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Vol. 4 Num. 6

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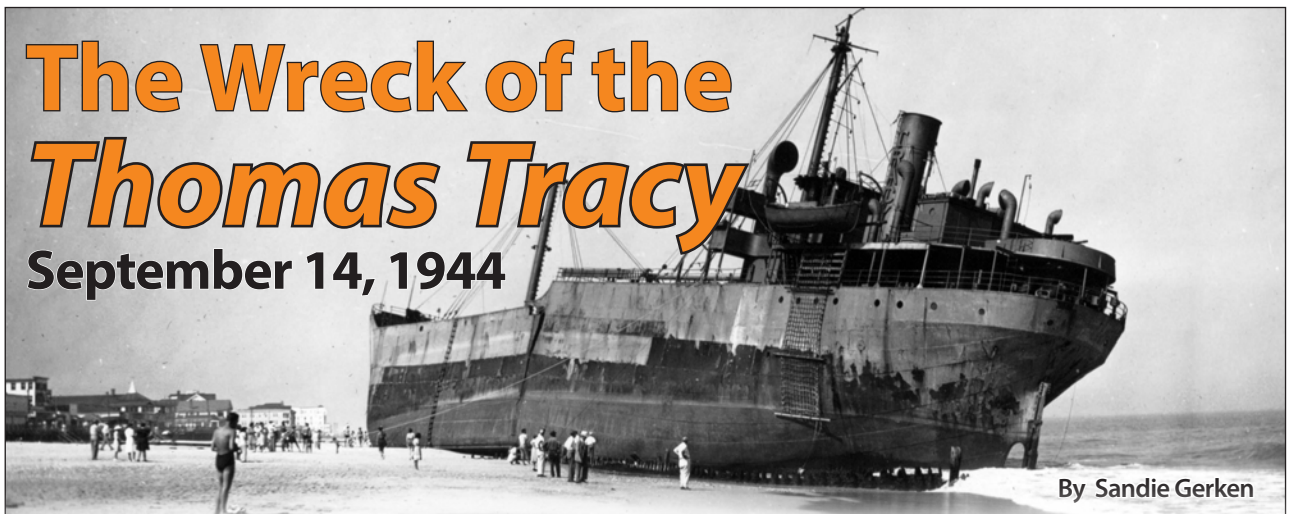
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The Wreck of the Thomas Tracy September 14, 1944



By Sandie Gerken

Rehoboth Beach has a phenomenal historical site just off the boardwalk south of Rehoboth Avenue. It is the watery grave of two ships that foundered in two different storms in the exact same spot. And, they are both still there!

In mid-September 1944, a tropical storm tracked northwest from below the Virgin Islands, intensified to a Category 4 hurricane near the Bahamas and warnings were issued along the coast from Florida to Maine. As the powerful storm reached the mid-Atlantic seaboard, destructive

winds neared 100 mph. The storm was the Great Atlantic Hurricane of 1944. The National Hurricane Center ranks the storm as #25 in the costliest storms of the 20th century. It cost more than \$1Billion damage in today's dollars and killed 390 people.

On September 14, a steam-pow-

ered coal freighter, the SS Thomas Tracy was headed south from Maine to Newport News, Virginia when it steamed into the brunt of the storm off Rehoboth. Blocks of the boardwalk had been washed away, buildings were flooded, roofs ripped off, power lines downed. The massive 250

continued on page 2



Seniors Helping Seniors®

...Oh, I get by with a Little Help from My Friends



Submitted by Meg Ellacott, SHS Communications Specialist

Let's be honest. One of the hardest things to cope with as we age is being alone. It's not always easy to get around, to drive somewhere or have a friend accompany you to dinner or to see a movie. You wish someone would help you clean the house; you wish someone would make you a sandwich or a cup of tea and sit and chat with you.

Really, you just wish someone had your back – and now you do with a little help from your friends at **Seniors Helping Seniors (SHS)**.

It's well-known that there are two important things seniors need to do to remain happy and healthy as they age: 1. Stay socially engaged and 2. Remain active with various pursuits, endeavors and exercise. These two points are para-

mount to their well-being.

Combating social isolation is a crucial and on-going goal for Seniors Helping Seniors.

"We want our seniors to age gracefully and with dignity in their own homes and we want to help them do that in a caring and compassionate manner."

"In short, encouraging healthy aging is our top priority."

