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Vol. 4 Num. 8

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Chef Jay studied recreational cooking for a year with Chef Donna Crivello of Donna's restaurants in Baltimore and most recently *Cosima at the Mill*; then began training professionally as a chef at one of the nation's top ten culinary schools – *L'Academie de Cuisine* in Gaithersburg, MD. Jay graduated with honors – gaining both the

President's Award and "The Culinary Trust" Scholarship. He completed his externship at *Tersiguel's French Country Restaurant* in Ellicott City, MD. Upon graduation, he spent a year at *The Buttery* in Lewes, DE.

Chef Jay then applied to and used his scholarship to attend *The Italian Culinary Institute* in Calabria, Italy; where he attained a *Masters in Italian Culinary* with 18 chef's from around the world, graduating in the top of his class.

Chef Jay returned to Rehoboth Beach, DE where he was part of the opening team for *Restaurant a(Muse)*, working with Chef Hari Cameron, a three-time James Beard award nominee. He worked with the *a(Muse)* team for the next four summers as *Garde Manger* and personal chef. During that time, Jay was also a casual employee of *Blue Moon Catering*. In the summer of 2015, he worked with Brenton Wallace to open *Crust & Craft*.

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**continued on page 2**

**The Elegant Plate** continued from page 1

sion with an intimate dinner for 2 or relax with a group of friends while enjoying a Fine Dining experience in your own home, one normally reserved for high-end restaurants.

Chef Jay is Serv-Safe Qualified, licensed, insured and is a Member of the United States Personal Chef Association (USPCA).

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**Is your closet a mess?**  
*Can't find anything to wear?*

By Lois Saraceni [losaraceni@gmail.com](mailto:losaraceni@gmail.com)

If you haven't "downsized" your closet in the last year or so, you need to get to it! While you are doing all below, keep asking yourself: If I was shopping this second, would I buy this? If not, out it goes! Here's how **To Fix Your Closet!**

**1. Empty the closet.** Yes, I mean everything!!! Tell yourself: "It's OK to purge your stuff". If you haven't worn it lately, try it on. Nothing goes back in until you analyze it. Don't hesitate to bring in a helper.

**2. Does it fit?** Way too big? Don't give yourself permission to gain weight! Way too small? Are you REALLY going to lose that much weight before it goes out of style? Just a little too big or too small? Can your seamstress adjust it? Put it in your donation pile! Is it really worth keeping or donating? Put it in your toss pile!

continued on page 10

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**High Tide News**

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A vital part of YOUR well-being:

# Take Time for SELF-CARE

By Claudia Alesi, HTCP, CPC

**Hectic schedules, stressful job, mountains of bills, unhealthy habits, and a chaotic home life all lead to stress. Stress symptoms can affect your body, thoughts, feelings and behavior. If stress is left unchecked, it can contribute to health problems such as high blood pressure, heart disease, and diabetes. Stress will always be a part of your life; and while you have no control over most aspects of what happens in life, you can learn to change your perception, thereby changing your thoughts, feelings and behavior.**



That is where self-care comes in. Self-care is a vital part of supporting emotional, physical, mental and spiritual well-being. When you establish self-care habits, you positively influence your quality of life in the present and in the future. It allows you to quiet your mind and relax your body. If you do not take time for self-care, the impact of stress will eventually catch up to you, and leave you out of balance and burnt out.

## Healing Touch

One profound tool for self-care is Healing Touch. Self-care is a core principal of the Healing Touch Program. A Healing Touch session at Oasis Healing Center creates a space where healing can take place for the whole person: mind, body and spirit.

Your body, mind, emotions and spirit are who you are as a person, and you need to take care of the whole person. When you are physically ill, you are also affected emotionally, mentally and spiritually. Similarly, when you are stressed or emotional, you often

feel it in your physical body, such as a headache or muscle tenseness in your neck/shoulders.

Healing Touch is a holistic therapy that helps to restore and re-balance energy that has been depleted due to stress, illness, injury, grief, medical conditions, surgery or medical treatments such as chemotherapy and radiation. When your energy system is not balanced, it becomes congested. One example of congested energy is pain. Healing Touch

techniques help to relieve these congestions.

Self-care is an essential part of a healthy lifestyle that keeps you healthy, happy, and in tune with your mind and body.

Live, love and laugh  
every day!

**Claudia Alesi, HTCP, CPC,** is the owner of **Oasis Healing Center,** 415 Rehoboth Avenue in Rehoboth Beach, DE.



Claudia is a Healing Touch Certified Practitioner, Certified, Holistic Cancer Educator, Reiki Master, Certified Life Coach, Level 1 Aromatherapist and a Certified Holistic Minister Practitioner. She lives in Fenwick Island with her husband, Carl, and has 2 beautiful grown children.

