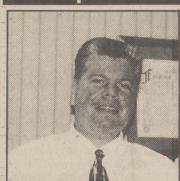
February is Heart Month - See lifesaving info on Page 10

The Harrington Journal

Wednesday, February 25, 1998 - 81st Year, Vol. 30

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Harrington Perspective



Rev. Tim Isley

"From someone who is new to the area and from out of town, the people here make me feel right at home.'

LF School District Time & Space Committee reports to board

By Carol Ann Porter, Editor

The Lake Forest Time & Space Committee under the leadership of Marie Cunningham, meets a couple of times a month to assess and evaluate how the school buildings are being used. According to Mrs. Cunningham, the assessment and evaluation includes time of usage, scheduling, classes, functions, activities and also how the space is being utilized at the schools

"Our children need and deserve schools that provide safety and adequate space," said Mrs. Cunningham. "Renovating our schools and building a new elementary school is the number one recommendation of the Time & Space Committee," she said.

Members of the Time & Space Committee believe that the residents of Lake Forest want what's best for their children. "We believe that Lake forest residents want their children to be prepared for the challenges which await them, and we understand that means providing a high quality education," she said.

The committee was commissioned by the Lake Forest Board of Education several years ago, and in an effort to help the district deal with the overcrowding in their present buildings, the committee presented the board with their latest recommendations. They are as fol-

1. Maximum effort be given to the passage of a major capital referendum that would provide for additions to and renovations of Lake Forest's existing school buildings and construction of a new elementary school to replace South A and

2. Based upon the passage of the proposed referendum, maintain current grade levels and daily school hours of each school.

3. Relieve current overcrowded conditions in the Chipman/South A cafeteria where overcrowding is intensified due to the size and location of the cafeteria. Possible remedies include but are not limited to 1) eating in classrooms 2) using relocatable(s) 3) offering fewer menu choices 4) increasing the size of the cafeteria.

4. Chipman Middle and South Elementary continue their efforts to co-exist. An inter-school commit-

See Committee on Page 2

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The Harrington Heritage Day Committee meets at Harrington City Hall at 7 p.m. Wednesday, March 4. Volunteers are urged to attend. For more info, call Ruth Peterman at 398-4493.

Grease is the word

the Lake Forest High School Drama and Music Departments have once again joined forces to perform the 70s Broadway smash "Grease," featuring book, music and lyrics by Jim Jacobs and

The show will be performed the weekend of Feb. 26, 27 and 28, and the curtain goes up at 7 p.m. each night in the Lake Forest High School auditorium. Tickets are \$4 for students and \$6 for adults, and \$1 raffle tickets will also be sold at the door for a \$750 jukebox, the proceeds of which will go to the Drama Department.

Itself a nostalgic glance back at the 50s, Grease was the first musical at Lake Forest under Denise Baker's direction in 1985. Grease marks Ms. Baker's 13th year directing for Lake Forest and her first revival.

Musical direction is by Dale

Regina Kukulka. Peter Sutcliffe is the stage manager. The eye-pleasing dance numbers, which appear throughout the musical romp, are choreographed by Destiny

Grease follows the lives of a group of high school friends through their senior year at mythical Rydell High. In the leading male role of Danny Zuko is senior Adam Mayle. Danny is the leader of a black leather jacket-clad gang at Rydell called the Burger Palace

Other Burger Palace Boys include: Kenicki, Danny's right hand man, portrayed by junior Courtland Kerstetter; Doody, an aspiring singer played by junior J.T. Callaway; Roger, the "mooning" king, played by junior Eric Dellinger; and Sonny, the self-pro-

See Grease on Page 2



Eyeing the trophies.

Brian Poore, 5th-grade district spelling bee champion for Lake Forest, is shown participating in last Wednesday night's competition held at the district office. See other winners on Page 4. Photo by Carol Ann Porter

Six-year-old has a lot on the ball

By Carol Ann Porter,

Remember the old TV show "Bowling for Dollars?" Amanda Heinsch, 6, of Harrington, is too young to remember it, but lately that's what she's been doing. . . bowling for dollars.

On any given Saturday morning, you can walk into Milford Bowl and find Amanda, a Lake Forest South Elementary kindergarten student, and other Pee Wee Bowlers like her in league play.

Amanda bowls on Team One, coached by Pam Phillippi, and it's quite amazing to watch Amanda and youngsters her size actually lift a bowling ball.....let alone throw it.

However, one thing does set Amanda apart from her peers and from many adults for that matter. She recently participated in Bowl For Kids' Sake, an annual fundraiser sponsored by Big Brothers and Big Sisters, and obtained 50 sponsors with pledges totaling more

Ken and Debbie Heinsch, Amanda's parents, were fully supportive of Amanda's involvement. Her mother said that Amanda was very excited about participating and wanted to help children who aren't as fortunate she she is.

Amanda's mom and dad immediately set out to join Amanda, contacting relatives, friends and co-

Twenty of her dad's co-workers at George & Lynch Inc. in Dover signed up to sponsor Amanda on either a per pin or flat pledge basis.



Amanda Heinsch gets the ball rolling as she bowls to raise money for needy youngsters. This six-year-old raised almost \$240 for "Bowl for Kids' Sake."

For her efforts, Amanda received two Bowl For Kids' Sake tee-shirts and qualified to win a \$40 gift certificate to the Dover Mall.

> Carol Ann Porter can be reached at (302) 398-3206 or hjournal@newszap.com



"Greased Lightning"......

Principal cast members of this year's Lake Forest School District play are shown here during a recent practice. Posing in front of a vintage car to be used in the play are, kneeling, left to right, Stephanie Miller, Blair Jost and Sarah Moore; second row, left to right, Michael Galyean, Jessica Lukecart, Heather Davey, Lisa Buck, Courtney Krebel and Debra Passwaters; third row, left to right, Valur Birgisson, Adam Mayle, Jonathan Diggs and Eric Dellinger; back row, J.T. Callaway and Courtland Kerstetter. The play will be presented Thursday, Friday and Saturday night this week with the curtain going up each night at 7 p.m. Photo by Carol Ann Porter

Lake Forest School District holds spelling bee

By Carol Ann Porter,

Accept, deliver and twelve were just three of the words that threw Lake Forest School District 4th-and 5th-graders last Wednesday night at the district-level spelling bee held at the high school's business office.

Supervisor Elementary Programs, hosted the event while Mr. Randall Ward served as enun-

Three 4th- and 5th-graders, one from each of the three elementary schools in the district, prepared for battle as the three judges, Mrs. Susan Berwick, Mrs. Delema Carter and Ms. Betty Myers, prepared to challenge the youngsters.

First place in the 4th-grade category went to Kerry Bowman, a student in Mrs. Ethel Ellingsworth's class at South Elementary. Patience Walley, a student at North Elementary, came in second, and third place went to Holly Morris, a class at East Elementary.

First place in the 5th-grade category went to Brian Poore, a student in Ms. Betty Myers class at South Elementary. Second place went to Antonio Pizzadilli, a student in Mrs. Kathy Kelly's class at North Elementary. Third placed went to Kristen Starke, a student in Mrs. Nancy Knutkowski's class at East

Elementary First place winners took home a trophy, \$30 and a pin stating what a terrific speller the student is. Second place winners took home a trophy, \$20 and a pin while third place winners took home a trophy, \$10 and a pin.

Holly Morris is the daughter of Mr. and Mrs. Jonathan Morris, Kristin Starke is the daughter of Mr. and Mrs. Allen Starke, Patience Walley is the daughter of Mrs. Joann Walley and Mr. Stewart Gilbert, Antonia Pizzadili is the daughter of Mr. and Mrs. Tony Pizzadili, Kerry Bowman is the daughter of Mr. and Mrs. William

Bev Turner of Harrington holds a copy of the January

issue of Woman's World with a photo of herself and her

daughter, Lynda Wyatt. Bev and Lynda were both diagnosed

with cancer in 1991, and their story appeared in The

Harrington Journal and The Delaware State News in

October of last year. Staff members of Woman's World read

the article and called the two women to do an interview for

their magazine. Bev said that the photographer took 96 pho-

tos of the mother-daughter pair to get the one shot shown in

the article she's holding. Bev and Lynda have been cancer

free since for six years now, and Bev says, "I look forward to

getting up every day, and I just thank God that I can see the

sunshine and touch my grandchildren." Photo by Carol Ann

student in Mrs. Marion Gussett's Bowman and Brian Poore is the son of Mr. and Mrs. Doug Poore.

Awards were presented by Dr. Kathleen Andrus, principal at East Elementary School in Frederica; Dr. Judy Craig, principal at North Elementary School in Felton, Mr. Earl Griffin, principal at South Elementary School in Harrington, and Mr. Ed Dean, acting Lake Forest School Superintendent.

District winners will now go on to the state spelling bee scheduled for Sunday, March 8, at 1 p.m., in the Wells Theatre of Wesley College in Dover.

If for any reason the winner finds it not possible to compete at the state level spelling bee, the 2ndplace winner will take their place.

Congratulations to all of the students who participated in the spelling bees. There were no losers. .. everyone was a winner!

Carol Ann Porter can be reached at (302) 398-3206 or hjournal@newszap.com

Touchphonics introduced to staff at **Lake Forest**

By Carol Ann Porter, Editor

Lake Forest School District paraprofessionals participated in an entire day of staff development on Thursday, Feb. 12.

Dr. Robin Steed, Professor Emeritus from Brigham Young University presented -the Touchphonics Manipulative Phonics System, which she developed after extensive years of research.

Touchphonics, along with teacher and paraprofessional guided instruction, encourages children to use sight, sound and touch to help them understand the structure of words.

According to Mr. J. Glenn Davidson, Supervisor Elementary Programs for Lake Forest School Touchphonics will provide an effective supplement to the current reading program.

He added that the Touchphonics system will allow Lake Forest students to have a "hands on" opportunity for learning how the phonics system works which is a critical component for student proficiency in reading and writing.

Teachers in grades PK-3 and elementary special education teachers received Dr. Steed's Touchphonics training on Saturday, Feb.

See LF on Page 4

Grease - (Continued from Page 1)

junior Jonathon Diggs.

Alongside the Burger Palace Boys are the Pink Ladies, led by the sassy Rizzo, played by senior Jessica Lukecart. The Pink Ladies are: "Beauty School Dropout" Frenchy, portrayed by senior Heather Davey; compulsive eater Jan, played by senior Courtney Krebel; and Marty, the "Beauty of the Pink Ladies" portrayed by junior Blair Jost.

Rizzo plans to "rule the school" her senior year, but she'll have trouble doing so when a new student, the beautiful, innocent Sandy Dumbrowski, played by sophomore Lisa Buck, transfers to Rydell. Rizzo discovers that Sandy spent the summer at the beach and fell in love with a boy she met there, Danny Zuko. Sandy describes Danny as a kind, loving boy, which defies his delinquent reputation at Rydell. When Rizzo stages a reunion, the high school hijinx ensues, and eventually Danny and Sandy must decide who they

The play features such favorites as "Summer Nights," "Born to shoo-bop Hand-Jive," and "We Go de-boom."

claimed "lady-killer" portrayed by Together," along with a variety of songs and solos that do not appear in the film version. For the number "Greased Lightning," in which the Burger Palace Boys sing about their new car, Ms. Baker and her crew were able to get a Candy-Apple Red 1953 Chevrolet.

Both of Lake Forest High School's Assistant Principals, David Santore and Tammy Croce, appear in the show as faculty members and perform a dance solo during "Born to Hand-Jive," one of the songs in the big high school dance

Performing Grease is not an easy task for a high school to perform, and Ms. Baker expressed her excitement. "We applied for the rights last June, and I wrote, faxed and called until they finally responded in October," she said. Thirty-one hundred schools and community theaters requested to do it, and we were lucky enough to be on the 'ves' list." Ms. Baker even invited all the original "Greasers" to come and enjoy the show.

Come see that Lake Forest and Grease really do "go together, like shoo-bop sha wadda yippity boom

Committee - (Continued from Page 1)

tee might be established to increase and enhance communication between the two schools.

5. Based upon the passage of the proposed referendum, construction of the new elementary school be scheduled so as to free up the current South A and B spaces, allowing these spaces to be used, if needed, to temporarily house students of other district schools in order to accommodate building projects of these schools.

6. Intended future use of South B, contingent upon the passage of the proposed referendum, be identi-

fied and included in public infor-

7. The number of students enrolled in Lake Forest School District as a result of school choice

8. Lake Forest renew its efforts to encourage the state legislature to increase Delaware's school building formula to meet the national

> reached at (302) 398-3206 or hjournal@newszap.com

not cause any school to exceed its building capacity

mation prior to the referendum.

Carol Ann Porter can be

-Correction-

In last week's 4-H photo caption, the 4-H Club that Ashley Gannon belongs to was incorrectly reported. Ashley is a member of the Harrington Suiinshine 4-H Club.

