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High Tide News

August 2013

Local news for the people, by the people



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The next step for pedestrian safety on Route 1:

Pedestrian Bridges?

It seems every time you turn on the news in Sussex County Delaware during the summer months you hear about a pedestrian being hit by a vehicle somewhere along Coastal Highway between Lewes, Delaware and Ocean City, Maryland. There are more pedestrian deaths and injuries on Coastal Highway in Sussex County than there are in all of the amusement parks and beaches in Sussex County each year.

A False Sense of Security

Vehicles traveling 35 to 60 miles an hour, 8 lanes of traffic in some areas, plus legal "U" turns do not provide a very friendly atmosphere for pedestrians to cross back and forth to get to the beach, an outlet store, or a tavern. The wide medians in the center of the highway give people a false sense of security. They think they can make it to the center of the road and don't realize how fast the cars are coming and how long it will take to get to the center of the highway. It can be more dangerous than trying to cross Dover's race track during a race. Can you imagine if it were possible for race fans to run across the track during the race? *They don't run across because they can't.* There are fences and security guards and there is no real need to cross to the other side of the racetrack. But on Coastal Highway there are many reasons to get to the other side!

Ok, so we can't place security guards all along Coastal Highway. I suppose we could install fencing ...not very attractive and

probably would not get any support from the community, but it is a option. Another option is to place more traffic lights. It is doubtful that this would receive a lot of support from the community because it would cause traffic back-ups halfway to Dover in the during vacation season.... Another thought for improvement is to illuminate Coastal Highway more which would help drivers see pedestrians and bicyclists better at night.

Pedestrian Responsibility

Ocean City, Maryland has just started a campaign called *Walk Smart* to help make pedestrians more aware of the dangers they face crossing and walking on Coastal Highway. As part of this campaign they are stenciling highly visible warning signs on the curbs. These should help deter people from crossing, but won't stop it. The temptation to cross illegally is just too great. People just want to save time and energy...which can be up to a half mile of walking in the rain or hot sun. The *Walk Smart* campaign is asking for the **personal responsibility of pedestrians** to use crosswalks, follow signals and just use common sense when walking in high traffic areas. They are also asking for drivers to be more aware, more responsible and cautious and to stay alert and avoid distractions. The *Walk Smart* campaign is definitely a great way to begin the awareness process, but unfortunately I believe the reality is that tourists who come

here occasionally, are just here to have a good time and may not realize the danger and the importance of paying attention to the laws and the warnings.

I believe pedestrian bridges and non-accessible medians are the best way to solve the problem of pedestrians illegally crossing Coastal Highway.

In Lewes and Rehoboth the outlets and other shopping areas along Coastal Highway are obviously the main reason for so much pedestrian and car traffic. Can you imagine the amount of accidents if there were an eight lane highway going through the middle of the Christiana Mall and you had to walk a 1/2 mile to get to the other side or take your chances crossing eight lanes? That is exactly the situation at the Tangers Outlets on Coastal Highway in Rehoboth.

In areas along Coastal Highway with a lot of bars, alcohol seems plays a big factor in pedestrian accidents. People leave the bars intoxicated and walk along or across Coastal Highway. And of course there are those who think they can drive home after a few cocktails. There are things we



cannot control, but we have to try to make our main north and south throughway safer for our residents and our vacationers.

Bethany and Fenwick, in my opinion, have some of the safest stretches of coastal highway in Sussex County. In Bethany and Fenwick most of the shopping is on one side of the Highway and the pedestrian has the right of way according to the law. There is a strictly enforced 35-mile-an-hour speed limit on Coastal Highway in Bethany and Fenwick.

Whereas Rehoboth's stretch of Coastal Highway speed limit does not seem to be strongly enforced. I am not really sure why it's 35 miles an hour but you see vehicles going 50 to 60 miles an hour all the time. In North Ocean City, Maryland the speed limit is 40 miles an hour but 50 seems to be the normal.

Pedestrian Bridges!

Hopefully the time has come to install several pedestrian bridges along Coastal Highway where they are needed. Determining how many bridges and where to put them should be easy. They should be right at the outlets. Even if we can only build one bridge a year due to costs, it would still be a great start.

After doing a bit of research into the cost of pedestrian bridges I have determined an approximate cost of between \$100.00-\$200.00 a square ft. Average cost per bridge could be as low as \$350,000.00. It would be well worth the expenditure. The life they save could be someone you know. A summer without any vehicle accidents involving pedestrians on Coastal Highway can become a reality and not just a story in a newspaper.

Don't Join The Walking Dead

is the new campaign the Office of Highway Safety in Delaware and their traffic safety partners are putting in place for pedestrian safety across Delaware. Though the concept is exemplary and the program will save lives, unfortunately we cannot stop the consequences of the use of alcohol in our resort area. According to the statistics released by the Office

of Highway Safety, Sussex County, Delaware specific pedestrian fatalities included 4 crashes that killed 5 pedestrians between June 8 and July 11 of this year. The accidents all happened in the areas of Route 1 and Route 54 and all in the evening between 8:51 pm and 11:03 pm.