**Seniors Helping Seniors owner,
Amy McDermott.**

Seniors who feel isolated are more likely to experience chronic physical and mental health issues because loneliness can undermine the immune system. They

are then less likely to seek preventative health care. So SHS offers a support network of services that includes companionship, meal preparation, transportation, doctor appointments, overnight stays, personal grooming and dressing and mobility assistance to name just a few.



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...a way to give and to receive®

As for that exercise program and activities – your senior helper will be happy to take a leisurely walk with you or take you to physical therapy or to an art gallery. In this way Seniors Helping Seniors becomes more than just someone 'doing their job,' they become an in-home service of exceptional care and caring. Moreover, Seniors Helping Seniors helps to create

the support aging family members need from those who understand them the most. Since SHS helpers are also seniors, they understand more about the unexpected twists and turns of life. Out of that understanding the helpers don't just help, they become a lasting friend: One

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The Wreck of the Thomas Tracey, continued from page 1

ft long ship was no match for the powerful storm. The captain radioed an SOS to the Coast Guard that the boat was in danger in the Hen and Chickens shoal, a sand bar off the cape. High winds and waves were bouncing the ship on the bottom. Not long after that call, the storm pushed the Tracy toward the beach. About 3:30 p.m. it became mired in the sand about 100 yards from shore exactly atop the remains of a 1918 wreck, the schooner barge, Merrimac.

The Thomas Tracy had been cracked and damaged by its collision with the shoals. As powerful waves swamped the deck, the 31 man crew rigged a makeshift life line to shore, but the Coast Guard soon arrived and rescued all the men with a breeches buoy apparatus. As the men were being transported to shore, the steel ship groaned loudly and the hull fractured in two.

A crowd had gathered near the boardwalk in the storm to watch the rescue. The gigantic ship, beached in the sand, was a sight to behold and soon became a tourist attraction while decisions about salvage and removal were made. Eventually, it was determined that removal was impossible. The owner of the vessel, M & J Tracy, Inc. of New York sold the ship to a salvage company, Allied Operations of Trenton, NJ. A hole was cut into the port side of the boat large enough for trucks to drive through. Placing a 100 yard long roadway over the sand, trucks drove into the ship to removed equipment, and salvageable items.

All the salvaged goods were taken to Rice's Garage on Rehoboth Avenue for storage. A public auction was held on Saturday, November 24, 1944 at the garage with Charles Carroll of Dover as the auctioneer. Proceeds went to the salvage company. Items offered for sale were

life rafts, 50 tons of soft coal, electric fans, plumbing fixtures, furniture, mattresses, paint, tarps, life preservers, rubber suits, and six tins of hard tack. Many of these things were desirable rationed items. The salvage company was to remove the ship by March 1, 1945, but this did not happen. Metal was salvaged from the hull and recycled for the war effort. The Tracy was cut down to the low water line and left there atop the remains of a schooner barge, the Merrimac.

The Merrimac

The Merrimac was one of three coal carrying barges being towed by a tug, the Eastern, from New York to Norfolk on April 10, 1918. Encountering severe gales, the tug headed for the Delaware Breakwater for refuge. The severe weather overwhelmed the tug; so two barges, the Severn and the Merrimac were let go to anchor themselves. The tugboat was then able to tow the third barge to the harbor. However, the anchors would not hold for the Severn and the Merrimac and they quickly were swept onto the beach in Rehoboth with their crews aboard. While the Severn was closer to the beach, it was later refloated. The Merrimac was too damaged and buried in the sand to be removed. Salvagers stripped away all but parts of the damaged wooden hull. The Merrimac's loss was estimated at \$50,000.

The Merrimac wrecked at the foot of Brooklyn Avenue in front of what was then the Star of the Sea Convent, a residence for nuns teaching in Catholic schools. In 1944, the Star of the Sea Hotel was located on that site. Today, the Star of the Sea Condominiums occupy the same site.

Remains of the Thomas Tracy were visible at low tide and were a dangerous hazard. The area was cordoned off with pilings and swimming prohibited. A 1995

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.



survey by the Soil and Water Conservation Division of the State of Delaware concluded that there was only 2-3% of the Tracy remained on the site. Only a small part of the bottom of the stern remained along the shaft and propeller, which were visible at low tide. Arguing that a complete block of desirable beach was restricted, a state permit was sought to finally remove the Tracy from the site. The survey stated that the wreck was not archeologically significant as its vessel class was well documented. The Merrimac was of more historical value since schooner barge vessels, rigged with sails capable of powering themselves, warranted more evaluation. To remove the Tracy might aid in examining the Merrimac. But, Rehoboth Beach residents and the Star of the Sea Condominium owners fought efforts to move any part of the wrecks, stating their historic value and interest to tourists. The efforts to remove the ship never happened.

