

High Tide News

December 2016

Local news for the people, by the people

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Carey's Paint & Frame Shoppe in Millsboro THE CORNER DOOR STORE

By Sandie Gerken

Ms. Bea Carey, owner of Carey's Paint & Frame Shoppe at 103 State Street strongly suggested that my story make NO reference to "age". The years behind her engaging laugh and smile aside, the store, itself, is an antique! The building dates back to about 1840, one hundred and seventy-six years ago. It was built by Benjamin Burton, one of

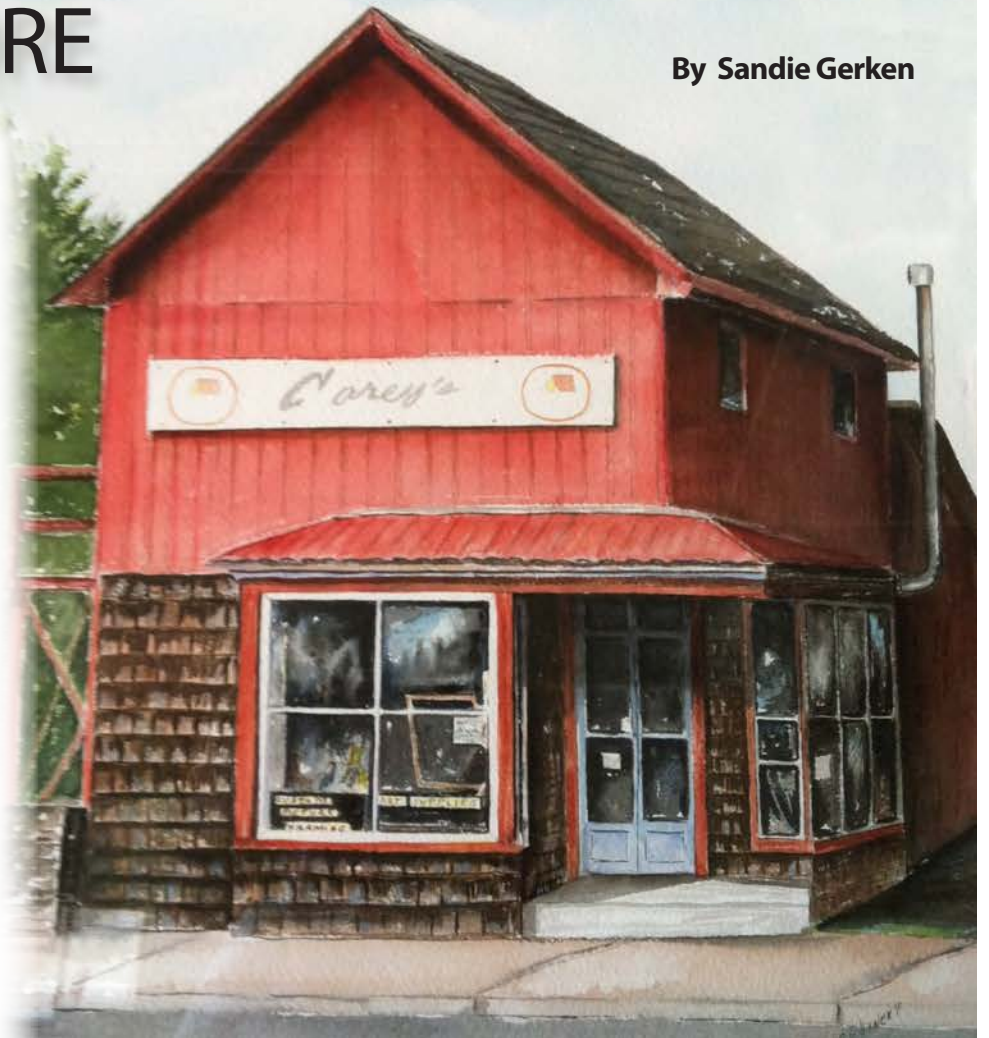
Sussex County's wealthiest slaveholder/landowners. Sussex County Assessment Records in the state archives verify the location of the store at the intersection of Main and State Streets by 1844. In addition, Pomeroy & Beers Atlas of the State of Delaware of 1868 documents the store in that location.

The Carey family has operated their business in this store for over sixty years, right in the heart of Millsboro. The store opened as Carey's Paint & Hardware in 1953. Elijah Edward "Ned" Carey, Jr. and his wife, Beatrice had gone into business with Ned's longtime friend, Howard Smith just after World War II, taking over Ned's parents' general merchandise

store on Laurel Road, west of Millsboro. By the early 1950s, Bea and Ned had bought out Mr. Smith's interest and made plans to move their business "uptown", opening the store on State Street. Included in their "hardware" inventory were Athey brand paints, leather goods and saddles. Ms. Bea, an artist added a line of art supplies.

By 1964, changes in the economy and competition in the paint business inspired the Careys to offer custom picture framing, a venture which has become the store's signature legacy. The 1960s, 70s, and 80s were booming years for the custom frame business. Today, pictures framed at Carey's can be found locally, all over the peninsula, even

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Painting of Carey's, courtesy of Beatrice Carey



Burton-Blackstone-Carey Store, Sussex County, DE 19th century location

Mary Kay Cosmetics ... still going strong in Sussex County



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I am an independent Mary Kay consultant who has lived in the Lewes/Millsboro area for 5 years. By husband Bill and I moved down from Newark, DE after he retired from WL Gore and built our new home in Winding Creek Village in the Long Neck area. We had been vacationing in this area since the late 60's and always knew that when the time came we would move here.

