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January 2016

Local news for the people, by the people

Vol. 4 Num. 1

www.hightidenews.com

John Middleton Clayton Delaware Statesman Born in Dagsboro

By Sandie Gerken

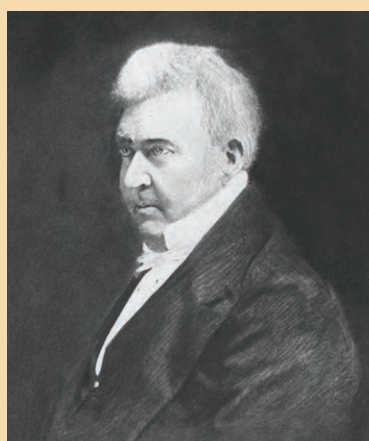
One of Delaware's most prominent statesmen was born in Dagsboro, Delaware on July 24, 1796 in a house that once stood on the corner of Main and Clayton Streets, just across from the present town



BIRTHPLACE OF JOHN M. CLAYTON.
DUNSMITH, DUNSMITH.

Sketch of John Middleton Clayton Birthplace,
By Delaware artist, Robert Shaw,
Courtesy of Hagley Museum and Library

hall. The Clayton House Hotel later occupied this spot circa 1880. He was the son of James and Sarah Middleton Clayton, a well-educated family of some means. James Clayton established a tannery in Dagsboro and was a classic literature scholar. John's uncle, Dr. Joshua Clayton was a former Governor of Delaware and his cousin, Thomas Clayton was a prominent lawyer, senator, and judge. John M.'s great-great-grandfather, Joshua Clayton brought the Clayton family to America in 1682 with William Penn. Sarah Middleton was from a prominent Eastern Shore family. John



Portrait of John Middleton Clayton,
Courtesy of Wikimedia commons,
in public domain

M. was named for his father's brother, John Clayton, a one-time jurist and sheriff of Sussex County. John M. Clayton started his education in Dagsboro with primary classes held at Prince George's Chapel. Determined to give him the best education available, his family sent him to an academy at Berlin, Maryland. While John M. was at school in Berlin, his family moved to Milford to live in the Parson Thorne Mansion there. John M. disliked the boarding school, so he convinced a schoolmate, the son of a judge to run away and walk to his parents'



Photo of Buena Vista,
Courtesy of Delaware Archives

home in Milford. He was later schooled in Lewes and in Milford. A well read, precocious boy, he was greatly interested in politics and had an aptitude for debates and speeches. In 1811 at the age of 15, he entered Yale College in Connecticut to study law. He returned to Delaware in 1815, having graduated with the highest honors of his class. He studied law in

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choice
care
comfort

DELAWARE HOSPICE

Since 1982

Submitted by Jennifer Saienni,
Public Relations Specialist, Delaware Hospice

The origins of America's early movement toward embracing hospice care originated from an effort calling for kindness, care and friendship toward individuals coping with a life-limiting illness. British physician Dame Cicely Saunders and Dr. Elisabeth Kubler-Ross each served as early pioneers of the hospice movement, making significant contributions toward educating the public about the unique needs of individuals coping with the end-of-life.

In 1976, Dr. Dorothy Moser, a faculty member of the University of Delaware's Department of Nursing, heard a visitor from the U.K. speak about hospice at the Delaware Medical Association. She was so inspired, she decided to get some

students involved, and took a journey with them in 1978 to visit a hospice in Sheffield, England. Dr. Amy Hecht was serving as the Chair of the University of Delaware's Nursing Department when she began hearing about hospice in the late 1970s. Their efforts, combined with a generous gift from the Episcopal Diocese, led to the founding of Delaware Hospice in 1982.

We started in 1982 through the concern of the Delaware community. Members of the community felt Delaware needed hospice services and we were founded through their generosity of time and monetary gifts. Over the years, we have continued to grow with services in each of Delaware's counties (New Castle, Kent, and Sussex) as well as Chester and Delaware Counties in Pennsylvania. We are still the only non-profit hospice agency in Delaware.

in 2008, our goal was to provide round the clock care for our patients and families. We continue to see growth in our services as the Delaware population continues to age. Delaware Hospice has become synonymous with providing the highest quality hospice and healthcare services, and serves as a trusted community partner in end-of-life education and support.

The Delaware Hospice Center provides expert care for hospice patients and their families who require short-term stays for caregiver education, respite care, transiting from hospital to home, or pain and symptom management.

