO REPO Prime Park Near Felton, 14 x 76, incl 16 x 24, deck w/ awning, glamour bath, C/A, \$1200down, \$256/ mo. Call Hunter 734-4509

> > Resort Waterfront

MILFORD AREA THE MISTS AT

**BLAIRS POND** WATER FRONT WATER VIEW -EASY ACCESS TO-\*DOVER

\*BEACHES SHOPPING

IDA ROSE CORP 302-422-7653 ASK FOR SUE

**OPEN HOUSE** SUNDAY, MARCH 3, 1996 • 1 p.m. - 4 p.m.

**GREAT FIRST HOME...** or last home, everything on one floor, featuring 3 bdrm, 1 1/2 bath, family room, hardwood floors, fence, large screened porch, new carpet, all this and a nice neighborhood too.

PRESENTED BY: Myra Kay Mitchell, Home: 422-5198, Office: 422-2424 LOCATION: 32 North Woodside Drive, Milford

DIRECTIONS: From Rt. 113 South, turn right onto Old Shawnee Rd. Make first right onto Evergreen. Turn left onto Sunset. Right turn onto Woodside. Go around

arrington ealty.Inc.



First In Service!



Milford-Harrington Hwy. in Lake describes this 2-layer house Forest Sch. Dist. at Marvel Cross-operation w/3 BR mobile for owner roads. Spac. home on over 1 acre.

Lots of special features to see! \$116,000. Call Nina Silicato. MR-

NEARLY NEW RANCHER on OUTSTANDING INVESTMENT

operation w/3 BR mobile for owner

PERFECT COUNTRY SET-TING for quiet family living in this 3 BR rancher. Milford Sch. Distr. \$99,900. Cal Sue Kugelmann at or tenant on 9.4 acres. \$250,000. 422-2424. MR-4403. Call John Wilkins for all the



bed & bath. Lg. eat-in kit, deck, oversized gar. & more. \$154,900.

QUALITY BUILT CAPE COD BRING AN OFFER!! 1.6 acre horse PRICED TO SELL! Well-cared fo w/KitchenAide appl. Etched glass on front & patio doors. Downstairs

details. MF-345/MC-624.



lover's paradise. 1,800 sq. ft., 2-sty., 2 4 BR, 2 bath, 2-sty home won't last full baths, oil/central A/C, potential for long. Located on a double, city lo 4 BRs, 3-car gar., barn, extra gar. on quiet street in Harrington. Hdwd Asking \$129,000. Call Rymal Kenton for more info. MR-5228. on quiet street in Harrington. Hdwd flrs & knotty pine paneling. \$89,900. Call Suzanne to see! MR-5521.



HOME in Harrington. 3 BR, LR, DR, den, outbldgs & more. Priced swimming pool. Adorable to sell at \$64,500! Call Mickey to see this lovely home. MR-5463

HOME

VIEW C

SUNDAYS AT 11 a.m.

ON WBOC TV-16

2-story w/porch, deck, garage & conveniently located at McColley St., Milford. \$68,900. Call Nina Silicato. MR-5051. Sue Kugelmann, Manager Nina Silicato, C.R.S., G.R.I. Mickey Mateo

accept a cash flow producing property that reflects curb appeal. 2 BRs, 1 bath. \$35,000. Call Cliff Burris for more details. MR-5506. ohnnie LeDan 422-3788

Charles Mulrooney Cliff Burris Rymal Kenton, G.R.I. Barbara Gallagher Lulu Wilkins Roy Carlson

422-446 Bob Morgan
Dj Silicato
John Wilkins 422-6441 335-0638 422-2619 422-9111 Myra K. Mitchell 422-5198 284-4766

282 N. Rehoboth Blvd. • 422-2424 LOCATIONS SERVING MILFORD • DOVER • SMYRNA

Open Saturdays from 9 a.m.-3 p.m. • Open Sundays from 11 a.m.-3 p.m.

900 Automobiles

CHEVROLET Suburban Silverado 1988 w/ 6.2 diesel in Milton. By owner. Good Deal! 302-684-2666 lv. msg.

CHEVY Convertible 1973 450 Block engine, runs & is tagged. \$1500 or best offer. Call

CHEVY CHEVELLE 1968, 396 SS, rebuilt engine, numbers match, 30 over forged pistons, competition cam, balanced & blue printed 12 bolt stage 4 posi unit, rebuilt trans, \$4500. Call 410-641-8664

Chevrolet Corvairs. Two 1965. One is a convertable. Many extra parts included. Sold as a package for \$1000. 684-3270.

