



189th year
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The Delaware Gazette

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MONDAY, DECEMBER 3, 2007

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TUESDAY'S WEATHER

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BREAKING NEWS

The Delaware County Sheriff's Office announced this morning that kidnapping suspect David Horn has been apprehended. Horn was wanted in connection with last week's abduction of former Ohio State University football player Steven Moore from his Powell home. Additional details were not available at press time, but will appear in Tuesday's *Gazette*.

ONLINE POLL

Log on to www.delgazette.com for this week's question:

Do you agree with the way Delaware City Council chooses the city's mayor?
1) Yes
2) No

Readers commenting on this question after voting may have their comments printed on the *Gazette's* editorial page Saturday.

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Thank You

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Gazette Matt Emmons

William Spierling bags groceries at Buehler's for customers.

HANDLED WITH CARE

▶ 'Bill' Spierling has been bagging groceries at Buehler's for 36 years

By CONNIE E. CURRY
Special to the *Gazette*

There are grocery baggers, and then there are grocery baggers. And then there is William Spierling.

There likely aren't many who have sacked as many groceries as Spierling, who was hired to work at Buehler's on Sept. 29, 1971. After 36-plus years, four different managers and two locations, he is still at it.

Spierling, best known to customers as Bill, was a student at Hayes High School when he took a part-time job at Buehler's, then located in the Georgetowne Shopping Center. He worked about 28 hours a week until graduation in 1973, when he started working full time.

"I am bagging the second generation for some families now. I might not know all their names, but I know many people by their faces."

— William Spierling

Over the years, Spierling — whose title at Buehler's is that of "carry-out" — hauled countless bags of groceries to many automobiles in all kinds of weather. And when Buehler's relocated to its present location on West Central Avenue in 1987, Spierling followed. With the added improvement of the drive-through for picking up groceries, Spierling's job description changed.

"The drive-through is nice. No more going out in bad weather," Spierling said. "Sometimes, I do miss the walks outside with the customers, though, and watching the new carry-outs try to push carts through snow. We'd always tell them it was best to guide them backwards through deep snow. They wouldn't listen and I'd watch them dump carts."

Please see **HANDLED**, Page 3

Students entranced as hypnotist visits Hayes

By LIZ ROBERTSON
Staff writer

The Hayes High School student cringed as she imagined a spider in front of her. She reacted again as she thought of the arachnid on her leg.

Kaley Davis admitted to the phobia as the high school's psychology classes

met in the auditorium Friday to listen to hypnotist Bill Gladwell discuss hypnosis and the unconscious mind.

Social studies teacher Bill Rietz said the students in his psychology classes study sleep, relaxation and hypnosis as part of the class. Familiar with the entertainment side of hypnosis, he said, students also learned that psychologists

cite benefits from hypnotism.

Kaley was not actually hypnotized, yet after just a few minutes and a simple technique by Gladwell on thought control, she was not nearly as upset thinking about her phobia.

But while Kaley was not hypnotized, several other Hayes students, along with Rietz, were able to experi-

ence the state as they participated in a session on stage in front of the others in the class.

Before the session began, Gladwell explained that he actually had two jobs — one using hypnotism for entertainment and the other for therapy. He said

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Storm barrels into Northeast

By VALERIE BAUMAN
Associated Press Writer

ALBANY, N.Y. — Drivers in the Northeast faced a treacherous commute today as a storm blamed for at least 11 deaths blanketed the region with snow, sleet and freezing rain after glazing roads in the Midwest.

The National Weather Service said a foot of snow was possible in the mountains of northern New England, with the potential for 20 inches in northern Maine. Upstate New York's central Adirondacks and Lake George region could see 12 inches of snow. Lake-effect snow and high winds were forecast for parts of Michigan and western New York.

"It's kind of a mess — probably the best way to term it in one word," meteorologist Bob Kilpatrick said in Albany.

Ice storm warnings were issued for Massachusetts and Connecticut, while winter storm warnings were in effect in Massachusetts, Vermont, New Hampshire, Maine and northern and western New York state. On the other side of the weather system, winter storm warnings were issued for parts of Michigan.

Three to 6 inches of snow had fallen by Sunday afternoon in central New York state, while parts of northern New Jersey measured about 3 inches.

The New Jersey Turnpike Authority salted its roads Sunday but didn't bother to plow because the snow turned over to rain.

"Compared to what's happening in the Midwest, we've kind of got it easy right now," said Joe Orlando, a spokesman for the authority.

