

# High Tide News

January 2017

Local news for the people, by the people

Vol. 5 Num. 1

[www.hightidenews.com](http://www.hightidenews.com)

## The Lewes Beach Enterprise of *Lil Lawrence* ... Gone But Not Forgotten

By Sandie Gerken

As a seacoast town, Lewes was thriving with maritime businesses at the turn of the 20th century. The construction of the government "Iron Pier" in 1871-1882 as a public port dock added to the need for hotels and inns along the waterfront. In 1875, Capt. Andrew H. Baker built a ship chandlery and a hotel, locally known as the Iron Pier Hotel. Baker sold the hotel in the spring of 1899 to continue other business interests in town. By 1900, Miss Lil Lawrence was operating her waterfront enterprise, a "boarding house for ladies" in this hotel on the north side of the pier. Miss Lil's thriving establishment was a well-known disreputable or "disorderly" house.

Some documentation exists about Miss Lil's infamous career in Lewes from about 1895 through the 1920s. Gossip and hearsay have added to the story that continues to be told as a part of Lewes' colorful history.

I learned about Miss Lil from my good friend and Lewes historian, Mrs. Hazel D. Brittingham.

Ms. Hazel has given several talks about Lil and her waterfront establishment. Over the years, she talked with many Lewes residents, now deceased, who remembered Miss Lil or heard stories from their parents. Ms. Hazel's meticulous documentation of facts support the local lore and provide a fascinating story of a "fallen woman with a heart of gold."

Census records of 1900, 1910, and 1920 document Lil Lawrence's "boarding house" and name her boarders, all young women from Baltimore or Pennsylvania. Appropriately, one girl's name was listed as "Trixie". Their occupa-

tions were listed as "own income". A deed from 1900 shows Miss Lil Lawrence's location adjacent to the Iron Pier. This location would be where the Cape Shores community now sits.

When ships docked inside the breakwater, the crews would head for Miss Lil's for a lavish dinner of wild duck, turkey, or roast beef, deli-

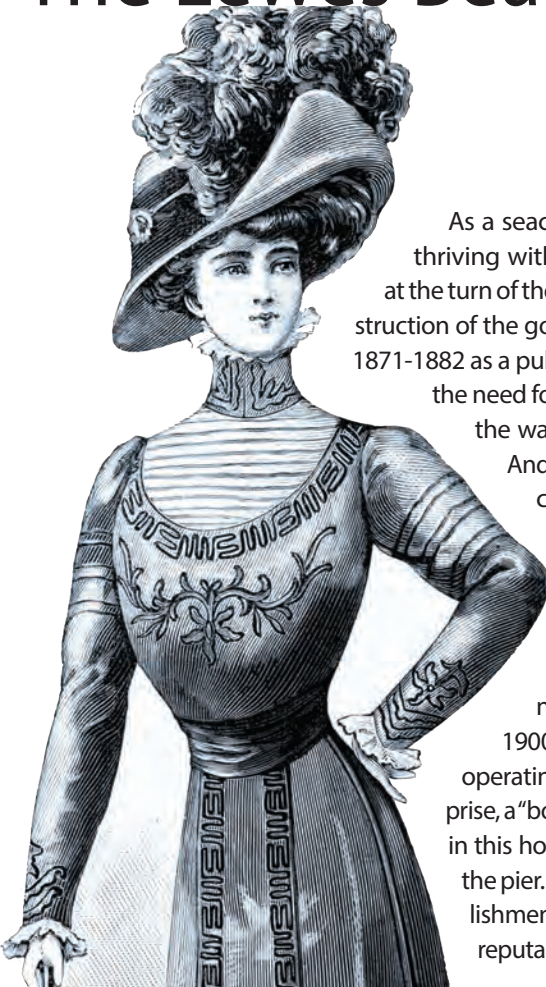
*a "fallen woman with a heart of gold."*

cacies, and fine French champagne. She always had a half a dozen girls as hostesses to entertain the captain and crew. It

was rumored that the ship captains noted the location of Miss Lil's establishment, along with shoals, reefs, and sandbars, on their nautical charts.

Lil would drive into town in advance of a large ship's arrival to order her banquet supplies. Dressed in the latest fashions, she rode in a carriage driven by a liveried driver with a pair of matching horses. Often she would be accompanied by some of her "painted ladies";

continued on page 2



### Amazing Entrepreneurs of Sussex County

#### Kathryn Cieniewicz, PT, MSPT, CAPS, CEAC

has "The Stuff of Leadership"



High Tide News is honored to present Kathryn Cieniewicz as the first in a series of articles introducing *Amazing Entrepreneurs of Sussex County*.

Since starting this little newspaper a little over 3 years ago, I have been totally amazed at the number of talented, successful people I have met who have had the courage, integrity, vision, and drive to succeed at their own individual passions. ...Kathryn is one of those people.