For a consultation, please contact Claudia at 302-227-6260.

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Give Me That Ol' Time Religion

# Camp Meetings in Delaware

By Sandie Gerken

... a time of spiritual renewal and social fellowship

It's August and Methodist Camp Meeting season in Sussex County! At one time there were over 50 camp meetings in Sussex County. Only 2 are still active.

Religious camp meetings began in the early 19th century by Protestant sects to bring about moral reform and spiritual conversion. After the Civil War's devastation, the Second Great Awakening movement reinvigorated religious enthusiasm. Revivalist meetings were taken to rural people, to outdoor fields or tree groves and scheduled at the end of the summer months when crops were "laid by" and farmers needed respite. The 7-14 days of a camp meeting was a time of spiritual renewal and social fellowship.

The first Methodist Camp Meeting in Delaware was held in July 1805 at Farson's Hill, 3 miles south of Smyrna. Rev. William Penn Chandler of Philadelphia masterminded this meeting, inviting 68 itinerant preachers and exhorters to speak.

Using a grove of trees as the "church", the 1805 camp meeting site featured a sail-covered preaching stand elevated on a platform in front of benches. People circled their wagons around the site as living space for the week. Some tied tree branches over to make tented areas. Other used ship sails spread on poles for shelter. Chandler also employed a new technique of the "altar call" where those who felt the Spirit could kneel in request for conversion. This meeting was a novel approach to evangelism and thousands came out in droves. Negroes and whites attended the meetings. Large crowds encouraged the speakers to preach with great enthusiasm and fervor. The recorded number of converts at this one event was nearly 1000 people.

Among the preachers at this first camp meeting was Rev. William Morgan (1780-1857) from near Laurel. In his published diary, he related his experiences as a preacher at this event. Morgan expressed dismay that the conversion numbers reported were inflated and that Chandler mishandled inappropriate behavior. However, he gave details on the layout of the camp. This grove and tabernacle arrangement became the standard for camp meetings to follow. Morgan continued to preach at subsequent camp meetings.

Chandler organized the Great Laurel Camp Meeting the next year near Broad Creek Church with a meticulous attention to rules and laws. No improprieties were allowed, a curfew time set, and group feasts provided. A Delmarva tradition had begun and summer camp meetings cropped up throughout Sussex.

Both Rehoboth Beach and Bethany Beach had their resort beginnings as religious retreats or camp meetings. In 1872, Rev. Robert W. Todd of Wilmington, DE saw the ideal location for a Christian resort near the seashore in a dream. Curiously, that 414-acre site was available. In 1873 the Rehoboth Camp Meeting Association established the camp grounds, laid out in a fan shape with wide streets and land plots for wooden cottages, or "tents" surrounding the central tabernacle on Rehoboth Avenue. With the coming of the railroad, the camp ground location was moved east to Baltimore Avenue. "The Grove" site was the beginning of the city of Rehoboth Beach.

Bethany Beach also grew up around a church retreat. In 1898, F.D. Powers, a Disciples of Christ minister from Wash-

ington, D.C. wanted to create a Christian education retreat at the seashore. With the Disciples Christian Missionary Society, he purchased land from Ezekiel Evans of Ocean View. He divided off lots, which he sold to raise money to build an auditorium and cottages. Many difficulties ensued. Eventually, landowners bought out the stock of the Society. The retreat finally opened with religious and cultural programs conducted by this Christian Church. Again, a town was born!

Fenwick Island's summer settlement began with Methodist Camp Meetings circa 1898 along the beach under the shadow of the Fenwick Lighthouse in the area of what is now Ocean City's 141st Street. Amidst trees, families built wooden tents with open fronts circling a tabernacle and along a boardwalk that led to more cottages. Many of these original "squatter" cottages existed until the great Storm of 1962 demolished them. Like other camp meetings, a "confectionary" was established to buy treats. Horses, mules, and wagons brought participants with their own food for the two weeks of camp.

Carey's Methodist Church, located west of Millsboro, held its first camp meeting in 1888 in a grove of trees near the church. Originally, the first shelters were made of long branches lashed together. Later, the current, traditional cottage "tents" with open fronts were built to circle the open frame tabernacle with sawdust flooring. This site was placed on the National Historic Register in 1973. The 128th annual meeting is held from July 27 to August 14, 2016, featuring gospel singing, various bands, preaching, praying, and bible school. People can bring their own tents

or trailers for the week.