Still there

The ships' remains are still there and swimming is still prohibited. The wreck of the Thomas Tracy is considered Delaware's Most Spectacular Shipwreck. However, due to recent beach replenishment efforts, the ruins are no longer visible at low tide. Just go and see for yourself. From the boardwalk at Rehoboth Avenue, turn south toward Brooklyn Avenue and the Star of the Sea Condominiums. You will see the pilings, now low in the sand that mark the closed section. A bit of history lies there. Who knows if a strong Atlantic storm will uncover the wrecks once again?

SOURCES:

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NEWS FROM THE DELMARVA CHAPTER OF THE PENN STATE ALUMNI ASSOCIATION

Submitted by Ron Lewis

The DelMarVa Chapter of the Penn State Alumni Association has announced the award of scholarships to two incoming freshmen students from its membership region: **Katelyn Miller** from Easton, DE, and **Taylor Capossoli** of Harbeson, DE. Annual amounts range from \$1,500 - \$3,200.

The Chapter has also announced an exciting variety of programs for this summer and fall.

A Crab Feast will be held on Saturday, June 4, at Higgins in OC (reservation deadline has passed), a beach party at Northbeach at Dewey Beach on Saturday, July 30, a Freshman Send-off on Saturday, August 14, and attendance at the Season Fireworks Finale with the Mid-Atlantic Symphony and the U.S. Army Blues Band (7 pm) at Freeman Stage on Sunday, September 4. Then, football watching parties will be held every Saturday at Buffalo Wild Wings in Rehoboth.

Further details of all these activities, plus details on membership and articles about local alums can be found at the Chapter's website.

Go to directory.alumni.psu.edu

Sussex County officers of the Chapter include Karen Verbeke, President, Carolyn Bacon, Vice President, and Ron Lewis, Secretary.



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Middletown Kitchen and Bath Wins "Best Website" Regal Award

WILMINGTON – Middletown Kitchen and Bath of Middletown, Delaware has won "Best Website" at the Regal Awards ceremony on Friday, May 20th. The Home Builders Association of Delaware (HBA/DE) 25th Annual Regal Awards took place at the Delaware Center for Contemporary Arts in Wilmington, Delaware.

Mark Gandy, President and Founder of Middletown Kitchen and Bath, hired iKANDE Advertising of Bethany Beach, Delaware, to design the new company website. The new, mobile-friendly website for Middletown Kitchen and Bath at MKBDE.com has had the greatest impact on sales, more so than any other social media application or electronic software. With mobile device browsing surpassing traditional desktop searches, the site has a layout that intuitively reconfigures itself depending on the users preference. The modern color palette,

parallax scrolling, professional lifestyle photography and Search Engine Optimization (SEO) built into every page, combine structural design with an eye-catching layout to create the ultimate use of technology.

The goal of the new website was to stand out from competitors online and provide potential customers with relevant information about Middletown Kitchen and Bath. "As Mark and I discussed in the design phase, anyone in this business can and does saturate their web site with project photos and stock photos of kitchens and baths. We wanted the MKBDE.com site to be different. We focused on showing diversity and the "human" side of the business," says Damien Golden, Creative Director, iKANDE Advertising.

By using the right search engine optimization tactics, complying with Google



Damien Golden, iKANDE Advertising, and Mark Gandy, President and Founder of Middletown Kitchen and Bath hold the "Best Website" award at the 25th Annual Regal Awards took place at the Delaware Center for Contemporary Arts in Wilmington, Delaware.



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Mark Gandy adds, "Between the quality of the site, the SEO friendly content management system, and my own blogging and SEO efforts, after only being live for a few months, I am already ranking on the first page of organic search results for key words in my immediate market, and my web site presence already has a 71% grade via buzzboard.com. To say I am extremely pleased is an understatement."

The target market of the website is homeowners located in, or within 70 miles of, Middletown, Delaware who are searching for a design-build partner for their kitchen, bathroom or interior space renovation. Average project budget is from \$17,000 to \$50,000.