905 Antique/Classic

BUICK 1956 Special 4dr., auto., runs & drives good. Transmission been good. Transmission rebuilt, needs to be restored. Ca 302-875-7099 aft. 6 pm

CHRYSLER Imperial 1974. Auto., A/C, tilt, loaded up. Nice running car in real good shape. Call 875-7099 aft. 6pm.

Dodge Pickup 1936 1/2 ton, canvas top, needs restoring. \$2000 obo. May take trade. Call 697-3551

Ford Falcon 1962 Four door, 6 cyl., automatic, good condition, \$995. Call :00pm

302-875-3086. PACKARD 1949, 2dr Custom 8, 22 series, only 285 made. This is one of about 3 left, very rare. Runs & drives good. Needs to be restored. Call 302-875-7099 aft. 6pm.

tagged til 4/97, 2 new bat-teries, new water pump, coil, fuel pump & gas lines, cylinder cups & fan belt. 4,383 orig. mi., \$2500 Firm, 424-1211

PORSCHE 912 red, 1966. Turbo rear fenders, new valves, exhaust, carburetors, needs minor interior work, as is \$8,500 OBO. 302-335-0594

> Pickup **Trucks**

**DODGE** Ram 150 Series 1984. 318 engine \$3,000. Call 337-7307 eves. only.

925

Supplies & Parts

TIRES (4) used, size 31x50 15, white letters. First \$45 takes them all. Call 302-875-7099 after 6 pm.

950 Power Boats

22 FT Ventura 1987 Fiberglass Pontoon Boat. Johnson, Compartment for potty, out of water, Winterized. Rewater, Winterized. Reduced to \$4000. Call 302-436-4935

Situations Wanted LOOKING FOR 1970

Chevy Caprice or Impala for a parts car. Call 302-735-4685 995 Legals

MARSHY HOPE TAX

**DITCH MEETING** will held on Mar. 1, 1996 at the home of Earl Everline

**PUBLIC NOTICE** Ordinance 96-01

The City Council of the City of Harrington, on January 20, 1996, adopted "AN ORDINANCE AMENDING ORDINANCE 89-1 WHICH ESTABLISHED A FLOOD PLAIN AREA AND REQUIRED ALL PERSONS PART-PERSONS, PART NERSHIPS, BUSI NERSHIPS, BUSINESSES AND CORPORATIONS TO OBTAIN A PERMIT FOR DEVELOPMENT AND THE CONSTRUCTION, SUBSTANTIAL IMPROVEMENT OR RELOCATION OF ANY BUILDING FOR CERTAIN MINIMUM STANDARDS FOR CONSTRUCTURE; PROVIDING FORTH SPECIAL PROCEDURES FOR SUBMISSION AND PROCEDURES FOR SUBMISSION AND APPROVAL OF PLANS; AND ESTABLISHED PENALTIES FOR ANY PERSON WHO FAILS TO COMPLY WITH THE REQUIREMENTS OR PROVISION OF THIS ORDINANCE." This Ordinance becomes efdinance becomes effective on February 21, 1996 and copies are available for review at City Hall.

Betty Lou Cooper Clerk of Council/ Administrative Assistant 02-B-0415-H

SOUTHERN **DELAWARE CLASSIFIEDS** 398-0443

STORER CABLE CHANNEL 2

Instead of flowers, the family Mr. Littleton was born March 25, 1930, the son of Parley David suggests contributions be made to The American Cancer Society, PO Littleton Sr. and the late Mary Eliz-Box 7, Dover, DE 19903-0007. abeth Littleton of Berlin, Md. CALL FOR INFO ON THESE OR OTHER PROPERTIES! NEW LISTING! YOUR YEAR 'ROUND beach cottage... a cheerful & affordable dream home come true! Well-maintained, GREAT LOCATION, GREAT PRICE! Quiet settin 5 acres: 12 acres are wooded. 3 acres are ust out of town. 3 BR, 1 bath rancher w/base ment on 1 acre lot. Above ground pool. A lovely home for this low pricel \$78,500. #1439 new carpet, enc., porch. 2-car garage w/workshop. Slaughter Beach. Only \$75,000. #1432. enced pastures. 3 BRs, 2 baths, many extra 10 N.W. Front St. Milford, DE 19963

**Marvel Building** 15 North Walnut St., Milford, Del. 422-9626

Herbert L Wheatley Connie Fox Luanne T. Zook Ron Annett Harvey Kenton, Jr. Kathy S. Starkey

**NEW LISTING!!** 

This duplex in Harrington at 116

Dorman Street has been remodeled in

1991. Unit A has LR, DR, kit, 2 BDRMs,

1 1/2 baths & utility rm, Unit B has LR,

kit/DR combo, 2 BDRMs, 1 1/2 baths,

home in Harrington at 113 N.

orced hot air heat & porch.