The most prominent camp meeting for blacks, the Antioch Camp still exists in Frankford. Located on Clayton Ave, the annual camp meetings began in 1892 and start every August on the first Saturday before the second Sunday for 8 days. As cited on the historical marker, it was known as "Big Camp" or "Frankford Camp". As with the other camps, early shelters were family wagons. Now there is the traditional circle of wooden "tents" around the open "bower" pavillion.

A unique feature of Antioch Camp is the grassroots' tradition of a "Singing and Praying Band". Organized in the 1950s, Antioch's band is called the Frankford Crusaders. Their ministry centers on helping others by song and prayer in their own church and at other events, funerals, camps meetings. They have a captain who leads them in old gospel and spiritual songs. In addition to leading songs in services, they have a tradition of slowly parading around the camp grounds on

Author, Sandie Gerken lives in Dagsboro, DE. As a native Sussex Countian, local history is one of her passions. Retired now, she devotes her time to genealogy research (her greatest passion since 1978), watercolor painting, grandchildren, soccer for kids with disabilities, books, and things creative and historical. She recently authored the book *Memories of the Clayton Theatre* as a fundraiser to help the Clayton go digital. She is now exploring her writing skills with local history articles for *High Tide News*.



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the last evening of camp to greet every "tent" family by singing old spirituals as they march.

Several other old Sussex camp meetings deserve mention. Union Wesley Camp Meeting, near Clarksville's Blackwater Colored School, began in the 1840s, holding annual meeting for over 170 years. The Old Sound Methodist Camp at Roxana was a very popular, large camp meeting. People attended from all over the Eastern Shore. Many young people met and promenaded at Sound Camp in the traditional courtship ritual, later marrying and having their children baptized during these services. Delmarva Camp, established near Laurel, even had a railroad to bring in worshippers. In 1898 there was a camp meeting near Dagsboro at Vines's Neck. James' Camp and ITyndall's Camp were located near Georgetown. Camp meetings still exist in Sussex

County to provide spiritual rest, a Christian reset button, preaching, teaching, and prayer for all those who attend. Merging spiritual revival with family renewal in this circle of fellowship will hopefully continue as a tradition in Sussex for years to come.

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# The Joys of Being a Landlord

By Vincent Paez

*The image of “the landlord” is one of a mean-spirited, heartless and cruel old man. Even the word “landlord” or “lord of the land” carries images of a despot ruling over the lands.*

*I own several rental properties and consider myself a compassionate businessman. This means that I do care about my tenants, but I need to make a profit too. My duty is to make sure the property is safe and all appliances and fixtures work. The tenant’s duty is to handle the property with respect and pay the rent on time. There are good tenants and bad tenants. A good tenant pays the rent on time, takes care of the rental property, and is in good standing with the community. A bad tenant whines about every little thing and turns me into that cruel despot.*

## The good tenant:

I once rented one of my condos for three years to newlyweds. I received the rent check every month on time and never heard from them. They could have been running a meth lab in the condo for all I knew, because there was not a peep out of them for three years, except to renew the rental agreement once per year. After three years, they moved out to purchase their own home, and they left with only minor repairs for me to do.

## The bad tenant:

Fortunately, I never had to deal with any criminal activity from my tenants. The bad ones would not pay on time or in full amounts, and they whined about everything. Once I

Author, Vincent Paez is a chemist and international businessman. He has a B.S. in Chemistry from Stony Brook University and an M.B.A. from UCLA. He speaks five languages and has lived/worked on four continents for three Fortune 500 companies. He is also a passionate musician and loves the music scene, especially in the Ocean City area. He lives in Massachusetts and spends much time in Ocean City. He has two sons attending Florida State University. ... “Go ‘Noles!” He is married to a wonderful girl from Iowa, Sherri.



had a tenant who made a small repair herself for \$50, and then deducted that from her rent check. I explained to her that this is not the way it works. I expect the full rent check on time, unless it is discussed with me. I also have a clause in all rental agreements that any repairs under \$200 must be paid by the tenant. I once had a tenant call me to complain that the curtain hanging on a valance was falling off. All she had to do was get on a chair and hang it up again, but she felt the need to complain. I also had a tenant, who worked for a real estate agent, and she had this real estate agent try to negotiate with me every tiny aspect of the rental agreement, as if he were a lawyer. That was not fun at all. Finally, a bad tenant believes he or she deserves the full safety deposit back, when there is something to be repaired due to abuse or misuse. I am usually lenient, but if there is an unusually large nail hole in the wall, I will deduct the repair cost from the deposit.