To Subscribe to The Harrington Journal call 398-3206

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SOUND OFF

Sound Off provides a forum for readers who wish to express opinions about public issues but not give their names. To Sound Off to The Harrington Journal, call 629-2050 (Sussex County) or 678-8255 (Kent County) any time, day or night. Keep your message brief. The Harrington Journal will edit calls for clarity, accuracy, brevity and libel. Not all Sound Off calls are printed. Comments are selected for publication based on their timeliness and relevance to

Felton resident finds police hypocritical

I find it rather hypocritical that the Felton Police Department sits at the Mobil Station with their radar guns set up, trapping speeders for going over the 45 mph speed limit, but apparently this does not pertain to their own vehicles. The one in question that I'm calling about is tag #969287, who on Tuesday [probably Feb. 10 or Feb. 3] approximately at 2:20 p.m. not only overcame me from a red light but also several other vehicles, was doing well over 45 by the time they hit the end of 35 mph speed limit and not only passed four or five cars, but was also approximately 3/4 to a mile ahead of us and was sitting at the Uncle Willie's red light when the rest of us caught up to him heading south on 13. I don't think it's really fair, and I don't think they should be able to do this. If they are gonna hand out tickets, then the least they can do is be an example to the people who are driving. He had no red lights on, and I don't think the excuse "I'm late for an appointment" or anything along that line would keep me from getting a ticket for doing more than the speed limit while coming through Felton. So I really don't want to hear an excuse. I would like to hear an answer, and while I'm thinking of it, just exactly how many police cars does the Felton Police Department have now? It seems to me that they are in a different color every day. . . green, blue, white, white with gray stripes, etc. I'm just wondering how many policemen are driving all of these new vehicles. They seem to have quite a fleet now. I'm call-

Editor's Note: Felton Police Chief William Topping was contacted for a response and replied, "If this caller has a complaint about a Felton Police Officer, they may call Chief Topping at 284-8441 or attend the Town Council meeting which is the second Monday of each

The present is more important

Who cares what happened years ago with our past presidents? This is now what President Bill Clinton is doing. Are they trying to make Clinton look good because he got caught? The past is gone. This is the

Police really are important to us

Few people think about how important police are really needed until they have to call for help. They do more than just arrest criminals. They help neighborhoods solve problems and stop crime before it starts. The improvement of our police department is the concern of citizens everywhere and with very good reason; mainly because police agencies provide stability within the communities. That's why it's important to let our elected officials know that we support the high standards in the selection, employment and continued training of our police officers. Citizens should have input on those high standards in each community: A budget cut shouldn't stand in the way of protecting the citizens and their homes. Likewise, citizens shouldn't have to worry about grants running out to prevent their communities from having ample police protection. With help of computers, car-mounted video cameras, and other needed tools of technology, it's possible for innovative programs to keep working. Everyone knows crime has muscled its way into our neighborhood from rural towns to suburbs. But with the right strategies and technologies, police could actually help prevent crime and make our communities a safer place to live. Today's police forces need to meet today's challenges so they can continue to bring people together, promote safety, and encourage peace among our citizens. Our communities should be a safe place to live and work in and not hampered because of budget constraints or grant money running out. We must support bills that make this possible. Let your elected officials know that you support these high standards for the impovement of our police agencies. Aren't our communities and citizens worth that effort? The bills pass that make an improvement in community policing possible are greatly appreciated.

We must assimilate into our culture

We should accept our historical past and resolve to prevent future atrocities. In previous articles, several people have written that we must stop dividing our country with Afro-American, Spanish-American, Mexican-Americans and so forth, and get back to being real Americans. Both men have excellent advice. Let's stop our decline. Let's all work to uphold our basic values that made this country great. Assimilate into the American culture and be a democracy governed by our U.S. Constitution and Bill of Rights.

Volunteer

ogram

The Volunteer Link is a pro-

gram of the State Office of Volunteerism that matches volun-

teer skills and interests with the

needs of no-profit organizations in

opportunities in Kent and Sussex counties, call 1-800-815-5465. Here's the "Most Wanted" list: •Nominate your favorite volun-

teer now! The deadline for the

Governor's Outstanding Volunteer

Awards and Youth Volunteer

Service Awards is Feb. 25. Call for

applications and more information.

needs volunteers to help spread the

words about prevention and healthy

•Volunteers are needed at BayHealth Medical Center at

Milford Memorial or Kent General

Hospitals to provide needed care

and a human touch. Times are flex-

Home Repair Program needs vol-

unteers to assist low income resi-

dents by providing care and a

Kent County Parks & Recreation

needs volunteers to be coaches,

assistants, groundspeople and park

Milford needs volunteers to help

provide a caring growth experience

to p[re-school and elementary age

teers to be hotline operators or help

with follow-up. Times are flexible.

Lewes needs volunteers to help

with outings, activities and science

learning to children with visual or

hearing disabilities. Times are flex-

•Contact Delaware needs volun-

·Children's Beach House in

•Drop-A-Tot Daycare

monitors. Times are flexible.

children. Days

•Dover Parks & Recreation or

human touch. Times are flexible.

•First State R.C.&D. Emergency

lifestyles. Times are flexible.

•American Cancer Society

To volunteer for these or other

the community.

Trailer residents on the way out Fairgrounds official

says residents must be gone by March 1

By D. L. Bonar, INI Staff Writer

A group of 14 residents of a small trailer park have until Saturday to vacate the property at the state fairgrounds on which their homes sit.

Members of the Board of Directors of the Delaware State Fair gave the occupants written notice they would have to be out by March I more than a year ago.

As of Monday, there were still several families and single residents left in the park. Most of them are elderly. Some are poor and all face the prospect of significantly higher rents and/or home pay-

"I don't have any money left. How am I going to pay rent and medical expenses," said Maria Schmidt, who has lived in the trailer park for six years.

Mrs. Schmidt, who is 67 said she and her husband, Alinson V. Schmidt, 72, can't move their trailer into another location. "I tried, in the beginning to find a place, but they all said the trailer was ;too old," Mrs. Schmidt said.

Mr. Schmidt is forced to use oxygen and spends most of his time inside the home attached to oxygen

"I have not even had time to think about moving," Mrs. Schmidt said. "I couldn't find a job if I wanted one.'

Another resident said she was concerned about being able to find a place for her mobile home as

"The track just wants us out of here," said Elizabeth Morley, who has lived on the property for more

The trailer park was established more than 25 years ago, according to Delaware State Fair General Manager, Dennis Hazzard, as an. accommodation to some of the horse owners, who wanted to live near their animals.

They have been aware we re closing the trailer park for more than a year," Mr. hazzard said. "Itis unfortunate, but the trailer park is loc going to close, and we will just have to move on.'

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He said there had been no discussion between himself and residents as to possible relocation assistance.

According to plans for the fairgrounds, the area where older barns now stand, on the west end of the property is to be used for a training" track and for new barns, where horses will be shipped in and stabled. Mr. Hazzard said it was the board's decision to have the tenants of the trailer park move by March. 1, so that construction on the new facilities can begin. Mr. Hazzard said earlier, the Raceway Board hoped to have the new facilities completed in time for the racing season, which begins in May.

"The families are on a limited income, and if they have to move. out, many will have to leave their homes behind," said Christopher White, an attorney for Community! Legal Aid, who is representing the

The group is being represented? under the auspices of Elder-law, a program which provides legal services for senior citizens who are not, otherwise, able to afford it.

The organization and various other supporters may take other action against Harrington, Midway Slots and Simulcast unless the situa ation is resolved, Mr. White said.

D.L. Bonar can be reached at 741-8228 or at daverpa@newszap.com



Rev. Herman Lipsius, minister of Asbury U.M. Church in Harrington, brought the message during the recent Mayor's Prayer Breakfast sponsored by the Harrington New Century Club. Photo by Carol Ann Porter



Lion Janet Brown of Milford has been named a Five Diamond Progressive Melvin Jones Fellow. She is shown here with District Governor Bill Kircher. Photo submitted by Linda Cooper

Area woman honored by Lions Club

Lion Janet Brown of Milford has been named a Five Diamond Progressive Melvin Jones Fellow. Having been named a Melvin Jones Fellow previously, the five diamond progressive recognizes a commitment to humanitarian service for an additional five years. The fellowship is Lions Club International's highest honor.

Lion Brown is also a Ralph Helm Fellow and has received the Knights of the Blind Award as well. She has been in Lionism for more than nine years. Having started as a Lioness, she became the Charter President for the Frederica Spring Creek Lions Club in 1992. Since then she has served as treasurer and chaired many commit-

On the district level, Lion

Brown served as Youth Outreach and Drug Awareness Chairperson, Midwinter Social Chairperson for two years and Zone Chairperson and Region Chairperson. She presently serves as Executive Assistant to District Governor Bill Kircher.

Lion Brown grew up in Harrington where she graduated from Harrington High School with 12 years perfect attendance.

She worked for 30 years for the Delaware State Board of Education at Lake Forest Elementary School in Frederica.

She has three daughters and five grandsons. Lion Brown resides north of Milford, not far from

Submitted by Linda Cooper

THERE'S ALWAYS SOMETHING SPAT DOVER DOWNS



Little Anthony & The Original Imperials March 20 & 21 7:30 & 10PM

COME SING ALONG WITH ALL THEIR CLASSICS LIKE: "Tears on My Pillow" "Two People in The World" "Goin' Out of My Head"

ORDER YOUR TICKETS NOW! \$17.50 - \$22.50

Coming Soon

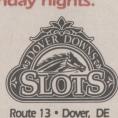


Live entertainment in the Garden Cafe and Gazebo Bar, Wednesday through Sunday nights.

For tickets call 302-674-4600, ext. 777 or stop by Dover Downs Slots Guest Services.

All shows are located in 3rd floor grandstand unless otherwise indicated.

Dates and times subject to change. A Station Avenue Production. All Games are video lottery games controlled by the Delaware Lottery. You must be 21 to play. Gambling Problems? 1-888-850-8888 Delaware Council on Gambling Problems



1-800-711-5882

Business

OTES & NEWS from the Harrington Business Community by Linda Chick

A "Stitch in Time", the living history dramatic presentation hosted by Delaware Business and Professional Women, played to a standing room only audience last Friday evening. The Polytech (Denney's Road branch) auditorium was filled with sweet harmonies sung from the hearts of the Seven Sisters. Actually five sisters and two nieces appeared to tell the story of the Underground Railroad in song, dance and storytelling. The

"sisters" from Clayton, New Jersey, have been traveling for the past five years with their unique entertainment form.

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Integrated within the performance were spirituals sung acapella in perfect harmony, dances like the Cake Walk (similar to the Virginia Reel) and an IMPRESSIVE display of quilts, each one a story in itself. The sisters have been quilting for many years, a handcraft passed down from many generations of women. Their beautiful handiwork is the perfect medium for passing on history as well.

Each quilt had its own tender, heart-warming, sometimes sad, often funny story. The whimsical pieces depicted sets of hands or dozens of little boys pants, while the serious themes ran from the family history to a huge quilt with Jacob's Ladder motif. Quaker women hung quilts adorned with Jacob's Ladder to mark their homes as safe haven for slaves seeking freedom in the north. The entire quilt show was nearly a third of the 90 minute performance, and the audience hung on each word. A standing ovation was a fitting tribute for a tremendously uplifting evening.

The evening was sponsored by PNC Bank and NationsBank with proceeds to benefit the BPW/DE Foundation Scholarship Fund. Over \$2,000 will be placed into scholarships for Delaware women as a result. It was fitting too that the Seven Sisters appeared during Black History Month, a

time of cultural reflection and celebration.

BPW seeks to weave into the tapestry of our organization a diversity that enriches the lives of each of us and of the group collectively. Our annual meetings bring together BPW sisters from the virgin Islands, Puerto Rico, Hawaii, Alaska, the midwest, the south and southwest, New Englanders and others from across the nation. Our origins are English, French, German, Italian, African, Caribbean, Scandinavian, Indian -- the list could go on. Our accents are as diverse as the corner of the country from which we hail. And, like the American melting pot of which we are a part, the BPW mixture is the richer for this tremendous diversity. Too bad that we only really appreciate our differences when we create special occasions just for that purpose.

March 15 is the deadline for applicants seeking a BPW/DE scholarship. Applicants must be a resident of Delaware; must show proof of financial aid; must show proof of acceptance to a school before selection is made; may not be related to any member of the Board of Trustees. For information about the Foundation and scholarship awards, call Loretta Wootten at 302-335-3392 or 302-736-2242.

April 1 is the last date for BPW/USA scholarships and loans requests. Applicants for scholarships must be women 25 years of age or older; a U.S. citizen; officially accepted into an accredited course of study; be graduating within 12 to 24 months from the date of grant; demonstrate need for financial assistance; and plan to use the training to up-grade skills for career advancement, to train for a new career field, or to enter or re-enter the job market. Applicants for loans must be a U.S. citizen; have academic and/or work experience showing career motivation and the ability to complete a course of study; and demonstrate financial need. For information, call BPW/USA Foundation at 202-293-1200, ext. 169.

Tues., March 10 - The Harrington Business Association will meet from 8-9 a.m. at the Colony Inn Restaurant. Joan Burris, president of the Delaware State Chamber of Commerce, is the guest speaker. Breakfast is from the menu. For information, call Carl June, president, at 398-8123.

We invite our readers to respond to this column by sending letters to The Harrington Journal, P.O. Box 239, Harrington, DE 19952 or by calling Sound Off at 629-2050 or 678-8255.

Harrington Police Report

On Feb. 10, Harrington Police arrested Daniel C. Fetterolf, 18, of Harrington, for DUI and related traffic charges. The defendant was also arrested for underage consumption of alcohol. He was processed and released pending future court appearance.