The Center has 16 private, patient-family suites are set in a comfortable and peaceful home-like atmosphere, with space for the family to gather. A team of professionals provide specialized hospice care 24 hours a day, allowing family members to spend quality time together. Visitors are encouraged to use the family oriented spaces including the country kitchen, living room, family room, and a children's playroom. Families will also enjoy strolling through the beautifully landscaped gardens.

Delaware Hospice has earned The Joint Commission's Gold Seal of Approval® for Home Care Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective care.

Delaware Hospice underwent a rigorous on-site survey in January 2015. During the survey, compliance with home care standards reflecting key organization areas was evaluated, including the provision of care, treatment and services, emergency management, human resources, individual rights and responsibilities, and leadership. The accreditation process also provided Delaware Hospice with education and guidance to help staff continue to improve its home care program's performance.



Susan Lloyd, RN, MSN
President and CEO
Delaware Hospice

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Delaware Hospice, continued from page 1

Established in 1988, The Joint Commission's Home Care Accreditation program supports the efforts of its accredited organizations to help deliver safe, high quality care, and services. More than 6,000 home care programs currently maintain accreditation, awarded for a three-year period, by The Joint Commission.

"When individuals engage a home care provider they want to be sure that provider is capable of providing safe, quality care," said Margherita Labson, RN, M.S., Executive Director, Home Care Accreditation program, The Joint Commission. "As the home care setting becomes increasingly popular, it is important that home care providers are able to demonstrate that they are capable of providing safe, high quality care. Accreditation by The Joint Commission and the gold seal serve as an indication that the organization has demonstrated compliance to these recognized standards of safe and quality care."

"Delaware Hospice is pleased to receive accreditation from The Joint Commission, the premier healthcare quality improvement and accrediting body in the nation," added Delaware Hospice President and CEO, Susan Lloyd, MSN, RN. "Staff from across our organization continue to work together to

strengthen the continuum of care and to deliver and maintain optimal home care services for those in our community."

Delaware Hospice has also earned the Elite Status in the 2015 Hospice Honors from Deyta. As a data-driven management company, Deyta works with thousands of healthcare agencies including Delaware Hospice to compile accurate, up-to-date survey information.

Each year, Deyta recognizes the top partnered hospices through a comprehensive analysis of the Family Evaluation of Hospice Care (FEHC) Survey. Eighteen satisfaction indicator measures are reviewed by Deyta from the previous year (October 2013-September 2014) and then compared question-to-question based on national averages from approximately 1700 partnering hospices.

To be considered, a hospice must first have an average higher than the national average on the FEHC for Willingness to Recommend. Hospice Honors recipients need an average higher than 16 of the 18 evaluated questions. A named Hospice Honors Elite member, such as Delaware Hospice must have scored better than the national average on all 18 of the evaluated questions.

"Delaware Hospice staff members work hard each and everyday to ensure our patients receive the highest quality hospice and healthcare services," commented Tracy Tull, RN, MSN, CHPCA, Vice President, Compliance & Education for Delaware Hospice. "Being named a Hospice Honors Elite member is a special mark of distinction as it is a testament to our mission to continuously be a trusted community partner in end-of-life education and support."

Delaware Hospice has been able to be in business for the past 33 years because of our employees. Their passion and dedication to their patients and the organizations has set us apart. Since we were founded in the Delaware by Delawareans our mission and drive to be successful is intertwined in the state.

We offer a variety of programs for a variety of Delawareans.

Transitions offers non-medical support for people coping with serious illness.

Delaware Palliative- offers symptom management and psychosocial support to seriously ill people who are still seeking curative treatment.



Delaware Hospice- focuses on meeting the physical, emotional, and spiritual needs of patients and families with life-limiting

illnesses through the care of a multidisciplinary team of professionals.

Delaware Hospice Center- offers a higher level of specialized, 24 hour care to hospice patients who require symptom management.

New Hope- supports children and teens who are coping with loss.

Delaware Hospice staff members are able to understand the needs of the community when it comes to end-of-life issues. As a home-grown organization we are Delawareans that know the community's needs firsthand.