\$79,500. H-523.

utility rm & den. H-601. \$125,000."

422-8117 422-9743 422-5777 422-7612 422-6155 422-0568

**Wells Realty** 

AGENCY Real Estate & Insurance
SINCE 1947 SINCE 1899

**Bob Collins** Rich Sapp Bill Jackson Dan Herholdt Helen M. Hales

422-7565 398-3676 422-5467 422-9250 422-3557 **Raughley Building** Commerce & Fleming Sts.

F. Brooke Clendaniel 422-3569

Harrington, Del.

398-3551

**NEW LISTING!!** 

- H

(302) 422-2121

1 (800) 644-2121

Randy Marvel, Broker

"This bi-level features 4 BRs, 2 baths and a 2-car garage. Lots of room for a growing family. Nice neighborhood. 604 Hammond Dr.,

"Mint Condition - 3 bedroom, living rm, family rm, garage, C/A, range washer, dryer, fenced rear yard and 10 minutes from air base in Frederica at 102 Lowber Ave. \$72,900, #6011.

Eastman Heights. \$99,900. #4077."

Newly renovated 3 BR two-story 1"3 BR Cape near Ross Elementary "Beautiful starter, 2 BRs, 1 bath, School with LR, DR, kitchen, utility cathedral ceilings in LR & DR, on 1 West St., has custom cabinets, rm, part finished basement, 2 acre lot, with 1-car detached garage upgraded carpet, gas range, gas porches, in excellent condition & on and 15 minutes to the beach, a lg. lot at 109 Charles St. \$78,500 located on Rt. 30, \$39,900, #5097."

"Almost new, this large 3 BR, 2-1/2 "This 3 BR home on Co. Rd. 42 in bath home at 605 Jasmine Drive, the Wheatley Marvel Development sits on over an acre of ground yet has a 3-car garage & workshop, surrounded by quiet country living family rm & den & a 16'x24' brick and only minutes to shopping patio. \$174,900. #5082." \$44.500. #6003."



"Older 2-story home at 525 Old Like new 4 BR. 2 bath rancher, arge kitchen with custom cabinets State Rd. (Co. Rd. 213) with 3 BRs & all appliances, central air, 2 detached 30'x24' garage garages & a pool. Located at 635 workshop on 3/4 acre lot. Great for Abbott Dr., Milford. \$129,900. first-time buyer! \$49,900. #6006."



"Four BR, 2 bath rancher at 622 N.

Washington St., in Milford, has over

1,800 sq. ft. of living space,

remodeled & expanded, lots of

storage, new roof, siding & windows.

/

\$95,000, #5098.

in town at 105 Fisher Ave., close to schools & shopping, 3 BRs, 1-1/2 baths & fenced rear yard. Priced at \$69,900. #6007."

# **How To Die of Embarrassment**

- 1. Experience the warning signs of heart attack or stroke (brain
- 2. Refuse to get medical help because you're afraid it might be indigestion or a "false alarm."
- 3. Realize your mistake too late.
- 4. Feel terrified.
- 5. The End.

Don't be dead wrong. If you experience the warning signs of heart attack or brain attack, get help fast! Call your local emergency number or have someone drive you to the nearest hospital.

#### Warning Signs of Heart Attack

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- · Pain that spreads to the shoulders, neck or arms.
- · Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of

#### Warning Signs of Stroke or Brain Attack

- Sudden weakness or numbness of the face, arm or leg on one side of the body.
- · Sudden dimness or loss of vision, particularly in one eye.
- · Loss of speech or trouble talking or understanding speech.
- Sudden, sever headaches with no known cause.
- · Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the previous symptoms.

# Exercise -- it's good for your heart

xercise. Ask almost anyone, and they'll say that it's "good for you." Ask most doctors, and they'll say that exercise is "particularly good for

your heart." Of course, it is unlikely that exercise alone will prevent or cure heart disease; but a sedentary lifestyle may increase the risk of having a heart attack, and regular exercise is considered one important influence in reducing that risk.