Alcohol was involved in at least 3 pedestrians and 1 driver. Other actions that contributed to pedes-

trian crash and fatalities include: Pedestrian stepping into the lane of traffic. Pedestrian attempting to cross road and entered lane in front of traffic. Pedestrian stepped from median into travel lane in front of traffic. Pedestrian walking wrong direction (back to traffic) in turn lane. None of the crashes happened at crosswalks or signaled or marked intersections.

5th Annual Greene Turtle Lewes Run/Walk 10K/5K

July 17, 2013 - The 5th Annual Greene Turtle Lewes Run/Walk 10K/5K to benefit the Cancer Support Community Delaware (formerly The Wellness Community Delaware) will take place on Sunday, August 18, 2013. Registration begins at 7:15am with the run/walk starting at 8:15am. Races2Run will manage the event and provide complete online race results. The event will take place at The Greene Turtle located at The Villages at Five Points in Lewes. Tee shirts will be provided and a complimentary post-race party will be held at The Greene Turtle. This event is also a Pump and Run Race.

Cancer Support Community Sussex County Director Jo Allegro-Smith said, "The addition of the 10K to this race will be a great challenge to runners in the area. We're so pleased to be the beneficiary of the Greene Turtle Run and so thankful to the Greene Turtle and all of the race participants for their generosity."

Teams are forming with the highest fundraisers taking home the Turtle Trophy. Sleepwalker registration is available for those who would like to sleep in on race day. CSCD red tribute balloons will once again be available to honor a cancer survivor, to remember a loved one who lost their battle with the disease or to celebrate their own survival. For more information visit www.cancersupportdelaware.org

or contact Lily Gosnear, Special Events Coordinator, at 302-645-9150 or lgosnear@cscde.org.

The mission of the Cancer Support Community Delaware is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. We are the only organization in Delaware dedicated exclusively to helping people cope with and manage the emotional aspect of cancer. Our professionally led programs provide emotional support, education and hope. Best of all, all of our programs are offered free of charge. In addition, all funds raised in Sussex County stay in Sussex County to help our neighbors.

Contact:

Lily Gosnear, Special Events Coordinator
Cancer Support Community Delaware
(Formerly The Wellness Community Delaware)
18947 John J. Williams Highway, Suite 312, Rehoboth Beach, Delaware 19971
phone: 302-645-9150; fax: 302-645-9160, lgosnear@cscde.org,
www.cancersupportdelaware.org
or www.wellnessdelaware.org

Lacey Lafferty Shares Story of her Daughter Born with a Life Threatening Heart Problem

New picture book serves to inspire children and parents going through medical issues to persevere through life's road blocks and obstacles

LAUREL, Del. – (Release Date July 1, 2013) – Lacey Lynn is an average little girl who has been very physically active throughout her life. She has always been able to skip, jump, or run. She always feels good about herself. But little did she know that there was already a problem with her heart.

The Life of Lacey Lynn – My Beating Heart, Volume 1 (Vol.1) written by author Lacey Lafferty and illustrated by Brian Allen is a colorful children's book dedicated to her daughter Lacey Lynn who was born with a life-threatening heart problem. She has a hole in the heart and her mom didn't tell her about it. Her doctor thought that she might outgrow it somehow.

Years have gone by and her check-up seems to be okay only to find out later that somehow, her heart problems needs to be corrected and she still needs to undergo an open heart surgery to be performed by Dr. Spray at the Children's Hospital of Philadelphia (CHOP). How will Lacey respond to her surgery? Will she be able to skip, jump, run and do her physical activities all over again?

The Life of Lacey Lynn – My Beating Heart, Volume 1 (Vol.1) serves to inspire children and parents going through medical issues to persevere through life's road blocks and obstacles, blazing a path towards their happiness.

About the Author

Lacey Lafferty was born and raised in Lewes, Delaware. She now resides in Laurel, Delaware with her eight year daughter Lacey Lynn Lafferty. She retired from the Delaware State Police in 2008, where she spent her entire career on patrol, gaining the knowledge, experience and wisdom that would lead her

into an effective career as a problem solver throughout her community and receiving the Delaware State Police Excellence Performance Award presented by Delaware's Governor Ruth Ann Minner in 2007. After retirement, Lacey began writing books such as Delaware Horse Racing published by Arcadia Publishing and Messages from a Mother published by Authorhouse Publishing. Lacey Lafferty has released three books in one year, beside launching a Delaware gubernatorial campaign for 2016. Watch out this woman is on a roll, there are big plans in this fascinating woman's future!

