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Vol. 4 Num. 2

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FEATURED BUSINESS!



Cardiovascular Consultants of Southern Delaware

Compassionate and Comprehensive Cardiac Care

Front row (left to right): Wendy Turko, Angela Arpie, Pricilla Martinez, Amy Baker, Briana Leppo, Tyna Thompson, Kelly Warner, Judy Callahan, Mary Zook; Second Row (Left to right): Katelyn Schaaf, Kristie Boyle, Kortnie Marsch, Michelle Lofton, Nina Ashton, Kara Rogers, Beth Rank, Carol Tabor, Beth Brown, Tricia Thomas, Steve Figuly, Richmond Carley; and in the back row: Dr. Alberto Rosa, Dr. Firas El Sabbagh, Dr. Kenneth Sunnergren, Dr. G. Robert Myers, Dr. Barry Denenberg, and Dr. Heather Raff.

Cardiovascular Consultants of Southern Delaware is comprised of highly trained, motivated, and compassionate physicians and clinical staff. They are committed to providing the highest quality care to the southern Delaware community through thoughtful patient evaluation, state-of-the-art testing, and contemporary treatment strategies.

With offices in Lewes, Millville, and now Millsboro, *Cardiovascular Consultants of Southern Delaware* service covers General Cardiology, Echocardiograph, Vascular Testing, Nuclear Testing, Interventional Cardiology and Electrophysiology.

The cardiologists have been Delaware based for more than 15 years. They branched off from a large state-wide group in 2011 to become an independent, locally owned and operated practice. *Cardiovascular Consultants of Southern Delaware* is the only comprehensive cardiology practice in Sussex County.

Five years ago Cardiovascular Consultants of Southern Delaware transitioned into their present independent practice. The group was formed on March 4, 2011 when **Barry Denenberg, MD, Kenneth Sunnergren, MD, and R. Alberto Rosa, MD** purchased the Millville and Lewes offices from Cardiology Consultants, a large cardiology practice with offices throughout Delaware that they had been part-

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WW II German Submarine U858 at Ft. Miles May 14, 1945

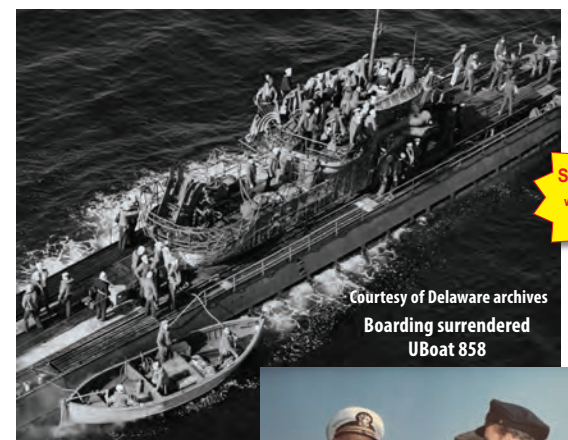
Raising the Black Flag of Surrender

By Sandie Gerken

We are very familiar with the WWII towers that dot our Sussex coastline and with Ft. Miles at Cape Henlopen, built specifically to protect our coast from German vessels. The German surrender of May 7, 1945 brought the end of the European stage of the war right to Delaware shores as Ft. Miles became the docking site of the first German submarine to surrender to U.S. forces after the cessation of hostilities. Most of us have seen photographs of that much publicized event, but here is the rest of the story.

Not to be outdone by the Japanese success in bombing Pearl Harbor in 1941, Hitler ordered his powerful fleet of U-boat submarines to provide another crushing defeat of the U.S. Navy in 1942. Called "Operation Drumbeat", the German subs were to attack and destroy any allied vessels on the Atlantic Coast. This German "wolf pack" was successful in destroying almost 3000 allied vessels before the United States eventually gained the upper hand by sending U.S. patrol ships and aircraft to track and destroy the enemy, increasing protection along our Atlantic shores.