## The challenges:

Managing a property remotely is quite a challenge. Things break, things go wrong, and sometimes it is necessary to be there to assess the problem. It is absolutely critical to have either a management company, or a list of good handymen, including a plumber and electrician, to come at a moment’s notice. Camera phones are wonderful tools. I usually ask my tenants to send me a photo or video of any damage. Once, I Facetimed a tenant, who wanted to show me that the toilet wasn’t flushing properly. A good insurance policy will also make life easier, when serious damage occurs. Once there was a leak in one of the surrounding units around my condo in Florida and several condos incurred damages. It turned out that most of us had the same insurance company, which assessed and sorted out repairs and payments very quickly. On another occasion, the person in the condo above me decided to wash his dishes in the bathtub (really!), and let the tub overflow, filling my walls and bathroom with water. He paid for those damages.

Keeping up with HOA activity is also a challenge. Being remote to my properties does not help that. I try to vote on HOA decisions via written proxy. I miss most of the HOA management meetings, putting my interests at a disadvantage. The best thing to do in that case is to have a friend on the Board of Directors of the HOA, so that he or she can call you and fill you in on the details and local politics.

At the end of the day, being a landlord can be advantageous if the property is making money or appreciating significantly in value or has some personal meaning to you. The personal meaning may be a future place for retirement or to plan to give the property to a family member. But losing money on a property with none of the other benefits makes no sense. If you’re losing money on a rental property, you might as well sell it and invest the proceeds in something that will grow in value.

And that is my two cents...



## 39th Annual Nanticoke Indian Powwow September 10 - 11, 2016

**EMCEE:** Keith Colston (MD)

**DRUM GROUPS:**

Red Blanket (NJ)  
Stoney Creek (NC)

**HEAD DANCERS:**

Adrienne Harmon & Keith Anderson

\*Tribal ID Required for Dancers  
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**SATURDAY, SEPT. 10TH**

10:00 a.m. to 7 p.m.  
2 Dance Sessions\*  
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**SUNDAY, SEPT. 11TH**

9:30 a.m. to 5:00 p.m.  
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# 38th Annual Bethany Beach Boardwalk Arts Festival

The 38th Annual Bethany Beach Boardwalk Arts Festival, presented by Schell Brothers and the Bethany-Fenwick Area Chamber of Commerce will be held on Saturday, September 10th from 10:00 a.m. to 5:00 p.m. This annual event, located in downtown Bethany Beach, brings in over 100 artists to showcase and sell their work. The featured artists bring unique creations representing a variety of different mediums including paintings, photography, woodwork, metalwork, clay, baskets, jewelry and porcelain.

In addition to exploring the works of over 100 artists, this year's Arts Festival will debut a self-guided tour: Discover the Arts and Antiques of the Quiet Resorts. The Discover the Finer Things Guide will feature a tour map in the centerfold of the publication while businesses, which create and sell fine arts and antiques, will be featured in the second-half of the publication. The Chamber will host a Discover the Finer Things Tour Kick-off on Thursday, September 8 at the Artful Bean starting at 8:00 a.m.

Also new to this year's line-up of Arts Festival events will be the Meet the Artist Cocktail Party, Featuring Kevin Fleming. The event, sponsored by Ocean Atlantic Sotheby's International Realty and the Bethany-Fenwick Chamber of Commerce, will take place on Friday September 9th from 5:30 - 7:00 p.m. at the Bethany Beach Ocean Suites, in downtown Bethany Beach.

Two charitable events will round off Saturday's Arts Festival at the boardwalk. A Silent Auction and scholarship giveaway, will take place on the bandstand. The Silent Auction will offer works of art generously donated by the festival's artists, with all proceeds supporting local art programs at four elementary schools in the Indian River School District. Additionally, the Chamber and the Quiet Resorts Charitable Foundation (QRCF) will offer a \$1,000 art scholarship for one local high school junior or senior artist. Public judging for the final prize will take place on the bandstand.

**For more information on the Bethany Beach Boardwalk Arts Festival, please visit [www.BethanyBeachArtsFestival.com](http://www.BethanyBeachArtsFestival.com) or call (302) 539-2100.**

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Window paintings by artist Susan Clarke

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10:00 AM - 5:00 PM

**Thursday, September 8<sup>th</sup>**  
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**Friday, September 9<sup>th</sup>**  
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Excerpts from *Delaware Business* magazine—May/June issue

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# A Bloated Healthcare System... USA Inc.

Healthcare in the United States has gone through a dramatic transformation over the past century.

According to the Social Security Administration, life expectancy at birth back in the 1930s was 58 for men and 62 for women. The World Bank Data from 2014 shows life expectancy rates are up to 78.94 – a dramatic improvement!