Regular exercise brings gains in many ways:

• It improves blood circulation throughout the body. Lungs, heart and other organs and muscles work together more efficiently.

• It helps an individual handle stress, so he or she can do more and not tire so easily. It bolsters enthusiasm and optimism.

• It is good for psychological well-being; it is a tension release and helps relaxation and sleep.

· Along with proper diet, it can help control weight.

If performed on a regular basis, it may help the body make the best use of fats and sugars (carbohydrates).

But exercise is not a remedy for

## Heart attack quiz

1. What is the leading cause of death and disability in the United States today?

2. Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back is a warning sign of what?

3. Someone showing the symptoms of heart attack and stroke should do what immediately?

4. It is helpful to have a heart attack victim chew and swallow one aspirin tablet while waiting for medical help. The aspirin can have an anti-clotting effect which allows the blood to the heart to flow more freely. True or False?

5. Heart attack and stroke can strike anyone, at any time, at any age. True or False?

6. The average heart attack or stroke victim mistakenly delays seeing medical help for how long?

7. Sudden weakness or numbness of the face, arm and/or leg on one side of the body, which can often cause a fall, is a common

symptom of what? 8. Risk factors for heart attack and stroke that cannot be controlled, but can be reduced with medical supervision, are heredity, age, sex and what else?

Answers: 1) cardiovascular disease; 2) heart attack; 3) seek medical help; 4) true; 5) true; 6) 2 hours; 7) stroke; 8) race.

all physical ills; and in some cases, without proper guidance, it could be damaging. However, a program appropriate for individual capacity, and suited to individual needs, can make a difference in personal outlook and well-being.

Remember: lack of exercise might be a risk factor leading to heart disease. But if the major risk factors are ignored -- high blood pressure, a high cholesterol level and cigarette smoking -- exercise alone probably won't help much. It is only one factor in a total program of cardiovascular health. How to Exercise Properly

Ideally, an exercise program should begin with a "warm-up" period to increase respiration, circulation and body temperature, and to stretch muscles, tendons and con-nective tissue. This procedure will reduce the risk of injury during the more vigorous activities to follow. The warm-up should last 3-5 minutes, or perhaps longer if you have had a recent illness or feel fatigued.

After a warm-up, begin the "conditioning period" -- that phase

of activity which actually works to increase cardio-vascular fitness. The individual should exercise at moderate -- not exhaustive -intensity. This conditioning period should last 10-20 minutes, or longer if the activities are

intermittent, as in tennis or skiing. During the conditioning period, you will be aware of increased breathing and a faster heart beat. This is essential to increase fitness; it is a sign that you are challenging your system. But don't exercise to a point of total breathlessness.

After the exercise period, you should "cool down" for a few minutes. Don't stand still or lie down immediately after exercising. Walk around for a few minutes; let your body re-adjust gradually to a decreased physical demand. Now That You've Started...

Don't stop! Exercise should not be considered just a "fad", something to do for a few days, weeks or months and then forgotten. Like eating habits, exercise is a lifetime commitment.

# The American Heart Association Diet

Reducing your "controllable" risk factors -- those you can change -- may prevent a heart attack in the future.

Better food habits can help you reduce one of the major risk factors for heart attack -- high blood cholesterol. This eating plan from the American Heart Association describes the latest advice of medical and nutrition

· Eat no more than 6 ounces (cooked) per day of lean meat, fish and skinless poultry. High in protein, B vitamins and iron and other minerals.

• Trim off the fat you can see before cooking meat and poultry. Drain off all fat after browning. Chill soups and stews after

cooking so you can remove the hardened fat from the top. · Limit your use of organ meats such as liver, brains, chitterlings, kidney, heart, gizzard, sweetbreads and pork maws. · Use cooking methods that require little or no fat -- boil,

broil, bake, roast, poach, steam, saute, stir-fry or microwave. • Try main dishes featuring pasta, rice, beans and/or vegetables. Or create "low-meat" dishes by mixing these foods with

small amounts of lean meat, poultry or fish.
• Eat 5 or more servings of fruits or vegetables per day. High

in vitamins, minerals and fiber; low in fat, calories and sodium...contain no cholesterol.

• Eat 6 or more servings of breads, cereals or grains per day.

Low in fat and cholesterol; high in B vitamins, iron and fiber.