About the Illustrator

Brian Allen is a freelance illustrator working out of his studio in Bellefonte, Pennsylvania. He draws inspiration and support from his lovely wife Lesha, and his two children and apprentices, Michael and Isabella. To view more of Brian's works, please visit his online portfolio: <http://www.flylanddesigns.com/>

Book is published by Xlibris Publishing and sold at Barnes & Noble, Amazon.com, <http://www.laceylafferty.com/>, <http://www.thelifeoflaceylynn.com/>, <http://www.xlibris.com/>, Books-A-Million.com, Chapters Indigo Canada and Lacey Lafferty, 11360 Chipmans Pond Road, Laurel, De. 19956, 302-841-8716

Contact Lacey Lafferty at 302-841-8716 for book information, media interviews and book purchasing.

The Life of Lacey Lynn * by Lacey Lafferty
My Beating Heart

Publication Date: June 3, 2013

Picture Book; \$21.99; 36 pages; 978-1-4836-4872-9

Picture Book Hardcover; \$31.99; 36 pages;

978-1-4836-4873-6

Ebook; \$3.99; 978-1-4836-4874-3

<http://www.wmdt.com/story/22597049/daughters-heart-surgery-inspiration-for-authors-childrens-book#.UbxIbeMyhZy.gmail>

Air Conditioning Tips

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Using the same thermometer, take the temperature inside your home and the temperature of the air coming out of air conditioner vents. If the split is less than 16 degrees you may be low on Freon and you should have it checked.

Use a Fan

Attic fans can lower the room temperature below the attic by as much as 10 degrees. Using ceiling fans will also keep your air conditioner from running as much.

Clean Air Filter

Making sure your air filter is clean is very important. Air conditioner's and heater's require more maintenance than any other thing you own. One of the main reasons is that your air conditioner comes on around 2000 times a summer. The average person starts their car around 500 times a summer.

Add an Air-conditioning Mister

It sprays a mist of water on your air conditioner while it is running. By keeping the outdoor coil cool, it reduces the amount of electricity your air conditioner is using by 30 to 50 percent. Check out this affordable solution online at www.coolnsave.com.

News Stories

If you have a topic or story you would like to learn about or share, contact us at news@hightidenews.com

Information for upcoming community events can be e-mailed to *High Tide News* at news@hightidenews.com.

High Tide News
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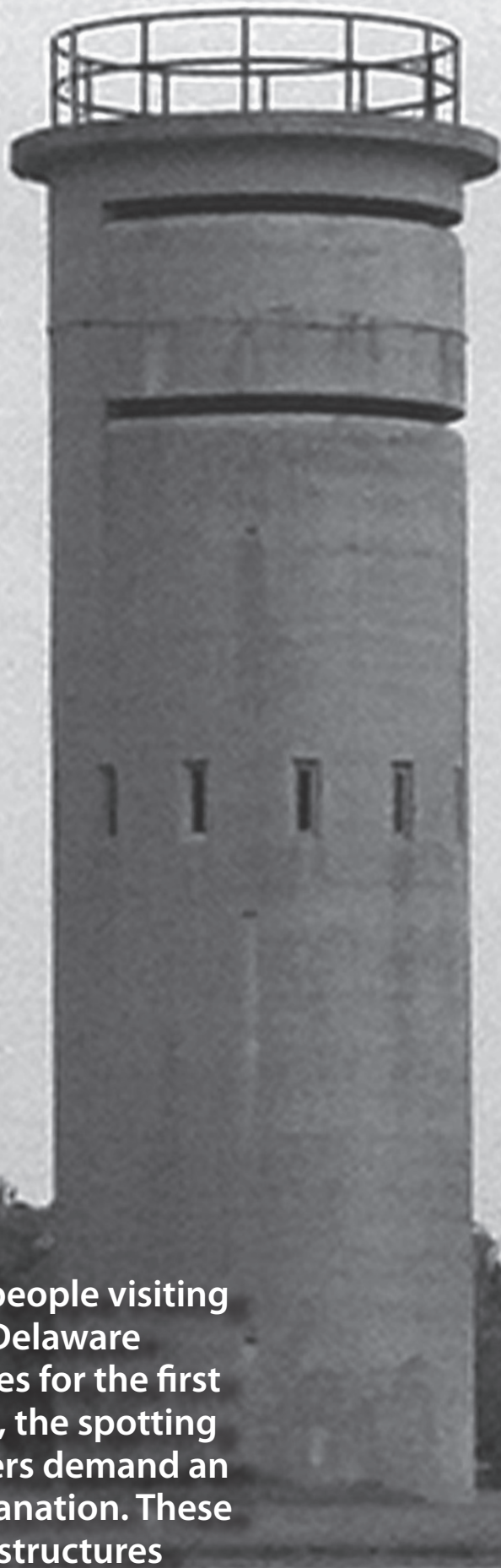
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What are those things?

World War II Towers on on Sussex Shores



For people visiting the Delaware shores for the first time, the spotting towers demand an explanation. These odd structures served a very important roll in World War II history.