I have been a Mary Kay consultant for 11 years. I am a licensed cosmetologist and when I started selling Mary Kay I only did so because I wanted to

get a discount for my daughter's and my own personal use.

My daughter actually was a consultant and when she decided not to do it anymore I missed having access to all the products I was currently using. I tried some drug store brands and I just didn't get the same results as I did with my Mary Kay that I had been using. One night I went to a Mary Kay party that a friend was having and on the way home in the car I called the consultant and told her I wanted to sign up for just personal use. After a couple of months with my kit shoved in the closet except for the products that I had pulled out to

use, I figured that since I was in the beauty business already, I might as well try to sell what I loved.

In servicing my customers I feel that I am helping them to look and feel their best.

I love seeing how women feel when they feel good about how they look.

I think that giving your customers personal attention is part of what my business is all about. Anyone can go to a drug store or department store and find some skincare or cosmetics but then if

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Carey's Paint & Frame Shoppe in Millsboro

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on walls on Capitol Hill in Washington.

The store's origin with Benjamin Burton makes it historically significant. As Millsboro's wealthiest resident at the time, Burton owned extensive property and multiple businesses, including mercantile stores, grist mills, a tannery, and sawmill. He and his descendants owned this store for over fifty years. Burton is noted for an 1861 meeting with President Abraham Lincoln, discussing a possible plan for Delaware to become a model for government compensation to slave owners for freeing slaves. It was never implemented. Family financial difficulties forced the sale of the store in 1895 to Maud Blackstone, wife of Dr. Ernest C. Blackstone.

Dr. Blackstone's family had moved to Delaware from Pungoteague, Virginia. He and his brother, William F. opened a pharmacy in Georgetown about 1895. Ernest opened his own pharmacy about 1900 in the store with the corner doors opening onto the intersection at "Four Corners", Millsboro.

The Blackstones raised five daughters in a large, stately home on Main Street, next to the store. The property took up the whole block and was surrounded by a low concrete block wall, parts of which still exist today. There was a windmill in the backyard to power the water pump and a fishpond, stocked with large fish in the side yard. The residence later housed the Cedar Croft Nursing Home, but was demolished in the 1960s to make room for a post office building.

Blackstone's drug store was moved to the State Street lot just behind the corner location about 1918 to make room for a new Delaware Trust Bank. Sometime before 1929, Dr. Blackstone added a lean-to addi-

tion on the back. This section included a side door, fronting Main Street, which led to Blackstone's ice cream parlor. The bank building, now on the intersection, featured corner doors as well. Today, "The Pint", a pub and eatery occupies this building.

Dr. Ernest Blackstone was a staunch Democrat and his pharmacy was a place for the locals to do their "politicking". He vacated the store in 1935 when he was elected as State Treasurer. Since then it has housed various businesses. Harley White established his finance office in the building from 1935-1945. White leased the store to Jack Gray's Meat Market until 1953. Originally renting, the Carey family now owns the store. Ned Carey passed on in 2004, but Ms. Bea has continued on the tradition of custom framing.

The landmark store has changed very little in the past 100 years or so. Missing now is the hitching post once located on Main Street in front of the pharmacy. The original clapboard siding is now covered over in protective metal sheathing and the old wooden shutters are stored. The 20 by 30 ft. front section of the store is the original 1840 building. The store does have three floors; the attic being high peaked due to the steep slope of the roof line. The rafters retain the mortar and tenon joints. The upstairs floorboards are original, almost 1" thick and 16-20 1/2" wide. An original board and batten door with iron strap hinges is located on the second floor. The hooded display windows still retain the early glass and lamb's tongue trim detail. Various shelving and counters bear witness to bygone businesses of the 19th and 20th centuries. The upstairs shows telltale signs of being a small tenant resi-

dence with peeling wallpaper. In the shop, an ornately carved wooden counter still sits on the back wall, once topped with marble. Of course, the distinctive, recessed, double-door corner entrance, with original glass panes and overhead transom, remains!

"Ed" Carey, III calls his mother's shop, "The Corner Door Store", remembering its unique entry door from his childhood when his aunt worked in Harley White's finance office. Ed and his brother, Fred spent countless hours at play in the store attic once his parents moved their business to town. Ed related that he and Fred discovered a wonderful old charcoal drawing under loose wallpaper while playing upstairs. It was a sketch of an Indian head with the words "To-Te" scrawled underneath. Ed and Fred once left their own graffiti for posterity by painting the words "Bat Detective Club" on a door frame as young boys. Ed maintains a website, www.thecornerdoor.com, devoted to preserving the store's legacy as well as the history of Millsboro.

On September 19, 2014, the store was officially listed on the National Register of Historic Places as the Burton-Blackstone-Carey Store. It is the oldest commercial building in Millsboro and deserves much recognition for its historical significance.

SOURCES:

- "The Corner Door Store", www.edcarey.com
- "Tribute to the Past" Booklet, Alice Hudson, 2010
- Rambling Around Millsboro, Aubrey P. Murray, 1986
- "Carey's Paint and Frame Shop Building

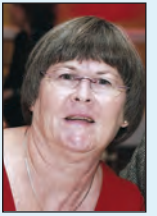
Dates Back to 1840", Jon Bleiweis, The News Journal, Oct 23, 2014

Atlas of the State of Delaware, Pomeroy & Beers, 1868

National Register of Historic Places Registration Form, US Dept. of Interior, DE Historic Preservation Office, 10 Sep 2013

Interviews with Mrs. Beatrice Carey and Ed Carey, III, November 2016.