The storm dumped snow and ice from the Plains across the Upper Midwest on Saturday. Minnesota's Grand Marais, on Lake Superior's North Shore,

Please see **STORM**, Page 3

Christmas on the Square



For the *Gazette* Lenny Lepola

Santa Claus (Rick Helwig) and Saint Nicholas (Dave Martin) wave to the crowd Saturday at Sunbury's annual Christmas on the Square parade.



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HYPNOTIST

■ CONTINUED FROM PAGE 1

at one time he studied to become a math teacher, but went on to receive a business degree and certification as a hypnotist.

He explained that hypnosis, in Greek, means sleep, and is an altered state of awareness, such as a trance. Gladwell said people might often go into altered states of awareness, such as when they might be driving down a road and suddenly realize they do not remember driving the last couple of miles. Or, he said, if you are really into a book or a television show, and someone talks to you and you do not hear them, it is also an example of a trance.

Gladwell said an additional example is when athletes might be in the "zone," concentrating intently on what they are doing, thinking of only the one thing.

"Hypnosis allows you to go to a state to learn," he said.

It works on the unconscious mind, he said, which is similar to a filing cabinet of the mind. Gladwell explained the conscious mind is like a desktop that can hold only so many items with the remainder going into the filing cabinet.

He said he can help people through hypnosis in one to four sessions with such things as stress relief or speed reading. Among the more difficult things to help people with are smoking and weight loss.

Gladwell also helps people with phobias. The only fears people are born with, he said, are loud noises and the fear of falling. All other phobias are learned, with most resulting from a single incident.

Hypnosis is considered a brief therapy, he said. "You need to do it quickly or it will not work."

He said it can take from two seconds to seven to eight minutes to hypnotize someone. He referred to a university study that found 20 to 25 percent of people revert to a state of somnambulism, a state of sleep walking, when hypnotized. That is the state in which six of the volunteers on the stage found themselves after Gladwell hypnotized them.

With the students and Rietz on stage, Gladwell began putting them in a trance by asking them to place their hands on their leg and concentrate on them. Running the group through a series of relaxation techniques, he spoke in a normal tone, walking back and forth around the group as it sat in a line across the stage. As Gladwell went through the suggestions, it was noticeable that several of the students became more and more relaxed, with some even leaning on others in their hypnotic state.

Gladwell suggested that the group would feel cold, and continue to feel colder as the exercise went on. Next, after he counted to three, the group was told to sit up straight, find a spot on the ceiling and stare at it.

At this point, Gladwell released most from their state to return to their seats. He said later that those remaining were in a somnambulist state. He could tell these individuals from the others because they were the ones who had goosebumps on their arms and noticeably shivered when he said it got colder and colder. They were also the ones, he said, whose eyes were glazed over as they stared at the spot on the ceiling.

As Gladwell spoke to those in the auditorium, he continued to issue directives to those on stage. As he clapped his hands, the six students felt a slight electrical shock. With each successive hand clap, a larger and larger jolt would be felt. Those sitting on stage, beginning at the first clap with barely noticeable twitches, twitched more and more as their "shocks" became larger.

Those on stage also reacted to a "foul smell" emitted by their neighbors, as well as a kiss on the cheek from the person next to them. Wrinkled noses and expressions of disgust at the odor changed to shocked and amused glances as they were "kissed" on the cheek by their neighbor.

Next, the students "watched" a movie that was



Gazette Liz Robertson

Hayes High School seniors Colton Barnhart, left, and Mark Stoffer relax as they undergo hypnosis from hypnotist Bill Gladwell. Gladwell visited the psychology classes at the school Friday. Students were studying sleep, relaxation and hypnosis.

funny, and became funnier and funnier as they watched. While some just smiled, others onstage laughed uproariously as they reacted to the suggestion. Facial expressions changed as the "movie" became sad, scary and reverted to funny again.

Gladwell then discussed physical hallucinations with the audience, such as when one might see water on the road on a hot day, and post hypnotic suggestions, which are actions carried out once subjects are no longer in the trance state.

"It's not hard," said Gladwell of hypnosis. "You just have to learn how to use your language. Salespeople use it all the time."

The six on stage next "saw" a small white mouse sitting in front of them, which they picked up and placed on their lap. The mouse then "spoke" to them as they held the small creature next to their ears.