About Middletown Kitchen and Bath

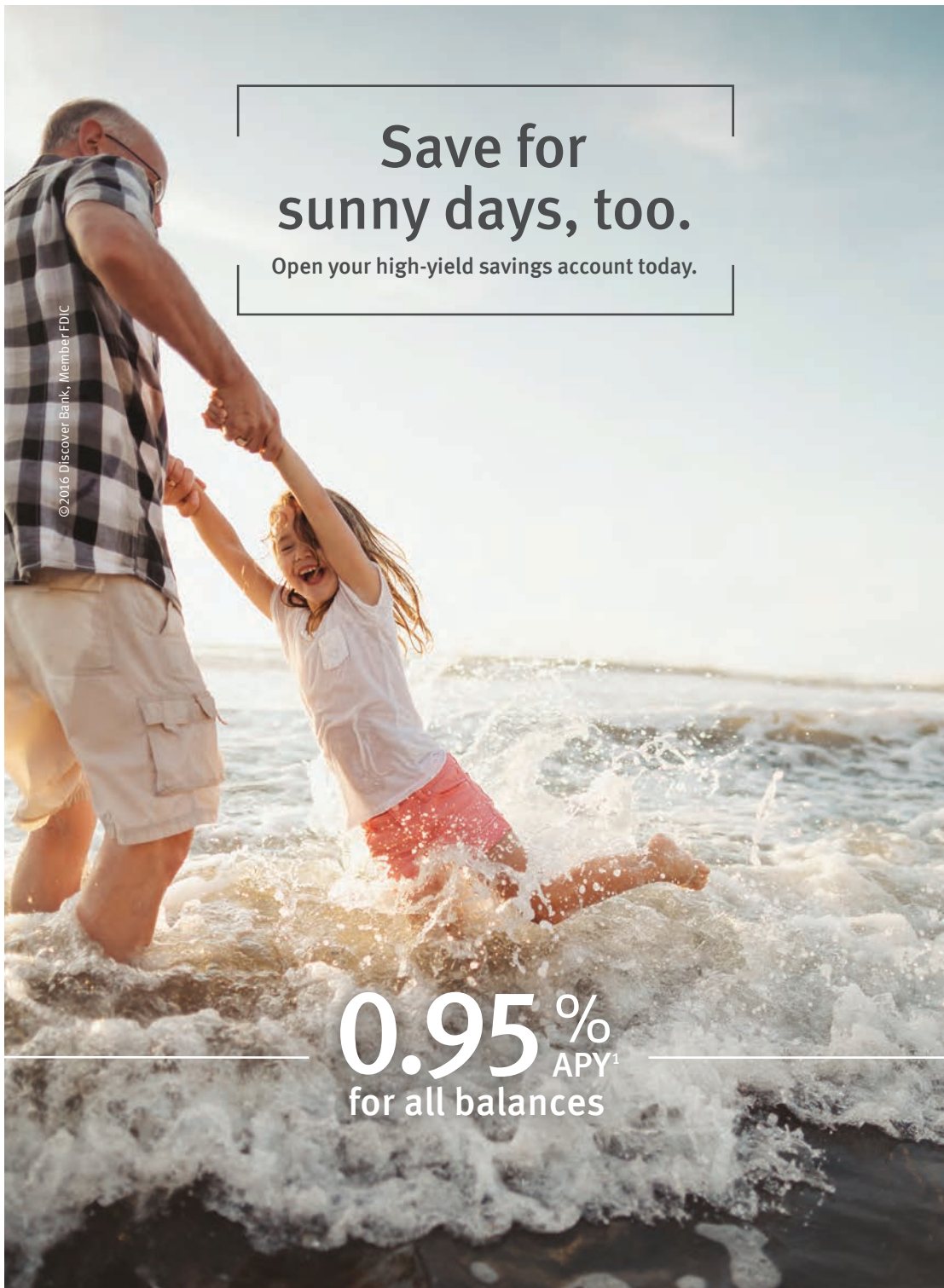
Middletown Kitchen and Bath provides interior design services utilizing Pro Kitchen software. They also sell kitchen and bathroom cabinetry, countertops, appliances and fixtures. Their services include floor to ceiling, turn-key remodeling for kitchens, bathrooms, and other interior rooms of the home. Their showroom is located in Middletown, Delaware.