Sitting in the rolling dunes, in the shadow of a World War II observation tower, is Fort Miles Historical Area. According to the website of *Fort Miles.org.*, Fort Miles is the home of the 261st Coast Artillery. It was built in 1941. During World War II, the Delaware River was a very important part of our defense system because of the access it offered to the trade centers of Wilmington, Philadelphia, and beyond. Fort Miles, located in what is now Cape Henlopen State Park, near Lewes, Delaware, was a key part of the nation's coastal defense at that time. The massive coastal fortification was designed to defend US assets along the Delaware River and Delaware Bay such as oil refineries and factories during the Second World War. It was one of the largest and most heavily armed coastal fortifications ever built.

The fort itself is located on approximately 1,500 acres at today's Cape Henlopen State Park and is open for tours.

Important Part of Defense System

Along with the huge fortification, eleven fire control towers were also built along the Delaware and New Jersey coastlines during World War II. Ten of the towers are located in Delaware and one in New Jersey. Contrary to popular belief, the towers were not used to shoot from, but rather as spotting locations against incoming enemy seaborne attacks. Coast Artillery soldiers manned a critical, combat-ready watch during the early months of the war when an invasion of the homeland was considered a frightening real possibility.

Inside each of the towers there were metal stairways leading to the observation levels. There was no electricity and they were heated by coal space heaters.

There were four large guns at Fort Miles. Two of the guns could shoot a 2,700 pound shell about 25 miles. The military personnel in the spotting towers would use a telephone to advise the artillery gunners as they targeted enemy ships. German submarines patrolled the East Coast and sunk several US ships, including the Navy destroyer, Jacob Jones, which took over 100 US sailors with it. So yes, the spotting towers were needed and served us well during their time.

Restoration of more of the towers for public visitation is in the works.

The heavy guns, mine fields and search-

lights of Fort Miles provided in-depth defense. However, the growing use of long-range missiles brought an end to harbor defenses in the United States. By 1958, Fort Miles was no longer important to the defense of the region, and in 1964, 543 acres of the base were returned to the State of Delaware, forming the heart of Cape Henlopen State Park. In April, 2005, Fort Miles was added to the National Register of Historic Places.

Where are the Towers?

The spotting towers were located in Delaware and New Jersey as follows:

Tower 1 is located in Fenwick Island, just south of Logan St., South Bethany

Tower 2 is located 1.3 miles South of Indian River Inlet

Towers 3 and 4 are located at Delaware State Seashore Park at Tower Road.

Towers 5 and 6 are located on the beach opposite Gordon's Pond in Henlopen State Park

Tower 7 is located in Henlopen State Park, in Lewes, DE

Tower 8 is located in Cape Henlopen State Park

Tower 9 is located in Cape Henlopen State Park and forms the columnar foundation of the Delaware River and Bay Pilots' Ship Reporting Station.

Tower 12 is located in Cape Henlopen State Park

Tower 13 is located in Lewes on US Route 9 immediately opposite the Lewes-Cape May Ferry terminal.

There are also 2 towers in New Jersey:

Tower 10 located in Cape May Point NJ.

Tower 11 is part of the Grand Hotel.

The towers vary in height with some having two viewing "slits" and others with three or four. You can see about 14.5 miles into the Atlantic Ocean from the towers.

One of the towers has been converted into an observation area for visitors to Cape Henlopen State Park and is open to the public.

For people visiting the Delaware shores for the first time, the spotting towers demand an explanation. These odd structures served a very important roll in World War II history. For more information there are several websites that you can visit. There is an amazing amount of historical information.




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“Dad had his Niche”

Donald Lynch, Jean Lynch, and their son Kevin Lynch share a colorful history with one of the area’s well known business establishments.

Approximately fifty-five years ago they started out as Lynch and Murray Vaccinating Service. They actually made vaccines for poultry. The business was sold out to Abbott Laboratories (now Merial Laboratories) in the early nineteen sixties. At that point Donald Lynch bought out his partners (mainly Mr. Murray of Lynch and Murray) and the business became Animal Health Sales. Animal Health Sales was a wholesale distributor of animal health products. At their peak, they had two locations in North Carolina and two other locations in Delaware and Pennsylvania. Now the business has evolved back to the basics and to their present retail and wholesale location in Selbyville.

Finding a New Niche

Kevin Lynch came to work in 1981 and in 1987 the Lynch family built the present building on DuPont Blvd. At that point they started their retail business along with the wholesale business and became known as Selbyville Pet and Garden Center.

In 2009 they got out of the wholesale business completely and began focusing solely on retail. Around the same time they bought a grinder and started their mulch business. They make their own mulch, from grinding to coloring. And they also recycle your waste trees and limbs into mulch.

They can deliver 3 to 50 yards of mulch to your driveway when you want it, unlike the big chain stores.