It's like Pavlov's dog, said Gladwell of classic conditioning. He fed the six on stage the post-hypnotic suggestion that they will hear their mouse talk to them the remainder of the day each time they are asked if they had been hypnotized.

One student, when asked about what his mouse was saying, said, "It's telling me something!"

Gladwell said after the 50 minutes of hypnosis, the students would feel refreshed as if they had had a two hour nap.

He planted a post-hypnotic suggestion that if anyone asked them if they were asleep on stage, they would shout back, "I don't want to buy any drugs!"

And as the students dispersed in the hall, their day at school over, you could hear loud indignant "I don't want to buy any drugs!" coming from sections of the crowd.

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HANDLED

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After so many years and so many groceries, Spierling has amassed some good stories.

"I'll never forget the time I carried groceries out for a woman. I slid open the door on her van and it slid right off. I caught it before it hit the ground," Spierling said. "She knew it was broken, but forgot to warn me."

Out of approximately 200 employees at Buehler's, Spierling is the only full time carry-out.

"I am bagging the second generation for some families now," he said. "I might not know all their names, but I know many people by their faces."

"Bill is loved by all the old timers and he will do anything asked of him,"

Bonnie Viers, front end operation supervisor at Buehler's, said. "Bill never misses work. He is a loyal, dedicated worker and everyone loves him."

Knee surgery eight years ago is about all that's kept Spierling sidelined momentarily during his career. He's made many longtime friends over the years, consisting of co-workers as well as customers.

"Let's see, Shirley comes in every Friday with her sister and always requests me to bag her groceries," Spierling said.

Jean Harger is another longtime customer-friend to Spierling. She has said he resembles her son in Minnesota, and when she comes in she always looks to greet and visit with Spierling. Danny Cox, who works in receiving, is another friend. "We've gone to a lot of Cleveland Indians games," Spierling

said. There also Carolyn, the cashier. "I call her 'Mother.'"

Spierling bumps into Buehler's customers everywhere he goes. Once, while vacationing in North Carolina, he ran into a familiar face from the store.

Even after nearly 36 years, Spierling said there really aren't any secrets to bagging groceries.

"I bag fast, and the skill is to never put the eggs or bread on the bottom," Spierling said with a chuckle. "I think paper holds more, but I can get a lot in the plastic bags if big flat things go on the bottom to form the bag. And it is about 50/50 to people's preferences."

When Spierling isn't putting the eggs and bread on top with a smile, you're apt to find him fishing, playing video games or working in his yard.

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STORM

■ CONTINUED FROM PAGE 1

got 20 inches of snow, and the port city of Duluth marked a Dec. 1 record of 10.3 inches, according to the weather service.

Roads were already cleared Sunday in Grand Marais, said Jane Shippers, owner of the downtown Harbor Inn.

More than 200 passengers stranded at Chicago's O'Hare International Airport because of canceled flights Saturday were finally able to reach their destinations Sunday, said Gregg Cunningham, a spokesman for Chicago's Department of Aviation.

But lingering rain and poor visibility caused about 50 flight cancellations Sunday afternoon, forcing about 75 people to stay at the airport overnight, Cunningham said.

Hundreds of flights into the New York City area's three main airports — Kennedy, Newark Liberty and LaGuardia — were delayed as long as two hours Sunday because of wind and ice.

Before the storm hit the Plains and Midwest, it dumped about 3 feet of snow in one mountain area in western Colorado. Silverton Mountain ski resort workers had hoped to open for the season Sunday but postponed the opening a day because of the storm.

The weather was blamed for four deaths in Michigan, three in Wisconsin, and one each



Associated Press Kevin Sanders

Planes sit parked on the tarmac at the Des Moines International Airport in Des Moines, Iowa, on Saturday. Officials decided to close Des Moines International Airport after a United Airlines plane slid off a taxiway as it was heading to a runway to take off on a flight to Chicago's O'Hare, said airport spokesman Roy Criss.

in Illinois, Indiana, North Dakota and Colorado.

While the Midwest dug out and the Northeast braced itself, a separate storm raked the Oregon and Washington coasts with winds gusting higher than 100 mph in some spots. One sheriff reported 45-foot surf and power failures, and officials warned of coastal flooding.

"You might be living literally more on the ocean than you had in mind," said Andy Bryant, a hydrologist at the National Weather Service.

Associated Press writers David N. Goodman in Detroit, Rebecca Santana in Trenton, N.J.; and Amy Westfeldt in New York City contributed to this report.

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