• Limit your intake to 5 to 8 teaspoon servings of fats and oils

per day for cooking and baking, and in salad dressings and spreads. Some of these foods are high in vitamins A or E, but all are high in fat and calories. Your best choices are oils made from canola, corn, olive, safflower, sesame, soybean, sunflower.

• 3 to 4 egg yolks per week may be included in your eating plan. Use them alone or in cooking and baking (including storebought products). Egg whites are not limited. High in protein, B vitamins and iron and other minerals.

· Choose skim or 1% fat milk and nonfat or low-fat yogurt and cheeses. High in protein, calcium, phosphorus, niacin, riboflavin, vitamins A and D.

# Questions most commonly asked about heart attack and stroke (brain attack)

Cardiovascular disease, the No. 1 killer in the United States today, is responsible for about 925,000 American deaths each year. Today, nearly 59 million Americans (one in four) have some form of cardiovascular disease, ranging from congenital heart defects to high blood pressure and hardening of the arteries. Because they have cardiovascular disease, they are at high risk of disability or death. A large percentage of victims who die suddenly of coronary heart disease show no previous evidence of the disease. Heart attack and stroke can happen to anyone, at any age, at any time.

Learn to recognize the warning signs of heart attack and stroke and to respond quickly by seeking immediate medical help. It is a national tragedy that so many who die might have lived if they, or someone close to them, had only known what to do.

Q. What is a heart attack?

Coronary atherosclerosis causes heart attack. It is a slow process that can go on for years without causing any symptoms. Fat-like deposits made of cholesterol and other substances build up in the inner walls of the arteries leading to the heart and eventually narrow them so that less blood, and therefore less oxygen, flows to the heart. When less blood, and less oxygen, flows to the heart, the heart muscle may be damaged. If a blood clot forms in a narrowed artery and completely blocks the blood flow, part of the heart dies and a heart attack results.

Q. What are the warning signs of a heart attack?

Warning signs of heart attack include 1) uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back, 2) pain that spreads to the shoulders, neck or arm, 3) chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath. Not all of these symptoms occur in every heart attack. Sharp, stabbing twinges usually are not signals of a

Q. If someone is showing the signs of a heart attack or stroke, what should be done?

Act immediately. Waiting can be fatal. Call the emergency rescue service. Depending on the community, this may be 911. If getting to the hospital is faster by car, have someone drive the victim. The person showing warning signs should not drive. Know in advance your emergency medical number and the nearest medical facility with 24-hour emergency cardiac care. Determine the fastest route to the hospital from home and work.

O. What measures can be taken before a heart attack victim gets medical help?

Immediate measures can also be taken until help arrives or you get to the hospital. Administer cardiopulmonary resuscitation (CPR) if the patient has stopped breathing. If the victim is experiencing shortness of breath, raise the head. If the victim is pale, cold and sweaty, lower the head. Also, have the victim chew and swallow one aspirin tablet, which can have an anti-clotting effect so that the blood to the heart flows freer.

Q. Why is getting immediate medical help so important?

In the case of heart attack, the longer blood does not flow to the heart, the longer it is deprived of oxygen. When the heart muscle is deprived of oxygen, it dies. Doc-

tors have a saying among themselves, "time is muscle". Medical personnel can administer thrombolytic drugs, which open up the arteries and release the flow of blood. These drugs have their maximum effectiveness within the first two hours of a heart attack. Those who wait too long to get medical help, but survive their attack, may find their remaining years and quality of life drastically reduced because only a portion of their heart is still alive and able to pump the blood their body needs.

Q. Don't a lot of people mistake pains in their chest for indi-

It is very common for heart attack victims to deny they're having a heart attack. The average heart attack victim waits at least one hour before getting help. In fact, if you're with someone showing the signs of a heart attack, expect a denial. The thought of having a heart attack is so scary -many people don't want to face that possibility. Also, they may be afraid to risk the embarrassment of a "false alarm". As a result, they delay getting help by ignoring their symptoms or rationalizing that "it's just indigestion".