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*.

High Tide News

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Mind, Body & Sole ...a wellness center

By Kristina Malone

Mind, Body & Sole Wellness Center, LLC
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Bethany Beach, DE 19930

Mind, Body & Sole is a wellness center located on the coastal highway just a half mile south of the infamous totem pole. We have been here almost 7 years, and we are growing! Over the past two years since I (Kristina Malone) took over, we have offered facials, manicures, pedicures and more spa services.

The wellness center began as an Ionic Detox center, also offering other detoxifying services such as the FAR Infrared sauna, and massage. In April of 2014, the current owner Kristina Malone brought with her a passion for holistic skincare and nail care treatments. We now operate as a full service day spa, with a holistic well-being approach.

I've always had a passion for taking care of myself and as I got older and wiser I realized the connection between inner and outer harmony. Spa treatments are meant to be pampering and soothing, skincare and nail care included. Avoiding needles and harsh chemicals will always be my treatment plan for my clients.

It's a true honor

I was *Aveda* trained in 2004. When I moved to the beach area in 2005 I was hired at a holistic day spa in Rehoboth where I spent 4 years growing my knowledge and expanding my passion for natural remedies. Now owning my own space I only want to further

expand in my training. I believe this area is becoming more and more aware of how important it is to remain whole, in all aspects of life. We want to help in that awareness.

I get to meet the most extraordinary people. I've met owners of a huge bed and breakfast in New Zealand, the "Top Chef" of Baltimore 2015, and even a woman who's company designs the security systems for the US government! I've met these people because they chose **Mind, Body & Sole** for their experience. They did their research and came to us because they wanted to. It's a true honor.

In our first year of re-opening (when I took over) we received the award for the **2014 New Member of the Year from the Bethany Fenwick Chamber of Commerce**. I was honored and I believe this brought us a lot of recognition. Personally, I have over a dozen certificates showcasing my intensive skin care training, including reaching **Master Esthetician** level in 2010.

Our business is unique and successful because we are a quaint, boutique style spa and wellness center. This means we get the chance to become more personal with our clients, and we take the time to pay attention to detail. We are not a turn-em and burn-em salon,

each individual is given the most personal attention we can give at the time of their service.

We want you to be well

We try to attract like minded individuals that have a need or desire to look and feel good. We are a wellness center which truly means we want you to be well! If you have aches and pains, you have trouble sleeping, your nails are dry and brittle, or your skin is starting to show



Kristina Malone, Owner
Mind, Body & Sole Wellness Center, LLC

the signs of aging, we are here for you.

Treat yourself!

Treating yourself is the most important thing you can do. A simple manicure can make you feel better. Taking care of yourself helps you take care of others, and a relaxing facial or massage could be just what the doctor ordered! We also know the struggles of how expensive spa treatments can be. That is why we offer packages, discounts, and truly anything is negotiable! We don't want the "cost" of the service keeping you from your wellness experience.

As we continue to learn the needs of our clients we will add new services, treatments and wellness classes. We are adding a smoothie bar in the spring of 2017 which is super exciting!

www.MindBodySoleSpa.com
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MARY KAY

WEEKEND WONDERLAND IN BETHANY BRINGS HOLIDAY FUN TO THE BEACH



Weekend Wonderland in Bethany will be held the first three Saturdays in December on December 3rd, 10th, and 17th throughout downtown Bethany Beach from 10:00 a.m. – 5:00 p.m.

Local merchants will be open with special promotions and activities, and a variety of events will take place throughout the days. Each Saturday at 5:00 p.m., experience the lighting of the tree on the bandstand for this holiday charitable event complete with caroling and hot cocoa. Jesse Garron's Tribute to Elvis, the Selbyville Middle School Choir and the Southern Delaware School of the Arts Choir will be headlining the three evenings. Attendees are invited to bring non-perishable food items and new or gently used coats to be distributed to a different Sussex County charity each week.

Each Saturday is highlighted by special events. On December 3rd from 1:00-3:00 p.m., Holiday Happenings, an annual Town of Bethany event, features family-friendly activities such as horse-drawn carriage rides, trolley rides, caroling and much more. Sing along with Jesse Garron's Tribute to Elvis around the tree on the first night. On December 10th from 1:00 – 3:00 p.m. enjoy Cookies with Santa and visit with the big man himself, sponsored by 99 Sea Level. Several merchants will be holding events including Mingle and Jingle with Elsa and Anna at Tidepool Toys and Games on December 3rd. Bethany Beach Books will be hosting a special Kid's Christmas Craft Corner with Delaware Read Aloud on December 10th. Then, on December 17th at 3:00 p.m. children, young and old, are invited to watch a free viewing of the classic movie, Elf, at the Bethany Beach Ocean Suites. Popcorn and juice will be provided. Shoppers can also take advantage of a Wrappy Hour at Bethany Blues, sponsored by a non-profit organization that will wrap your presents for a donation, from 3:00 to 5:00 p.m. each Saturday.

Weekend Wonderland in Bethany Beach is a collaboration of the Bethany Beach Business Forum, the Bethany-Fenwick Area Chamber of Commerce, the Coastal Point and the Town of Bethany. "Weekend Wonderland is a great event to bring people into town to shop local and share in the holiday spirit," says Kristie Maravalli, executive director of the Chamber. "With the common goal of promoting the business community, the collective effort of the business owners, the Town of Bethany and Bethany Beach Ocean Suites, has been an amazing cooperative experience." Complete details of Weekend Wonderland in Bethany, including the participating businesses, can be found on the event calendar at www.thequietresorts.com.