Kathryn was recruited by Leadership Delaware, Inc. and has recently completed their 10-month program. Armed with her knowledge, integrity and drive, Kathryn Cieniewicz undoubtedly has a very bright successful future in Sussex County. Judy Layman, Publisher

#### Leadership Delaware, Inc.

Leadership Delaware, Inc. (LDI) "recruits and mentors outstanding young Delawareans who have the "stuff of leadership", the potential, passion, and courage to excel at community, nonprofit, political, professional, and corporate leadership within the First State."

In this intense ten-month program, fellows (participants) meet and hear more than 130 prominent and accomplished Delaware leaders, who present on topics including the economy, healthcare, education, finance and banking, the nonprofit sector, corporate governance, agriculture, energy, and more. The program challenges participants to rise to ever higher levels of

leadership and accomplishment in 1. their career field and profession, 2. the nonprofit sector, and 3. government and politics. After a very intense, challenging and competitive application and interview process, the interview committee, comprised of graduate fellows and Board Members, selected Kathryn Cieniewicz among 25 young leaders for their eighth class. Learn more at [LeadershipDelaware.org](http://LeadershipDelaware.org).

#### Following her Passion

Kathryn Cieniewicz attended Northeastern University in Boston, Massachusetts, achieving her degree, Masters in



2016 Graduate of Leadership Delaware, Kathryn Cieniewicz.

Science of Physical Therapy, in 2003. Kathryn gained professional experience at one of the then top rated sub-acute hospitals in the country at Kessler Institute, now called Select Medical, in New Jersey. Since moving to Delaware in 2006, she has become an integral part of the rehabilitation community here in Sussex County in the private practice domain, directing two clinics,

continued on page 2

## The Lewes Beach Enterprise of Lil Lawrence

each lavishly made up. Ms. Hazel related that one gentleman remarked that Lil and girls were very stylish... didn't dress "like your mother or mine."

Miss Lil kept an orderly "disorderly house" and provided routine medical care for her girls. One local doctor reported that after one visit, she provided cash payment from between the pages of her Bible. When he asked if that was a safe place to keep her money, Lil replied that her girls had never touched that book!

Mothers warned children not to look at Miss Lil when she came to town. They were told to "close your eyes; she's a bad woman". One elderly lady told Hazel that she remembered seeing Lil approach in her buggy and obediently knelt behind the fence, hiding her eyes. Temptation won out. As the carriage passed, she opened her eyes and stared! Young boys often played ball in a field adjacent to Miss Lil's. Under threat of punishment, they were told to keep away from her place. When a stray ball went over the fence into her yard, the bravest boy had to retrieve it.

Like Belle Watling, the "fallen woman" in *Gone With the Wind*, Lil was known for her generosity. If she heard of a family in financial difficulty, she would provide them with groceries, clothing, or firewood. Delivery boys were treated to cookies. Once Lil replaced a delivery boy's bicycle after it was stolen or damaged. Often Lil would throw candy or quarters to children along the road as she was driven into town. One woman related that as a girl she retrieved a lost button that had fallen from one of Lil's girls. Upon returning it, she was given \$5.00, more than a month's rent at the time. Her family allowed her to keep the money, but warned her to keep away from those "bad" women.

Lil's "heart of gold" shone with her con-

cern for a local family from Hugheyville, a poor section of town near the beach. The family's little daughter had died. They had no decent clothes for her burial. Knowing that the Marshall family had several young daughters, Lil went to their bayfront home and asked if Mrs. Marshall would give some clothing for the poor child's burial. Mrs. Marshall provided garments, complete with underclothing. Lil was humble about her generosity. She once chastised a man in very colorful language about his speaking publicly of her kindness.

Documentation of Lil's disreputable business includes an article from a local newspaper, *The Delaware Pilot*. The account referenced a complaint sent to Mayor James T. Thompson on August 18, 1900 from five prominent townsmen. They declared "certain knowledge" that a disorderly house was operating on the beach and requested Lil be arrested and the house closed. The mayor swore out a warrant for Miss Lawrence, but the town attorney was unable to attend a hearing. No action was taken.

There is a 1902 town docket entry of a complaint filed by the Methodist minister and another citizen. The town ordinance regarding disorderly houses called for a fine of \$10 plus court costs. Another such entry dates to May 1903. It was widely known around town that Miss Lil would be arrested on a Saturday night, pay her fine by Monday morning and be back in business.

A 1903 article in the *Wilmington News Journal* describes a disgraceful scene

*continued from page 1*

in which Miss Lil was intoxicated and caused a scene in the general store of former State Senator Maull. After attacking Maull, she broke his spectacles. Two policemen were required to restrain her, kicking and screaming, and take her two blocks to the lock-up.