On Saturday, Feb. 14, in the late evening hours, Harrington Police arrested David Sean Alston, 28, and Milton Dwayne Bullock, 25, both of Columbia, Maryland. The arrest came as the result of a routine traffic stop in which Alston was arrested for speeding. In addition, both men were arrested for possession with intent to deliver marijuana, maintaining a vehicle for delivery of marijuana, conspiracy 2nd, possession of marijuana, and possession of drug paraphernalia. 232 grams of marijuana was seized in the arrest. Alston and Bullock were processed at HPD and transported to Court 7 for arraignment. Both were released from court on \$6,000 unsecured bond pending future court appear-

While on routine patrol, an officer of the Harrington Police Department observed a suspicious vehicle parked in a local lot. A check of the vehicle's registration revealed that the owner was wanted out of Sussex County Family Court as well as JP Court 2 and JP Court 2. the officer contacted the owner and arrested him without

Arrested was Keith Parker of Craddockville, VA. He was transported to Court 6 in Harrington for processing and later turned over to

READING A NEWSPAPER HELPS YOU **GET INVOLVED** IN THE COMMUNITY.

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No wonder newspaper readers have more fun!



Earned income tax credit (EITC) increased for 1997

The amount of the credit is larger with a maximum credit this year of \$3,656, up from \$3,556 last year. This year, taxpayers with one qualifying child and income of less than \$25,760, or with more than one qualifying child and income of less than \$29,290 can claim the credit. These are both up from the income levels last year.

Also, workers without qualifying children who earned less than \$9,770 were at least 25 but under 65, and were not someone's dependent, may get a credit of up to \$332. Taxpayers are disqualified when their passive income exceeds \$2,250 (up from \$2,200 last year).

For people thinking about filing for the EITC when they know they aren't eligible -- beware! False EITC claims could bar people from the credit for up to 10 years. This is a result of the Taxpayer Relief Act of 1997. The Act also prevents people who recklessly or intentionally disregard EITC rules and regulations from getting the credit for two years. Taxpayers who are denied the credit as a result of deficiency procedures, can't get it at all unless they provide evidence of

Feb. 28 – The Harrington Public

Library will hold "The Big Back

Door Book Sale" from 8 a.m. until

3 p.m. The library is located at 110

Center Street, Harrington. Please

use the back door at the rear of the

Spaghetti Dinner will be held at the Frederica United Methodist

Church, Front Street in Frederica

from 3 - 6 p.m. The dinner is sponsored by the Spring Creek Lions

Club. For more information or tick-

ets call Donna Salerno at 335-3854.

Tickets will also be sold at the door.

Take outs will be available and

Heritage Day Committee will meet

at Harrington City Hall on Dorman

Street. The meeting will begin at 7

p.m. Volunteers are urgently need-

ed and encouraged to attend. For

more information call Ruth

Annual Fish Dinner will be held

from 4-7 p.m. at eh church hall in

Harrington. All tickets must be pur-

chased in advance. For tickets call

Mar. 11 - The Harrington

savings

398-8269, 398-3166 or 284-4324.

Jaycees will hold their monthly

Mar. 7 - St. Bernadette's

Peterman at 398-4493.

Mar. 4 - The Harrington

children under three eat free.

Feb. 28 - An all-you-can-eat

eligibility to claim the credit in future years. Paid preparers who fail to use due diligence on EITC returns may have to pay a \$100 penalty per return.

For 1997, the personal exemption amount for each taxpayer and for each dependent is \$2,650, up from \$2,550 in 1996.

"Again this year," noted Paul Harrington, IRS District Director for Delaware, Maryland and D.C., "most taxpayers will not have to itemize deductions but instead, can take advantage of the increased standard deduction."

• single taxpayer, up \$150 to

· head of household, up \$150 to

• married filing jointly, up \$200 · married filing separately, up

\$100 to \$3,450. Additional standard deductions for elderly/blind, however, remains

the same as last year: • single, age 65 or over or blind -

· married, age 65 or over or blind - \$800 each.

meeting at City Hall beginning at

SPCA Spring Rabies clinic will be

held at the Harrington Moose

Lodge, Rt. 13, north of Harrington

from 12 Noon until 2 p.m. Cats

must be in a carrier and dogs must

be on a leash or in a carrier. A fee will be charged. For more informa-

Mar. 15 - An all-you-can-eat

Chicken-n-Dumpling Dinner will

be held from 12 Noon - 5 p.m. at

the Ellendale Fire Hall in Ellendale.

Spring Craft Show will be held

from 9 a.m. until 3 p.m. in the

church hall in Harrington. For more information call 302-398-8269

(Tues.-Fri., 10 a.m. - 5 p.m.) or 302-398-3642 (after 6 p.m.).

Youth Horse Clinic will be held at

the Quillen Arena at the Delaware

State fairgrounds in Harrington

from 9 a.m. - 4 p.m. Minors must

be accompanied by an adult.

Deadline for entry is March 1 - No

exceptions. For more information

contact Charlotte Pritchard at 302-

398-4707.

Mar. 21 - The Delmarva Open

Mar. 21 - St. Bernadette's

tion call 734-7029 or 734-7323.

Mar. 14 - The Kent County

7:30 p.m. All are welcome.

Coming Events

claimed as a dependent on someone else's return, the standard deduction remains the greater of \$650 or actual earned income, limited to the standard deduction

For taxpayers eligible to be

amounts listed above.

Most taxpayers will not have to look up their standard deduction in the tax booklet instructions. These amounts are listed right on the

Len's Corner

by Len Coryell, **Harrington City Manager**

By Len Coryell City Manager

Only about 30 days until spring arrives, look out for winter.

I would like to address the Youth Center this week. I would like to start by saying the Youth Center was opened under a (3) three year Criminal Justice Grant. The grant expired Dec. 31, 1997, and was not renewed.

However, there was a \$42,000 grant (one year) applied for and it looked like the youth center would be funded for one more year, but the grant was divided into giving a possible \$21,000 to the city of Harrington and the balance (\$21,000) to another town.

As I understand it from a conversation I had with Chief Frank Melvin, the \$21,000 is still available but must be spread over the full year. There is a way to keep the Youth Center open by accepting the \$21,000 and putting a police officer back in the Youth Center as director.

If you recall when the Youth Center first opened, its director was a police officer, who did an excellent job as its director.

By placing an officer back in the Youth Center as director (the officer's salary is already being paid) it will allow time for the city to fund a possible long term grant if one is

With the officer's salary already being paid for the possible \$21,000. one year grant money and any contributions we might receive, the Youth Center will be able to keep the lights on at least for one more year, giving the City Council time to find funding.

The Harrington City Council had nothing to do with the Youth Center not being refunded with a grant. Your council is working very hard looking for funding.

Say "HI" to your neighbor and watch out for our kids. Remember, if you have a question or need help, please call me at 398-3530.

We invite our readers to respond to this column by sending letters to The Harrington Journal, P.O. Box 239, Harrington, DE 19952 or by calling Sound Off at 629-2050 or

Subscribe to The Harrington Journal, P.O. Box 239, Harrington, DE 19952. (302) 398-3206



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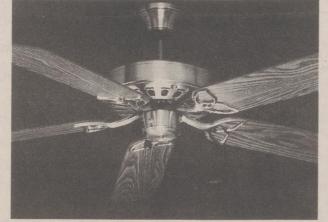
of \$8,900 bond.

"Electrical Contractor" 332 Weiner Ave., Harrington 398-8012

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Education



Fifth-grade Lake Forest School District Spelling Bee winners are shown here in top photo, left to right, Kristin Starke, 3rd place; Antonia Pizzadili, 2nd place; and Brian Poore, 1st place. Fourth-grade winners are shown in the bottom photo, left to right, Holly Morris, 3rd place; Patience Walley, 2nd place; and Kerry Bowman, 1st place. Standing behind the winners are, left to right, Mr. J. Glenn Davidson, Supervisor of Elementary Programs; Dr. Kathleen Andrus, Principal East Elementary; Dr. Judy Craig, Principal North Elementary; Mr. Earl Griffin, Principal South Elementary and Mr. Ed Dean, Acting Superintendent. Photo by Carol Ann Porter



Spartans lose in final seconds

By Deborah L. Dean

Lake Forest's second-quarter surge fell short as the Spartans lost to Salesianum 63-62 Saturday eve-

The Spartans led 35-26 at the half but were outscored 37-27 the

Junior Mike Stevenson lead the Spartans with 17 points while of the regular season.

freshmen Dorell Little added 11 for

Salesianum's Dan Stroud scored with five seconds remaining in the game when Lake Forest was unable to stop Salesianum's inbounds play.

Stroud had a game high 29 points.

The Lake Forest boys host
Smyrna Thursday in the final game

Spring into Your Future at



Dr. Robin Steed, Prfofessor Emeritus from Brigham Young University, is shown here presenting the Touchponics Manipulative Phonics System to Lake Forest paraprofessionals. Shown behind Dr. Steed, left to right, are Lake Forest paraprofessionals Debbie Bennett, Linda Collins and Debbie Crowe. Photo by Carol Ann Porter

LF - (Continued from Page 1)

Mr. Davidson said that Dr. Steed's two days of staff developmental training and the Touchphonics kits for teachers and paraprofessionals were paid for from the State of Delaware Early Intervention Grant, which supports phonics insstruction in the primary grades.

> Carol Ann Porter can be reached at (302) 398-3206 or hjournal@newszap.com

WTC Students of the Week

February 17-20 BOBCATS - Nicole Cosey, Heather Crouse, Erica Freeman, Aaron Mast.

CHEETAHS - Nancy Vanegrift. COUGARS - Sykia Benson, Holly Jester, Anthony King, Andrea Smith, Josh Bumgarner. PUMAS - Ashlie Tatman, Michael Cushman.

PANTHERS - Brandy Bauer, Amanda Boyd, Daniel Woodward,

TIGERS - Timothy Leuterio, Bobby Stephenson, Trina Wisher, Joseph Beshewor.

Washington College honor roll announced

Washington College in Chestertown, MD, has announced the names of 261 students who were honored for outstanding academic achievement in the Fall 1997 semester. Among them were 12 Delaware students. To earn Dean's List honors, students must achieve a cumulative grade point average of 3.4 or higher.

Area students honored were: Senior Heather L. Beauchamp, daughter of Mr. and Mrs. Clarence F. Beauchamp of Harrington, psychology major; and senior Edward J. Geisweidt, son of Mr. and Mrs. Robert Geisweidt of Felton, an English major.



Lake Forest School District paraprofessionals, left to right, Beverly Wyatt, Brenda Wix and Pam Galyean, participate in a day-long staff developmental training session for Touchphonics. Photo by Carol Ann Porter

Polytech honor roll announced

The following area students have been named to the honor roll for the second marking period at Polytech High School:

HIGH HONORS: Jamie Blair, LaDale Coston, Tracey Darling, Nattessa Gilbert, Dwayne Giuttari,

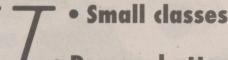
Kareylenn Legar, James Martin, Kimberly Mason, Jaime McCann, Shyla Melsom, Tiffany Mize, Adam Moore, Jessica Nutter, Nikolaus Rotzinger, Lauren Salb, Tia Smith, Janelle Tarburton, Glenda Timbs, Amanda Whisler, Sadie

HONORS: Shira allison, Adam Artis, Danielle Bragdon, Chastity Brown, AnnaMaria Caulo, Monica

Chabot, Stacey Chaney, William Clough, Cahlisha Cummings, Cyrus Daniel, Michelle Dawson, Crystall Deputy, Erin Dudley, LianaMalia Eubanks, Eric Fazekas, Kyle Field, Joshua Goulet, Andrea Griffin, Duane Griffiths, Jennifer Haight, Julie Haight, Jamie Hall, Matthew Hall, Priscilla Halsey, Angela Healey, Kevin Hobbs, Amanda Hogan, Brock Hughes, Duane Isham, Jason Johnson, Shanna Justice, Brenda Killen, Harold Killen, Jacinda King, Kristin Kornrumpf, Samuel Lewis, Toshia Lindsay, Kevin Long, Sheena Lukens, Charles Mann Jr., Erica Marvel, Clint Moore, Christina Murray, Melanie Ozman, George Pierce, Joseph Pierpont, Andrea Pitts, Tracey Raksnis, Amanda Robinson, Kimberly Rotzinger, Christopher Rumph, Hearold Sammons, Walter Savage, Glenna Schisler, Jamie Seeger, Ryan Sellars, Zaimah Shabazz, Melissa Shyers, Jesse Smith, Angela Stumpf, Nicole Sturgeon, Amy Sweeney, Danielle Thornton, ling.org. American Intercultural Student James Torbert II, Jamison Walls,

Christopher Hamm, Katherine Wilmington College Harvath, Kevin Hay, Joshua Howton, Andrew Johnson, Amanda Karras, Christopher Langley, Fax your 4-H news to Delaware (302) 398-3824

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Kathy Warrington, Mary Weiss,

Samantha Wiley, Shaun Wilson, Steven Wilson, Frank Zimmerman.



Call Newsphone to find out what's on the lunch menu at these schools:

Capital **Smyrna** Lake Forest Seaford

Polytech Milford **Indian River** Caesar Rodney

Kent County 674-9999 Sussex County 424-4958 NEWSPHONE

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Journal People

Felton-Sandtown News

By Lola M. O'Day

Happy Birthday to: Kim Zeitler Robbins, Charles Roland Jr., Meredith L. Wheeler, C. Dale Creg, George Cooper, Jenny Bennett, Robert Ernest Vogl, Ray Quillen, Wesley Womack, Jessica Kearney Knapp, Billy Killen, David Glen Sherwood, Helen Wyatt, Levin Van Sant, Oralie McGinness, Andrew L. Cooper, Bernice Hrupsa, Wayne Voshell, Christine Renee Dill, Pete Pizzadilli, Frances Keough, Robert M. Wilkinson Jr., Ray A. Roland, Ronald Jarrell, Brandi Lynn McCloskey, Mike Powell, Joshua Paul Wooten, Nick Mogle, Kelly Vansant, Bobby Todd, Haley Todd, Derek James Moore, Mary Wagner, Krista Hickey, Robert S. Dill, Nancy Vansant, Jerry Hayman, Page Brothers, Charmine Pardee.