FASHION TIPS FROM Lularoe Consultant, Jennifer Bland



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It's that time of year for holiday gatherings with friends, family and co-workers. Be festive by incorporating these accessorizing tips into your look this holiday season.

1. All that glitters is gold - Accent your holiday attire with some statement jewelry. Medallions and pendants are trending right now as well as layering multiple necklaces in varying lengths.

2. That's a wrap - Embellish any outfit with some holiday cheer by incorporating scarves. Chunky knit scarves are a great way to add texture to an outfit. Bowknots, elongated scarves and mini neckerchiefs are currently trending and are a great way to bring in pattern and color.

3. Back to the basics - Keep those legs warm with a pair of tights. Semi-transparent tights offer a seamless look when paired with a slightly darker shoe of similar color. Add some interest to your LBD with a pair of patterned tights.

Change up your color palette and carry these accessorizing tips with you into the new year.

Jennifer Bland:

Lularoe fashion consultant with a background in interior design. I have a passion for mixing colors, patterns and textures. As a Lularoe consultant I am able to use my talents to create stylish, fashion forward outfits for all types of personalities and styles. Follow me on Facebook at: [facebook.com/lularoejenniferbland](https://www.facebook.com/lularoejenniferbland) and Instagram at: [@lularoejenniferbland](https://www.instagram.com/lularoejenniferbland)



Mary Kay Cosmetics alive and well in Sussex County...

they get the wrong shade or don't know how to apply it they have wasted their time and money. With Mary Kay we truly care about our customers and want them to be happy with what they purchase. If the shade is wrong or the formula is not right they can return them and choose something else or get a refund.

I have had the pleasure of helping brides and their bridal parties do their makeup for the big day. I hope to be able to offer my services to do more of that. I also make a lot of gift baskets and gift arrangements for all occasions and really enjoy the creativity of putting these together. I am always shopping for items to add to my Mary Kay products to make my arrangements unique and special.

Awards & Achievements

I have been able to achieve the number one position in my unit out of over 100 hundred women for two of the last five years and achieved the number two spot for other three years. I have also completed color certification training and continue to keep up to date with the latest trends.

I think that when you have a home based business it is all about the service

you provide. I carry a large inventory so that when one of my customers needs a product they can get it right away. They do not have to wait until I get an order in to receive what they need. Many of my customers e-mail or text me their order and they get it within a couple of days. If they don't live nearby I ship it to them free of charge. Mary Kay is the official beauty sponsor of Project Runway on the Lifetime network, Thursdays at 9:00 pm.

A Great Way to Meet People!

When I moved here I didn't know anyone and had to find women who were looking for a Mary Kay consultant. I am looking for people who would like to get a few girlfriends together for a fun night of playing with makeup and trying the latest skincare. Also anyone who would just like an hour of pampering and would like to come to my house for a facial to try out some of the best new skin care and makeup products or I can come to them.

I would also be interested in sharing the opportunity with other women like myself who are looking for something to do to be your own boss and work from home. I would love to show them how much fun it is being an Independent Mary

Kay Consultant. We receive great training and have fun with our fellow consultants at the many events we attend.

Women everywhere want products that deliver results. When you can sit down and actually try before you buy it makes more sense. There are so many cosmetic and skin care brands out there and it can be quite daunting to choose the best products or colors for your skin type. Why not have someone who can help you select the best products for you and continue to be of service for many years to come. When you shop at a store you may get help but when you go back that same person will probably not be there let alone remember who you are or what you like.

I plan to continue to be of service to my customers and have the latest products available to show them. Our company is always looking to what is trending and developing the very best products that benefit our customers.

We can't forget our men! We carry a full line of men's skin care, colognes and shower gels.

With the holidays fast approaching I am making lots of affordable gift sets for

continued from page 1

anyone who is looking for something different. I can customize something for you or you can select from some of the many things that I have on hand.

Virtual Makeover APP

Mary Kay has a Virtual Makeover app that is free and can be obtained by downloading the app from the APP Store or Google Play. It is really fun to try on the latest trend in makeup, hairstyles and accessories. Check it out. It is free and easy. And every girl needs the Mary Kay eCatalog App so she can flip through page after page of beauty products, trends and looks. Again you can be 100% confident that Mary Kay stands behind its products that I sell and if for any reason you are not completely satisfied with any of our products they will be replaced without charge, exchanged, or the full purchase price refunded by me.

You can reach me by phone or text at 302 438-9291 or mv home phone 302 945-4158. My web address is www.marvkav.com/iriemenschneider, email address: jriemenschneider@verizon.net, 452 Woodside Rd, Millsboro, DE 19966. Independent Mary Kay consultant: Jackie Riemenschneider

34th Seaside Boat Show

Ocean City/Berlin Optimist Club

February 16-17, 2017

**The "Boat Show That Works for Kids" is 34 years old!
And you can win a pontoon boat and motor donated by
North Bay Marine.**

The Ocean City/Berlin Optimist Club is sponsoring the 34th annual Seaside Boat Show in Ocean City February 16-18, 2017. The show is the "boat show that works for kids".

This show, held at the Roland E Powell Convention Center, traditionally draws thousands of water and boating enthusiasts to the resort over President's Birthday weekend. The show also provides the Optimist the opportunity to raise funds to support the club programs to support local youth.