For a house of ill repute to succeed in a small town, one might need friends in high places. It was rumored that perhaps the mayor and other prominent gentlemen were either customers or investors of Miss Lil's enterprise. One incident involved some townswomen demanding the closure of Lil's establishment. Lil replied to them that they could go ahead

and pursue the issue, but that she would release her list of customers and that "some of you might want to be embarrassed". Lil's business continued.

An October 1915 news article states that the Iron Pier Hotel burned down. In 1918, a notice was posted that the Lawrence property was for sale. The Hayes & Anderton Fishing Co. of New York purchased the land. By 1920, Lil had purchased a house on Market Street near the beach. This house was demolished in 1967 to make room for a motel. The Bluewater House, a B&B now occupies the site at 407 E. Market Street. The barn was apparently moved across the street and remodeled into a home, which still exists. In reference to Lil Lawrence, one local gentleman remarked in a local newspaper:

"She was accepted in the town, like a big hole in the road. You didn't like it, you just drove around it, but didn't stop to stare at it or bring stones or dirt to fill

Author and Genealogist, 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*.



it in. It was like that!"

As Mrs. Hazel Brittingham says, "Well behaved women seldom make history". We know Miss Lil did!

SOURCES:

Notes and Interview of Hazel D. Brittingham, November 29, 2016

Notes on Lewes Town Dockets, Hazel D. Brittingham files

"Miss Lil"; Judith Atkins Roberts, *Lewes Historical Society Journal*, Volume III, p. 18-19

Lewes, DE Commission Minutes, April 2, 1900; May 4, 1903

Delaware Pilot Newspaper: July 31, 1875; May 13, 1899; October 15, 1915; August 16, 1918

"Disgraceful Scene", *News Journal*, April 27, 1903.

## Amazing Entrepreneurs of Sussex County

*continued from page 1*

### Kathryn Cieniewicz, PT, MSPT, CAPS, CEAC

and also in home care physical therapy. Now, Kathryn has also become a **Certified Aging in Place Specialist (CAPS)** and a **Certified Environmental Access Consultant (CEAC)**. She has currently directed her professional ambition in becoming the premier fall prevention and independent living expert in Delaware through in-home Physical Therapy to address physical needs and home modification services to address environmental barriers.

#### Aging in Place Specialists, LLC

Kathryn started her own company "Aging in Place Specialists, LLC," a few years ago with the mission of empowering and equipping senior individuals with the services, knowledge, assistive technology, and home modifications needed to live well at home more safely

and independently.

In January of 2015, Kathryn was invited to be a speaker and discussion panelist at the **17th Annual LIFE Conference** in Dover Delaware, joining two other distinguished voices in the field of aging in place and accessibility.

Kathryn and her company have also been published in "PT in Motion," a national publication of the American Physical Therapy Association (APTA) in 2016. Kathryn's goal is to pioneer the pathway to successful aging in place in Delaware- improving quality of life, enabling independent living, and collaborating efforts to decrease the likelihood of the aged entering long term care facilities.

Kathryn resides in Lewes Delaware with her husband, Mark, and two sons, Landon and Noah.

#### Integrity, Vision, Passion, Courage

In Kathryn's own words: "At LDI we learned that the cost of healthcare in DE is sharply on the rise, only second in spending to our high education costs. Many of our maturest population are entering long term care facilities and will exhaust their personal funds to pay for it. They are then on state-funded Medicaid for the cost of their care.

*I feel as though Leadership Delaware has provided me with the depth of knowledge and the relationships necessary to collaborate at the most effective level for the good of the senior population we serve here in Delaware. I joined Leadership Delaware as an entrepreneur. I leave the Leadership Delaware experience as a powerful advocate with the knowledge to be an instrument of impact in our great state."*

## 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: [www.hightidenews.com/subscribe.html](http://www.hightidenews.com/subscribe.html)

Volume 5 Number 1  
January 2017

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# Let's Talk Skin Care ...better yet, let's talk HOLISTIC skin care!



By Kristina Malone

Let's talk skin care. Better yet, let's talk HOLISTIC skin care. I've been in the skin, body and nail care industry since 2004, and over the years I have

seen the holistic and wellness approach EXPLODE tremendously. Consumers are becoming more and more aware of the importance of how what goes in our bodies, affects what is produced externally. Pertaining to skin care, the term holistic implies that one cannot treat the skin as a separate entity from the entire body.