Many happy returns of the day for Wendy Darling, as you celebrate your birthday on Feb. 29. "Congratulations."

Happy anniversary to: Frank and

Bernice Hrupsa, Kim and William Lodge, Ron and Peggy Ivory, and Walter and Evelyn Moore.

Mr. and Mrs. Bob Jackson have arrived home safely from their trip to Pittsburg, PA.

Glad to hear Vince Torres is improving. Keep up the good

An act of kindness can be heard by the deaf and seen by the blind.

Many get well wishes to Jack Hampton, Harrington, in Milford Hospital. Hope for a speedy recov-



This year's Harrington High School Alumni Association officers are, back row, left to right, H. Joseph Gannon Jr., Recording Secretary; Barry R. Fry, President; Donald "Dee Dee" Derrickson, Executive Vice President and Treasurer; C. Richard Black, Executive Committee Member; center row, left to right, Viva Reed Poore, Corresponding Secretary; Gale Umphlett Voglien, 2nd Vice President; Mary Ellen Simpson Grinolds, 1st Vice President; and Denise Callaway Argo. Historian. Front row, Jewel Bradley Carpenter, Alumni News Chairman. This year's Harrington High School Alumni Banquet is set for Saturday, May 2, at the W.T. Chipman Middle School cafeteria. Tickets will be available at a later date. Dinner this year will be catered by Jimmie's Grille. Photo by Carol Ann Porter

Local Interest News

Happy Senior Center birthday greetings Doris Hollinger, Evelyn Scarborough, Edward S. Hobbs, Burton Satterfield, Mary G. Wagner and Eliza Fitzcharles.

Theresa Thompson stopped by the other day and left an article about her father-in-law, Buck Thompson and Charles Salisbury (of Harrington) which appeared in a paper in Myrtle Beach. The story, by John Ribar, is as follows at 7 p.m. at the High School. "Playing with the George Kugel Retreads at Whispering Pines GC Alvin Thompson had a hole-in-one Committee will meet at 7 p.m. on

using a 6-iron at the 132-yard, No. 17, his first ace in 18 years. His playing partners were Charles Salisbury and Don Pafundie." Congratulations Buck!

Get well wishes go out to Gwen Harrington who is feeling a little under the weather.

The Lake Forest Senior class play is this Thursday, Friday and Saturday. They will be presenting the musical "Grease" each evening

March 4 at Harrington's City Hall. Raffle tickets are still available for the Longaberger basket to bene-

fit the Richard Melvin Pancreas Transplant Fund. Anyone wishing to make a donation call call 398-4349, 398-8668 or stop by Country Flowers on Commerce Street in Harrington.

Anyone with Local Interest news to be published is asked to fax it to 398-3206, mail it to The Harrington Journal, P.O. Box 239, Harrington, DE 19952 or drop it by our office at 110 Center Street.

Bear Badge - Taylor King and Jeffrey Fleetwood.

Artist - Zachary James, Steven

Aquanaut, Traveler, Family

Engineer, Citizen and Ready-

man - Bryan Miles, Jason Pandel,

Danny Walker, Chris Trotta, A.J.

Tazelaar, Matthew Moore, Todd Hockensmith, Joey Holloway,

Showman (Music) - Jason Pan-

Compass Patch - Bryan Miles,

Jason Pandel, Chris Trotta, Matthew Moore, A.J. Tazelaar,

Danny Walker, Blaise Dejesus,

Joey Holloway, and Todd Hocken-

Highest Award in Cub Scouts

Arrow of Light - Bryan Miles.

you can earn is the Arrow of Light.

Jason Pandel, Chris Trotta,

Matthew Moore, A.J. Tazelaar,

Danny Walter, Blaise Dejesus,

Joey Holloway and Todd Hocken-

Donald Hannum from Troop 141

was present with the Chief Denner

cord. He has served as the Webelos

a job well done. Keep up the good

Congratulations to all scouts for

II den chief for the past 2 years.

Member and Fitness - Zachary

WEBELOS:

Blaise Dejesus.

MyNatt.

Houston Community News

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. Herman Lipsius is the Minister. All are wel-

Last Sunday Rev. Lipsius delivered the message, "What Is God Like?" The choir sang "I Have

Decided to Follow Jesus' Mrs. Madeline Quillen was greeter. Mr. and Mrs. James Durity were ushers. Richard Layne was

Sincere congratulations to Mr. and Mrs. Frank Williams who will celebrate their 50th wedding anniversary on Saturday, Feb. 28. On Wednesday, Feb. 25, Ash

Wednesday, Rev. Lipsius will serve Communion at Houston Church from noon to 1 p.m. He will serve Communion at Asbury Church from 7 to 8 p.m. Your may come and remain as long as you wish and leave whenever you wish. All are invited to attend.

Lenten Bible Study will meet on Wednesday evenings from 7:30 to 8:30 p.m. according to the following schedule: March 4 Metropolitan Church; March 11 -Asbury Church; March 18 -Prospect Church; March 25 -Houston Church; April 1 - Trinity Church; April 8 - Asbury Church for the closing study. Everyone is invited to attend any or all of these

Keep in mind that anyone who has been a resident of Houston for l year, is 18 years of age and has his or her town taxes paid in full ma file for the offices of mayor or councilman on Saturday, Feb. 28, from 6 to 8 p.m. at the firehouse.

The Ladies Auxiliary of the fire company of Houston will hold a Bake and Soup Sale at the firehouse beginning at 9 a.m. Saturday, Feb. 28. Vegetable beef soup and lima bean soup, as well as baked goods, will be on sale.

The family of Oliver Williams appreciate all the cards, prayers and expressions of sympathy extended to them when Oliver

Cub Scout Pack 141 holds Annual Blue and Gold Dinner

Cub Scout Pack 141 held their Blue & Gold Dinner on Sunday, Feb. 1, at the Viola Ruritan Club. Appreciation goes to Louisa Frazier and Shirley Raybuck, Unit Commissioners; Rev. Philip Lawton, Felton United Methodist Church; Ron MacComber, for the music; Mr. and Mrs. James Minner, president of the Viola Ruritan Club; Freddie's Market and Dr. Wright, Delaware Aerospace Educational Center.

Recipients of awards are as follows:

TIGERS:

Something Special, All Your Own - Bradley Caynor, A.J. Tillmes, Spencer Miles, Stephen

Caring For Your Home and Household - Spencer Miles.

Getting There, Go See It, Know Your Family - Stephen

Bobcat Badge - Phillip Reimann, Andrew Crawford, Louis Smith, Michael Benson and Steven

Wolf Badge - Andrew Crawford and Ryan Ward.

– CORRECTION – A birth listing in last week's issue was incorrect it should have been as

JAN. 20 - A boy to Cynthia and Tony Dagostino, Harrington.

Armed Service News

welcome addition

Mr. and Mrs. John Custins of Houston wish to announce the birth of their grandson, Nicholas Tary Smith, son of Kara A. Smith. Nicholas weighed in at 6 lbs. and 7 ounces and was 20 and one half inches long. He arrived at 1:58 p.m. on Feb. 5, 1998.

by his Uncle J.D. Custins.

Nicholas is the great-grandson of the late Mr. and Mrs. Havard T. Smith of Houston and the late Mr. and Mrs. James O. Coverdale of

AUTHORIZED

PROVIDER

Custins

Nicholas was welcomed home

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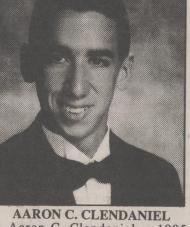
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graduate of Lake Forest High School, and the son of Henry Clendaniel of Milford, and Barbara Clendaniel of Harrington, recently enlisted in the U.S. Coast Guard and has departed for their Recruit Training Center in Cape May, NJ.

During his first three weeks of instruction, he will undergo intensive training in: seamanship, emergency first-aid, firearms instruction utilizing the 9mm pistol, damage control and firefighting techniques, physical fitness, and military drill.

In his fourth week of training, Aaron and his recruit company will be flown by a Coast Guard C-130 aircraft to Puerto Rico for their second phase of recruit training.

This training will be conducted aboard America's tall ship, the Coast Guard Cutter Eagle. The Eagle is a three-masted sailing ship built in 1936 and seized as a war prize from Germany at the end of World War II.

During this second phase, the Eagle will sail throughout the Caribbean and make port calls in Colombia, Venezuela, and Martinique. Then Eagle and her crew will make their way up the east coast to her homeport at the Coast Guard Academy in New London Connecticut. Aaron and his fellow shipmates will graduate on April 10th during a special ceremony aboard the Eagle.

DAVID M. KARRAS

Army Cpl. David M. Karras has graduated from the U.S. Army Primary Leadership Development Course (PLDC) at Fort Drum, Watertown, NY.

Students received training in supervisory skills, leadership principles, and small unit training techniques essential to a first-line supervisor in a technical or administrative environment.

Karras is a quartermaster and chemical equipment repairer at

The corporal is the son of Pete K. and Martha S. Karras of Har-

He is a 1994 graduate of Lake Forest High School.

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****** **REGISTERED VOTERS**

Saturday~Feb. 28, 1998 ***** This is the last day to change your party affiliation until AFTER Sept. 12 Primary Election.

> **Dept. of Elections for Kent County** 455 Court St., Dover 739-4498

Office will be open: Mon.- Fri. 8:00 a.m.- 4:30 p.m. Plus Feb. 28 ~ 8:00 a.m.- 4:30 p.m.

Aaron C. Clendaniel, a 1995

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Religion

Independent Bible Fellowship Church News

ASBURY UNITED METHODIST CHURCH 200 Weiner Avenue, Harrington Church School 9:45 - 10:45 a.m. Worship Service 11 a.m. - Noon

CALVARY WESLEYAN CHURCH

240 Delaware Avenue, Harrington Sunday School 9:30 a.m. Morning Worship 10:45 a.m. Children's Church 10:55 a.m. Evening Worship 6 p.m.

DOVER MIRACLE REVIVAL CENTER

105 West Liberty Street, Harrington Sunday School 10;30 a.m.
Sunday Service 1130 a.m.
Bible Study 7:30 p.m. Tuesday
Friday Night Service 8:00 p.m.

HARRINGTON BAPTIST CHURCH East Liberty Street, Harrington Sunday School 9:45 a.m. Worship Service 11 a.m.

Evening Worship 7 p.m. INDEPENDENT BIBLE FELLOWSHIP CHURCH Milford-Harrington Hwy. (Rt. 14 E.), Harrington Sunday School 10 a.m. Worship Service 11 a.m. Evening Worship 7 p.m.

METROPOLITAN U.M. CHURCH West Street, Harrington Sunday School 10:30 a.m. Worship Service 11:30 a.m. Monday Prayer: 1:30-2:30 p.m.

PILGRIM CHAPEL Milford-Harrington Hwy. (Rt. 14 E.), Harrington Sunday School 9:30 a.m. Worship Service 10:40 a.m.

PROSPECT UNITED METHODIST CHURCH Vernon (Rt. 14 W.), Harrington Sunday School 8:45 a.m. Worship Service 9:45 a.m.

ST PAUL AME CHURCH West Street, Harrington Sunday School 9:30 a.m.

Church Service 11 a.m.
Prayer Meeting 6 p.m. Wed.
Bible Study 7 p.m. Wed. ST BERNADETTE CATHOLIC

CHURCH 109 Dixon Street, Harrington - Mass Schedule Wednesday 7 p.m. Saturday Vigil 4:30 p.m. Sunday 9:30 a.m.

ST. STEPHEN'S EPISCOPAL CHURCH
Raughley Hill Road, Harrington
Sunday School 9 a.m.
Worship Service 10:30 a.m.

TRINITY UNITED METHODIST CHURCH
63 Commerce St., Harrington
Sunday School 10 a.m.
Worship Service 11 a.m.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, HARRINGTON WARD Milford-Harrington Hwy. Harrington
Harrington
Priesthood/Relief Society 9:30 a.m.
Sunday School 10:25 a.m.
Sacrament Meeting 11:20 a.m.

139

from the book of Daniel. The text

On Sunday, Feb. 22, Pastor

Simpson continued his messages was taken from Daniel 10:1-21. and the title of his message was "Daniel's Great Vision" Pastor Simpson reminded us that

unless you know Christ as your personal Savior you cannot and will not understand portions of the Bible. As Christians we have the power of the Holy Spirit within us giving us understanding and knowledge of the scriptures. The more we seek to truly know and understand God through His scriptures, the more He will give us. Whatever we put into our Christian growth is what we will get out of

Daniel was a man greatly beloved of God (v. 11). In verses 2 and 3 we see that Daniel fasted for three full weeks. He ate no pleasant bread or meat-he ate nothing at all. He spent time in prayer. How serious are we as Christians about our walk with the Lord today? Would we be willing to spend time in fasting and prayer? Because of Daniel's serious and deliberate actions that reflected his love and devotion to God, he was greatly beloved of God.