The local affiliate of Optimist International has over 120 members and is recognized as one of the best clubs in Optimist International. The Boat Show income supports many youth and community service programs.

The Boat Show will feature over 350 boats, 150 exhibitors and 50 boat dealers. The dealers and exhibitors will offer numerous special show prices. They will display their newest and most popular models and water related items. The large number of boats sold each year at the shows makes it one of the most popular shows on the East Coast.

Visitors will be treated to an alluring array of sport cruisers, sport fishing, performance and "super boats". The Boat Show exhibitors will include marine electronics, trailers, canvas tops, motors, jewelry, art and fishing gear. The show will also provide financing and insurance for the boater and water enthusiast.

The Optimist members are always aware of the importance and contributions of each exhibitor. The Optimists are proud that no

boat show compares with the Seaside Boat Show for appeal and enjoyment.

One of the main reasons for the success of the show is the wonderful door prizes donated by North Bay Marine owners, Scott and Mary McCurdy. Each person who purchases a show admission has a chance to win a pontoon boat and motor.

Times of the show are Friday February 16 11-7PM; Saturday 10:00AM-7PM and Sunday 10AM-5PM.

Admission is \$10 for adults and \$1 for kids. A weekend pass is available for \$15.

Come and enjoy the Boat Show, the show that works for kids.



The Boat Show That Works For Kids! Admission Adults \$10 Children \$1

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Third Annual Whiskey Winter Golf Outing and Scotch Dinner

The Delmarva Whiskey Club will hold its Third Annual Whiskey Winter Golf Outing and Scotch Dinner on January 28 and 29, 2016. The event will begin Saturday night dinner with a Scotch Whiskey dinner. The sit-down pairing of fine food and high-end Scotch will be held at the Cove Bar and Grille located at Bayside Golf Resort. The golf outing will feature a Shotgun Start at noon Sunday in a 4-some Team Scramble format. Proceeds from the

events will go to Operation SEAs the Day. Operation SEAs the Day is a beach week event for our soldiers and veterans who are recovering from injuries sustained while serving our country, and their families. During this week, Bethany Beach hosts soldiers and their immediate families for a well-deserved week of rest and relaxation.

The Delmarva Whiskey Club was established for whiskey fans. The club sponsors various whiskey tasting

events during the year. They welcome those who have just begun to appreciate whiskey, as well as seasoned whiskey aficionados. To register for the Whiskey Winter Golf Tournament, or for more information, visit this web link: <http://www.delmarvawhiskey.com>

To become a Tournament Sponsor or join the Whiskey Club, please contact Kevin Clover, President, at 215-815-1706 or at kevin@delmarvawhiskey.com.

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My First Wedding – What an Adventure

By Vincent Paez

Some of you may remember my story of being married to my wife, Sherri, on the beach in Ocean City, MD. This is my second marriage, and it has become the happiest part of my life. The wedding, which took place in June of last year, was absolutely beautiful, and a far cry from the troublesome first wedding I had back in 1989. My first wife was from Panama. She was a Latin beauty, whose father was the mayor of one of the main cities in Panama. We met and fell in love in Los Angeles, while I was living there. We decided to get married in Panama, where all of her family lived.

If you check your history, you will recall that this was a tumultuous time in Panama, and the President of Panama, General Manuel Noriega, was not getting along at all with our forty-first president, George H.W. Bush (George W. Bush's father). Noriega was a ruthless dictator, who created instability in the region, and President Bush wanted to take him out of power and lock him up on drug trafficking charges. President Bush placed heavy economic sanctions on Panama, which hurt the Panamanian people more than they hurt Noriega himself. The intention of the sanctions was to build economic pressure in hopes that the Panamanian people would revolt and overthrow Noriega, but the dictator was far too powerful for that to happen. In retaliation, Noriega issued a decree to all Panamanian government employees to harass Americans in Panama in any

way they can.

My future father-in-law was a very good mayor, but he was against Noriega. To not support General Noriega was for all intents and purposes a death wish. General Noriega once stopped by my future father-in-law's house to secure his loyalty, and my future father-in-law feigned such loyalty. As soon as Noriega left the home, my father-in-law returned to speaking out against Noriega's policies. And at this time, his daughter was planning a wedding to an American (me).

I was alerted of the harassment of Americans on the news and by my future in-laws. I decided to go and get married in Panama anyway. I was young and in love and would go through any lengths to marry this girl. Because of the harassment and political strife, my family decided not to attend the wedding, and instead they threw a party for us in neighboring Colombia afterwards, since my father was from Colombia and I had plenty of family there. Believe it or not, at that time, Colombia was safer than Panama.

When I landed in Panama and showed my American passport, the customs officials immediately pulled me aside and confiscated my luggage. They threatened to keep my belongings unless I forked over some money. After long negotiations, I gave them twenty dollars, which was a lot of money for me and them at that time. I retrieved my luggage

and headed out the airport exit to meet my new family. When my future wife and I arrived at the city, where we were to be married, we found that someone had ordered that Catholic church to be renovated, and workers were busy pulling up the floors. Obviously, someone did not want us to get married. My future father-in-law was furious and quickly arranged for the wedding to take place on schedule in a different Catholic church. On the day of the wedding, Noriega had placed soldiers outside the reception hall to further harass and threaten us. We all had to walk through a gauntlet of rifles to get to the party. Fortunately, none of the guests or wedding party had any problems with the soldiers, although everyone was disgusted by this military action at such a wholesome occasion. The wedding reception went off without a hitch with about four hundred happy guests and entertainment by one of Panama's most famous bands. It was quite an adventure for a young man like me.