FirePlace Specialties

In addition to the Pet and Garden Center, for about 12 years they have had Fire Place Specialties. This business has been been custom building mantels for fireplaces and installing wood stoves, pellet stoves, and gas fireplaces.

FirePlace Specialties’ services include the sale of wood stoves, pellet stoves, gas stoves, and wood pellets, firewood, and gas.



Pictured above is the present Selbyville Pet and Garden Center on Route 113 in Selbyville, owned by Donald and Jean Lynch, and their son Kevin Lynch

“Real Local”

Visit Selbyville Pet and Garden Center for all of your needs from gardening, landscaping, fireplaces, mulch, feed for all kinds of animals, largest selection of Dansko shoes in Delmarva, and unique, healthy plants for your home. Kevin Lynch is a “real local” and is very well known and respected in the community, his business sense as well as his common sense is exemplary.

From former Mayor to Rotary Club member, Kevin Lynch is aware of community needs and has put forth his best effort in serving the community. As a local

business man he has the foresight and ability to properly run volunteer services and government organizations. The town of Selbyville is fortunate to have a local business man like Kevin Lynch involved in the community.

Future Plans

Selbyville Pet and Garden Center will be moving to a building immediately north of their present premises on Route 113 in Selbyville. Watch for their new look in the near future. When you shop at Selbyville Pet and Garden Center, mention that you saw their story in *High Tide News*.

A Silver Bullet Event

By *High Tide News*’ contributing writer Vincent Paez

After I attended college in New York in the 1980’s, I moved to Los Angeles in an attempt to start anew and create a band. I found that success in Los Angeles as a musician is not easy to achieve. Great musicians are everywhere in LA. Still, I tried my best to get into the music scene there. One evening, I went to a bar in North Hollywood, which had Open Mic Night, where you could walk in with your instrument, write your name and the instrument you play on a board, and, when a full band was present, the DJ would call everyone up to the stage, and the band would play an impromptu song. I wrote my name on the board, and was soon called up to the stage by the DJ.

“Ok, Folks, we have our first band signed up. First we have

Drew on the guitar, Chris on the bass, David on the drums, Tom on the saxophone, and a first-timer, Vincent, on the guitar and vocals.”

A small semblance of an applause emanated from the crowd.

We exchanged salutations, but I got the sense that they all knew each other. The impromptu band decided to play “Steamroller Blues” by James Taylor. I was positively amazed at how well everyone played (much better than I). Playing with them was a real joy. When we were finished, the DJ wrapped it up.

“OK, let’s give a round of applause to Vincent from New York, playing with the Silver Bullet Band!”

As I listened to the applause, I

stood stunned. I asked the guitarist, Drew, if they were the real Silver Bullet Band, made famous by Bob Seeger, or simply a copy band.



Vincent Paez

“No, Man, we’re the real thing,” assured Drew.

“So where’s Bob?” I asked.

“Oh, he doesn’t come here that often. We just like to show up every once in a while and jam.”

“Well, I gotta tell you, I am honored to have been on stage with you. I’ve been a fan for a long time. In fact ‘Night Moves’ was one of the first songs I ever learned on guitar!” I felt myself overdoing it and sucking up. I was afraid I would scare him away.

“Cool,” he replied, “Alright, Man, take care, we’re gonna split.” I did scare him away.

Interestingly, I ran into the saxophonist last year in Florida, where I live most of the year. He had changed his name to Alto Reed and has become a world

famous sax player. He was playing at a charity event at one of my favorite restaurants in Palm Beach Gardens. Naturally, I asked him if remembered the night in the bar in North Hollywood. He didn’t remember it, but he loved my story.

(Editor’s Note: Be on the lookout for Vincent! If you have been out and about listening to bands in Ocean City, Maryland and Fenwick Island, Delaware, you may have seen/heard Vincent Paez playing with some of our own local bands. There have been sitings at Coconut’s, Smitty McGee’s, BJs on the Bay, High Stakes...who knows where he may pop up next! You will enjoy his music as much as we enjoy his stories here at *High Tide News*!)



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Wednesday

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CALVERY BAPTIST CHURCH

302-856-3773
318 S. DuPont Hwy
Georgetown, DE

Sunday Service

9:30 am Sunday School
10:30 am Worship Service

Wednesday

7:00 pm Prayer Meeting

COMMUNITY CHURCH OF OAK ORCHARD

302-945-0633
www.oakorchardchurch.com
32615 Oak Orchard Road
Millsboro De 19966

Sunday Services

8am Praise and Worship
11:00 am Traditional
Jr. Church /Nursery offered at 11am.
6:00 pm Prayer Gathering

LEWES PRESBYTERIAN CHURCH

302-645-5345
133 Kings Highway
Lewes, Delaware
Sunday Service
8:00 am, 9:00 am, 11:00 am

LEWES CHURCH OF CHRIST

302-645-0327
15183 Coastal Highway
Milton, DE
Sunday Service
9:00 am, 11:00 am

OCEAN VIEW CHURCH OF CHRIST

302-539-7468
OceanViewChurchofChrist.com
Corner of Rt. 26 & West Ave.