Society today does not seem to really care about God or what He

thinks. Our everyday lifestyle reflects how much we believe in God and how deep our faith in Him is. Society has taken the morals God has given us--morals given to help us and preserve us-and they have tossed them aside and ignore them and have twisted they by claiming that certain sinful urges "are in the genes". Society wants us to think God changes just as society changes. That God is our "buddy" -- He is there for us just when we need Him.

This view completely contradicts the scriptures. The scriptures give us various descriptions of God. In Isaiah 6:1-3 we find a

description of the Lord. In verse 3 it says "Holy, holy, holy". In Revelation 1:10-18 we are given another description. In verse 17 we see that John fell at His feet as dead.

Pastor Simpson challenged each of us as Christians to strive to reflect our deep faith in Christ as Daniel did. To live every moment of our lives before the Lord Jesus Christ daily. Not just when we walk into the doors of church on Sunday or in the presence of other Christians, but in the privacy of our own homes.

God opens up more of Himself to those who yearn to see Him in His light. The closer we become to Him through personal scripture reading and prayer, the more He will reveal Himself to us.

We welcome you to come and worship the Lord Jesus Christ with us. We are located on Route 14, east of Harrington.

Sunday Services - Sunday School for all ages at 10 a.m.; Sunday Worship service at 11 a.m.;

Sunday evening service at 7 p.m.
Wednesday Services - Awana Clubs for ages 3 through 8th grade at 6:30 p.m.; Youth Group at 6:30 p.m.; Bible Study and Prayer Meeting at 7 p.m.

(Nursery provided for all ser-

Pilgrim Chapel Church News

We are to live in Christ day by day. John reiterates the call to 'walk in the light" as he is in the light. God is light. God is pure, without flaw, holy. There is no evil or sin (darkness) in Him at all. Sin breaks our relationship with God. Concealing sin and presuming upon God's gracious nature are inconsistent with walking in the light. We learn that salvation from sin is available by means of atonement, the shed "blood of Jesus" is payment for our sins. A great price required for the remission of sin -Christ's sacrifice covers "ALL" our

In our Christian life we have an act of faith - confession. By turning to God in confession we acknowledge God is sovereign and Lord. We have assurance that He is merciful and He will listen and forgive. We are accountable to Him. Our confession is of our shortcomings, our short-sightedness and our weakness. It is possible for the fully sanctified to sin. God does not take away choice. We may sin through ignorance, inexperience, temptation, inattention, or choice. Regardless we learn of the remedy. The Holy Spirit pleads God's cause that we might be restored. It is

Lenten Season begins with Ash

Wednesday Service on Wed., Feb. 25. The service of SILENT COM-

MUNION & IMPOSITION OF

THE ASHES will be held at

Sunday, March 1 - "United

Methodist Men's Breakfast" at 7:30

a.m. Birthday Penny Sunday in

Church School. Communion dur-

Study to include five churches in

our mission area: Asbury, Trinity,

Prospect, Metropolitan and Hous-

ton churches. The schedule of

locations for the Bible Study is as

Wed., March 4 - Metropolitan

Wed., March 11 - Asbury

Wed., March 18 - Prospect

Wed., March 25 - Houston

Wed., April 1 - Trinity Church

There will be a Lenten Bible

Asbury Church from 7-8 p.m.

ing morning worship service.

Church on West St.

Church on Weiner Ave.

Church on Vernon Road.

Church on Broad St.

Asbury

God's will and our potential through God's grace to remain in His will from salvation to eternity. The lesson came from 1 John 1:5-2:6 and 1 John 2:1. "The Advo-

The morning worship brought forth many beautiful offerings of hymns and a special ministry of reading by David Legates. Garold Sherwood sang a beautiful song accompanied by his mother, Mrs. Grace Sherwood, on the piano.

Rev. Scott preached his sermon from Jeremiah 28:1-17. Only Jesus can satisfy your soul. We must be more mindful of what is being taught and who teaches. Consider if it bears the message of easy prosperity. Being happy is not always holy. What we see on TV or hear on the radio are not always right. We must take the time to find out what the Bible says and believe it to be the truth. Watch out for false prophets and turn a deaf ear on them. We must not rebel against God as that means death and believing in Him is everlasting life.

Our prayers to our Heavenly Father gave praise to Him - and in our hearts we ask for personal for-

United Methodist Church

giveness for our sins. I believe all our minds leaned to the uncertainty of the world affairs as we asked for God's help in keeping peace between nations. We asked that He steer our leaders to greater avenues and give them wisdom to lead us. We know that this peace starts within ourselves, then our neighbor, then encompasses our entire neighborhood. Then the city, state, one nation until the whole world can taste love and unity. This prayer can be accomplished by believing that it be God's will and that God wants us to live in this fashion. We pray that He will protect us and that all of His children

can come to know and love Him. To start the month of March. March 1, Sunday night at 6 p.m. Pilgrim Chapel invites one and all to come and enjoy some good old fashioned Southern Gospel music. The concert will be performed by the "Homeland Gospel Band" Then on Friday, March 6, the Sunday School is sponsoring a "Family Fun Night". Think about that and plan to share with us some great fellowship and games for all.

A thought: Let us hold His hand and sense His power and drive out the darkness and bring in the light!

available from Mrs. Minner in the

to our annual Spring Auction. Con-

tact Don Garey, Ralph Butler or

The bus trip to "Sight and Sound" to see "Noah" has been

moved to Saturday, Oct. 17. The

cost is \$70 for person complete,

with checks payable to Asbury UM

Church. Make your reservation

with Rev. Herman as soon as pos-

sius, and the family here at Asbury

welcome all who wish to join us.

We have an active Prayer Chain

and you can call the chairperson,

Eloise Shaffer, at 398-8930 with

your prayer requests. We have

large print bulletins and FM sound

enhancement receivers. Simply ask

any usher for assistance. If you are

visiting or new to our community

we encourage you to join us. We

Our Pastor, Rev. Herman Lip-

Bobby Taylor, co-chairpersons.

We will be accepting donations

church school office.

Obituaries DOROTHY BAMFORD

RYDER Dorothy Bamford Ryder of Milford died of complication from pneumonia. Thursday, Feb. 19, 1998, in the Milford Center. She

Mrs. Ryder was born in Bethlehem, Pa., in 1918, the daughter of the late Joseph and Reba Barber Bamford.

She graduated from Wheaton College, Ill., with a bachelor's degree in Christian education in

Mrs. Ryder was a noted children's evangelist and taught Christian day school at Grace Chapel in Havertown, Pa., for many years.

Mrs. Ryder was a former member and church organist at Calvary Fellowship, Lionville, Pa.

She was preceded in death by her husband of 39 years, Kenneth She is survived by a son, Kenneth Ryder Jr. of Lincoln; a

daughter, Joan M. Bartsch of Harrington; nine grandchildren and five great-grandchildren. Services were 2 p.m. Saturday at

the Boyd Funeral HOme in West Chester, Pa. Burial was in Grove Methodist

Cemetery, West Chester.

CAROLINE Y. TORBERT CORSON Caroline Y. Torbert Corson of

Felton died Saturday, Feb. 21, 1998, in Kent General Hospital. She was 86.

Mrs. Corson was born in Beasleys Point, N.J., the daughter of the late Stillwell C. Young and Mary B. Lippincott Young.

She was a homemaker. Mrs. Corson was a past president of Avon Club; attended Felton U.M. Church as a member of W.S.C.S.; a member of Second Cape May Baptist Church, Palermo, N.J.; attended Kent Christian Center, Dover; member of Home Demonstration Club, Felton; and a member of

Mayflower Society, N.J.

She was preceded in death by her first husband, William Russell Torbert in 1969, her second husband, Edward S. Corson in 1993, and a daughter, Nancy Lynn Davidson in 1986.

She is survived by a son, James W. Torbert and his wife, Betty H. Torbert of Felton; six grandchildren, Debbie D. Wesch of Inverness, Fla., Rebecca Davidson of Palm Harbor, Fla., John Davidson of Florida, James Davidson of Florida, William Torbert II, Robert Edward Torbert, and Ashley Ann Torbert, all of Felton.

Services will be 2 p.m. today at the Chapel of Berry-Short Funeral Home, Main Street, Felton, where friends may call one hour prior to the service.

Burial will be in the Barratt's Chapel Cemetery, Frederica.

Instead of flowers, the family suggests contributions be made to Kent Christian Center Building Fund, 1761 North DuPont Hwy.,

SUSANNA E. SAULSBURY Susanna E. Saulsbury of Felton died of heart failure Monday, Feb. 16, 1998, in Kent General Hospital. She was 80.

Mrs. Saulsbury was a day care provider for Care-A-Lot Woodside for 10 years, retiring in 1996.

She was a former member of the Felton Volunteer Fire Company Ladies Auxiliary.

She was preceded in death by her husband, Albert, in 1976.

She is survived by two daughters, Susanna Krulock of Elyria, Ohio, and Vena Glendon of Vincentown, N.J.; two sons, James Booton of Dover and John E. Booton of Edgerton, Kan.; two sisters, Thelma Seemans and Margaret Wagoner, both of Pleas-antville, N.J.; 17 grandchildren; seven great-grandchildren; and two stepsons, Albert Greene of Illinois and James Greene of Runnemeade,

Service was Saturday at the Chapel of Berry-Short Funeral Home, Felton.

Burial was in the Denton Cemetery, Denton, MD.

BETTY LEE BETTS

Betty Lee Betts of Milford, formerly of Frederica, died from complications to diabetes, Sunday, Feb. 15, 1998, in the Milford Center. She was 68.

Ms. Betts was the daughter of the late William and Helen Long

She had not worked in many years, due to her medical condi-

tion, but had worked at the Burris Poultry Plant, Milford.

Ms. Betts loved to cook and was a very good cook.

She is survived by a son, William Breeding of Greenwood; three daughters, Loretta Hughes of Greenwood, Phyllis Green of California and Linda Coady of Dover; a brother, Clarence "Buster" Ferguson of Harrington; two sisters. Margaret Ann Johnson of Baltimore and Joyce McKinnon of Seaford; nine grandchildren; and 12 great-grandchildren.

Service was at the convenience of the family.

Arrangements by Fleischauer Funeral Home, Greenwood.

See Obits. on Page 9

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on Commerce St.

for the closing study.

BOWL-A-THON - Sign-ups for sponsors and bowlers are now being taken by the United Methodist Men. See Harold Brode or John Church to sign up for the March 14 event to be held at the Milford Lanes.

Wed., April 8 - Asbury Church

LAY SPEAKING SCHOOL will be held Sundays, March 22 & 29 from 1:30-6:30 p.m. at Calvary UMC in Milford. Basic and Advanced Courses will be offered. Pre-registration is required by March 6. You may pick up a registration form in the church office. If you have any questions, contact Rev. Doug Lindsay at 302-684-8045 or Pat Dorey at 302-934-

Rev. Herman will be conducting a CONFIRMATION CLASS for young people who would like to become members of Asbury Church. Anyone age 12 and up, and not a member of the church, is invited to attend. Please see Rev. Herman for details. Also, for those people who wish to join church on Palm Sunday with our confirmands, Rev. Herman will have a New Member Orientation session on March 24 at 7:30 p.m. at the parsonage. Please see him for details. The new Confirmands will be having a LQCK-IN on March 6 starting at 6 p.m. See Rev. Herman for details.

It is not too early to begin thinking about Summer at Camp Pecometh. Applications are now

chased from the church office.

7 p.m. Youth (What it means to

7 p.m. Adult Bible Study (Reve-

serve Jesus in the 90's) Missions

Tuesday

Wednesday

7 p.m. Clubhouse

have a private chapel for use anytime and the door can be closed for quiet communion with God. Asbury United Methodist

Church is found on the corner of Weiner Avenue and Liberty Street in Harrington. Sunday morning worship begins at 11 a.m. with

nursery provided for all children age 5 and under. Church School starts at 9:45 and classes are available for all ages of children and adults. If you have any questions or concerns, contact the church office between 9 a.m. and 12 noon weekdays at 398-3390.

Calvary Wesleyan Church lation Exposed - "The Letter to the Tickets for the Wes King Con-

Church at Pergamos") cert on Friday, May 15, at 7:30 are going fast. The tickets can be pur-Thursday 9:30 a.m. Community Bible

This week's events: Study 9:30 a.m. Ladies Bible Study Sunday, March 1 8 a.m. Wesleyan Men's Break-6 p.m. Family Dinner

> All day drama practice. Nursery is provided for children birth to 4 years old.

Church Directory



349-4561 1-800,777-4561 Greenwood; DE

"Go To Church on Sunday"

Your Ad Could Be Here Call 398-0443 To Reserve Your Space Today!

Prospect U.M. Church

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:36) Rev. James Carmean Jr. is the

minister at Prospect Church which is located five miles west of Harrington on Route 14 in Vernon, DE. We invite you to worship with us. We have Sunday School for all ages at 8:45 a.m. and the Worship Service is at 9:45 a.m. Mary Lou Wright is the pianist and Vivian Newman was organist.

On Sunday, Feb. 22, Kevin Robbins was greeter. The introit by the choir was "I Was Glad". They sang "Tell Me His Name Again" for the anthem. Maureen Haldeman prayed the offertory prayer and Alison and Scott Haldeman were ushers.