After the successful invasion of Normandy by the Allies in 1944 and the encroaching Russian forces in 1945, the German navy tried a last ditch effort to renew the 1942 operations to destroy ships along the US Atlantic coast. In February 1945, a fleet of six 740 ton U-Boat submarines was sent from their base in Norway to complete this mission, called Operation Sea Wolf. One of these submarines was U858, captained by Kapitanleutenant Thilo Bode, a 27 year



Courtesy of Delaware archives
Boarding surrendered
UBoat 858



Courtesy Wikimedia commons Public Domain
Surrender to US Naval Commander Norfleet
by Capt Bode

mission, U858 was just off the coast of Newfoundland when the radioed surrender order was received. The sub had made no attacks on this mission, spending the voyage evading American destroyers. A precipitating event to the surrender was Hitler's suicide at the end of April as defeat became

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Cardiovascular Consultants of Southern Delaware, continued from page 1



(left to right) Dr. Kenneth Sunnergren, Dr. Alberto Rosa, Dr. Firas El Sabbagh, Dr. G. Robert Myers, Dr. Heather Raff, Dr. Barry Denenberg.

ners in. The remaining offices of Cardiology Consultants were sold to Bay Health and Christiana Hospitals. Doctors Denenberg, Sunnergren, and Rosa continued to work out of the same offices they had been in for many years and were excited to be joined by their dedicated and experienced staff in their new practice. Two additional doctors joined the group in 2011, **G. Robert Myers, MD**, an Interventional Cardiologist, and **Heather A. Raff, MD**, an Invasive Cardi-

ologist. And now **Dr. Firas El Sabbagh**, an Electrophysiologist has joined the group.

This is a diverse group of physicians specializing in all avenues of CV (cardiovascular) Care, including Invasive and non-invasive testing. Cardiac catheterization, stents, angioplasty, peripheral intervention, pacemaker and defibrillator implant, implantable loop recorders. Non-invasive includes full service echocardiography, vascular studies, stress test with/without

nuclear imaging, pacemaker/ICD monitoring, both in office and from home, Coumadin care clinic and more.

Compassionate, Thoughtful CV Care

The future will see integration with primary care and other specialists in this community and local metropolitan cardiac centers.

Cardiovascular Consultants of Southern Delaware will be recognized as the premier cardiovascular practice providing optimal patient-centered care. This will be achieved by focusing on continuing education, implementation of evidenced-based care, utilization of state-of-the-art technologies and effective communications with patients, their families and physicians. Teamwork between staff and doctors has made **Cardiovascular Consultants of Southern Delaware** successful and trusted in the community. They are patient-focused with a goal of providing the best care along with a pleasant experience.

State of the Art Cardiology Care right here in Sussex County!

In the event that you find yourself in need



of cardiology services, it is good to know the friendly, down-to-earth, competent and knowledgeable staff and providers at **Cardiovascular Consultants of Southern Delaware** are nearby and easy to reach.

Contact Information:
Website: <http://www.cvcde.com>

Lewes Location:
16704 King's Highway
Lewes, DE 19958
302-645-1233 (office) 302-645-1228 (fax)

Millville Location:
35141 Atlantic Ave. Unit 3
Millville, DE 19970-6954
302-645-1233 (office) 302-645-1228 (fax)

Millsboro Location (open on Wednesdays):
232 Mitchell St Suite 301
Millsboro, DE 19966
302-645-1233 (Lewes office)

Raising the Black Flag of Surrender continued from page 1

inevitable. Hitler's chosen successor, Admiral Karl Donitz officially ended the "Third Reich" by accepting General Eisenhower's demands for unconditional surrender and ordering all Nazi forces to surrender on May 7, 1945.

Captain Bode decided to surrender U858 within U.S. waters and flew a black flag of surrender (a curtain from his quarters, painted black) from the ship's conning tower. Surfacing off Newfoundland, U858 was met at sea by two US Navy destroyers



Courtesy of www.theamericanwarrior.com
U858 with helicopter

who escorted the submarine to a designated surrender area, the sight of the sunken USS Jacob Jones, 45 miles off Cape May, NJ. with a U.S. crew aboard to prevent sabotage. On May 14, 1945, once off the NJ coast,

Kapitanlieutenant Bode, with an interpreter, surrendered to US Naval Commander J.P. Norfleet of the 4th Naval District.

After the surrender, two destroyers, the USS Pillsbury and the USS Pope, and two blimps overhead escorted U858, now with U.S. colors flying, to Delaware. The army had a deep water dock, the Mine Wharf, at Ft. Miles. This dock is now the fishing pier for Cape Henlopen State Park.

At Ft. Miles, the final surrender to the Army and the paperwork was begun to accept the U-Boat and the

prisoners of war. The sub's crew included 5 officers and 52 crewmen. The ceremony on the dock took about 1½ hours while blimps and military planes circled overhead. Numerous newsmen and photographers were present to document this historic moment.