Q. What are the risk factors for heart attack?

High blood pressure, a high blood cholesterol level, cigarette smoking, obesity and lack of regular exercise are important risk factors of heart attack. These risk factors can be corrected to reduce

Q. What are the warning signs of a stroke (brain attack)?

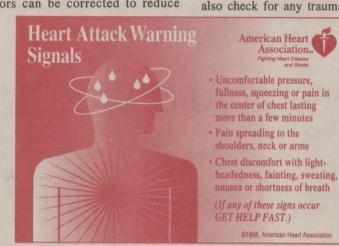
Common signals of a stroke are sudden weakness or numbness on one side of the body; loss of speech or trouble talking or understanding others; sudden dimness or loss of vision, particularly in one eye; sudden, severe headaches with no apparent cause and unexplained dizziness, unsteadiness or sudden falls, especially along with any of the symptoms mentioned above.

Q. What is a TIA?

Sometimes a major stroke is preceded by Transient Ischemic Attacks (TIAs) or "little strokes" which produce symptoms like those of a major stroke, except that they last for only a very short time. These "little strokes" can occur days, weeks or months before a severe stroke and should be considered warning signals. Prompt medical or surgical attention to these symptoms can prevent a major stroke. TIAs can be treated with drugs that inhibit clots from

Q. How important is time in getting medical help in the event of a stroke (brain attack)?

With stroke, "time is brain tis-sue". The longer the brain is deprived of oxygen, the greater the risk of death or debilitation (i.e. loss of intellectual function, speech and body mobility due to paralysis). Medical personnel can help stabilize a stroke victim and monitor his or her vital signs. They can also check for any traumas to the



your risk. Other risk factors cannot be changed, such as heredity, age, sex and race. Some families have a greater tendency toward heart attack. African-Americans have a greater risk of heart attack because they are more prone to high blood pressure. Also, studies show that men are likely to suffer heart

attacks earlier in life than women,

but that women are less likely to

Q. What is a stroke?

survive their heart attack.

Brain cells must have a continuous, ample supply of oxygen-rich blood, or they die. When the inner walls of arteries become lined with plaque, the arteries are narrowed, blood flow slows and clots are likely to form. Sometimes a wandering clot is carried by the bloodstream until it lodges in an artery in the heart and stops the blood flow. Clots can also block an artery in the brain. In this case, the result is a stroke. Stroke can also occur when an artery in the brain bursts, flooding the surrounding tissue with blood. When this happens, cells normally fed by the artery are deprived of their nourishment and squeezed by pressure that builds up inside the skull. Another problem is that the blood from the ruptured artery soon clots, which may displace or destroy brain tissue and interfere with brain function.

head and neck the victim may have incurred in a fall during the stroke and be there to respond if the patient has a seizure, loses consciousness or goes into respiratory arrest (which can then lead to coronary arrest and death). With early access to the stroke patient, doctors can begin treatment and rehabilitation immediately. Drugs that can break up the clots that cause stroke are now in the testing phase and may prove to be a major breakthrough in the treatment of stroke.

Q. What are the risk factors for stroke (brain attack)?

Many of the risk factors for heart attack also apply to stroke. Five partly controllable risk factors are: 1) high blood pressure, 2) heart disease, 3) cigarette smoking, 4) transient ischemic attacks, and 5) high red blood cell count which thickens the blood and makes clots more likely. Other controllable factors increase stroke risk: 1) elevated blood cholesterol, 2) physical inactivity, and 3) obesity.

Q. What can I do to reduce my risk of heart attack and stroke (brain attack)?

Reducing your risk factors for heart attack will also reduce your risk of stroke. Don't smoke cigarettes. Eat a low-fat diet and control your weight. Avoid a sedentary lifestyle; make physical activity a part of your daily routine. Control your blood pressure and blood cholesterol. Avoid excessive alcohol intake. Find out if you have diabetes or a high red blood cell count, which are linked with an increased risk of heart attack and stroke, and work with your doctor to control them with a proper diet, drugs and exercise reg-

Q. How can I get more information about heart disease and stroke (brain attack)?

Contact your local American Heart Association or call 1-800-AHA-USA1.

# This information is sponsored by the following merchants:

# **EDGEHILL PHARMACY**

Pharmacist Specialist

2 Liberty Plaza Harrington, DE (302) 398-4420

CALLAWAY FURNITURE

Your La-Z-Boy Dealer!

U.S. 13 · Harrington, DE (302) 398-8858

Awning Manufacturer Solar Rooms

# \* The Felton Bank

Stroke Risk Factors American Heart Association

For All of Your Banking Needs

120 W. Main Street, Felton (302) 284-4600 Rts. 14 & 113, Milford (302) 424-4600

**Member FDIC** 



THE HARRINGTON JOURNAL 110 E. Center Street Harrington (302) 398 - 4420