Vivian Dill talked to the children about what it means to be baptized. Today we are going to have a baby, Mary Beth Robbins, sprinkled. Her brother J.T. was also sprinkled a few years ago. Her grandfather, Herman Zeitler, was baptized by immersion under water at Camp Pecometh. We must be faithful to God and to our church. We as members of the church must set an example for the ones being baptized. Mary Elizabeth Robbins is the daughter of Kim and Kevin Robbins. She has one brother J.T. Her grandparents are Mary Jane and Herman Zeitler and Elizabeth Robbins. A reception followed the ser-

Rev. Carmean read scripture from Mark 8:31-38. The title of his message was "Follow The Leader". We must learn to follow our leader who is Jesus Christ. Sometimes we are challenged to the utmost. The hungry must be fed, the thirsty given a drink, the naked clothes and the prisoner visited. All this must be done when we follow the "Leader" and we should not be ashamed to do this. Jesus often tests us to see if we are truly following Him or just giving Him lip service. God wants you in His kingdom.

We welcome all our visitors this morning and invite them to return to worship with us.

Thought for the week: "Millions of angels are at God's command and at our service." -- Billy Gra-

We at Prospect had three wonderful nights of revival services.



398-0443

FOR ANY PERSONAL ITEMS FOR SALE UNDER \$10,000.

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THE LEADER & STATE REGISTER, MILFORD CHRONICLE, THE HARRINGTON JOURNAL, & SUSSEX POST!

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listing includes PAID and FREE classified ads. Remember. "FREE CLASSIFIEDS" are only for your personal items for sale priced under \$10,000. Regular rates apply to ads placed for a commercial venture.

*An asterisk denotes a category that requires pre-payment.

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(E)mployment

Employment/Medical Employment/Part-Time Job Information* **Medical Services**

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(S) ervices

Instructions Services Offered*

(M) erchandise

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Sewing Machines Sporting Goods Stereo Equipment Television/Radio Tickets Drapes. Linens & Fabrics Tools Toys & Games

Wanted to Buy* Health & Reducing Equipment

(A) griculture

Christmas Trees* Farm Equipment Farm Feed/Products Farm Miscellaneous Farm Produce* Farm Services Offered Farm Supplies/ Services Wanted Fertilizer Horses Landscaping Supplies

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R eal Estate **Business Places** Commercial Property

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(M) obile Homes

Mobile Home Lots

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Autos Wanted Classic Cars Construction Equipment Foreign Cars Heavy Duty Trucks Parts/Repairs Pickup Trucks Tractor Trailers

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(P)ublic Notices

Classified office hours:

Monday thru Friday 8 a.m.- 5 p.m.

Deadlines to Place, Cancel or Change Ads:

SUSSEX POST: 11 a.m. Monday **HARRINGTON JOURNAL**: 11 a.m. Monday MILFORD CHRONICLE: 11 a.m. Monday Wed. LEADER/REGISTER: 11 a.m. Monday Fri. LEADER/REGISTER: 11 a.m. Wednesday

20 Found ADULT'S RING found at Milford Call to identify 302- 325-0281. FOUND LOWES CROSSROADS 2 dogs

Sale MOVING SALE Milford, Every-

thing must go. Feb 21st, 8 am to ? Small appl, car bed. 205 SE 2nd St. Give Away

(2) 55 GAL OIL DRUMS and 2 POT BELLY PIGS Mother & Daugter to good home only. Home will be checked 684-8941 6 YEAR OLD Male Golden Retriever, free to good home.

7 PUPPIES - Shepherd/Lab mix, ready to go 2/7/98. Free to good home. Call 422-3689

FEMALE CAT to good home, needs lots of TLC, neutered.

FREE 7 MO. OLD KITTENS and mother. Must go to due to allergies. Call 436-8827 and

FREE FIREWOOD you cut, you FREE PUPPIES 8 wks. old.

FREE PUPPIES half Doberman, 10 wks old 422-2649 PUPPIES free to good home.

PUPPY - 6 mos. old, mixed breed, all white w/tan ears, great pet - good w/kids, free to good home. Call 302-629-3958

1 YEAR OLD MALE CAT white w/black & tan hair, black & tan over left eye, Hudson Pond area. Tabby is name 422-4096 CATAMARAN in Rehoboth Bay please call Gus 302-762-2634 DOG - RED COLLAR W/TAGS

hair w/white spot on chest. Vic. K-Mart/Rt. 1. 717-390-2874. FEMALE BLACK LAB named REWARD is being offered for info and/or return of missing 3 month old Rottweiler puppy from Seaford 629-8901

approx. 20 lb. male, short black

Personals WHY WAIT?
MEET DELAWARE SINGLES

1-800-766-2623 Ext. 7559 55 Special Notices HOW TO: 14 SELF HELP TI-TLES CD ROM- Major credit

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more info call: Betsy or Karen at Polytech Adult Education

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Readers of the classified pages are reminded that state tion before, during and after employment because of race, color, sex, age (40-70), religion or national origin. For more information, call the Delaware Department of

Accepting Call 24 Hours. **AVON SALES** Must be 18+/Ind. Sales Rep 1-800-545-8390

DELUX DAIRY MARKET is accepting applications for FT & PT Cashiers and Deli clerks. Attractive pay scale & benefits available. Apply at the following

Rt 13 southbound Laurel Rt 13 northbound, Laurel Rt 20 East, Concord

DETAIL PERSON Experienced detail person needed. Phone 302-335-1700

SECURITY ALARM TECHNICIAN Company van, comms, benefits, excellent pay. send resume to: PO Box 90, Selbyville, DE 19975 **EXPERIENCED PLUMBING &** HVAC Service Technicians and

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Medical records **Nurses Assistant** Pharmaceutical assistant Classes begin soon. Call now! 741-2866

POOL INSTALLERS Wanted (Seasonal) No experience necessary, we train. Call 302-424-1240.

AUCTION CALENDAR

PUBLIC AUCTION ANTIQUES & PERSONAL PROPERTY Tues., March 3 5 p.m.

PUBLIC AUCTION ANTIQUES & **PERSONAL PROPERTY** Tues., March 17 5 p.m.

OPEN FOR CONSIGNMENTS MON.-FRI. 8:30 A.M. - 5 P.M. SAT. 10 A.M. - 2 P.M.

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Need to succeed... We are looking for skilled craftsman in the following positions. Manual machinist, sheet metal mechanic/duct installer (with tools), industrial pipe fitter Labor's Anti-Discrimination (with tools), carpenters, welders, cert. tig welder & metal stud mechanic. Call 302-741-2323, ask for Dan.

MODELS WANTED From DE, MD, & PA, between 6 - 19 to compete in this years' 1998 Baltimore Pageants. Over \$20, 000 in prizes and scholarships. Including trip to Nationals in Las Vegas. Call today 1-800-367-2125 ext. 825.

READING FACULTY Wor-Wic Community College is accepting applications for a developmental English faculty member to reach reading courses, review curricula and provide input into the general studies program and the college's reading and study skills center. requirements include a master's degree in reading or a related field and college teaching experience. ference will be given to candidates who have a doctorate and/or work experience in a developmental reading center. this 10-month position is expected to begin Aug. 15. The starting Salary is competitive, depending on qualifications and experience. applicants should send a letter of interest, resume and the names, address and telephone numbers of three reference to: Dr. Stephen L. Capelli, Vice President for Aca-

NANTICOKE

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demic and Student Affairs, Worthe position is filled. Wor-Wic is an equal opportunity employer. SHEET ROCK HANGERS

METAL STUD MECHANICS Needed right-a-way! Call 302-741-2323, Ask for Dan or

KITCHEN STAFF
F/T & P/T positions available.
Apply in person: The Sail Loft
Restaurant, Rt. 113, Milford. **Employment**

Medical CERTIFIED NURSING ASST. 8 or 12 hrs. Come fill out an application. IHS OF DE at Kent.

CNA/LPA/RNS Whether you are looking for a full or part-time job, MEDICALL full or part-time job, the pay has the job for you. New pay rate, overtime avail. Call 800-524-7015. M-F 9-5, to schedule an interview.

85 Job Information

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• Tuition reimbursement

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Seaford, Del. 19973

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EEO/AA/F/M/M/H/V

• Wellness Center

715 King St.

Nanticoke Homes, Rt. 13

Greenwood, DE

Monday thru Friday

8 a.m. - 2 p.m.

E.O.E. M/F

85 Job Information

Wic Community College, 32000
Campus Dr., Salisbury, Md
21801. Applications will be accepted until March 30 or until

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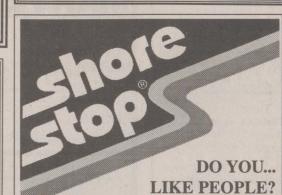
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STORY HOME. New large addi-

tion, 2 bedroom, bath first floor. 2

rooms & 1 large bath on second

floor. 1 car garage. Call Shirley Renzi. MR-6580. #1044810.

Renzi. \$83,500.

MINT CONDITION HOME. 4 **OUIET BRIGHT & ROOMY.** bedrooms, 2 1/2 baths, large living BR, 2.5 BA w/ full basement. 12 room with fireplace. Eat-in kitchen, ac., Pergo floors, FR with fireplace, some hardwood floors, large deck sunroom, CA, all appl., sec. syswith above ground pool. 2 car tem, exc. for horses. Pool & more. detached garage. Call Terri Favata. A must see. Call Suzanne Croce. MR-6564. #1042564. \$169,900. MR6332. #1012889. \$224,900.



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of town. Great for busy first time | ft. living space. Formal dining room, family room, fireplace. Easy with 1 car garage. Call Shirley to see & affordably priced. Call Renzi. MR-6447. #1028359. Johnnie LeDane. MR-6738. #1069569. \$147,500.

> 422-4467 Torbert Dr. new 3 BR, 2 BA ranch,

'In Saw Mill Village at 50 General | "3 BR, 1 bath fixer upper in Vernon on Lobo Rd., 2 car garage, 2/3 acre lot, being sold "as is." \$21,900.

"Eastman Heights at 1001 Marshall St., 2 BR, 2 BA, covered ramp, touch lighting & other special features. \$119,900. #7122.

BOB COLLINS422-7565 LUANNE ZOOK......422-5777 RYMAL KENTON.....335-4511

THE RESTREET HER & INC. A

"New custom built rancher on

Church Hill Rd. on 1 acre with

28x36' game room above garage.

Call for more

335 • 5444



48 HAI TOV Sec Tak \$45 dep 9 pr 50 ROG area was 422

HAF

\$57, 302-LOC frien with think 800

800

grandchildren.

ton, officiated.

grandchildren; and many great-

Service was Friday at the Melvin

The Rev. Tim Mateer of Church

Burial was in the Concord

of Christ in Christian Union, Den-

JOHN C. "JACK" STANTON

rington died of respiratory failure

Monday, Feb. 9, 1998, in the Caro-

line Nursing Home. He was 79.

He had no known survivors.

natt Funeral Home, Harrington.

Cemetery, Harrington.

John C. "Jack" Stanton of Har-

Mr. Stanton was a member of

Service was Thursday at McK-

Burial was in the Hollywood

Wenatchee, WA 98807, and

received no later than April 3,

this year so more grannies can par-

ticipate," said Thomas. "Nominees!

don't need to have the last name

'Smith', and the photos sent to us,

like our Granny Smith apples

old Suzanne Lafond of Nashville.

Tenn., a small business owner,

community volunteer and avid

exerciser. Lafond was selected out

of thousands of entries from all 502

states to be the official "spokes-

granny" for Washington's apple?

"It's been a good year," Lafond

said. "I've traveled quite a bit mak-

ing TV appearances an talking to

senior groups. Getting to meet so

many people and seeing so much

of the country has been a tremen-

Twenty grandmothers, and the

year, so we need an even bigger

Last year's winner was 66-year-

should be in good taste."

growers.

She's been busy.

dous experience."

Wenatchee, Wash.

"We've extended the deadline

the Church of God in Burrsville,

Funeral Home, Harrington.

Church Cemetery, Denton.

CATHERINE SULLIVAN SWAFFORD

Catherine Sullivan Swafford of Smyrna, formerly of Little Creek, died of kidney failure Friday, Feb. 13, 1998, in the Delaware Home & Hospital for the Chronically Ill. She was 80.

Mrs. Swafford was born in Greenwood in 1917, the daughter of the late Albert and Lovey LeGates Donovan.

She attended the Greenwood School.

Mrs. Swafford worked at the shirt factory in Greenwood, and at the A & P Store for many years.

She was preceded in death by her husband, John R. Sullivan, in 1954, and a son, Robert J. Sullivan, in 1997.

She is survived by one son, Ronnie Swafford and his wife, Nancy, of Wyoming; a daughter-in-law, Joanne H. Sullivan of Little Creek; two grandchildren, Jacqueline S. Walston of Little Creek and M. Jill Ridgeway, and her husband, Charles, of Dover; two greatgrandchildren, Jessica L. Mitchell of Little Creek and Jade L. Ridgeway of Dover; and one sister, Ruth Pleasanton of Dover.

Service was Monday at Fleischauer Funeral Home, Greenwood. Burial was in St. Johnstown Cemetery, Greenwood.

Instead of flowers, the family suggests contributions be made to Delaware Home & Hospital Auxiliary, c/o June Katz, 100 Sunnyside Road, Smyrna, DE 19977.

HERBERT SHOWELL

Herbert Showell of Frankford died of a heart attack Wednesday, Feb. 11, 1998, at the Atlantic General Hospital, Berlin, MD. He was

Mr. Showell was born in Bishop, MD, the son of the late William and Mildred Walters Showell.

He was employed by Mountaire of Delmarva Inc. feed mill in Frankford, where he had worked for 20 years.