After the wedding, we flew to Bogota, Colombia for the second celebration with my family. Our return flight was to go through Panama again, but Noriega's regime would not allow us to even transfer through, because of my American passport. So we had to shell out about six hundred dollars for direct flights from Bogota back to Los Angeles. What an ordeal!

Five months after we were married, President Bush ordered the invasion

of Panama and the capture of Noriega. When the invasion began, Noriega ordered the death of my father-in-law. Fortunately, a friend had tipped off my father-in-law, who escaped in the trunk of a car to a secret location in the country-side until the invasion was over and the U.S. Army had captured Noriega. Much to the happiness of most Panamanians, Noriega was to spend the rest of his life in prison. When I would hear about him in the news or on the History Channel, I would think that my family and I were a small part of that history. This kind of drama may seem exciting, but, at the end of the day, I prefer the serene second wedding I had in beautiful Ocean City, MD with no drama, no bribes, no gauntlet of soldiers, just happy friends and family on the beach.

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.



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Delaware Hospice Partners with Nanticoke Health Services to Provide Palliative Care

(Seaford, Del.) - Delaware Hospice is excited to announce its partnership with Nanticoke Health Services to strengthen and grow palliative care in Sussex County.

Through the joint venture, both organizations will be able to provide a better assessment of the community's medical needs through palliative care. Palliative care helps seriously ill patients who are receiving active, curative treatment. The care provided encompasses assistance to deal with the physical and psychosocial burdens of a serious illness through visits with a physician and/or nurse practitioner. The onset of a serious illness impacts not only the patient, but the family's quality of life in so many ways. Patients and their families must cope with debilitating symptoms, coordination of medical appointments and comprehend new medical terminology, while making difficult decisions for treatment options. Palliative care will work with patients and their caregivers to identify goals while managing symptoms.

The goals identified for the initiative are for Delaware Palliative, a program of Delaware Hospice, to assist Nanticoke in expansion and provide support for the palliative care services that are already in place; improve care transitions and coordination as patients return home; and enhance the advance care planning for inpatients, outpatients, and Cancer Care Center patients at Nanticoke Health Ser-

vices. Delaware Palliative will also continue to provide continuing education on palliative care services for providers, clinical staff, and the local community.

Delaware Hospice has been a trusted community partner in end of life education and support in Delaware since 1982. Delaware Palliative is entering its 5th year under the direction of Delaware Hospice. Nanticoke Health Services includes the Nanticoke Physician Network and Nanticoke Memorial Hospital, a well-established, community-based hospital serving Western Sussex County.

"Nanticoke is excited to be working with Delaware Hospice on our palliative care initiatives," said Penny Short, RN, Chief Operating and Nursing Officer of Nanticoke Health Services. "We currently have a strong base, but with additional support our program can grow and become stronger. This is an important program and by partnering with the experts at Delaware Hospice, we hope to positively impact more lives of patients suffering with serious illnesses."

Susan Lloyd, MSN, RN, President and CEO of Delaware Hospice, spoke about the new initiative, "Delaware Hospice looks forward to cultivating this partnership and we hope to develop through time a more state-wide encompassing, supportive end of life care program for all Delawareans."

Since 1982, Delaware Hos-

pice has provided the highest quality hospice and healthcare services, and serves as a trusted community partner in end-of-life education and support. Accredited by the Joint Commission, Delaware Hospice continues to be the largest and only licensed, non-profit, community-based hospice serving Delaware. Now also providing care in Pennsylvania; southern Chester and Delaware counties. For more information about Delaware Hospice's programs and services, upcoming events, or employment opportunities, call 800-838-9800 or visit our website, www.delawarehospice.org.

Nanticoke Health Services includes Nanticoke Memorial Hospital and the Nanticoke Physician Network. Nanticoke Health Services has been consecutively recog-

nized among the Top 150 Places to Work in Healthcare by Becker's Hospital Review. Nanticoke Memorial Hospital holds a Level III Trauma Center certification and received a 4-star rating for 2016 by the Centers for Medicare and Medicaid Services. Nanticoke is nationally certified by the Joint Commission as a Primary Stroke Center and is a Gold Plus Award performer according to the American Heart/American Stroke Association's Get With The Guidelines® program. Nanticoke's Cancer Care Services holds Accreditation from the American College of Surgeons Commission on Cancer and is a member of the Association of Community Cancer Centers. Nanticoke's medical staff includes over 160 health care providers practicing in 40 different specialties.

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(See page 8)

Explore the Wonders of Public History at The Lewes Historical Society with a Summer Internship

The Lewes Historical Society is seeking applicants for its 2017 summer internship program. Internships must be completed over the summer (May - August). Start and end days are negotiable based on your academic calendar.

Located in Sussex County in southern Delaware where the Delaware Bay meets the Atlantic Ocean the Lewes area is rich in history dating back to 1631. Lewes has been recognized as a Preserve America Community and is one of America's "Dozen Distinctive Destinations" identified by the National Trust for Historic Preservation. The American Association for State & Local History awarded The Lewes Historical Society its Award of Merit twice for its role in promoting local history.


The completion of an internship with The Lewes Historical Society will help ensure a student's decision to pursue a career path in the public history field. Candidates with a major in history, archaeology, museum studies, or library science are especially encouraged to apply. Experience with GIS, web site/blog development and databases are appreciated but not required.

Typically, a single stipend internship is awarded per Summer 10 week session, though each internship is also available for class credit for students currently enrolled in a BA level college or university History/Social Science related program.