We hope to continue to provide the highest quality hospice and healthcare services, and serve as a trusted community partner in end-of-life education and support community families.

www.delawarehospice.org
1-800-838-9800
302-856-7717

John Middletown Clayton, continued from page 1

the law office of his cousin, Thomas Clayton. John M. then entered Law School in Litchfield, Connecticut. During this time, his family suffered financial difficulties, so John M. left Litchfield in 1818 after one year and eight months to help out at home. His father went bankrupt, later died and was buried behind the Milford mansion. Clayton was admitted to the bar in 1819 and practiced law in Superior Court, Georgetown. By 1820, Clayton was well known as one of lower Delaware's finest lawyers. He opened a law office in Dover and practiced there throughout his entire professional career. As the sole supporter of his mother and siblings, he traveled weekly from Dover to Milford to attend to the family.

It has been written that few lawyers equaled him and none exceeded him in knowledge of the law. He was known to seek out the most difficult cases. At

age 20, while still studying law under his uncle, he clerked in the House of Representatives in Dover. He served as a representative in the House from 1824-1826. Clayton became the Secretary of State of Delaware from 1824-1828 under Governors Paynter and Polk. Conservative in his politics, he gained support of the Whigs, a precursor of the Republican Party and became a leader of that party. In 1829 he was elected to the U.S. Senate, serving six years. He declined re-election, but the General Assembly elected him anyway, only to have him resign. In 1831 he represented Kent County in the State Constitutional Convention, where his plan to reorganize the state's judiciary was adopted. He was instrumental in writing the state constitution. He became Chief Justice of Delaware in 1837. He was again elected to the U.S. Senate in 1846, serving until February 1849, when he resigned to

become the nation's 18th U.S. Secretary of State under President Zachary Taylor, a Whig president. Clayton's most notable accomplishment during this time was the negotiation of the Clayton-Bulwer Treaty of 1850. This treaty guaranteed

the neutrality of the Isthmus of Panama and laid the groundwork for the building of the Panama Canal. His tenure ended in July 1850 at the death of President Taylor, both serving only 16 months. He was elected once again to the U.S. Senate, serving from March 1852 until his own death on November 9, 1856. 1856 was the very year that the Republican Party conducted its first National Campaign.

John M. Clayton married Sally Ann Fisher, daughter of Dr. James Fisher of Camden, DE in 1822. They lived in Dover on the Green. Of three children born, only two sons, James and Charles, lived. Sally died in on February 18, 1825 at the age of 25, three days after the youngest son was born. Clayton never remarried and raised his sons himself. He built a new home below Hare's Corner in 1845, calling the Greek Revival mansion "Buena Vista" in honor of Whig General Zachary Taylor's Mexican War victory. A scientific farmer, he cultivated his 325 acre property and gained a reputation as an agriculturalist. His two sons never married and both died in their early 20s. After the death of his second son, Clayton sold Buena Vista to his nephew, James Clayton Douglass and moved back to Dover where he died of a complication of diabetes and obesity during a Congressional recess. He is buried there in the old Presbyterian Cem-

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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

Local news for the people, by the people

High Tide News is published every month, year-round, and delivered by the U.S. Post Office to homes in Sussex County, Delaware.

Subscriptions are available at:
<http://www.hightidenews.com/subscribe.html>

Volume 4 Number 1 January 2016

Publisher: Layman Enterprises
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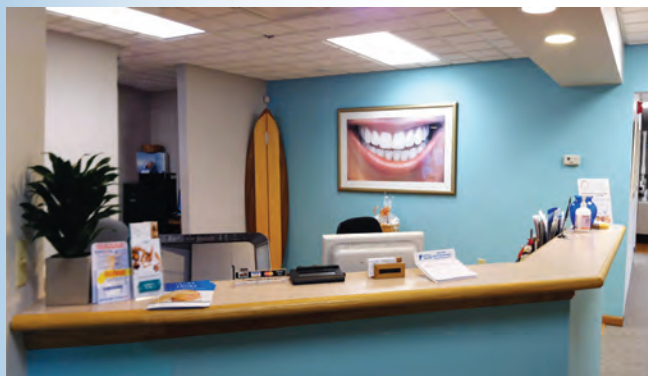
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John Middletown Clayton, continued from page 2

etary, now on the grounds of the Delaware Museum. At his death, Congress wore black arm bands and adjourned for 30 days. Presented in 1934, a statue of Clayton represents Delaware in the Capitol in Washington, D.C. John M. Clayton's descendants today are from his sister, Harriet Clayton, who married Walter Douglass. From this line descended a future Delaware Governor, C. Douglas Buck.