Taken into custody and searched, the stoic submarine crew appeared dirty, with unkempt hair and beards, wearing heavy rubber boots and soiled leather pants. They were all very young, averaging 20-25 years old. They were given physicals and baths; then jailed in the building that now houses the Cape

A weapon from a German U-Boat was found in the woods near Del. Tech. in 2004

A twin barrel 20 mm anti-aircraft weapon from a German U-Boat was found in the woods near Del. Tech. in Georgetown in 2004. After research done by Dr. Gary Wray for the Ft. Miles Historical Association, it was determined that the German Flak 38 weapon had come from the U-Boat U853, a sister sub of the same model to U858. U853 was the last German sub to be destroyed in U.S. waters and had been sunk off the New England coast. Apparently, Melvin Joseph of Millsboro, who financed scuba salvage had received permission from the German government to dive and possibly raise the sub. Unable to bring up the U-Boat, his crew brought up artifacts, including the powerful Flak 38. Piecing together facts with the Joseph family, it was determined that Joseph had donated the weapon to the college for a historical interpretation exhibit. How and why it ended up in the woods remains a mystery. After restoration, the weapon is now on display at the Ft. Miles Museum.

Henlopen Nature Center. From Ft. Miles, the crew was transferred to Ft. Dupont at Delaware City, then eventually to Mississippi. Captain Thilo Bode spent only one day at Ft. Miles, then was taken to Washington, D.C. for questioning. Afterwards, he spent a year

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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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American Legion Trooper Youth Week Program

American Legion departments and posts are encouraged to sponsor Youth Cadet Law Enforcement Programs in cooperation with their State Police or Highway Patrol. From state to state the name of the program may vary and include such terms as Trooper Week Program, Law Enforcement Training, and State Police Youth Week. Here in Delaware the program name is Trooper Youth Week

The program provides first-hand experiences and insight into the operations of law enforcement agencies.

The program also affords these highly motivated young people an opportunity to consider law enforcement as a potential career choice. Recruitment of high school students, both male and female, representing all communities and backgrounds in the state, is one goal of the program. Once these young people have been selected to attend the pro-

gram, the law enforcement community is challenged to present a program that will instill an understanding and respect for law.

Qualifications

The program is available to male and female high school students who have completed their junior year of high school and are in good academic standing. They should be of good moral character and possess a desire to learn more about the law enforcement profession. The high school should recommend students who meet these qualifications to their posts, all posts support the program.

If you are or know of a student who would be interested please pass this information on to your school counselor for consideration.

Submitted by **James H Gallagher**, Commander, American Legion, Department of Delaware 302-745-7779



If you are a Veteran and are not a Legionnaire I invite you to visit your local Post or call me personally, and join the cause. When the American Legion talks, politicians listen. The more members we have the more they listen and the more we can get for our brothers and sisters, and their children. "HONORABLE SERVICE MORAL OBLIGATION"



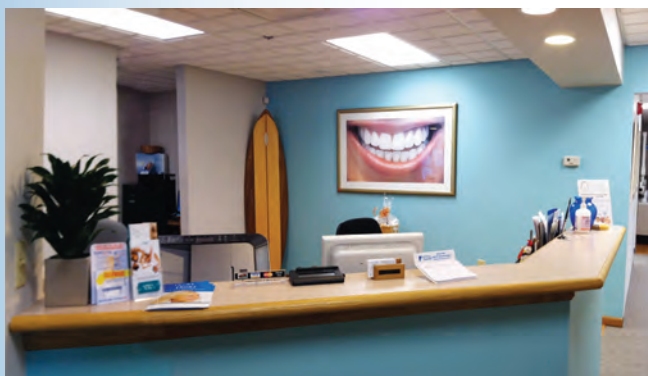
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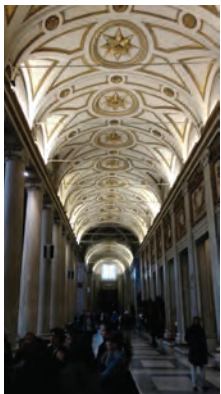
12 DAY ODYSSEY

By Mark Redden

High Tide News would like to thank Mark Redden for sharing this fabulous 12-day adventure! If you would like to see more of Mark's odyssey, please scan this page with the free [Layar](#) app you can download at get.layar.com and scan this page!

Rome

Our first day and a half of this 12 day odyssey was mostly travel. The original plan was to sleep on the plane and hit the ground running when we landed. Two problems came up for us that we probably could have predicted had we ever flown overseas before. An inability to sleep on those tight seats at what was the middle of the afternoon and our over estimation of how long Italian customs would take meant we ended up in Naples tired, but before anything really opened.