Collections and Research Internship-This 10-week program will be split into two unique sections. The first portion of this program allows interns to explore the collections at The Lewes Historical Society and work to catalogue objects, working within the Society's collections software. Additionally, interns may assist the Executive Director in special projects relating to the care, maintenance, or display of objects. The second portion of this internship requires interns to perform extensive research and fieldwork on a topic of the Executive Director's suggestion or current need.

At the end of the internship experience, the intern is expected to present a paper or pre-

continued on page 8



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www.delawarepalliative.org

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Your Annual Review Checklist

Preparing for an annual financial review may be easier than you think. With a checklist in hand and your Financial Advisor by your side, review key considerations and together discuss any potential corrective actions to ensure you are on track to meeting your goals.

Do I need to rebalance my asset allocation? Depending on the performance of your investments, you may want to examine whether your mix of stocks, bonds, cash, and other assets is close to your target. If you have not reviewed your portfolio lately, you may be surprised at what you find. It's possible that your current asset allocation has changed quite a bit since the last time you checked, due to the different performance of the various investments in your portfolio. If that's the case, or if your outlook has changed, it may be time to readjust.

Rebalancing can be accomplished in two ways: You can sell existing assets and use the proceeds to bring your portfolio closer to your desired mix. Or you can leave your portfolio as is and allocate new investments to the areas that you want to increase. Rebalancing may involve tax consequences, especially for non-tax-deferred accounts.

Am I on track to fund my retirement? Making sure you are on track to amass the assets you will need for your later years should be one of your key concerns. If you participate in an employer-sponsored retirement plan, consider investing as much as you can afford. If you do not have access to an employer-sponsored plan, or if you do and can afford to contribute even more, consider funding an individual retirement account (IRA).

What were my yearly capital gains and losses? If your year-end planning entails selling certain assets, be aware of rules regarding capital gains and losses. Gains on investments held less than one year – known as short-term capital gains – are taxed as ordinary income, while those on investments held for one year or longer, or long-term capital gains, are taxed at a maximum rate of 20%, for federal income tax purposes. State tax rules may differ. On the federal level, capital losses offset capital gains and are netted against each other. If net capital losses still remain, up to \$3,000

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.



may be used to offset ordinary income. Capital losses not used in a given year can be carried forward to future years. Note that different rules apply for gains on the sale of collectibles, or qualified small-business stock.

Am I taking full advantage of tax-advantaged accounts? Remember that certain types of investments receive favorable tax treatment. Employee contributions to a traditional 401(k), for example, are deducted from your paycheck before taxes are assessed, which lessens taxable income during the year the contribution is made. Contributions may potentially grow free of federal income taxes until qualified withdrawals are made during retirement. If you are age 59 1/2 or older and have maintained the account for a minimum of five years, qualified withdrawals from a Roth IRA are tax free. (To contribute to a Roth IRA, investors must meet income thresholds established by the Internal Revenue Service. Learn more at www.irs.gov.)

Is my insurance coverage sufficient? You may want to conduct an insurance needs analysis. There are many forms of insurance but, unfortunately, there is no one-size-fits-all policy. Life insurance, for example, may be a vital necessity if you have a spouse and children, but perhaps is less important for a single person. But disability insurance, which provides an income stream if you are unable to work, may be important for everyone.

Is my estate plan current? If you have not already made an estate plan, your annual review may be a good time to start. Even if you already have a plan in place, it is good to revisit it yearly to make sure your beneficiary designations are up to date and that your plan still reflects your current wishes. This is also a good time to consider tax-efficient gifting strategies, so you can potentially minimize gift and estate taxes and keep more of your assets for those you care about.

A year-end review is an excellent time to think about where you are at in achieving your long-term goals, and where you would like to be. Take a close look at your day-to-day finances to uncover hidden opportunities and then commit to meeting them.

Nicholas Shevland is a Financial Advisor with Morgan Stanley Global Wealth Management in Rehoboth. 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 strategies and/or investments referenced may not be suitable for all investors as the appropriateness of a particular investment or strategy will depend on an investor's individual circumstances and objectives. Morgan Stanley Smith Barney, LLC, member SIPC.



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Summer Internship

sensation documenting their experience to the Executive Director with the possibility of presenting a second time to other staff members, board members and volunteers. Note: Interns should have access to a vehicle in order to apply for this internship, though it is not a requirement for consideration.

Education & Visitor Services Internship-This 10-week program allows students the opportunity to explore the field of informal education in a history-museum setting. This program is designed for interns to gain first-hand experience in informal program development/execution, tour design, and volunteer training. Interns will be expected to become familiar with specific educational theories and practices. Interns will absorb this material by participating in the training of tour guides and visitor services representatives.

Interns will also assist in educational

continued from page 7

programming such as the History Happy Hour lecture series. Interns will also have the chance to present during outreach programs to the public. At the end of the internship experience, interns will present a paper documenting his/her experience to the Director of Education.

The Lewes Historical Society is an Equal Opportunity Employer and does not discriminate in regard to age, sex, race, creed, national origin, disability, handicap, sexual orientation, or political affiliation.

For more information including application specifics, stipend figures, and details about the Society's General Public History Internship please visit <https://www.historyclewes.org/2017-public-history-internships> or contact Marcos Salaverria, Director of Education at 302-645-7670 or by email at Marcos@HistoricLewes.org.

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How to Get Motivated to Work Out?