About iKANDE Advertising

iKANDE Advertising, an award-winning design company based in Bethany Beach, Delaware, caters to small to medium sized companies who need to grow their customer base. iKANDE Advertising provides eye catching design that gets results. Their services include web design, graphic design, printing and social media.

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Pictured left to right: Lauren Weaver, Bethany-Fenwick Chamber of Commerce, Meghan Kelly, Esq. of McDonnell and Associates, P.A., and Kristie Maravalli, Executive Director, Bethany-Fenwick Chamber of Commerce.

LAWYER GROWS DEEPER ROOTS IN HER HOMETOWN

Meghan Kelly, Esq. has joined the Law Office of McDonnell and Associates, P.A. and celebrated with a ribbon cutting with the Bethany-Fenwick Area Chamber of Commerce. Located in the Bennett Realty building, Meghan will focus her practice on real estate settlements as Managing Attorney for the Delaware Office. She is the daughter of Pat Kelly, former Indian River High School Civics Teacher, Life Guard and Basketball Coach and Mary Batten Kelly, a pharmacist. Meghan Kelly grew up in Sussex County, Delaware. She is a graduate of Indian River High School, the University of Delaware and received her Juris Doctorate from Duquesne School of Law. While in law school, she interned with the Honorable Thomas M. Hardiman at the United States District Court for the Western District of Pennsylvania. After finishing law school and passing the Pennsylvania and Delaware bar exams, Meghan gained expertise working for several firms in Delaware. She has experience representing clients in hearings and mediations, as well as in corporate law, bankruptcy, personal injury, wills and estates and general litigation. Meghan Kelly of McDonnell and Associates is located at 34026 Coastal Highway in Bethany Beach. For more information, visit the website, www.mcdonnelllawfirm.com or call 302-362-6551.

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Cornhole reminds me of Tejo

By Vincent Paez

You are walking out onto the beach and pass by some young boys throwing a football. It is a sunny summer day and you feel the warmth of the sand between your toes. As you head toward the water, you pass a group of people throwing bean-bags across the sand, trying to get them into a hole in a raised wooden platform. One of the players aims from about twenty feet away and throws her beanbag, which makes it into the hole. Everyone cheers. These people with the beanbags are playing cornhole. It is believed that the game originated in the Midwest, where corn is widely grown. My wife is from Iowa, a big corn state, and she has always known the game as "Bags." It is played on farms, beaches, park lawns, and parking lots while tailgating. In many cases, it is accompanied by cold (usually alcoholic) drinks. Each player gets to throw

four bean bags, each filled with one pound of corn kernels. Points are scored by the bag entering the hole in the platform or simply by making it onto the platform.

Cornhole, or bags, reminds me of a game I used to watch in Colombia, South America, as a child. My father, who was originally from Colombia, moved the entire family there to do post-graduate research for his PhD. As intellectual as dad was, he always enjoyed a good game of cards, chess, checkers or tejo. Tejo (pronounced "Tey-hoe") is a game set up just like cornhole. Instead of bean-bags, a tejo player uses a four-pound metallic disc, which looks like a heavy hockey puck. Instead of a wooden platform, tejo uses a mound of clay, about half the size of a baseball pitcher's mound. Instead of a hole in a wooden platform, the tejo target is a circle, about nine-inches in diameter, where the disc needs to land. The circle is drawn in the clay mound using a circular template. A player throws the disc toward the circle from about fifty feet away. Such a heavy disc lands solidly in the soft clay and does not bounce, like in a game of horseshoes. To mark the nine-inch diameter circle, small triangular firecrackers are placed along the circumference of the circle. So when the disc lands on the target circle, everyone hears a firecracker-like explosion, creating lots of excitement, and points are given to the thrower.

Tejo was invented about five hundred years ago by the local native tribe, the

Chibcha, which inhabited Colombia before the Spaniards arrived. At that time, the metal disc and circular ring were both made of gold, as gold was plentiful. When the Spaniards arrived, they adopted the game and added the explosives for excitement. As the Spaniards confiscated the local gold, the locals turned to other metals to make the discs. The tradition of tejo exists mainly in Colombia, and has spread to small regions in neighboring Ecuador and Venezuela.