Then we spent the next few hours at the train terminal fighting sleep waiting for our train to Rome. We arrived in Rome, only to get soaked while waiting for the staff to arrive at our rented apartment. At this point, the other half of our group succumbed to napping while my wife and I went on an aimless walk around Rome. We visited the Basilica Santa Maria Maggiore which was beautiful and got some souvenir shopping done. We returned to the hotel to pick up the family and get

dinner. Delish authentic Italian food. After fighting sleep for over twenty four hours, I passed out almost as soon as I got back to the apartment. We definitely learned to start adjusting to jet lag prior to leaving on a trip this long next time.

Today was a Catholic day.

After a late start, we hit the metro to get to Vatican city. We started in the museum and enjoyed dozens of rooms of renaissance art and sculpture to see the Sistine chapel, which was, frankly, a let down. A lot of being yelled at to be silent in a very crowded room. Especially after the long walk through the galleries and the hoards of other tourists. We then visited St. Peter's Basilica and that did not disappoint. It was a beautiful space, both interior and exterior. Then back to the hotel for our last dinner in Rome and a needed night of rest.

After a simple breakfast in Rome, we hopped a train to Florence. This time, I was rested enough to stay awake for the

trip and finally saw the countryside of Italy. I was surprised by how pastoral and agricultural the countryside was. After we checked into our hotel, we got to the Florence Duomo complex to check out the city's largest architectural treasure. We were disappointed at first, until we realized we were at the Medici Chapel and the Duomo was still a block further on. Only in Italy can you head for what you thought was a cathedral and end up at the slightly less impressive church down the street by walking to the giant dome. After touring the soaring exterior marble facade, we hit then Central Market for dinner. Then back to the hostel to rest up for our big 12 hour Best of Tuscany tour tomorrow.



Ah, Tuscany.

A long day seeing many of the sights in the region. We were dead tired after a trip to Sienna to see the central piazza, the palio horse racing, and the cathedral. Hopped back on a to see a local farm for a pasta lunch and wine tasting with products sourced directly from the farm. We then a chance to



walk around San Gimignano (a town that looks still looks a lot like what I imagine Renaissance Italian towns looked like) and try out the world champion gelato. Back in the bus to squeeze in a quick visit to Pisa cathedral complex including the leaning tower. Due to the time constraints, we only got to go into the Baptistry though.

Day seven was a bit rough. Getting to Venice appears to be difficult as our train was delayed a few times and we missed our transfer twice. We finally got to the city, and got completely lost trying to get to our hotel via the water taxi. If you come to Venice, you should remember that they seem

to be the only people in Italy who don't speak English well. It was our first stumbling block in not knowing the language of the country we visited.

Venice

Saw the Rialto bridge, Saint Mark's Cathedral, took a Gondola Ride, and shopped and ate. The canals are unique, but must make maintenance a pain. There seemed to be wood rot and mildew everywhere. Also, had lunch IN the Grand Canal as high tide submerged our seating area sightly.

Day nine was another travel day. We spent most of today in airports and airplanes and trains to get to London, but did get to see Venice at sunrise which was pretty spectacular.

We saw a lot of London in about 8 hours, half of it on the tube. We started at the British Museum to check out the great court roof by Norman Foster and saw the Rosetta Stone. Then, back across the city for a traditional English roast. We never did get fish and chips, but we did get some traditional English food. Then out to Westminster to see parliament, Big Ben, Westminster Abbey, and a short walk through St. James Park to Buckingham palace. We even had time to tube up to Tower Hill to see London Tower and the Tower Bridge lit up.

Stonehenge


One last bus tour before we head home. Caught an early train into London to take a bus to Stonehenge. Took a long audiotour walk around the site.



They won't let you in among the rocks anymore. Then back on the bus to another UNESCO World Heritage site, Bath. Toured the ruins of the ancient baths and associated museum and then a quick walk around town with a quick dip into another church, the Bath Abbey. Saw the beautiful net vaults and stained glass work. Then back on the bus to take a scenic drive back to the train station before we fly back tomorrow.

Submitted by: **Mark Redden, AIA, Archology Architecture and Design Services, 107 S Washington Street, Milford, DE 19963, (302) 339-5566, www.ArchologyDE.com, <https://www.facebook.com/ArchologyDE>, <http://www.houzz.com/pro/mark-redden>.**










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The "Boat Show That Works for Kids" is 33 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 33rd annual Seaside Boat Show in Ocean City February 12-14, 2016. 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 12 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.