Much of the improvement can be attributed to a number of factors including the advancement in medicines, improvements

in care, nutrition, vaccinations, and much more.

However, financially speaking, much of these improvements come with a cost.

In the United States we spend a little more than 16% of our GDP on healthcare. For comparison, Germany spends around 11%, Japan spends 10%, and the developed world averages about 10% spending.

So, the US spends about 6 percentage points more than the rest of the developed world and yet the results show no significant difference in longevity or quality of life. Germany has a life expectancy of 80.84 and Japan boasts a life expectancy of 83.59 according to data from the World Bank.

I don't want to pretend that I'm an expert in healthcare, but I wonder if Medicare/Medicaid is the problem. Or, could it be fraudulent insurance claims? Or, maybe it's baseless lawsuits causing extremely overpriced malpractice insurance? Maybe it's healthcare lobbyists?

Whatever the reasons for our inefficient healthcare system, as the greatest country in the world, I don't think it is an impossible

task to get our healthcare system back in line with the rest of the developed world.

Also, a 6% to 7% savings might not seem like a lot, but this would amount to about \$1 trillion in savings! Imagine if that \$1 trillion could be redirected to other areas that need our attention. Our infrastructure in America is outdated and in need of repair. Our education system doesn't rank well compared to the rest of the world. There are plenty of more productive areas we could spend that money.

In a volatile world that hasn't seen the US economy grow above 3% since 2006, a \$1 trillion stimulus package could produce long-term benefits. As noted by

Michael Wilson, Morgan Stanley Wealth Management's Chief Investment Officer, now might just be the time to restructure one of America's biggest corporations... USA Inc.

*Nicholas Shevland is a Financial Advisor with Morgan Stanley Global Wealth Management in Rehoboth Beach. The information contained in this article is not a solicitation to purchase or sell investments. Any information presented is general in nature and not intended to provide individually tailored investment advice. The opinions expressed are those of the author and may not reflect those of Morgan Stanley. Morgan Stanley Smith Barney, LLC, member SIPC*

Author, **Nicholas Shevland**, is a financial advisor with The Tidwell Group at Morgan Stanley. He holds a B.S in Accounting from Wilmington University. When he's not working, you might find him teaching for the DE Money School, volunteering with the Center for Inland Bays, trying to brew the next greatest beer, playing golf at Bear Trap Dunes, or spending time with his wife.



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Contact Michelle to schedule a surf lesson or for more information!

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## Is your closet a mess?

continued from page 2

**3. Does it need fixing?** Is it Torn? Is it Broken? Is it Stained? Can you fix it right now? If you can't fix it, what would it cost to fix? Is it worth it? If not, Then you should Toss it!

**4. When did you wear it last?** If you can't remember, let it go! If it was in the last century, let it go! But it may come back in style... Do you have a crystal ball? Do you have the space to keep it? No one

has a crystal ball, and you wouldn't be fixing your closet if you had a ton of space, would you? If it is still in good shape, Donate it. Someone may be able to repurpose it.

**5. Is it sentimental?** Fill in the blanks! I wore it at my \_\_\_'s wedding. I wore it to my prom. My \_\_\_ bought it for me. If it doesn't fit, isn't in style or you won't wear it again, Donate or Consign it!

**6. Was it expensive?** Can you wear it? Will you wear it? Is it still in style? Has everyone already

seen it? Think special occasions. Consign it!

**7. Are the tags still on it?** Why haven't you worn it yet? Can you return it? What are you waiting for? Take it back! Donate or consign it!

**8. Prepare your new closet.** Toss or donate those metal hangers. They are no good for your clothes! If you can afford to, buy the buy the thin, velvet, non-slip hangers. Amazon has them at a great price and they really save

your clothes (no shoulder bumps! and nothing slips to the floor) as well as space as they are about 1/4" thick. I love mine!

**9. Invest in your closet.** Add another rod or two for more space for tops, skirts, slacks Use that high space: Double your shelving above to double shoe space. Perhaps add a cabinet for shoes. Think about adding dividers for handbags. Utilize your wall space and the back of your closet door. Think those hooks that don't ruin

the wall. Think about cloth boxes on the floor for your boots, flip flops, slippers, and flats to save space.

**10. Put back what is left!** Organize close by style: dresses, skirts, slacks, etc. Go through your handbags, scarves, belts, etc. before they go neatly back into your closet. Now don't you feel better? Now you can shop for more since you have so much more room!!

For more info contact Lois Saraceni at [losaraceni@gmail.com](mailto:losaraceni@gmail.com)

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