The skin (being the largest organ of the body) performs many functions, all of which work in partnership with, or depend upon, the functions of the internal vital organs. Holistic skin care philosophies such as Ayurveda (balancing the mind, body and spirit,) Chinese medicine, homeopathy and naturopathy state that conditions such as rosa-

cea, acne, eczema, keratosis pilaris, loss of collagen and elastin etc., all begin inside of the body, like the digestive tract or due to other issues like stress. Simply treating the skin itself as a separate unit from the whole may make short-term improvements, but without addressing the cause of the problem, true resolution will never occur.

cheeks and temples? It could mean you have an overgrowth of candida in the gut. When you treat yourself to a holistic treatment here at *Mind, Body & Sole Wellness Center* we not only pamper you from head to toe, but we help you identify the source to your skin and nail concerns, because we care about you and your wellness. That is why we offer many holistic treatments such as Osmosis medical grade facials, full body massages, body scrubs (perfect for winter!) nail care, ionic detoxifying foot baths, and the FAR Infrared sauna. Let us help you look and feel your very best!

### To heal the skin, you MUST heal within.

Osmosis Pur Medical skin care has an interesting aid to this approach and it's called Face Mapping. With Face Mapping you can help identify the source of skin conditions. For example, do you have small bumps or white cysts on your

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[mindbodysole.bethany@gmail.com](mailto:mindbodysole.bethany@gmail.com)  
302-537-FOOT (3668)

Kristina Malone (Isom) graduated from the Rizzieri Aveda Institute and transplanted from Bucks County, PA to the Delaware beaches back in April of 2005. Since then her passion for holistic skin, nail, and body care continues to prosper and shine through her career. Running her own Wellness Center is her dream come true!



## 2017 WISHING YOU A HAPPY & PROSPEROUS NEW YEAR from the folks at *HIGH TIDE NEWS*

For the People, By the People

During the holiday season, our thoughts turn gratefully to those who have made our success possible: our advertisers, our writers and our readers. It is in this spirit that we say thank you and best wishes for the holidays and New Year.

"High Tide News? I've received that in my mailbox..."  
"Why don't I receive it every month?"  
"Where can I get it if it is not in my mailbox?"  
"How can I advertise in that little paper?"

*High Tide News* was developed to serve businesses & residents of Sussex County, Delaware. 10,000 copies are delivered to mailboxes in alternating neighborhoods in eastern Sussex County, DE every month. We have received positive feedback from readers & advertisers regularly since the first edition on June 1, 2013. The paper includes articles & ads that promote local commerce & introduce readers to local businesses & services. Articles in this little newspaper won't be found anywhere else. Why? Because we have been blessed with talented writers and consistent advertisers! We attribute our success to our writers, readers, and advertisers.

The writers of *High Tide News* are your neighbors! The advertisers are your neighbors! Advertising fees pay for the printing and mailing of *High Tide News*. We are very grateful to all who have advertised in the past and those who plan to advertise in 2017! Your suggestions, ads, and articles are always welcomed and always appreciated. (e-mail: [news@hightide-news.com](mailto:news@hightide-news.com)) *High Tide News* is your newspaper. We stand behind our **continued on page 4**



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NMLSR ID 410450

FASHION TIPS from Lularoe Consultant, Jennifer Bland

# Try Something **NEW** in the **NEW YEAR!**

Looking to freshen up your look in 2017?

Here are few tips to consider for adding interest to your wardrobe this year.

**Pattern mixing** is becoming more popular in fashion. The key to a good mix is having a common color while incorporating a small scaled pattern with a larger scaled pattern. Consider a smaller scaled floral patterned top with a larger scaled polka dot skirt.

**Make a statement with a pop of color.** Heavily patterned pieces are complimented nicely with a solid piece in a less dominant color within the palette.

For example this can be achieved by pairing a geometric top with solid leggings to create a dramatic, well rounded color scheme that packs a punch.

**Not into bold colors? No problem.** These tips can be used with a neutral color palette to create just as much interested without being too bold.

*Here's to a fabulously, fashionable 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: [@lularoejenniferbland](https://www.instagram.com/lularoejenniferbland)

## High Tide News information

slogan: "For the People, By the People". **High Tide News** is always 12 pages.....so your stories & ads will always be seen quickly and easily. It keeps advertising affordable.

### AR Videos

**High Tide News** recently introduced readers & advertisers to AR (augmented reality) Videos. With this cutting-edge technology, we attach your video commercials to ads and articles in this newspaper...viewable on your mobile device via a FREE app download from [get.layar.com](http://get.layar.com).

com. The videos allow advertisers to literally introduce themselves to potential clients and it allows residents to actually see and meet the business owners that they are likely to do business with. Every ad or article with the little mobile device with the ar symbol on it has a video attached. **If you haven't done it yet, take a few minutes right now to view the videos in this newspaper, you will be pleasantly surprised.** (Easy as 1-2-3! Instructions on page 8) It's fun as well as very informative. See all of our videos at <http://www.hightidenews.com/ar-videos.html>.

com/ar-videos.html.