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Wife of a World Traveler

By Sherri Paez

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.

My name is Sherri Paez. I have married the man of my dreams, my best friend, and the person with whom I expect to spend eternity. He is a world traveler, and I'd like to share with you what that is like. I come from Iowa, where travel usually means crossing the Mississippi or driving down the Interstate Highway (I80) across our great country. Years ago, I unexpectedly met Vincent in an airport in Dallas, Texas, where he was attending a business conference. I was visiting my best friend from childhood, who moved from Iowa to Dallas. Vincent and I were taking the same flight, and we met at the gate. We chatted, exchanged email addresses and agreed to see each other again. Eventually, this led to a great friendship and a beautiful ceremony where we exchanged vows last June on the beach in Ocean City.

While we were dating, I would fly in to see him where he would be traveling, or I would see him in his home state of Florida. I have learned much about the world through this jet-set relationship. I also learned a lot about him. He tells me he is a pretty typical road warrior with all the quirks and habits. Above all, I learned that his number one travel companion is Big Red. Big Red is his suitcase, which he has used for all travel for years. It is a large red hard case suitcase with two robust wheels. He can pack for weeks or even months with Big Red. He can live out of it and never unpacks it during travel, except in Ocean City, where he can settle down in our home away from home. His toiletry bag inside

always has the same contents and is restocked when necessary. This man has been a creature of habit for years. When Big Red wears out, he buys the same model to replace it and keeps the name Big Red for the bag. Currently, he is on Big Red #5. Big Red is easy to pick out on the baggage carousel, and his name is on it in big letters. Vincent was amazed during one trip to London, when a drunken passenger, who arrived at the carousel before Vincent, accidentally took Big Red, instead of his own suitcase, which looked a little like Big Red. The drunken passenger's bag had a tag with a cell phone number on it, and Vincent called him (he had just left London Heathrow Airport in a taxi) to ask him to bring Big Red back.

The other thing I learned about is his love for his airline, United. He has been at the top levels of frequent flyers for years and will soon reach two million miles of travel with the airline. Sometimes, he will redeem his miles to fly me to exotic locations. Coordination of such trips can be challenging, because there are restricted dates that he can use these miles. But we make it work. Like his airline, he is in love with his hotel chain, Hilton, and his rental car company, Hertz. The treatment that we receive from United Airlines, Hilton Hotels, and Hertz is beyond compare, due to their loyalty programs. Vincent does complain a little, however, because all airlines are cutting back on benefits for their frequent flyer programs, and flying is not as fun as it used to be years ago. Still, I am glad he gets these benefits. He used his Hertz rental points once, when he picked me up in Chicago in October with a convertible Mustang. We put the top down, riding down I-90 in fifty-degree weather. This Florida guy just had to use the convertible, no matter what the temperature.

Another thing I learned is that he has an "airport mode"



Mr. and Mrs. Vincent Paez

of behavior. When he heads off to an airport, he becomes a fast moving robot with one goal in mind: make it to the plane. He gets a little cold and impersonal during this time, but I know I just have to be patient and let him focus. He cannot accept missing a flight or a gate change, because he was not on time or not paying attention. The trip gets fun

again, when we arrive at our destination and he is more relaxed.

Naturally, I cannot accompany him on all of his travels, especially when he travels far, for example, to Asia or Europe. While far away, he calls me regularly, and wakes me up in the middle of the night, when it is daytime for him. I don't think it's inconsiderate, because I love to hear from him, even if I'm completely groggy. Sometimes, he's out on the town in some city in Germany or China and finds a great live band. He will call me and let me listen to the band for a while, before we chat and he allows me to fall back to sleep.

Of course, it is a little difficult to be home without Vincent, while he is traveling. Oftentimes, we use Skype to talk and see each other live. Thank goodness for communications technology. We think the inventor of Skype should get the Nobel Prize, because it has enhanced our relationship over the years. Sometimes, he is jet lagged, when he comes home, and we have to take things slowly, like going out to eat or to a bar. But I can see how much he loves his job, and that makes me happy. If you ever marry a similar traveler, I recommend patience with your spouse. They most likely love what they do, otherwise they would not be doing it for so long.

Caring for Older Parents



You care about your aging parents. And yet, sometimes, you just don't know the best way to help them, especially when they are trying to remain independent.