Sunday Service

9:00 Fellowship Breakfast
9:30 Bible School
10:30 Morning Worship
7:00 pm: Evening Worship

Wednesday

6:00 pm Mobile Outreach
7:30 pm Adult Bible Study

ST. MARTHA'S EPISCOPAL CHURCH

302-539-7444
StMarthasBethany.org
Maplewood & Pennsylvania Ave
Bethany Beach, DE

Sunday Service

8:00 am, 10:00 am
10:00 am Children's Class

FENWICK ISLAND BAPTIST CHURCH

FenwickIslandBaptist.com
36806 Lighthouse Road
Selbyville, DE

Sunday Services

9:00 am Sunday School
10:00 am Worship & Celebration
6:00 pm Worship

Wednesday

5:30 pm Awana Clubs
(K - 12th grade)
6:00 pm Bible Study

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302-539-0713
MarinersBethel.org
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Ocean View, DE

Sunday Service

8:00 Casual Traditional
9:30 Extreme Praise & Worship and
Children's Church
11:15 Traditional with Choir

Sunday School

8:30 am Open Door Adult
9:30 2 Adult Classes
10:45 3 Adult Classes, MS & HS
11:00 Young Adult Class
6:00 p.m. C.R.A.S.H. Youth

NEW LIFE BIBLE FELLOWSHIP CHURCH OF DELMARVA

302-945-8145
Longneck, DE

Sunday Service

9:00 am Sunday School
10:00 am Worship Service

OCEAN VIEW PRESBYTERIAN CHURCH

302-539-9455
www.ovpc.org
67 Central Avenue
Ocean View, DE
Sunday Service 9:30 am

WESTMINSTER PRESBYTERIAN CHURCH

302-227-2109
King Charles Ave.
Rehobeth, DE
Sunday Service
10:00 am

LUTHERAN CHURCH OF OUR SAVIOR

302-227-3066
20276 Bay Vista Road
Rehobeth, DE
Sunday Service
8:00 am, 9:45 am, and
11:15 am

PENINSULA COMMUNITY CHURCH

302-436-4522
www.pccministry.org
pccministry@verizon.net
28574 Cypress Road
Selbyville, DE
Sunday Service
9:00 am Discipleship & Coffee
10:00 am Celebration Worship

OUR LADY OF GUADALUPE

Rt. 17/Roxana Rd
June 29, 2013 - Labor Day
Saturday: 5:30 pm
Sunday: 9:00 am & 10:30 am
1:00 pm (Spanish)

e-mail: Office@stannsbethany.org
Office hours: Monday-Friday: 9:00
am - 12:00 noon & 1:00 pm - 4:30 pm
To register in the parish, please pick
up a parish census form at any of
the exits, complete and return to the
office, via offertory basket, mail, etc.
Confessions on Saturdays at St.
Ann's at 9:00 am and 3:00 pm

ST. ANN'S CATHOLIC CHURCH

June 29, 2013 - Labor Day
Saturday: 4:00 pm & 6:00 pm
Sunday: 7:30 am, 9:00 am,
10:30 am & 12:00 noon

Daily Mass (all year):

Monday thru Saturday 8:30 am
e-mail: Office@stannsbethany.org
Office hours: Monday-Friday: 9:00
am - 12:00 noon & 1:00 pm - 4:30 pm
To register in the parish, please pick
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the exits, complete and return to the
office, via offertory basket, mail, etc.
Confessions on Saturdays at St.
Ann's at 9:00 am and 3:00 pm

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302-645-8479
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Lewes, DE
Sunday Service
8:00 am
10:00 am

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Rectory 302-238-7364
23269 Park Avenue
Georgetown, DE
Sunday Service
8:00 am
10:00 am

THE BIBLE CHURCH OF CHRIST, INC.

302-732-3351
Diamond Acres
Dagsboro, DE
Sunday Service
10:00 am Sunday School
12:00 noon Worship Service
Wednesday
7:00 pm Prayer Service

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302-381-3362
TheFathersHouseDE.com
7 Main Street.
Frankford, DE
Sunday Service
10:30 Frankford Fire Hall

OCEAN VIEW PRESBYTERIAN CHURCH

302-539-9455
www.ovpc.org
67 Central Avenue
Ocean View, DE
Sunday Service
9:30 am

If you would like your church listed, please have your listing e-mailed to: news@hightidenews.com and we will be happy to include it here.

OH NO! POISON IVY!

Sitting here covered with Posion Ivy bumps for the second year in a row I thought it would be a good time to pass on some lessons I've learned the hard way.

First of all if you have never had Posion Ivy before don't think for a minute that you are immune. That was my first mistake last year. My second mistake was doing it again this year. Shame on me.