Using the EDDM (Every Door Direct Mail) delivery method that the US Post Office offers makes it easy & economical to target neighborhoods that advertisers prefer. The advertising strategy of this newspaper works. If you would like to receive High Tide News every month in your mail box, simply subscribe (see page 10) or pick it up at one of our many drop off spots throughout the area (listed on page 8).

**High Tide News** is online at [www.hightidenews.com](http://www.hightidenews.com). It is mobile friendly!

continued from page 3

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If you missed some of the past historical articles so meticulously written by Sandie Gerken, visit our archives at <http://www.hightidenews.com/archive.html>

**7pm Weeknights**

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# THE MIKE O'MEARA SHOW

## The Mike O'Meara Show

is a fun mash-up of real life, pop-culture, news of the day, dynamic audio clips, and three guys busting each others' balls. And now you can hear it every evening on 97.1 The Wave!

Bringing Mike back to Delmarva!

# Makeup Tips for Customized Eyes

## 1. Where do I put the darkest to lightest shadows?

The darker color goes anywhere you want to see depth, such as the outer corners of the eyelids or the creases. The lighter color goes on the areas you want to brighten up, such as the brow bone or the inner corners of the eyes.

## 2. Why should I mix Matte and Shimmer shades?

Using all matte can look too flat and all shimmer can be too distracting but together they will give you visual interest. Use matte in the lash lines, creases and the outer corners and use the shimmer in the inner corner and center of the eyelids.

3. By applying our Mary Kay mineral powder eye shadows you can achieve a smooth finished look that helps fine lines appear diminished and using the right shades and not all shimmer you can have a more youthful look.

4. Using eye primer you can extend the look of your shadow so it looks good all day

5. If you choose to use an eyeliner you may want to give our new liquid eyeliner pen a try. It ideal for everything from super thin to thick lines because the pen is so versatile.

6. For those ladies who prefer an eye liner pencil you might like to try to use a softer color like our dark brown or steely instead of black to create a more youthful appearance.

**Jackie Riemenschneider** is an **Independent Mary Kay Consultant** who lives in Winding Creek Village in Long Neck. You can reach her by phone or text at **302-438-9291** or her home phone **302-945-4158**. Web: [www.marykay.com/jriemenschneider](http://www.marykay.com/jriemenschneider) Email: [jriemenschneider@verizon.net](mailto:jriemenschneider@verizon.net) 452 Woodside Rd Millsboro, DE 19966.



*If you would like to make an appointment to try out some different shades for a new look in the new year please give me a call at 302 945-4158.*

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MARY KAY

## Painting with a Purpose" Fundraiser

GFWC Zwaanendael Women's Club of Lewes sets **Little Grace Kids Clothing Closet Fundraiser** on Jan. 11th.

The GFWC Zwaanendael Women's Club of Lewes will host a fund-raiser at "Painting with a Twist", an art and social studio in Lewes. The fund-raiser will benefit the Little Grace Kids Clothing Closet at Grace United Methodist Church in Georgetown. The event will be on Wed., January 11th from 2-4. The studio will offer a two hour class of a painting entitled "Posh Poppies". The event will include complimentary wine, munches, a 50/50, door prizes and raffle. The studio is located on Rt. 1 North across from Grotto Pizza/next to PNC bank.

For this event, **Painting with a Twist** will generously donate 50 percent of the proceeds to the Little Grace Kids Clothing Closet at the Grace United Methodist Church in Georgetown.

For more information please contact Dottie Pepe at [dpepe45@hotmail.com](mailto:dpepe45@hotmail.com) or to sign up online, go to [www.paintingwithatwist.com/lewes/calendar](http://www.paintingwithatwist.com/lewes/calendar).

# 34th Seaside Boat Show

## Ocean City/Berlin Optimist Club

### February 17-19, 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 17-19, 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.

The Boat Show That Works For Kids!

Admission  
Adults \$10  
Children \$1

34th Annual Seaside

# BOAT SHOW

Sponsored by the Ocean City - Berlin Optimist Club

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Times of the show are Friday February 17 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.