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Raising the Black Flag of Surrender

continued from page 2

at a POW camp in Arkansas. He was released in 1946, returned to Germany. He became a journalist, serving with a newspaper, then as a foreign correspondent in London, Singapore, and India. He lived in Munich after his retirement and died on January 3, 2014 at the age of 95.

At Ft. Miles, the U58 submarine was toured by the public for a few days, then towed to the Philadelphia Naval Yard, where it was refitted to use for publicity for War Bonds. It was moved to New London, CT and later used in torpedo practice. It was finally sunk on November 21, 1947 by the U.S. Navy sub, USS Sirago, about 7 miles south of Block Island, RI.

U-Boat 858 was the first German submarine to surrender to U.S. and allied forces after the capitulation in May 1945. It was the first time an enemy ship had surrendered to the U.S. on our shores since the War of 1812! And it happened in Delaware!

Important to Delaware also were the 4300 prisoners of war who were held in Delaware during WWII. These men became essential labor for our wartime economy, replacing our missing manpower serving in the military. The primary POW Camp in Delaware was at Ft. DuPont in Delaware City. Italian and German POWs were also kept in branch camps elsewhere in New Castle County, in Dover at the Air Base, and several branch camps in

Sussex County, including Ft. Saulsbury at Milford, Ft. Miles, Bethany Beach, Bridgeville, Georgetown, Harrington, and possibly at the Bear Trap WWII radio camp in Ocean View. POWs helped build structures, worked in canneries, and provided labor at Dover Air Base. They worked for restaurants, grocers, and farmers. In Sussex County, POWs helped repair the Rehoboth boardwalk, helped harvest crops, and became essential workforce in Sussex County's poultry industry.

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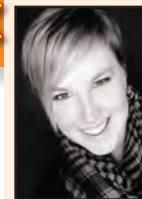
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Casey Lyn Goold, owner of **MindBodySpoon**. Casey is a Board Certified Integrative Nutrition Health Coach and graduated from The Institute for Integrative Nutrition. She has studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts.

Nothing Says 'I Love You' Like A Roasted Sweet Potato

Happy lovely February, everybody! If you're reading my article this month hoping to learn about ooey gooey sappy love drunk chocolatey goodness, you'll be disappointed. But don't panic, I've got something far more delicious than the cliché Valentine's Day specifics. Plus, who came up with the idea that flowers, that only die, and chocolates, that only cause the same reaction to your brain as cocaine, are the symbols for ones heartfelt undying love for another? Surely not this girl! Cooking is my passion and my number one way for showing love and appreciation. This month I'm sharing with you some of my most favorite recipes with my most favorite sweet treat this time of year, sweet potatoes!

Sweet Potato 101

Sweet potatoes have all these good qualities in them like beta-carotene, vitamin A, manganese, potassium, and fiber. Antioxidant and anti-inflammatory nutrients can be found in sweet potatoes; they also help regulate blood sugar levels and have antibacterial and anti-fungal benefits. All this deliciousness wrapped up in a delightfully orange, purple, or white colored tuberous root vegetable! Bonus: Root vegetables are great to help ground you in these long and cold winter months; yet another added bonus to living the delicious life of a sweet potato!

Enough of the nutrition talk, let's get to the good part....putting this deliciousness in our bellies!

Super Fast & Easy Sweet Potato Lovin'

For those of you new to cooking sweet potatoes, they are super easy and can be

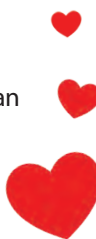
added to any meal, including breakfast. For those of you looking for quick cooking, this should be your go-to.

First, peel um', chop um' in chunks, and give um' a rub down with coconut oil. Next, lay um' out on a roasting/baking sheet, sprinkle with pink Himalayan salt, cracked black pepper, and a little bit of garlic powder. Finally, throw these chunkers in a 405 oven for 15-20 minutes, tossing um' at the half-way point. Roasted sweet potato chunks are delicious with a soft boiled egg in the morning, as a snack throughout the day, or as a super simple and nutrient packed side dish for dinner. Try advancing your sweet potato skills by slicing them into coins and roasting them the same way; makes for a thick sweet chip!

For another quick cooking option, stab a raw sweet potato several times with a fork, on all sides and opposite ends, place it in a 405 oven and bake it until a fork passes through with ease. Slice the sweet potato lengthwise and top with a dollop of almond butter. Now, how's that for ooey gooey deliciousness? Again, breakfast, lunch, or dinner, you pick. Just make sure you have a napkin handy either way!