Mr. Showell was a member of the St. John's African Methodist Episcopal Church in Bishopville. He is survived by his wife, Betty

Preston Showell; a stepson, Emanuel Hodge of Millsboro; a stepdaughter, Duralene Preston of Frankford; an adopted grandson, Carlos Hammond; five brothers, Martina Showell of Berlin, Conwell Showell of Selbyville, Milton Showell of Millsboro, Harrison Showell of Columbia, MD, and Hodge Showell of Frederica; two sisters, Bernice Showell of Bishopville, MD, and Vita Savage of Selbyville; and several nieces and nephews.

Service was Monday at the Calvary Pentecostal Church, Bishopville.

Burial was in Curtis Cemetery in Bishopville.

Arrangements by Watson Funeral Home in Millsboro.

ANNA KIGGINS

Anna Kiggins of Houston died of cancer Thursday, Feb. 12, 1998, at home. She was 87.

Mrs. Kiggins was a homemaker. She was an avid bowler until her

She is survived by a daughter, Elaine V. Guiliani of Stamford, CT; three grandchildren and two great-grandchildren.

Service was private Burial was in Cokesbury Cemetery, Georgetown.

Instead of flowers, the family suggests contributions to Delaware Hospice, 600 N. Dupont Highway, Georgetown, DE 19947.

MILDRED R. GLASSON

Mildred R. Glasson of hartly died Monday, Feb. 16, 1998, in Bayhealth Medical Center - Kent General Hospital. She was 73.

Mrs. Glasson was born in Boston, the daughter of the late Mildred Clapp and Henry Wilkin-

She worked as a cashier in a supermarket, and later as a homemaker, in her early life.

Mrs. Glasson is survived by her husband of 53 years, Robert M. Glasson; two sons, Robert Glasson Jr. of Pennington, N.J., and Russell Glasson of Chicopee, MA; a daughter, Hazel Brown of Felton; two brothers; three sisters; eight grandchildren; and three greatgrandchildren.

Service and burial was private. Arrangements by Pippin Funeral Home, Wyoming.

RUBY MARIE DARRELL

Ruby Marie Darrell of Camden-Wyoming died Tuesday, Feb. 10, 1998, in Christiana Hospital. She was 67

Mrs. Darrell was a homemaker. She was a member of the Camden-Wyoming Moose Lodge. In her spare time, she enjoyed shopping and spending time with her

She was preceded in death by her husband, Walter A. Darrell Sr.

She is survived by a son, Roy Garrison of Hartly; a sister, Mary Chambers of Bear; a stepson, Walter A. Darrell Jr. of Hartly; four daughters, Linda Smith and Barbara Luff, both of Dover, Angela Pearson of Hartly and Misty Ridgeway of Frederica; two stepdaughters, Wilma Diaz and Wanda Thompson, both of Hartly; two brothers, Robert Johnson of Rising Sun, MD, and Morris Johnson of Elkton, MD; 17 grandchildren; and six great-grandchildren.

Service was Friday at Trader

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76 HOLIDAY RAMBLER TT

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nished or unfurnished, for Dr., Lawyer, Accountant, Insurance. All utilities included. \$650 per • Office bldg. complex, 4,800 sq, ft., 13 offices, 3 conference

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• 14,000 sq. ft., 24 ft. high, 2 60,000 sq. ft., 28 ft. high, 8 docks, sprinkler, heated, can be divided in half 6,800 sq. ft., small office, 1

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2 BR 1-1/2 BA unfurn., private lot, Rt. 13 near Felton. \$425/ mo. + sec. dep. reg'd. References, No Pets! 284-4664 before 9pm.

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615 Mobile Homes

12X60 2 BR 1 BA live in condition, all appliances, c/a, Must be moved \$2,500. 349-5269 1993 14x80, 3 BR, 2 BA, laundry room, 8x10 deck, 9x12 shed, c/a, exc. cond. Owners must sell. Call 302-335-1305.

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Harrington. \$6500 obo. Call 284-9856 or 398-8366. A WINTER SPECIAL 5 to choose from. 2 BR, 1 BA, all appls., \$1,000/dn., \$385/mo. includes lot rent. 302-734-8204 USED MOBILE HOME 14x70 2 BR, 1 BA, great cond., \$9,000. Call 302-674-5504 ask

14' SEARAY good for the bay, 4 seater, canopy, good shape, \$199. Can be seen at 22 W. Tingle Acres or call 436-2223 165 HP MERCURY CRUISER OUT DRIVE \$1,200. 684-0280 1986 19' BAYLINER CAPRI cuddy, 125HP Force, w/trailer, new interior, VHF, am/fm cass., depth finder, \$4250. 337-3260 1970 175 HONDA new motor, \$500.875-1180 1992 FIBERGLASS 20 ft Deck 75HP Mariner package \$7,500. 302-945-2031 SPORSTER w/extras \$4500. 875-1444 1995 20' CHINCOTEAGUE with 70 HP Tohatsu motor, electronic. 1996 SA2600 Long 1986 HONDA VFR INTER-CEPTOR low mi., great cond., \$2,000 obo. Call 302-349-5110

Trailer. \$9800. 945-2032 24' PONTOON 45 HP Mercury power train, low hours \$2000. 41.5 FT. WORK BOAT w/210 hp. Cat. Diesel full equip. Good Cond. Must Sell

DUNLOP 130/90 16" REAR TIRE brand new, \$40. 629-5133 PYTHON II EXHAUST SYSTEM for Harley Softtail Like new, \$100. 629-5133

after 6pm or leave message.

Funeral Home, Dover. The Rev. Milton Kemp officiated.

Burial was in Sharon Hills Memorial Park, Dover.

MARGARET ELIZABETH COVERDALE

Margaret Elizabeth Coverdale of Harrington died of cardiac arrest Sunday, Feb. 15, 1998, in the Milford Memorial Hospital, Milford. She was 53.

Ms. Coverdale was born in Houston, daughter of Charles Russ of Dover and the late Oneda Coverdale.

She was employed with Stone's Hotel, Harrington, in the house-

keeping department. Ms. Coverdale was a member of Love Temple Church of God,

She was preceded in death by a

sister, Virginia Smith. She is survived by two sons, Maurice Coverdale of Harrington and Frank Coverdale of Lincoln; two daughters, Patricia Coverdale of Harrington and Renee Mosley of Dover; three brothers, Charles Coverdale of Frederica and David Coverdale and Leroy Coverdale, both of Harrington; three sisters, Louise Smith and Patricia Smith, both of Harrington, and Robin Wells of Dover; five grandchildren; and several nieces, nephews

and cousins. Service was Saturday at the Metropolitan U.M. Church, Harrington. Elder Louis E. Bowers

officiated. Burial was in the Williamsville

Cemetery, Houston. Arrangements by Lewis N. Watson Funeral Home, Salisbury.

THOMAS LORD "BUDDY" **GIDDENS**

Thomas Lord "Buddy" Giddens of Felton was the son of the late Harry and Laura Susie Giddens.

Mr. Giddens received his education at Harlock School in Virginia. He was employed at Port Mahon and at Dover's Blue Coat Inn for several years, and also worked as a custodian at other businesses.

Mr. Giddens was always willing to help family and others whenever

He is survived by his wife, Hilda Giddens of Felton; four sons, Charles Giddens of Mays Landing, NJ, Ronald Berry of Dover, and Wayne Berry and Terraine Giddens, both of Felton; three daughters, Audrey Smith and Clara Berry, both of Felton, and Eunice Piper of Milton; two step-children, Marion Berry of Felton and William Berry of Dover; three brothers, Jacob Giddens of Exmore, VA, Sidney Giddens of Vineland, NJ, and Herbert Giddens of Chicago; a sister, Laura Susie Bannister of Eastville, VA; two

Motorcycles

1994 MAZDA PROTEGE' 5spd.

black w/ black & white tag, 4 dr exc cond, \$6500. 422-9191

72 CHRYSLER \$3000.

72 RALLY CHARGER original, #'s match \$3000. Call John

85 FORD MUSTANG hatch-

back, 6 cyl., 72 K orig. mi., AT, AC, etc. Runs good looks good,

VILLE 4 dr. V8, brown w/gold

88 CHRYSLER 5TH AVE 4

door, 8 cyl, fully auto, 90,000 miles, \$2700. OBO 424-3921

89 TOYOTA CAMRY high

92 FORD AEROSTAR XL good condition \$4000. OBO

95 FORD TAURUS GL, 38,000

mi., well equipped. \$9800 firm. Call 302-629-6315, leave

CHEVROLET CORVAIRS Two

1965. One is a convertible

Many extra parts included. Sold

as a package for \$1000. 684-3270.

660 Classic Cars

67 FORD MUSTANG FAST

DODGE PICK UP 1936 1/2 ton,

canvas top, needs restoring. \$2000 obo. May take trade. Call

PORSCHE 912 red, 1966.

Turbo rear fenders, new valves

carburetors,

minor interior work, as is \$8,500

SET OF HUB CAPS Moons, for

1955 or 56 Ford Crown Victoria \$300. Set 302-856-1201

1970 CAMARO 350 runs good

fair cond., \$1,000 firm. Call

1972 MERCEDES gas, AT, 4

1974 VW SUPER BEETLE runs

good, new brakes, & extra parts car, \$1,000. 422-6634

1978 CHEVY NOVA 4 DOOR,

1979 FORD LTD less than

73,000 mi, grey, needs carburetor work, garage kept, very nice car \$900. 398-4895

1985 MERCURY COUGAR am/

1985 MONTE CARLO V6, runs

good, tagged til 99. \$1,000 firm.

all 335-3934 after 6 pm.

\$995. CBO 644-4065

tilt wheel, a/c, all power

\$500. 337-3694 After 5:30 pm

black w/tan interior, beautiful car, tagged til 99, \$1200 obo.

Automobiles

haust, \$6300, 645-2784

exhaust.

OBO, 302-335-0594

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perfect condition

mileage, perfe \$3500.945-1805

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not tagged. \$600. 645-2784

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cond. \$2350. 302-226-2341

629-2666

650 Automobiles

1985 NISSAN SENTRA h/back,

silver, 132K mi., 5 spd., AM/FM

stereo, 4 new tires, runs great,

1986 ESCORT SW AT, AC,

1986 TAURUS AC high mile-

1988 CAMARO IROC-Z 5 litre,

1988 CHRYSLER CONQUEST

runs & looks good, tagged, \$2000. OBO 659-3428

1988 PONTIAC 4 dr. sedan,

low mileage, exc. cond., \$2900 negotiable. Call 302-856-2594

1990 CHRYSLER LE BARON

convertible, AT, AC, CC, stereo/

1990 FORD TEMPO GL 4 dr.,

AT, AC, PB, PS, 79K mi., \$2695. obo. 684-8735 after 5pm

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loaded, low mileage, new tires,

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cruise, stereo/cass., all power,

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Bauer, leather, fully loaded, 4 door, \$9500. 628-0815

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going overseas must sell

rust, nice interior

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\$1400. 302-644-2663.

sons-in-law, Kenneth Smith of Felton and Noah Piper of Milton; two sisters-in-law, Mary L. Scott of Felton and Ruth Sudler of Wyoming; five brothers-in-law, Herman Joynes of Exmore, Orville Sudler of Wyoming, William Cain of Felton, James Cain of Dover and Albert Cain of Sandtown; 45 grandchildren; 11 stepgrandchildren; great-grandchildren; and a host of nieces, nephews, cousins and friends.

Service was Saturday at Bennie Smith Funeral Home, Dover. Burial was in Mount Zion

Cemetery in Marydel, MD. LAWRENCE A. DRUMMOND Lawrence A. Drummond of Harrington died of heart failure Tues-

al Hospital. He was 69. Mr. Drummond was born in Hickman, son of the late Howard

day, Feb. 17, 1998, in Kent Gener-

The search is on to find the world's greatest granny. The Washington Apple Commission announced the official beginning of its annual "Search for

Granny Smith" -- a nationwide hunt to find the perfect grandmother to promote the state's famous green fruit. "We're looking for on-the-go grannies," said Jim Thomas, search

healthful attributes of our apples." Thomas said a successful candidate should meet the following

coordinator for the commission.

"Someone who personifies the

guidelines:

and Rosa Drummond.

for more than 14 years.

was a charter member.

He was employed as a mainte-

nance man and a dorm parent with

the Brainerd Indian School, South

Dakota. He was also the chief cus-

todian for the Greenwood School

Mr. Drummond attended the

Church of Christ in Christian

Union, Denton, MD, of which he

spend time with nature, especially

Betty, of Harrington; two sons,

Allen Drummond of Harrington

and David Wayne Drummond of

Kiev, Ukraine; four daughters,

Carolyn Heffner of Los Angeles,

Brenda Hanes of Viola, Diana

Hyer of Dover and Susan Sorrells

of Bridgeville; a brother, James

Drummond of Millsboro; many

Search to find world's greatest granny begins

deer spotting. He loved the Lord.

He loved to fish, camp and

He is survived by his wife,

• Be sweet to the core and have good moral fiber.

· Be hand-picked by children, grandchildren, spouse or friends.

· Have beauty that's more than skin deep, and just the right amount of maturity.