John M. Clayton was well-respected for his accomplishments as an attorney and statesman. He was known as a great orator and skilled debater. He has been described as a strong, robust man, over 6 feet tall, being very gracious, a great conversationalist, friendly, patient, and powerful. He was active against the kidnapping and

trafficking of slaves in Delaware and was set to prosecute Patty Cannon. He promoted the building of the railroad in Delaware. Buena Vista, his mansion in New Castle County, now serves as a conference center for the State of Delaware. Clayton Hall at the University of Delaware is named in his honor. Of course, Dagsboro honored its native son by naming the John M. Clayton School as well as the Clayton Theatre for him. The Kent County town of Clayton was named for him, as well as a city in Iowa, honoring his terms in the U.S. Senate.

Once considered the most successful politician in Delaware history in terms of party leadership, John M. Clayton played a major role in promoting the Whig party for over two decades.

He was born during Washington's presidency, came to the Delaware bar during Monroe's term, served under President Taylor, and died as Buchanan became President. We should respect and honor him for his patriotism and distinguished service to both our state and country.

SOURCES:

- Delaware A History of the First State, vo. III, Henry Clay Reed, editor, c. 1947
- History of Delaware 1609-1999. Thomas Scarf, 1888
- The History of Sussex County, Richard Carter, 1976
- Gath's Literary Work and Folk, Jerry Shields, Delaware Heritage Press, April 1996
- History of the State of Delaware, Henry C. Conrad, 1908

2nd Annual UUSD Sock Hop

Dance the night away on Saturday, January 16 at the 2nd Annual UUSD Sock Hop to be held at the Unitarian Universalists of Southern Delaware (UUSD) located at 30486 Lewes Georgetown Highway, Lewes and featuring local singer Cathy Gorman and songs from the 50's and 60's. There will be refreshments, games and prizes for the best dancers and best costumes (costumes encouraged but not required).

Tickets are \$20 per person and can be purchased in advance, contact Gwen Johnson at sailor4428@gmail.com or at 302-396-7107. Limited tickets available at the door starting at 6:00 p.m.

Cathy Gorman takes you back to the songs that created memories! She will get you going with her Big Band and World War II renditions. Then get you hopping and bopping to the 50's and 60's rock and roll era. Want to hear some country favorites? Let her sing a few Patsy Cline classics! So get out those poodle skirts, white t-shirts, black motorcycle jackets and saddle shoes and let Cathy take you back to that "Remember When Time"!



STATE AND NATIONAL ORATORICAL SCHOLARSHIP PROGRAM

The purpose of The American Legion High School Oratorical Scholarship Program "A Constitutional Speech Contest" is to develop a deeper knowledge and appreciation of the Constitution of the United States among high school students. Other objectives of the contest include the development of leadership qualities, the ability to think and speak clearly and intelligently, and the preparation for acceptance of the duties and responsibilities, rights, and privileges of American citizenship.

Scholarships Scholarship awards are presented to the three finalists in the final round of the national contest as follows: 1st place: \$18,000; 2nd place: \$16,000; 3rd place: \$14,000. Each department (state) winner who is certified into and participates in the first round of the national contest will receive a \$1,500 scholarship. Each first round winner who advances to and participates in the second round, but does not advance to the final round, will receive an additional \$1,500 scholarship

to pursue education beyond high school. The national organization of The American Legion will award scholarships to the three finalists, department winners, and first round winners who are eliminated during the second round of competition. These scholarships may be used to attend any college or university in the United States. A contestant must give both his or her prepared oration and the assigned topic discourse to receive the scholarship. In addition to the scholarships awarded by the national organization, there are several hundred scholarships awarded at the discretion of intermediate organizations, to participants at post, district or county, and department levels of competition.

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"

Department contests

Arrangements for contests leading to the department finals shall be the responsibility of each department (state) organization of The American Legion. For those levels of competition prior to the department finals, the rules and regulations set forth in this brochure are not mandatory — they are offered as a guideline. However, all department finals contests shall conform with national contest procedures, rules and regulations, if the department wishes its finalist to compete in the national finals. A winner certified to the National Americanism Division of The American Legion by a department which did not conduct its final competition in conformity with the rules and regulations as set forth herein may, in the judgment of the director of the Americanism Division

or the director's representative, be disqualified from competition in the national contest. Each department may certify one contestant into the national contest. If for any reason the department winner is unable to compete in the national contest, the department first runner-up may be substituted following approval by The American Legion's National Americanism Commission. A department first runner-up accepted into national competition will be entitled to all national awards, entitlements and compensation that the department winner would have received had he/she participated at that level.