My father used to play tejo with "the guys" on Saturdays. The game is almost always accompanied by beer drinking. I never played it as a kid, as it was meant for the men. I remember "the guys" playing until very late at night under the lights on the farm, where I lived. I remember the laughter and boisterous yelling amongst my father's friends. Just like in cornhole, silence came around when the game was close and the next player was aiming and preparing to throw the disc. When it landed and missed the target circle, there would be groans of depression. When it landed and hit the circle, we could all hear the firecracker explode and everyone would cheer at the top of their lungs. The smell of gunpowder would fill the air and the clinking sound of beer bottles was everywhere.

Today, there are tejo centers, which have rows and rows of tejo lanes, like a bowling



alley. The game is typically free, and the only charge is for beer. A group of players can easily go through two cases of beer in a night. It usually is a big social event, similar to a big party. Imagine ten lanes of screaming and partying crowds. It is just like watching cornhole games, while tailgating before a football game.

I hear from my cousins in Colombia, that the tradition of tejo is a dying one, as more and more young men turn to video games for entertainment. What a loss this would be for a game that has been around for five hundred years. So young men, put the video game down, and get out and play some cornhole. I would hate for cornhole to go through the same experience as tejo

A tejo clay mound with circular target and triangular firecrackers. Source: bogotaetsanddrinks.com

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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Planning for the Future

By Loretta Higgins, CRNP,
Delaware Hospice & Delaware Palliative, Nurse Practitioner

Delaware Palliative, a program of Delaware Hospice works as a trusted community partner in end of life education and support in Delaware. Delaware Palliative has joined the collaborative effort of national, state, and community organizations committed to ensuring that all adults with decision-making capacity have the information and opportunity to communicate and document their healthcare decisions.

Unfortunately, only about 25% of Americans have documented their future healthcare wishes in writing in the form of an advance directive. It is important to understand that the right time to make your wishes known is while you are still in good health. While making healthcare decisions is often difficult in the best of circumstances, having others make the decision for you is even more difficult. Each of us has the right and ability to make our wishes known. By allowing our healthcare providers and our loved ones to know what we want, you'll ensure the right decisions are made.

Advance directives give you the ability to document the types of healthcare you do and do not want, and to name an "agent" to speak for you if you cannot speak for yourself. When we put off documenting our wishes through an advance directive, too often the result is family conflict, stress and confusion at a time when you are most vulnerable and cannot speak for yourself.

The Delaware Palliative team is an expert at guiding people through the process of Advanced Healthcare Planning. We can provide assistance to you, a loved one or your healthcare provider.

Delaware Palliative can be reached by calling: 1-800-838-9800 or www.delawarepalliative.org.

Don't wait for "the right time" to talk about advance directives with your family; here are a few suggestions to open the door for you and start the conversation today.

Conversation Starters:

- "I was thinking about what happened to Uncle Joe, and it made me realize..."
- "Remember how Aunt Mary died, how would you want your death to be different?"

What to Talk About:

- How would you like your last phase of your life to be; what is most important to you?
- Who do you want (or not want) to be involved in your care?

Please visit www.delawarehospice.org where you'll find (under the *I am Living With an Illness* tab) helpful information including advance directive forms, planning resources and tools that will help you have the conversation.



*My dad taught me to fly,
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If you're coping with a serious illness Delaware Palliative can help alleviate symptoms and stress. Even if you're still receiving active, curative treatment.

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“Don’t Chuck Your Shucks” Gears Up for its Second Season

Center for the Inland Bays Sets Goal to Collect 2,000 Bushels for the Bays

INDIAN RIVER INLET- At the start of its second season, the Delaware Center for the Inland Bays’ (CIB) oyster shell recycling program, Don’t Chuck Your Shucks is geared up to double last year’s record.

In 2015, “Don’t Chuck Your Shucks” successfully collected over 1,000 bushels of shell, surpassing the goal set for the year. This year, the CIB expects to easily pass that target, “With 16 restaurants on board, our goal is to collect 2,000 bushels and ‘bag’ 500 bushels of shell by the end of 2016,” said Project Manager Bob Collins.

The CIB, with support from The Delaware Nature Conservancy and the participation of local restaurants, collects discarded shell from restaurants to use in restoration projects on the Inland Bays.

The success of this shell recycling program is made possible by our partner restaurants and the appetites of their patrons. When customers order clams or oysters, they’re giving back to their local inland bays, reducing trash in local landfills, and also supporting local business.