• Have "a-peel" Those wishing to nominate a noteworthy grandma should write, in 100 words or less, why the nominee should be considered and enclose a non-returnable photo. Nominations should be sent to Granny Smith, P.O. Box 18,

International Women's Day **Dinner set for March 4**

Celebrate Women's History Month with some of today's history-making women at the 1998 International Women's Day Dinner on Wednesday, March 4, 5:30 p.m. at the Rehoboth Beach Country Club. Sponsored by the Owens Campus Alumni Association of Delaware Technical and Community College, the event benefits the

Alumni Scholarship Fund. The dinner highlights successful area women and the contributions they make in all aspects of life. Featured speakers include Sally Higgins of Seaford, a trustee of the University of Delaware and a teacher/guidance counselor for over 30 years; Lois Studte of Milford, who served more than 25 years in various positions at Delaware Tech and is currently on the board of Bayhealth, Inc.; and the Honorable (Dorothy) Battle Rankin Robinson of Georgetown, an associate judge for Delaware's

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older full size 2 door car, red

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1988 DODGE DAKOTA SE 3.0

AC/V6/Auto w/cap 96K miles good condition \$4,000. OBO

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1995 FORD F-150 W/cap, 43K

76 FORD F-500 exc. sbape,

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spd., o/d, radio, AC, needs engine valve work & body work.

CHEVY 1980 Deluxe 10, 6 cyl,

710 Utility Trailers

BRAND NEW UTILITY TRAILER 5' x 7', ready to go,

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DENSOR for 86 and

AND CON-

Cherokee V6 \$50.

COVERS For 4 door

his family.

cost of the event, contact the Alumni Office at 856-5400, ext. 204, or to make reservations, call

Family Court for the past 12 years and a former Republican nominee for Lieutenant Governor.

Serving as mistress of ceremonies is Dr. Harriet Smith Windsor, Director of Personnel for the State of Delaware. Presentation of the Jean LaRue Alumni Scholarship will be made by Eric LaRue, President of the Owens Campus Alumni Association, on behalf of

The Sussex County Council serves as Royal Underwriter for the event, and the Gold Underwriter is Atlantic Litho Printers. Other sponsors include the Agenda for Delaware Women, the Delaware Commission for Women, the Owens Campus Bookstore, and the Sussex Countian.

Lynn Wajda at ext. 353.

person who sponsored each of them, will be chosen to participate in the "Granny Finale", held in May at the Washington State Apple Blossom Festival in

The winner will be featured on grocery store posters and make promotional appearances in the upcoming year. 'We have another bumper crop of high quality Granny Smiths this

crop of granny nominees," Thomas For more information, including

Liquor

Licenses

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Hi Grade Enterprises, Inc., T/A

Bennie's Junction Restaurant hereby intends to file application

Beverage Control Commission

for a license to sell alcoholic

beverages in a restaurant for con-

sumption on the premises

where sold, said premises being located at 17126 S. DuPon

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30B0097-03 dsn/hj

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the Delaware Alcoholic

their lives. 865 Public Notices ATTENTION ST. JOHNSTOWN

CEMETERY LOT

OWNERS Spring cleanup will be on March 7th. All decorations and ornaments will be removed. If you want to save your decorations and ormgnets they must be removed before March 7th. St. Johnstown Cemetery

30-B0188-01- HJ LR 2/25 3/4

PUBLIC HEARING A Public Hearing will be held on Monday, March 2, 1998 at 7;15 P.M. in Harrington City Hall, on Ordinance No. 98-02 "An Or-

said. "The search has really turned into something special. We give people a chance to tell us why grandmothers are a special part of

865 Public Notices dinance replacing all previous Ordinances regarding the Control of Dogs within the City of Harrington"

Betty Lou McKenna

Clerk of Council 30-B0177-01HJ 2/25 **PUBLIC HEARING** A Public Hearing will be held on Monday, March 2, 1998 at 7;15 P.M. in Harrington City Hall, on Ordinance No. 98-01 "An Ordinance replacing all previous Ordinances egading the Control

of Noise within the City of Har rington" Betty Lou McKenna Clerk of Council

30-B0176-01-HJ 2/25

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Connie Fox **DIRECTIONS:** S. on Rehoboth Blvd. (Bus. Rt. 1) to right into Shawnee Acres. Left on Brandywine Rd. to right on Valley Forge Di - Call for Details 422-9626-



February is American Heart Month

Information is the Key.....

• Call 1-888--MY HEART toll-free for information Visit the AHA web site at www.americanheart.org

• Call Stroke Connection Supper Services at 1-800-553-6321

• Call Mended Hearts Support Group at 1-214-706-1442



Physical Activity in Your Daily Life

AHA stresses importance of exercise for adults, children and older Americans

Make Physical Activity a part of your life. Lack of physical activity is now clearly shown to be a risk factor for heart disease, the No. 1 killer in America. AT HOME -

working out at home?

It's convenient, comfortable and safe. It allows your children to see you being active, which sets a good example for them. You can combine exercise with other activities such as watching TV. If you buy exercise equipment, it's a onetime expense and can be used by other members of the family. It's easy to get short bouts of activity in several times a day.

Do housework yourself instead



of hiring someone else to do it. Work in the garden or mow the grass. Using a riding mower does-n't count! Rake leaves, prune, dig and pick up trash.

Go for a short walk before breakfast or after dinner or both! Start with 5-10 minutes and work up to 30 minutes.

Walk or bike to the corner store instead of driving. When walking, instead of

pick up the pace from leisurely to the elevator. Or get off a few floors brisk. Choose a hilly route.

When watching TV, sit up instead of lying on the sofa. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Throw away your What are the advantages of video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.

Stand up while talking on the telephone.

Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.

Stretch to reach items in high places and squat or bend to look at items at floor level.

Keep exercise equipment repaired and use it!

AT THE OFFICE -Most of us have sedentary jobs. Work takes up a significant part of the day. What can you do to increase your physical activity

during the work day? Brainstorm project ideas with a co-worker while taking a walk. Stand while talking on the tele-

phone. Wal down the hall to speak with someone rather than using the telephone.

Take the stairs



early and take the stairs the remainder of the way.

Walk while waiting for the plane at the airport.

Stay at hotels with fitness centers or swimming pools while on

Take along a jump rope in your

suitcase when you travel. Jump and do calisthenics in your hotel

Participate in or start a recreation league at your company. Get off the bus a few blocks early and walk the rest of the way

to work or home. Walk around your building for a break during the work day or during lunch.

AT PLAY Play and recreation are important for good health. Look for opportunities to be active and have fun at the same time.

Plan family outings and vacations that include physical activity (hiking, backpacking, swimming,

See the sights in new cities by walking, jogging, or bicycling. Make a date with a friend to enjoy your favorite physical activ-

ities. Do them regularly. Play your favorite music while exercising, something that moti-

Dance -- with someone or by yourself. Take dancing lessons. Hit the dance floor on fast numbers instead of slow.

EXERCISE TIPS FOR **OLDER AMERICANS -**

• If you have a family history of heart disease, check with your doctor first. It's a good idea to have a physical examination and take a graded exercise test before you start an exercise program.

· Pick rhythmic, repetitive activities that challenge the circulatory system and exercise at an intensity appropriate for your.

· Pick activities that are fun, that suit your needs and that you can do year-round.

• Wear comfortable clothing and footwear appropriate for the temperature, humidity and activi-

• If you decided that walking is a great activity for you, choose a place that has a smooth, soft surface; that does not intersect with traffic; is well-lighted and safe. Many older Americans walk at area shopping malls.



with it will help you stay on a reg-

• Because muscular adaptation

and elasticity is generally slowed

with age, take more time to warm

ular schedule and add to your

enjoyment.

sity, especially if you have been mostly sedentary, and progress • If you plan to be active more than 30 minutes, then try to drink

ing. Make sure you stretch slowly.

• Start exercising at a low inten-

some water every 15 minutes, especially when exercising in hot, humid conditions. AS you age, your sense of thirst tends to decrease and you can't completely rely on your internal sense of

teacher (should hold appropriate

certification in physical education

and be an appropriate role model for

students). Physical fitness should be

measured at the beginning and end

Encourage your school board to put emphasis on skills students can use

Discourage homework immedi-

ately after school to allow children

to find some diversion from the

structure of the school day. Children

should be active after school and

jump rope, mini-trampoline, tennis

racket, baseball bat, a youth mem-

bership at the local YMCA or

YWCA. Select the gift with your

Take advantage of your city's

child's skills and interests in mind.

recreation opportunities -- from soc-

cer leagues to fun runs. Check out

the various camps or organizations

that sponsor outdoor activities such

Choose fitness-oriented gifts -- a

for the rest of their lives.

before dinner.

Parent tips for rearing heart healthy children

Help your children develop good (instruction in lifetime fitness activphysical activity habits at an early ities as well as team sports should be age by setting a good example your- emphasized), physical fitness self. Practice good heart healthy assessments, qualifications of the

habits. Limit the amount of television, movies videos and computer games to less than two hours a dav

Substitute the rest of leisure time

with physical activity. Give your children some household chores that require physical

exertion, keeping in mind their levels of strength, coordination and maturity. Mowing lawns,, raking of each year, and goals should be leaves, scrubbing floors and taking established for each child. out the garbage not only teaches responsibility but can be good exer-

Observe what sports and activities appeal to your children, then find out about lessons and clubs.



ties, like tennis and swimming, can be enjoyed for a lifetime and are much easier to learn during child-

If it is safe to walk or bike rather than drive, do so. Use stairs instead of elevators and escalators. Increase the distances you and your children

Stay involved in your child's physical education classes at school. At daycare, make sure the kids exercise at least 20 minutes a day. Ask about frequency of classes and activity, class size, curriculum

as camping, hiking trips, basketball, baseball, etc. Spring your infant from mechanical restraints as much as possible. Strollers and playpens are high on convenience but low on activity potential. Try to unleash your diapered dynamo whenever and when-

> ever he can safely move around. When your children are bored, suggest something that gets them moving -- like playing catch or building a snowman in the yard.

Thanks to the American Heart Association for providing all of the lifesaving information that has appeared in this paper during February - American **Heart Month!**

ommends the following guidelines.

AHA RECOMMENDATION:

When selecting foods, it is important to remember the amount of total fat, saturated fatty acids, cholesterol and sodium these foods may add to your daily menu. Choose foods low in saturated fatty acids, cholesterol and sodium. Reading labels and ingredient statements is a way to discover what is contained in a product.

Each of the basic food groups supplies a different combination of nutrients, vitamins and minerals. Let caloric needs and a healthy appetite be your guide. But remember, variety is the key to good nutrition. The basic food groups and recommended servings are these:

• Lean meat, poultry and fish -No more than 6 oz. (cooked) per

• Eggs – No more than 3-4 yolks per week (egg whites are not limit-

· Skim milk and low-fat dairy products - Two to four per day.

· Breads, cereals, pasta and starchy vegetables - Six or more

· Fats, oils, nuts and sweets -Use sparingly.

Train yourself to read the "Nutrition Facts" labels found on most packaged foods. REading the label will help you choose low-fat, low-cholesterol and low-sodium

AHA HEALTHY HEART **FOOD PYRAMID:**

The American Heart Association has adapted the Food Guide Pyramid, developed by the U.S. Department of Agriculture and U.S. Department of Health and Human Services, to be consistent with the AHA Dietary Guidelines for Healthy American Adults.

How does the AHA food pyra-• Vegetables and fruits - Five or mid differ from the USDA food

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• beans and potatoes are included

with starchy vegetables • skim milk and low-fat products are specified in the milk group · eggs are not included with

meat, poultry and fish · nuts are included with fats and oils rather than meat, poultry and

• limit your sodium intake to less than 2400 milligrams per day

DINING OUT: When eating out the AHA rec-

select foods that are low in total fat, saturated fatty acids, cholesterol and sodium. select foods prepared by bak-

ing, broiling or boiling rather than frying. If you're not sure how your food will be prepared, ask. - be ready to ask for substitutes

or a lower fat cooking method. request that condiments, sauces and seasonings be served on

Heart Healthy Recipes

French Toast Low-Fat Cookbook Serves 3; 2 slices per serving **Ingredients**

• 3 large egg whites, lightly beaten • 6 slices cinnamon-raisin bread

Vegetable oil spray2 tablespoons Apple-Almond Butter

Place egg whites in a medium pie plate. Place two sliced of bread into pie plate and let soak 5 to 10 seconds; turn bread over and let soak another 5 to 10 seconds. Remove from plate and set aside. Repeat with remaining slices of bread.

Coat a nonstick skillet with vegetable oil spray. Heat skillet over medium-high heat. When skillet is hot, add the prepared slices of bread. Brown evenly on both sides. Serve with a teaspoonful of Apple-Almond Butter on each slice of bread.

Fudge Brownie Sundaes AHA Quick & Easy Cookbook Ingredients

Vegetable oil spray

• 20 1/2 - ounce package light fudge brownie mix (see note) • 2 pints nonfat or low-fat vanilla frozen yogurt or a flavor of your choice

 1 cup chocolate-flavored syrup • Maraschino cherries, drained (optional)

Preheat oven to 350 degrees F. Spray 13 x 9 x2-inch glass baking dish with vegetable oil. In medium bowl, combine brownie mix and water. Stir with a spoon just until moistened, or mix according to package directions. Our batter into prepared

pan. Bake 25 minutes. Cool in pan on wire rack, about 30 minutes, or use warm. To make sundaes, cut brownies into 15 pieces and set aside. Place about 1/4 cup frozen yogurt in each bowl and drizzle with about 1 tablespoon syrup. Place brown-

ing in bowl, next to frozen yogurt. Garnish with a cherry if desired Note: If you are using a light brownie mix with different amounts, ingredients, and /or directions, follow the package directions



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