I am becoming somewhat of an expert

on Posion Ivy remedies. Here are just a few things that can help you if you get Posion Ivy.

First, try not to expose any skin to it. Don't touch those plants, don't even *look* at those three shiny leaves!

Cover your entire body..long pants, long sleeves, gloves, and shoes and socks if you know you are going to be exposed to it! What I did was spend two days working in the yard wearing flip flops and a short-

sleeved T-shirt...bad move. Second tip ...even if you think your chances of exposure were very slight, wash the exposed areas with rubbing alcohol and then rinse with water. If you are exposed, wash the area within 1/2 hour of exposure with lye soap (the kind your grandmother used many years ago) and the chances of avoiding a bad case of it are greater. (Another mistake I made two years in a row.)

Third, when I start seeing those bumps

pop up (usually about 48 hours after being exposed) I start wiping them down at least every 4 hours with alcohol. This seems to be a big help controlling a bad outbreak of those itchy red irritating bumps. Get ready for a wild two week ride no matter what type of remedies you use. The main thing is to try to give it some type of attention or over the counter remedy at least every 4 hours. Oh.... one last thing... *don't scratch it!* GOOD LUCK!

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The **High Tide News** is being delivered to mailboxes in various alternating neighborhoods in Sussex County, Delaware. We are receiving positive feedback from both readers and advertisers since the publication started on June 1, 2013.

Using the new delivery method that the US Post Office is offering makes it easy and economical to target neighborhoods that advertisers prefer.

The advertising strategy of this newspaper works. We are now offering **full page ads (10 inches by 12.5 inches)** and **1/6th page ads (4.875 inches by 3.75 inches)**. That means you *will get noticed*, not lost among hundreds of ads in hundreds of pages of newspaper. This newspaper can be your *weekly mailer* to 2500 households per week. If you have any special requests, we can accommodate you.

The newspaper is also online at www.hightidenews.com and your full-color advertisement is online there for as long as you run your print ad. The online ad can be updated weekly, just email your updates or changes to ads@hightidenews.com.

Your ad can be easily found with a simple search. People can scan the QR code on

their mobile device or **go directly to the website and to your ad. You can place a new coupon every week or with a 3 month sign-up we can include a YouTube video or slideshow to promote your business even more!**

The paper will always include articles of interest to the surrounding community, and articles to promote local commerce. **Your suggestions for stories or events are welcome and appreciated. (e-mail: news@hightidenews.com)**

We print 11,000 copies each month and 2500 are delivered to various neighborhood mailboxes *each week*. Also, 1000+ papers are set out in various business locations throughout the county for individual pick up.

You do not have to design your ad. (unless you want to, of course!) We will do that for you at no extra charge. You will need to provide us with a business card or logo and the information you would like in the ad (e-mail information or ad to: ads@hightidenews.com). The ad will be black and white in the newspaper and in full color on the website (www.hightidenews.com). If there is information you would like

to change or update weekly you can do that for the web ad... you may want to add printable coupons or update your promotions weekly on the web. If you sign up for 3 months, you will also receive a slideshow or YouTube video to be placed online with your ad.

We offer 1-month or 3-month signups. The longer your ad is run, the more likely you are to benefit from it. Please let us know by the 3rd week month before you want your ad run to be sure to get in the print edition.

You can pay by credit card, check, or 6-month financing.

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- Call **(302) 727-0390**
- Email: news@hightidenews.com or
- Order online: www.hightidenews.com

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To advertise, simply cut out the form to the right and send along with your check made out to **Layman Enterprises**, to:

High Tide News
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Along with your check please include a business card and/or the information you would like in your ad, along with any artwork or logo if you have a copy of it. You can also e-mail an already designed ad, logo, or other information to: ads@hightidenews.com

Deadline to be included in the August issue is July 26, 2013.

Thank you from *High Tide News!*



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E-mail _____ Telephone: _____

Signature: _____

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Total Payment: \$ _____

Cookie Monster

We all need to be held accountable. Honesty, integrity, & truth will prevail.

Here we are again 237 years after the signing of the Declaration of Independence with the same concerns as are forefathers: *Government too big, too demanding, too controlling.*

The only difference is that today we are doing it to ourselves. If you are not working in a government job (federal or state) you probably are wondering and worrying about your future.

How many people do you know that are retired after 20 years and are receiving more in their pension than most people do while working? ...Plus pay increases. ...Plus insurance coverage. Do government workers really deserve that much more than non-government workers.

If half of what you hear on the news is true about government workers, then non-government workers really are being turned into new "millennium slaves".

When our country began little towns popped up and as we expanded west the need for city

and state workers increased. We were too busy to form a posse to get the bad guys. We were too busy to build roads and bridges like we did in the beginning. These jobs were more secure than private one's but didn't really pay more than private jobs.