“We at Dogfish have always had a commitment to our community and to the environment through many different outlets,” explains Chef Kevin Downing, “and this is a great way for us to continue that support.”

After collection, the shell is cured for several months to kill bacteria. When it’s ready, CIB volunteers, put the shell into net bags using a device designed and built



by volunteer Ab Ream. The oyster bags are used in Living Shoreline restoration projects to protect the shore from erosion by reducing wave energy.

The bagged shells provide habitat for small bottom-dwelling organisms which, in turn, support commercially valuable crabs and fish. And shells will become oyster nurseries—oyster shell is the preferred surface for young oysters to grow on...more oysters mean more ‘mini-filtration plants’ working year-around at no cost improving water quality in the Inland Bays.

The Delaware Center for the Inland Bays is a non-profit organization established in 1994 to preserve, protect and restore Delaware’s Inland Bays, the water that flows into them, and the watershed around them. With its many partners, the CIB conducts public outreach and education, develops and implements restoration projects, encourages scientific inquiry and sponsors research. For more information call Sally Boswell at 226-8105, or email at outreach@inlandbays.org or, go to our website at www.inlandbays.org.

Local Talent LIVE!



Darin Engh

Sean Loomis

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The Dow Jones Index

There is little debate that the most well-known stock market index is the Dow Jones Industrial Average. Even if you don't follow the financial markets, there is a good chance you'll see/hear someone mention how the Dow performed on a particular day. The problem I have is: I believe the Dow is not a good representation of the United States economy or the United States stock market.

The Dow is comprised of only 30 US companies whose stock trade on an exchange. But, did you know, there are thousands of publically traded stocks in the United States? Thirty stocks do not tell the whole story. In fact, it tells very little of the story.

Take, for example, the retail sector, which are companies that sell goods to households. In the Dow index, there are only 2 retail companies, Home Depot and Walmart. If you looked just at Walmart, you might conclude that the retail sector is struggling to grow as Walmart's revenue has grown at an average annual rate of 0.94% over the past 3 years according to their latest annual report. But, the retail sector is being turned upside down at the hands of Amazon which is not in the Dow Jones Index. Amazon's sales are growing at 20.54% per year over the past 3 years according to their latest annual report. The Dow Jones Index does not capture this transformation.

Another problem I have with the Dow is that almost every stock in the index is a global stock. Take Apple for instance. Want to guess how much of its revenue comes from North and South America (they don't break down just the United States)? In Apple's last annual report 40.16% of its revenue comes from the Americas. If business is bad in China, and Apple's stock is down because of it, that does not mean the United States economy is bad.

So, if the Dow is not a good representation of the US economy, why do media outlets continue to quote the price movements in the Dow Jones Index?

To understand this, you need to understand the magic of the media: If it bleeds it leads. Now, answer this question, which scenario sounds worse: The XYZ market is down 100 points or ABC market is down 1 point?

And that's why the Dow Jones Index will continuously be quoted by media outlets. It's much easier to use such devastating words that capture viewer's emotions when an index is down 100 points as opposed to 1 point.

The next time you see or hear about how the Dow Jones Index is up or down by some large number, understand that price movement does not completely reflect the US stock market or the US economy.

Dow Jones Industrial Average (DJIA): A price-weighted average of 30 blue-chip stocks that are generally the leaders in their industry. An investment cannot be made directly in a market index.

Nicholas Shevland is a Financial Advisor with Morgan Stanley Global Wealth Management in Lewes. The securities mentioned are shown for informational purposes only. 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. The views expressed herein are those of the author and may not necessarily reflect the views of Morgan Stanley Smith Barney LLC, Member SIPC, or its affiliates.

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



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Excerpt from MY CORNFIELD

350 word reading for Rehoboth Beach Writers' Guild / Reading Prompt 'No More', Evening of Prose and Song May 10, 2016

By Meg Ellacott

What hurts most is cumulative; this snowballing, non-fleeting feeling of loss; no more open land, no more rolling meadows, no more cornfields. What will be lost to us next?

High above my cypress trees, mere feet from my backyard a Caterpillar excavator rears its ugly bucket of a head; it lifts and spills the dirt, swings its orange neck back and forth like T. Rex or some other

prehistoric monster. The sky behind it, where giant oak trees once stood is dark and gray. A storm is coming.