For further information about the Delaware competition please contact: Charles Armbruster: 302-478-7591 or armbruct@hotmail.com.

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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.

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

The 33rd Annual Seaside
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Can You be Inconspicuous Abroad?

By Vincent Paez

Let's face it; the world is inherently a dangerous place. When traveling abroad, I prefer to go to the less dangerous locations, simply because I don't feel like being pick-pocketed, kidnapped, or taken advantage of in any way. I want to sightsee and do business and be safe. So I don't travel to risky places like Nigeria or Yemen. But even in the safer places, like Western Europe, China or Japan, I like to play it safe and not draw too much attention to myself as an American. Whether we like it or not, Americans are targets abroad, because of our country's politics and we always carry money. I would never deny that I am American, if someone were to ask me my nationality. But I prefer to not draw attention to myself as an American to stay as safe as possible.

So how does one do this? How does one neutralize looking or seeming American while traveling abroad? It is not easy, because we are who we are, and it is extremely difficult to hide who we are. I have a few tips that I always follow, and I'd like to share them with you, in case you ever need them.

Dress code:

Wear regular shoes, not sneakers (tennis shoes). Sneakers are a dead give-away that you are American. Most of the world is more formal than us, and sneakers are used for sports, not for travel through an airport. There are very comfortable shoes available that you can use instead. If you do wear regular shoes, men, do not wear penny-loafers. Only Americans wear penny loafers. Don't wear khakis. Only Americans wear khakis. So if you are wearing khaki pants with penny loafers in a foreign city, you might as well carry a big sign saying, "Hi, I'm American." We are also the only nationality that wears blue jeans, sneakers and a suit jacket. Where this combination came from, I have no idea, but I see it often abroad worn by Americans. And finally, don't wear sweats abroad. Sweats are for exercising, not for traveling.

Speech:

Try not to use obvious American lingo. The following are some examples and suggested alternatives:

Example:	Alternative
Y'all	You (or all of you)
Awesome	Great
Bathroom	Toilet
The word "I"	Don't use it so much. Most cultures don't talk about themselves like we do.
Oh my God!	Don't react so strongly to things. We're more vocal than other cultures.
F bombing/cussing	Don't do it. We cuss more than any culture I have encountered.
Complaining	We are used to great products/service. Don't complain if you don't get it.
Criticizing	You are not in your country. Don't criticize or compare things to the USA.
Talking politics	Don't. You'll give yourself away for sure.
Your life story	Only Americans tell their life story to the waiter. Don't.

Food:

Try new things without a smirk on your face. Yes, it may be gross to you, but you need to show no disdain for the strange flavor. After you're done, order something you know and like. But try to keep it simple like bread. Don't ask for peanut butter and jelly, because we are the only culture that eats PB&J. If you don't drink or smoke, you can turn down alcohol or a cigarette, but if you go on and on about how you don't drink or smoke, because it's not healthy, you're trying to lose weight, blah, blah, blah, they will know that you are American. Just say, "No thank you."

Nightlife:

There are bars and nightclubs which cater to Westerners and Americans. I love to explore these, especially if they have live music. But such places can be targets for people who are out to hurt us. I would suggest having fun, while being vigilant and aware of things going on around you. It would be a mistake to get sloppy drunk in a pub with all Americans, so that you could not detect any trouble around you.

Travel problems:

Travel can be frustrating at times. Flights get cancelled. Hotel reservations sometimes have a way of disappearing. Quality of food can vary tremendously. When faced with these problems abroad, try to be as patient as possible. You can avoid the reputation of the "Ugly American" by being pleasant and patient.

Most of the time, you will find that people abroad are very interested in you as an American. They see so many American movies and hear American music. Most of the time, you will be greeted with politeness and interest. Eventually, people that you meet will figure out that you are American. Still, sometimes you may want to tone it down a little and be inconspicuous. So go and enjoy your international trip and leave the penny loafers at home.

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!"



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Be a Resolution Renegade!