# Hurricane Season is Officially Over

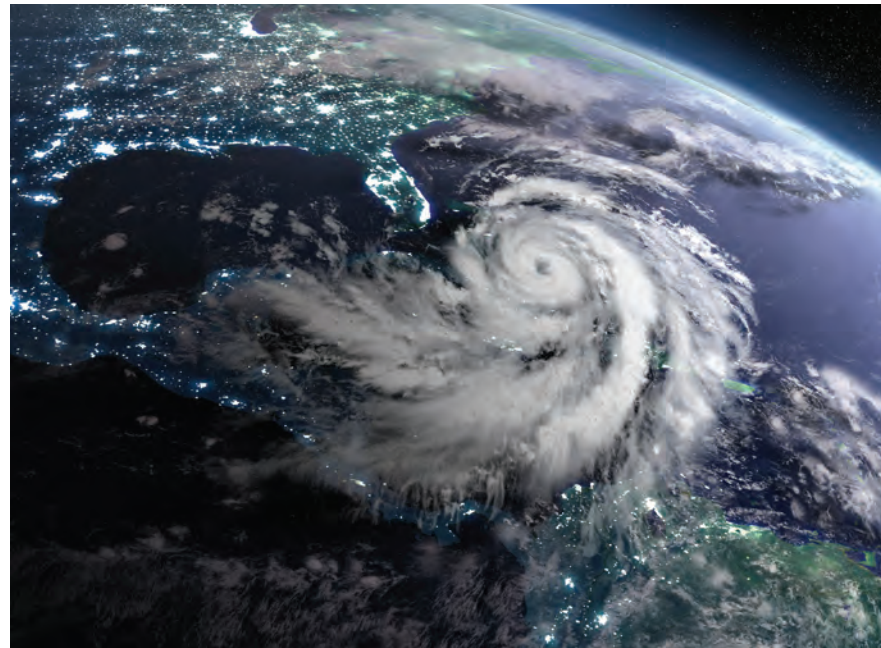
By Vincent Paez

I was traveling in Canada as Hurricane Matthew was barreling through Florida and the Carolinas. As it was heading towards southern Florida, I was very concerned about my home town of Juno Beach, Florida. My property there is only about 200 yards from the ocean and it would have been hit hard. I didn't sleep very well the night that Matthew approached the Florida coast. Fortunately, this hurricane missed southern Florida and there was no damage there. However, the poor folks in the eastern Carolinas were hit hard, and many lost their homes.

I have been through six major hurricanes, and you would think that I'd be used to this routine by now. But you never get used to it. Mother Nature packs such a punch, and she is always unpredictable. In 2004, we in southern Florida experienced four hurricanes: Frances, Charlie, Ivan and Jeanne. In 2005, we experienced two: Wilma and Dennis. Dennis made its way to Ocean City, MD and created tremendous beach erosion and flooding. Frances seemed scary, but eventually died out. Charlie packed the largest punch and barreled its way through Florida, leaving a trail of destruction, especially on the west coast. Wilma was the strangest. Wilma hit the west coast as a Category 1 hurricane with minimal winds, as she headed across Florida, heading toward the east coast. She was one of the very few hurricanes that actually picked up strength, as she headed over land. Most of the time, hurricanes need to be over warm water to pick up strength. By the time Wilma reached Juno Beach, she was a Category 3 hurricane. My home town suffered severe flooding and property damage. Telephone poles were snapped in half, and palm trees

bent all the way to the ground during the storm. Still there was no damage that could not be repaired in a few months.

Florida for many years has dealt quite well with hurricane emergencies. During the six hurricanes that I experi-



enced, Governor Jeb Bush did an outstanding job of mobilizing resources and cleaning up in the aftermath. Hurricane Matthew was Governor Rick Scott's first major hurricane to deal with, as Florida had not had a hurricane to deal with in about eleven years. Fortunately, the damage to Florida was not significant compared to other storms.

Much of the damage depends on where the hurricane hits (populated or not populated area) or directionally how it hits (East, West, North, or South). The winds will differ, depending on the direction and the damage will depend on the number of houses, businesses, utilities, etc. The main electric company, Florida Power and Light (FPL) is headquartered in Juno Beach, so our town's

power usually got restored before that of any other town. During the aftermath, FPL typically hired trained workers from out of state and even from Canada to help restore power as quickly as possible. I learned this a few days after a hurricane after power was restored at

one of my favorite restaurants. I met a crew from Hydro Canada, the Canadian electric company, who had been feverishly working for FPL to restore power for us Floridians.

One economic down-side of a storm is the amount of unscrupulous contractors, who take advantage of the dangerous situation. They promise to board up your home before the storm at ridiculously expensive prices, and then they promise to clean up and repair your home after the hurricane at ridiculously expensive prices. There are laws in Florida against gouging of hurricane victims, but many of these thieves still get away with this crime.

It is no fun to go through the ordeal of a hurricane. My wife and I were in

Ocean City during Hurricane Sandy, who thankfully decided to turn away from Ocean City and head north. We never lost power, internet or water. The Town of Ocean City evacuated all residents below 30th St, and many of them checked into hotels uptown. The storm turned north, and the Ocean City weather started to clear up quickly. My wife and I took a walk on the beach during the clearing and found ourselves at a local hotel at an unofficial "hurricane party." We met many of the evacuees from downtown, who shared stories of flooding of the inlet parking lot.

Hurricanes are full of ups and downs and "pins and needles" as they are happening. The direction of a storm can change on a dime, sparing some people, and damning others. The best part is seeing the clearing sky afterwards and knowing that your family and loved ones are safe and that your property damage is not too severe. Unfortunately, this is not always the case, and we should all have a compassionate heart for those who are not as fortunate to survive as well through Mother Nature's wrath.