Each and every day arriving home, a kind of serenity, a certainty of choice, fell over me as I pulled up to my house behind my cornfield. Here: In the midst of abundant nature. Here, where cornfields hoard sound and color explodes; the crackling echo of the corn stalks as they sway in autumn breezes, or

smell of cotton candy in summertime. Here, where my view was that of deep greens, vivid yellows and fringy tassels waving in the wind. In winter I'd watch the snow geese swirl and stitch up the sky; owls hooted, rabbits and fox ran wild -- all of it captured, hushed within the arms of my cornfield.

That was yesterday. Today I wake to the sound of back-up beeps from trucks or tractors compacting

the soil. I roll over and insert Quiet Please comfort foam plugs into my ears at daybreak. Today the giant trees that ran the length of the field have been felled. I loved those trees when the sky rolled with thunder; when lightning cracked behind their colossal branches. There was a certain time of day, mostly in winter, mostly in the twilight of early eve when the light that glittered through them made me stop

and wonder. How it bounced off fog or created haunting shadows that lay across my land.

Now even the stars at night have disappeared. Now there is only the sound of streets being built, hammers hitting a thousand nails, explosive blasts as they lift and lay the heavy rooves upon McMansions being built upon my cornfield.

Today I miss my field of dreams that is NO MORE.

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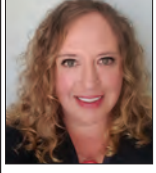
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Neck pain is a common complaint. If you are sitting at a desk all day, it is very easy to have bad posture; muscles can get tight and over time put pressure on the nerves. The nerves can then become blocked or inflamed. Another cause of neck pain is if you have ever been in a car accident or have been injured during a contact sport.

Do you suffer from symptoms of Whiplash Syndrome?

Pain in the neck, shoulders, head or the base of the skull that occurs after a motor vehicle accident is often called "whiplash." Whiplash occurs as a result of the cervical spine being hyperextended, or pushed beyond its normal range of motion. This can injure the vertebrae, tissues and muscles in the neck, which in turn can cause symptoms to appear either right after the accident occurs, or within several days of the incident. In addition to neck pain, there are many symptoms associated with the whiplash syndrome including sleep problems, poor concentration and memory, blurry vision, ringing in the ears, fatigue, and weakness.

"When I first walked through the door at Cape Spine & Disc I was the biggest skeptic in the world. I didn't believe anything they offered was going to help me with my pain. I would say I have been enduring the pain for over 39 years. My pain level was around an 8 or 9 on the pain scale. After a few weeks my pain was down to a 1 or 2 which was a miracle for me. Everybody at Cape Spine & Disc was great! I went from taking 6-8 pain pills every day to NONE!" - Rick E.

What is a Herniated Disc?

There are many different terms used to describe cervical disc pain, such as "herniated disc", "pinched nerve", and "bulging disc". A herniated disc refers to a problem with one of the rubbery cushions (discs) between the individual bones (vertebrae) that stack up to make your spine. A spinal disc is a little like a jelly donut, with a softer center encased within a tougher exterior. Sometimes called a slipped disc or a ruptured disc, a herniated disc occurs when some of the softer "jelly" pushes out through a crack in the tougher exterior.



Call and Schedule Your Evaluation Today!

**Call (302) 644-2473 TO SCHEDULE
YOUR APPOINTMENT TODAY!**

Surgery is NOT the answer!

Call Cape Spine & Disc to learn more about
the latest Non-Surgical programs available
for treating Neck Pain.

Covered by most insurance companies including Medicare

Find out if you are a Candidate for Spinal Decompression?

There are many conditions that can be treated here at Cape Spine & Disc. If you are suffering from chronic or severe neck pain due to bulging discs, herniated discs or degenerative disc disease you may be a candidate for Spinal Decompression Therapy. We will give you an honest and fair assessment of your condition and only recommend the treatment that is right for you.

Why Choose Cape Spine & Disc?

Patients are choosing Cape Spine & Disc because of their extensive knowledge and experience treating patients with chronic pain. Cape Spine & Disc combines non-surgical FDA Cleared procedures along with a rehabilitation program that is proven to get the best results. Cape Spine & Disc accepts most major insurance including Medicare. Our doctors are trained in the newest technology and the latest techniques. We will target the areas that are injured and not only treat the symptoms but help treat the cause of the pain thus helping our patients find lasting relief from pain. Find out how you can live a pain free life again. Call us today and schedule your consultation.



Conveniently located at:

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