The start of a new year is always the reset button for most of us; a time to work on ourselves, quit a nasty habit, learn something new, or dedicate more time to our hobbies. When jumping on the New Year's Resolution bandwagon, it's important to focus on a few key points.

Be Realistic!

Make sure your resolution is something you know you can actually accomplish, something within your personal limits, not just because "everybody is doing it". Setting yourself up for failure is a major reason we don't continue to work on our

New Year's Resolution year-round and the reason 88% of resolutions end in failure by January 4th. When working on a new goal with my clients, my number one piece of advice is to start small. Find something you know you can accomplish or see results from in a short amount of time. You success will keep you interested, make you want more results, and most importantly, boost your self-esteem.

Find An Accountability Buddy!

Whether your resolution is to get healthy and lose weight, quit smoking, or learn to play the saxophone, find someone who will hold your feet to the fire. Choose someone who will accompany you, be there to talk to when the going gets tough, and someone who will be excited for your small successes along the way. Obtaining goals are sometimes not pretty, sometimes seemingly impossible, but it's having people in our corner to celebrate our highest highs and push us through our lowest lows that mean the most to us. If you can't think of anyone, call me; as a board certified health coach, extreme accountability is the driving force behind my program!

Celebrate!

Yay for you! Yes, you did it! Make sure to celebrate your smallest successes; losing 3 pounds, only having 5 cigarettes in a day as opposed to 10 or 20, or learning to play a scale on your new saxophone. Often times we forget to celebrate our simple successes and look to only congratulate ourselves for our major triumphs. There's no fun in that and that's no way to keep ourselves interested! Your celebrations



along the way will make it much more enjoyable to conquer your resolution and keep you on track for your big win. So, enjoy that piece of sinful chocolate cake you've been dreaming of, have fun dancing during your night out on the town, or buy that new shirt you saw in your favorite store. You...are...awesome!

Now that you know how to keep a

successful New Year's Resolution, what's it gonna be?

For a chance to win 1/2 off a 6 month program, head on over to my page, Mind Body Spoon, on Facebook and let me know. The lucky winner will be announced Monday, January 14th.

May all of you find health, happiness, success, love, and prosperity in the coming year. Most importantly, best of luck as you journey through your New Year's Resolution. 2016 is your year! A new you is waiting!

Could one conversation change your life? Schedule a complimentary initial consultation with me today!

I can be contacted via my cell: 302-437-5262, by email: mindbodyspoon@gmail.com, through my website: www.mindbodyspoon.com, or on facebook: www.facebook.com/mindbodyspoon



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

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Rehoboth Beach Chocolate Festival Seeks Food Industry Professional Participants

Rehoboth Beach – Organizers of the Rehoboth Beach Chocolate Festival are looking for food industry professional participants for the event on Saturday, April 2, 2016, at the Atlantic Sands Hotel & Conference Center. Last year's event sold out and more than 800 attendees are expected for 2016! There will be eight judged categories that include: Brownie, Cake, Cookie, Pie, Ice Cream, Other and Showpiece (non-edible). Event proceeds benefit Rehoboth Beach Main Street. For food industry professionals interested in participating and more event information please contact Rehoboth Beach Main Street at 302.227.2772 or email info@downtownrb.com.

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IF YOU THINK YOU'RE TOO OLD, ***THINK AGAIN!***

By John J. Meggiolaro

What do Clara Barton, Leonardo da Vinci, Cervantes and Jessica Tandy all have in common? They all achieved success well after reaching the age of 50. The morale here is that you are never too old to start your journey to success and achievement.

In fact, most of us have followed this very pattern. Sure there are notable exceptions such as Mozart, Shirley Temple and Albert Einstein, but they are really the exception rather than the rule. The truth is that personal growth is an ongoing and life-long process that is only limited by the restrictions we place on ourselves. If you can dream, you can achieve. It's truly more about desire than possibilities.

What is the downside of expanding your knowledge and understanding, setting goals that will make your life more focused and rewarding and having the chance to see the world in an entirely different context? There is none! Achievement is blind to age, nationality, gender, physical status or station in life. It's about becoming rather than having been.

A simple way to get started is to identify a goal that you want to achieve this week. Make it easy and meaningful and then go out and do it. Keep repeating this approach and you will soon realize that you can do whatever you desire.

Robert Louis Stevenson summed it up quite nicely when he said “to be what we are and to become what we are capable of becoming is the only end in life”.

So drop the “age baggage” and start becoming. You will be amazed how your life will change for the better.