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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# The Lives We've Touched



Submitted by Jennifer Saienni

As we enter our 35th year, we reflect on the year that just passed remembering those whose lives we touched, the ways we made a difference, and recall how we spent our time. We often ask ourselves can we do even more as the New Year dawns upon us.

We want to thank those who have chosen Delaware Hospice for care of your loved ones. We hope we have served you well, lightened your burden, and brought comfort to you and yours.

We also want to thank our dedicated, loving, compassionate, and hard-working 230 staff members and over 300 volunteers. Without them, none of what we accomplished in the community in 2016 would have been possible. Our staff clocked more than 411,000 hours in 2016 caring for others while our volunteers donated over 15,000 hours of service.

Delaware Hospice served close to 10,000 individuals in 2016 through our various programs and services: Delaware Hospice, the Delaware Hospice Center, Delaware Palliative, Delaware Transitions, Katybug, and Bereavement services. New Hope, our program that supports children 6-17 both before and after an expected or unexpected loss, helped more than 10,000 children since its start in 1990.

Delaware Hospice is the only nonprofit hospice in the state and depends on the generosity of the donations and grants from the community. Besides the 20 plus events Delaware Hospice hosts throughout the year, we are grateful to the individuals and community organizations who host events in our honor during the year as well. With the money raised we are able to continue to provide programs and services to the community at little or no cost. No one is ever turned away due to their inability to pay for care.

We look back upon 2016 with pride. We'll never forget the lives we touched because they touched our hearts in more ways than we can find the words to describe. We welcome the New Year with a renewed promise to do even more this year.



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\*Delaware Hospice has the lowest hospital readmission rates of any hospice in Delaware. (CMS Claims Data 2010-2014)

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# Help Chasing Away the Holiday Blues

By Meg Ellacott

For many people, this is the season to rejoice; a wonderful time of year filled with comfort and cheer, of friends and family and of happy memories.

But for seniors it can also be a lonely time; a reminder of memories of holidays past; of loved ones lost, of stress or sadness.

## 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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Seniors may become emotional, thinking of the people in their lives who are no longer here or about all the changes they've been dealing with like no longer being able to drive or becoming a widow. The cold weather doesn't help. So it's during this season when visiting aging loved ones becomes important. Showing them they are supported and

cared for during the holidays and beyond. It's what the holidays is all about, isn't it?

"The two main issues that drive 'the holiday blues' in seniors is loneliness and social isolation," said Amy McDermott, owner of Sussex Counties' Seniors Helping Seniors® in-home care organization. "We're here to help drive those blues away." Maybe it's helping them decorate their home to make it more festive or assisting them with writing and sending holiday cards to help them remember the people in their lives who love them. Or maybe a caregiver from Seniors Helping Seniors brings them their favorite baked goods or they bake those cookies together. "Most importantly," says McDermott, "Seniors Helping Seniors is there to listen - sometimes our presence alone is enough so that our friends and clients know they are loved."

The goal of Seniors Helping Seniors is to help your friend, sister, parent or partner remain healthy and happy as

they age within the comfort of their own home for as long as they can. To make sure a loved one is maintaining a good, independent quality of life, make sure to watch for potentially troubling problems like: Weight loss; memory problems beyond the normal forgetfulness; mental/emotional issues – are they suffering from depression? – are there signs of withdrawal from activities or sudden changes in mood or personality? Watch for mobility issues – pay attention to how your loved one is getting around the house – are they unsteady on their feet?

Seniors Helping Seniors, a compassionate in-home care company created by seniors, for seniors delivers care-giving to your loved ones – whether you live here in Sussex County or are out-of-state. Whether they need a ride to the doctor, light house-keeping, cooking, or they just need a friend, Seniors Helping Seniors is here for you during the holidays and throughout the year.

### Happy Holidays from Seniors Helping Seniors

-- Here's to chasing the holiday blues away and to happy memories all year long --  
To learn more please visit [www.seniorcarerehoboth.com](http://www.seniorcarerehoboth.com) or call 302.858.7330.



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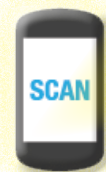


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# NEW YEAR FITNESS COMMITMENTS Not RESOLUTIONS



**Let's look at it  
differently  
this New Year!**

By Sue Sheain  
Beach Barre Body Fitness Studio

*Looking back on 2016 can be a catalyst for creating commitments to our health and well being in 2017. Some of us may have over indulged or not created enough personal time for ourselves last year. Others may have started last New Year with resolutions to regaining their fitness or losing unwanted weight resulting in only losing interest by February in those endeavors.*

Let's look at it differently this New Year. 2017 should be about finding our comfort zone and motivations to keep commitments not resolutions regarding fitness. It should not be about the perfect body or the ideal weight. It should be about health, wellness and happiness. Finding something you enjoy that's makes you healthier should be the goal. Connecting to friends or instructors and finding a place, gym or fitness studio, where you feel you belong and fit in will work to transform the old concept of resolutions into commitments.