Take Some Time With Your Sweet Potato Lovin' Mini Sweet Potato Pie

Makes 1 4" little pie
Adapted from The Sweetest Vegan
To make the crust you'll need:
1/4 cup macadamia nuts
1/4 cup pitted dates
1/4 cup shredded coconut
1/8 tsp cinnamon
Add all ingredients to a food proces-



sor. Blend till mixed, sticky, and flakey like graham cracker crust. Press in bottom of a 4" springform pan lined with parchment paper.

Freeze while making the filling.

To make the filling you'll need:

- 1 baked sweet potato without the skin
- 1/2 peeled banana
- 1/4 cup raisins
- 1 tsp vanilla extract
- Dash cinnamon & nutmeg

Add all ingredients to a food processor. Blend till smooth. Spoon into springform pan and place back into freezer for 1-4 hours. 15 minutes before serving take out of freezer and release from springform pan and add topping.

To make the topping you'll need:

- 1 large baked white or purple sweet potato without the skin (Okay to use a regu-

lar orange sweet potato but you won't have separation of color)

1/2 cup almond milk, at most.

Add sweet potato to food processor. Begin to mix while drizzling in almond milk until you reach the thick yet smooth consistency

of something you'll be able to pipe.

Add topping mixture to piping bag fitted with a 1M swirl tip.

Swirl topping in three layers to create a pretty peek. Enjoy this deliciousness by yourself or with your favorite love!

There is so much goodness in sweet potatoes, and the prep can range from simple to complex. Enjoy trying these new recipes and have fun coming up with ones of your own. Be sure to head on over to my facebook page, Mind Body Spoon, and let me know what's cookin!



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The Reality About Oil

If you've driven by the gas station lately you're probably happy to see that gas prices are pretty low. This is great for your wallet, but may not be so good for your investments.

A famous economist, John Maynard Keynes, once famously said, "Markets can behave irrationally longer than you can stay solvent." Oil companies and oil producing countries are learning the harsh reality of Keynes' observation.

Media outlets of all kinds have blamed the drop in price on plenty of different events. I've heard theories about a slowdown in China, Iran's sanction relief, Saudi Arabia's huge budget deficit, the US shale revolution and more as the reason for the huge drop in price. With such a vast range of culprits, it's easy to get sidetracked on the facts.

For starters, *oil's price is determined by 2 factors: supply and demand.* When there is more supply than demand, price goes down. When there is more demand than supply, price goes up.

Since price is down, there is more supply than demand. But, what is the culprit. Is supply up? Is demand down? Or, is it a combination?

Today, the world is consuming 95 million barrels of oil per day – about 3 million more than in June of 20141. So, demand is up which indicates that is not the source of the price drop.

Looking at supply, today the world is producing 97 million

barrels of oil per day – about 4 million more than in June of 20141. So, supply is up more than demand which indicates that supply is the culprit of the price drop.

In the US, companies have cut production because it's simply not profitable for some to operate when the price of oil is this low. But, other oil producers around the world are not operated by entrepreneurs who risk their own money. They're operated by governments. Brazil, Saudi Arabia, Russia and more countries fund a large portion of their government expenditures through the sale of oil. They have one tool American business don't: the ability to print money!

This has led the US Dollar to appreciate against the Brazilian Real 80%, and 120% against the Russian Ruble, since June of 20142. Since Saudi Arabia pegs their currency to the US Dollar, they can't depreciate their currency so instead they ran close to \$100 billion deficit in 2015 and have planned to cut government subsidies drastically in 20163.

The currency markets are driving all this volatility, in my opinion. United States companies sell their products all over the world. When their currency has appreciated as much as it has, it makes their goods that much more expensive. This will get

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resolved sooner rather than later once oil companies learn John Maynard Keynes' unfortunate lesson that markets can behave irrationally longer than companies can stay solvent.

- 1: Source: Bloomberg, IEA, Morgan Stanley Wealth Management
- 2: Source: Thompson One, Morgan Stanley Wealth Management
- 3: Source: Wall Street Journal

Nicholas Shevland is a Financial Advisor with Morgan Stanley Global Wealth Management in Lewes. 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 views expressed herein are those of the author and may not necessarily reflect the views of Morgan Stanley Wealth Management, or its affiliates. Morgan Stanley Smith Barney LLC. Member SIPC. © 2016 Morgan Stanley Smith Barney LLC, Member SIPC.