John is a Principal and the Managing Partner of the **Travid Group**, a consulting firm that specializes in Developmental Coaching (mastering the art of self-leadership).



John can be reached at 302-945-1123 or via email at jmegg@thetravidgroup.com.



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If you own bonds... *Fore!*

On a busy summer day there is a pretty good chance I'll hear someone scream "fore" when I'm out on the golf course. This is the universal language for "duck and cover and hope not to get hit by a golf ball."

After the Fed raised interest rates on December 16th, it seems the bond market is screaming, "Fore!" Many bond investors might be in for a rude awakening if interest rates start to rise.

This is because most bonds follow the standard rule that **as interest rates rise, bond prices go down.** Let me explain with a grossly overstated example.

Imagine, today, you invest \$100 in a 10 year US Treasury Bond with a 2% interest rate.

If you hold the bond for 10 years, you'll get \$2 of interest each year, for the next 10 years, plus your \$100 back at the end of 10 years.

Fast forward to five years from now and assume interest rates on a 5 year US Treasury bond moved up to 15% (remember this is an exaggerated example).

For whatever reason, you're in a predicament and need to sell your bond after five years of ownership. However, here is the problem with rising interest rates: Why would someone buy your bond with a 2% interest rate when they can buy the same bond and get a 15% interest rate?

The unfortunate answer for someone wanting to sell their lower interest rate bond is that they'll have to sell it for less than they paid. After doing some math, the going market rate in this example would be: \$56.42 as opposed to the \$100 originally invested.

Now, the above example is an illustration meant to highlight what happens to bonds when interest rates rise and is quite far from current reality.

The truth about bonds is that they are not all the same. There are floating rate bonds, high yield bonds, municipal bonds, corporate bonds, short term bonds, long term bonds and more. They all behave very differently when interest rates rise.

The key to investing in bonds going forward is to have a plan. The next 30 years will most likely look a lot different than the past 30 years. If you're searching for a relationship to help you establish this plan, take 10 minutes to plan for the next 10 years and reach out to me, Nicholas Shevland.

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 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.

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



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The Gift

We can look ahead to all that 2016 has to offer now that all the tinsel dust has been vacuumed, kids are back in school, and our daily routines have returned. Although, not in the way of resolutions or goal setting, but in the truth of knowing that: "Jesus Christ is the same yesterday and today and forever" from Hebrews 13:8. It makes a quote attributed to by Alice Morse Earle all the more meaningful.

Insights by Nancy

"Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it is called the present."

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New Name Brings New Life to Funeral Home Celebrating 120 Years

Bishop-Hastings Funeral Home rings in the New Year with a Rebranding Ribbon Cutting Ceremony held on Tuesday, December 22, 2015 to commemorate its new name. Family and friends joined new owner, W. Bryan Bishop, Jr., along with Selbyville Mayor, Clifton C. Murray, and State Representative, Ron Gray, in celebrating the rebranding. Having worked at the home since 1994, Bishop wanted to maintain the long-standing history of Hastings Funeral home by simply adding Bishop to the name. The ceremonial ribbon cutting was followed by a reception in the parlor to showcase the lovely facility.

The funeral home was founded in 1896 by Paynter F. Watson, and today, just as it has since 1896, the tradition continues. After 120 years, the Bishop-Hastings Funeral Home is still providing professional and compassionate service to the families it serves in Delaware and Maryland. Bishop is a licensed funeral director in both Delaware and Maryland. He is a member of the National Funeral Directors Association, the Delaware State Funeral Directors Association and the Delmarva Funeral Service Association.

Bishop-Hastings Funeral Home is located in downtown Selbyville, at 19 South Main Street which is also State Route 54 East. For more information, check out the website at www.hastingsfuneralhome.net.

Submitted by Emilie Cook, Communications Manager, Bethany-Fenwick Area Chamber of Commerce.



Front Row (left to right): Nancy Hoeflich, Harry Hammond, Sonia Baker, Sandra Schlesinger, Carrie Hudson, Mayor Clifton Murray, Wyatt Bishop, Amy Bishop, W. Bryan Bishop, Jr., Bry Bishop, Peggy Bishop, Representative Ron Gray, Louise Lynch
Second Row (left to right): Kristie Maravalli, Veronica Bona, Richard Mais, Sue Nilsson, Lisa Nugent, David Hedges

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