With an eye to creating a new you, **Beach Body Barre** is changing its name to **Beach Barre Body** in the new year. The change is to get away from the pressure of having a stereotypical ripped "beach body" and make it more about having a barre body at the beach focusing on leaner, longer, stronger, more flexible muscles. When you are not at the beach to join us in the studio in Bethany or our new one opening later this month in Lewes at The Plantations, you can join us online at **BurnAlong.com**.

Our online presence is for when the weather doesn't cooperate or your life gets in the way of getting to our studio. We are partnered on **BurnAlong.com** with other fitness professionals and you can enjoy cross training your barre practice with a variety of workout opportunities. What distinguishes **BurnAlong.com** from existing online fitness platforms is that you can workout with your friends virtually all on one screen no matter where you might be. A new BurnAlong app will allow you to add us to your smart TV too for your workouts on a bigger screen or on your mobile device for a workout on the go.

It's like being in class but anytime and anywhere with your favorite instructors and the people who motivate you to work out. It's not meant to replace the gym or studio experience, but to keep you on schedule and connected, while achieving your fitness goals. It keeps you accountable, while giving you autonomy over your workout. A true win-win for everyone, because we know you will miss us and want to come back to the studio when you are able.

Whether we see you in class at the Bethany or Lewes **Beach Barre Body** studios or online at **BurnAlong.com**, we trust that in 2017 you will turn those yesteryear resolutions into real commitments to your fitness, because you are motivated for the right reasons and truly enjoying your workouts with your friends and instructors that keep you on track. Wishing each of you an especially healthy 2017.

See you at the barre for a fitter, stronger new you in 2017!  
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## Happy New Year 2017!!

*Another year of success and happiness has passed. With every new year, comes greater challenges and obstacles in life. I wish you courage, hope, and faith to overcome all the hurdles you face. May you have a great year and a wonderful time ahead. God bless you.*

# Do You Know Who Your Beneficiaries Are?

*When was the last time you checked your beneficiary designations for your individual retirement account (IRA), employer retirement plan, annuity or life insurance policy? If you haven't examined it since the account was set up, you are not alone.*

Due to changing circumstances and shifting priorities, you may find that your named beneficiaries are no longer in keeping with your estate plan or wishes. If you have switched jobs, become a new parent, divorced or survived a spouse or a child, your current beneficiary designations may need to be updated.

## Consider the "What If?"

In the heat and emotion of divorce proceedings, for example, the task of revising one's beneficiary designations can fall through the cracks. A court decree that ends a marriage also terminates the provisions of a will, but it does not automatically revise the beneficiary status of an employer-sponsored retirement account or an IRA. Some financial institutions, automatically cancel the designation of a spouse as the beneficiary of an IRA in the case of divorce, but not all do. So, for example, if an IRA owner remarries and has a new family, but fails to change the beneficiaries on the account, the original beneficiary may have a legal claim to the assets in the event of death.

Also keep in mind that the law requires that a spouse be the primary beneficiary of a 401(k) or a profit sharing account, unless he or she waives that right in writing. A waiver may make sense in a second marriage if a new spouse is already financially set, and the children from the first marriage may need the money.

## Steps to Stay Current

To ensure that your beneficiary designations are current and up-to-date, consider the following steps:

- 1. Make a list of all accounts that have named beneficiaries.**  
This may include 401(k) plans, 403(b) plans, 457 plans, IRAs, pension plans, life insurance policies, annuities and bank accounts.
- 2. Contact the plan administrator or financial institution that maintains or services your account to verify your current beneficiary designations.**

You may want to do this with the help of your tax advisor or estate planning professional to ensure that these documents are in synch with other aspects of your estate plan.

- 3. Keep it safe.**  
Store this list in a safe place with your other estate plan documents, such as your will, health care proxy and power of attorney, and make sure your designated executor has a copy.
- 4. Register for online access.**  
If you do not already have online access to your accounts with beneficiary designations, consider registering so you can view and update your account information whenever you need to.
- 5. Consolidate.**  
If you have changed jobs and left your assets in your former employers' plans, you may want to consider moving these assets into a rollover IRA. Consolidating multiple retirement plans into a single tax-advantaged account can make it easier to track your investment performance and streamline your records, including beneficiary designations.

Naming beneficiaries and keeping them up-to-date is only one important aspect of estate planning. Let me work with you to make sure your entire estate plan addresses your current wishes and circumstances.

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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