By Sue Sheain
Beach Body Barre Fitness Studio



With the holidays upon us, fitness often takes a backseat to the demands of the season, but it becomes a priority, often a fleeting one, once we ring in the New Year. How do we find time for fitness during this hectic month and keep the momentum going beyond our well-meaning resolutions and throughout every season?

The answer is to identify what **MOTIVATES** you to work out. Is it the endorphin rush? Friends or family? An instructor that inspires you? A particular fitness program? Or that pair of skinny jeans hanging in your closet?

First and foremost, **TIME**, a precious commodity, tends to be the biggest obstacle to any genuine desire to workout regularly. So the goal in achieving a regular fitness pattern that gives you real results of improved health, flexibility, strength and confidence in your body, is to set aside time everyday to devote to your physical well-being and to find that person, place or thing that truly motivates you to take action.

Personally, I became a *Barre Addict* for several reasons. Primarily, because I could do it. It was a program that I could follow, do the moves without feeling uncoordinated or self-conscious and feel confident in challenging my body in ways I never dreamed I could achieve. Secondly, I saw quick results. My body changed in a matter of weeks. I actually had abs. You could really see them, especially after two kids, and countless other exercise regimes. Thirdly, I found my people. People who had little time to workout and wanted an efficient exercise program that built their confidence in their bodies as well as strength. A non-competitive community in a small studio that felt like a second home. It made me go daily, which was achievable because barre can be done daily, like yoga or pilates. Finally, I was healthier for my family, physically and mentally. I had found an hour a day for myself and that made me a better person for them.

Not everyone can actually get to a fitness studio or gym because life often gets in the way or the exercise class schedule does not fit your schedule. Interesting fun fact, 82% of gym members train at home and 63% do it on a digital platform (IHRSA, 2015 stats). **BurnAlong** is revolutionizing fitness by creating a social fitness platform where you can workout with your friends and favorite instructors at home, work or anywhere. You can find our barre programs on **BurnAlong.com** along with other fitness options that you can invite friends near and far to workout with you virtually and keep you motivated and accountable, when you can't get to the gym or join us at one of our **Beach Body Barre** locations in Bethany at the Marketplace at Sea Colony or at our new studio in Lewes at The Plantations. Check out our website, **beachbodybarre.com**, for class times and great pricing specials along with discounted gift cards to also motivate you to find the time for yourself, your health and your body.

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Long Neck United Methodist Church – December Events

Contact Person: Carol Loy, Communication Chairperson 302-945-8971 or 302-258-4794

Christmas Fair & Auction – Saturday, December 3, 2016 – At Long Neck United Methodist Church, 32051 Long Neck Road, Long Neck, De. Crafters, Children's Store, Food, and Entertainment -- 9:00 am to 2:00 pm and Goods & Services Auction -- featuring items and services from local businesses and individual donors at 2:00 pm until the last items sells... If you have any questions, contact the church office at 302-945-9453 or at their email address longneckumc@msn.com

Daybreak Prayer Service – Wednesday, December 21, 2016 at sunrise. – At Long Neck United Methodist Church, 32051 Long Neck Road, Long Neck, De. If you have any questions, contact the church office at 302-945-9453 or at their email address longneckumc@msn.com

Blue Night & Healing Service – Wednesday, December 21, 2016 at 7 pm. – At Long Neck United Methodist Church, 32051 Long Neck Road, Long Neck, De. Blue? Yes, blue as in the blues. As in "I am feeling blue." Not everyone is up and cheery for the Christmas holidays. Dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, living with cancer or some other disease that puts a question mark over the future, and a number of other human situations make parties and joviality painful for many people in our congregations and communities. There is a growing attentiveness to the needs of people who are blue at Christmas. If you have any questions, contact the church office at 302-945-9453 or at their email address longneckumc@msn.com

Christmas Eve Services – Saturday, December 24, 2016 at 7 and 11 pm. – At Long Neck United Methodist Church, 32051 Long Neck Road, Long Neck, De. The 7 o'clock service will be family oriented with holy communion and a candlelight service. The 11 o'clock service will be traditional also with holy communion being served and with the candlelight service. If you have any questions, contact the church office at 302-945-9453 or at longneckumc@msn.com

Christmas Day Services – Sunday, December 25, 2016 at 8:45 am and 11am – At Long Neck United Methodist Church, 32051 Long Neck Road, Long Neck, DE.

Free Christmas Dinner – Sunday, December 25, 2016 at 1 pm. – At Long Neck United Methodist Church, 32051 Long Neck Road, Long Neck, De. If you have any questions, contact the church office at 302-945-9453 or via their email longneckumc@msn.com So don't sit home alone! Come to the church, share a meal with friends, make new friends and have a time of fellowship.

Watchnight Service – Saturday, December 31, 2016 at 11 pm. – At Long Neck United Methodist Church, 32051 Long Neck Road, Long Neck, Delaware with a lite meal at 10 pm, which will include Black Eye Peas. This is a late-night church service, which is held late on New Year's Eve, and ends after midnight. This provides the opportunity for Christians to review the year that has passed and make confession and prepare for the year ahead by praying and resolving. This service follows the lead of a small Christian denomination called the Moravians in what is now the Czech Republic that began having "watch" services in 1733, the founder of the Methodist Church, John Wesley, originated watch night services in 1740, sometimes calling them Covenant Renewal Services. Today, a Methodist watchnight service includes singing, spontaneous prayers and testimonials, as well as scripture readings. If you have any questions, contact the church office at 302-945-9453 or at their email address: longneckumc@msn.com.

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