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It's not always easy for children to help their parents when they need in-home care. It's not always practical for sisters to help brothers when they don't live here in Southern Delaware. It's most difficult for spouses to help each other when one or the other has a serious or chronic illness.

When the need arises Seniors Helping Seniors is here for you when a family member is recovering from a stroke or has started to slip quietly into Parkinson's or Alzheimer's, or has other health issues. Seniors Helping Seniors is here to help your loved one with daily activities, to be supportive and to deliver respite (a 'break') to the person providing care.

An AARP report stated that "Most of us have cared for or will care for an adult friend or family member who is ill, frail or disabled." Some 40 million Americans are doing so now.

Three million of those family caregivers are over age 75. A high proportion of them, 68 percent, consider their situation highly stressful. Surveys show that between 40 and 70 percent of caregivers have significant symptoms of depression. They may feel isolated, resentful or frustrated. These feelings are understandable and normal. But when these emotions reach unhealthy levels, they can be managed by sharing those stories of your daily caregiving challenges and by seeking respite care to help carry the load.

"Perhaps the most important service we offer is respite care," says Amy Mcder-

mott, owner of the area's Seniors Helping Seniors here in Sussex County and lower Kent. "Caregivers think they can do it all. They may be able to but often it takes an emotional toll on them. The stress is the hardest to handle and that's where we come in. Seniors Helping Seniors can be called upon to assist your sister or spouse, your brother or father, with loving care and understanding. We are here for you. We will treat your loved one like they are part of our own family."

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The Heart of God

Insights by Nancy

God is always seeking us out. Whether it's a mundane day or a day full of joy, sorrow, confusion or despair, Jesus said, "For the Son of Man came to seek and to save the lost." (Luke 19:10 NIV).

The Heart of God actively chooses to seek us out and make himself available to us even before we start looking for him. It is often in times of trial or heartache when we reach out to Him. But be rest assured, God knows your circumstances and is waiting to celebrate in joy, sit with you in sorrow or walk with you through the trials and disappointments of this life. All that is needed is simply an open heart

to receive the vastness of His boundless grace and great love! "My flesh and my heart may fail but God is the strength of my heart and my portion forever!" (Psalm 73:26).

February has long been celebrated as a month of romance and love, and that Saint Valentine's Day as we know it today, contains vestiges of both Christian and ancient Roman tradition.

"Above all else guard your heart for everything you do flows from it." (Proverbs 4:23). Blessings dear ones, may every heart decoration you see be a reminder that God loves and cares for YOU as if you were the only ONE!

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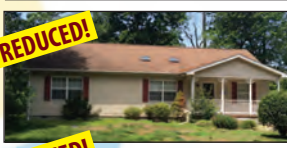
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Could You Be A Victim of FRAUD?

By Bernadette Dunn

Taxpayers Beware!

There are fake calls supposedly from the Internal Revenue Service ringing telephones across Delmarva. If you receive one of these telephone calls, they sound electronic in nature. They vaguely mention that the IRS is bringing a lawsuit against you. These calls are dangerous because they can rattle the unsuspecting person who is called. Sometimes that call can help the caller get more of your personal information. People can be shaken and unwittingly divulge things like their names, Social Security numbers and other information that criminals can use.

Another scam is an email supposedly from the IRS. The IRS does not call or

email taxpayers so do not provide any information if you receive either kind of communication.

Statistics have reported that over 2.4 million people were subject to identity theft in the year 2013. That number will substantially increase for 2014 and 2015.

Some of the tax related issues that could be indicators of fraud include:

- Receiving a notice of adjustment from the Internal Revenue Service indicating that you had not reported all of your W-2 income for a particular year. Further inspection reveals that the W-2 income is from a place that you never worked.
- Filing your tax return electronically

and having it rejected with an explanation that a return has already been filed.

- Receiving a collection notice, or other correspondence from the IRS informing you that you have a balance due or refund offset.

This year the IRS is using a pilot program to print a 16 digit code on a select group of W-2s. Certain employers and payroll processing companies are also working with them on a voluntary basis to help with this pilot program. This code was devised in an attempt to control some of the W-2 fraud that is occurring.

We all know that we need to guard our

personal information. Most of us know someone who has been through the nightmare of identity theft.

If you have any of the issues that I mentioned above, see your tax professional and get to the bottom of the problem.



Bernadette Dunn is an Enrolled Agent located in Milton, Delaware. She is the owner of **B Dunn Tax Services, LLC**. Her practice focuses on tax preparation and tax resolution. She can be reached at (302) 645-5698.

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