At some point someone working for the government decided a union was needed in order to be treated fairly. I believe this was and still is true due to the fact that our government officials run their departments and every time someone new is elected the people in the departments fear they could lose their jobs. This alone is reason enough to need a union. The problem is that government unions have become very unrealistic with their demands ...as if they don't understand basic finances. If you take out more cookies than you put in, you soon run out of cookies. Unless you have a way performing magic. In this case the magic is the private taxpayer or otherwise known as the New Millennium Slave.

It's one thing to see tax dollars being abused and mismanaged. It also happens in the private work place. But it seems that in the government workplace the abuser is not fired or held accountable in any way. This is because of many deals for many years between our government representatives and government unions. Twenty-eight years ago I stood in line with 500 others trying to get 1 of the 5 openings with the U.S. Post Office. I knew then that if I got the job my worries would be over. I've always known that a job with the government was more secure than a private one and I am alright with that. But in my opinion what is going on now is a disaster waiting to happen.

If you take more cookies than you should from the cookie jar you also could get a stomach ache. If the cookie monster isn't stopped then there will be no cookies for anyone. The ones without cookies would act badly. Civilian and government employees know, are



related to, and live next door to each other. We must now somehow find a way to bring both sides to the same quality of life. I am afraid that if the gap gets much wider history will repeat itself. Hear a quote from Thomas Payne 237 years ago: *"A body of men holding themselves accountable to nobody ought not to be trusted by anybody."*

Simple Math, Common Sense

Can you imagine if our military has to impose martial law to keep peace and order on our streets. If this were to happen both sides would lose. What ever side you are on we both care and love our families and friends. We have to use are

heads and solve this problem fairly and peacefully.

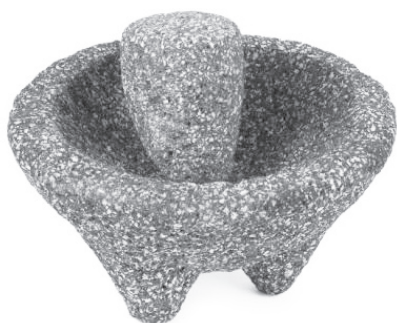
This is to you government representative you need to grow up and realize there are only so many cookies in the jar. If you take too many they will be gone. Here's how it works: if you don't know if you have ten people and ten cookies and three of the people get six of the cookies that only leaves the other six people four cookies.

History does repeat itself. If you turn over half the population into slaves to the rest, the end is not good. If we all have understanding and work together not against each other we will make it.

I feel that this is our last chance to make this great country continue to work the way are founding fathers had invisioned.

This is the guacamole recipe you've been looking for all summer!

The Guac!



Ingredients:

- 5 Ripe Avocados (test avocado by pushing down on skin. If it gives way to the push, it's ready)
- 1 Large Tomato
- 1/2 White Onion
- Half a Lime
- 1 Jalapeño
- Fresh Cilantro (1 bunch)
- Rock Salt

Recipe:

In a volcanic rock molcajete, grind the onion, lime, half the jalapeño and a quarter of the cilantro. Half the avocados and remove the stone. Using a tablespoon, scoop out the avocado into the molcajete. Make sure to scoop the really green and creamy avocado hugging the inside of the avocado skin.

Next, in a separate bowl add the large tomatoe chopped finely, the rest of the onion, cilantro, white onion, lime and jalapeño. Add the molcajete mixture into the bowl and using a potatoe masher, fold and blend the guacamole. Season with rock salt to taste.

Best paired with your favorite Mexican beer: Add a lime to the beer and add a thin layer of salt to the mouth of the beer to bring out the full flavor.



Yo! Jude,



My husband is recently retired. I have two more years before I can join him in retirement. My problem is that he has started listening to talk radio and watching the television news 24/7. I wouldn't mind if he would just turn it off when I come home. After working all day, it's just not relaxing to hear about how messed upped the world is. I still need to relax. I'm not retired yet...

I am hoping you have some ideas for me to save my sanity. He really is a great guy but we need help or else.

Miss Frustrated

Dear Frustrated,

Retirement is a new stage of life, so let it evolve. It may take a while for both of you to settle in. I don't think this will be a lasting problem. Watching other people's problems on the news is fun for a while but grows old quickly. In the mean time, *Miss Frustrated*, you should let him know that he is still needed and still desired. After all, he doesn't have his work to occupy his mind anymore and he doesn't have the constant stress of going out to work everyday. Give him something else to think about... *you*. Use your imagination... dress in something you know he likes, (maybe a little sexy)... Once you have gotten his attention he will soon forget about the world's problems and you will no longer be *Miss Fustatated*. Men are easy, go ahead and enjoy him. Just be careful, don't take advantage, you don't want to damage his hard drive!

Jude

Have a question? Send it to judy@hightidenews.com



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High Tide News

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(deadline for advertising in the September 2013 issue of *High Tide News* is August 20)

