

High Tide News

March 2017

Local news for the people, by the people

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QUARANTINE!

SMALLPOX EPIDEMICS IN SUSSEX COUNTY 1881-1920

By Sandie Gerken

Sussex has experienced several epidemics of various diseases. But, outbreaks of smallpox in the county made headlines time and again from 1881 through 1920.

In a March 30, 1881 Wilmington Morning News article "Smallpox in Sussex", the reporter interviewed Roxana resident, Jacob Melvin in Wilmington. When asked about the prevalence of the smallpox in Sussex, Melvin advised that there were NO cases of smallpox in Roxana, but most cases were on the outskirts of Selbyville. Despite no quarantine in Roxana, there was a general avoidance of the small village. Fears surrounding the epidemic had closed businesses in Roxana. Even the mail carrier refused to handle mail to or from Roxana. Many residents were leaving town until the epidemic abated.

It was generally accepted that the smallpox epidemic in Baltimore Hundred was spread from Mrs. Hettie Lynch Furman, wife of George P. Furman of near Williamsville. When she became ill, a Frankford doctor diagnosed her with scarlet fever, advising that she was not contagious. Her extended family helped with her care and visited the sickroom. As her condition worsened

with a virulent rash, two other doctors were called in. The three doctors, Dr. West, Dr. Gum, and Dr. McCabe consulted and concurred that Mrs. Furman was suffering from smallpox.

As a consequence, the whole neighborhood, consisting of related families of Furman, Lynch, Rickards, Bennett, Wilgus, and Derrickson, were exposed. One by one, family members came down with smallpox. Mrs. Furman succumbed to the disease on March 16, 1881 after an illness of two weeks. By April 13, ten family members had died. Three of her children, Alice Kate, Joseph, and Jehu died, as well as her father and mother, Joseph J. and Jane Lynch. Her mother-in-law, Gertrude Furman, sister-in-law, Laura Furman, two sisters, Alice Kate Rickards and Irena Rickards, and a niece, Roxey Bell were all dead of smallpox. Hettie's husband, George became infected, but later recovered. Among neighbors who contracted smallpox from Mrs. Furman, but recovered, were Levin H. Derrickson, Exekiel Lynch, Mrs. John Henry Hudson, Martha Gray McCabe, Rachel Wilgus, Mr. and Mrs. Aaron Lynch, and John Bennett. On March 29, 1881, the

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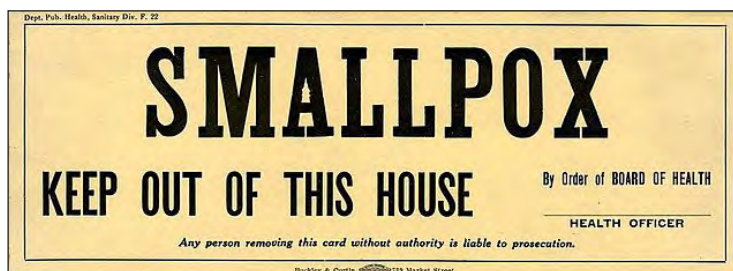


Photo: www.wikicommons.com Public Domain



Believe In Tomorrow Children's Foundation

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WE BELIEVE in keeping families together during a child's medical crisis, and that the gentle cadence of normal family life has a powerful influence on the healing process.

95% of every dollar donated goes directly to support our services for critically ill children and their families.

The *Believe In Tomorrow National Children's Foundation* provides exceptional hospital and respite housing services to critically ill children and their families. We believe that the highest standards of service and unparalleled hospitality help create a unique healing environment. Our exclusive programs bring comfort, joy and hope to chil-

dren and their families, enabling them to renew their spirits both mentally and physically. Since 1986, Believe In Tomorrow has provided over 800,000 individual overnight accommodations to families with critically ill children, from every state in the U.S. and more than 82 countries worldwide.

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Since 1996, the Believe In Tomorrow House on Fenwick Island has given thousands of children with life threatening illnesses and their families a memorable vacation. This unique, two-bedroom townhome was the first

pediatric respite property in the country and is situated on a salt-water pond in a tranquil section of Fenwick Island, Delaware, just minutes from the Atlantic Ocean. Families can enjoy the community pool and tennis courts or relax and watch evening sunsets over the pond from the home's decorative glassed-in porch.

Ways to Give

Your contributions enable us to con-



Owner of Alesi Custom Builder & Renovators, Carl Alesi and his wife, Claudia, owner of Oasis Healing Center consistently give back to the community in many ways including sponsoring this 5K run that raised money for the "Believe in Tomorrow Children's Foundation," a charitable organization giving hope to needy children throughout the area.

tinue expanding our programs and other support services for families in the midst of a child's medical crisis.

Donations to *Believe In Tomorrow* are tax-deductible and can be made in memory or honor of someone special,

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SMALLPOX EPIDEMICS IN SUSSEX COUNTY 1881-1920

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News Journal reported 40 cases in the Selbyville/Roxana Area plus 5 deaths. By April 18th, 11 deaths were reported.

How Hettie Furman contracted smallpox was a mystery to the family. She had not been in contact with any sickness. Neighbors recalled that she had recently received a buffalo robe from Philadelphia that perhaps had been infected with the disease. The family denied this rumor.

General panic ensued as smallpox cases began to spread in southeastern Sussex. Many people evacuated the infected areas. Various precautions were instituted to protect the citizenry. Schools, stores, and other public places were closed. Mail was halted in some towns. It was reported in a March 29, 1881 news article from Georgetown that the undertaker in Baltimore Hundred had discontinued handling bodies and burials. As deaths occurred, the undertaker would make the coffins and deliver them about 300 yards from the homes of the dead. Families were forced to pick up the coffins, prepare and bury their loved ones themselves.

Smallpox is caused by the variola virus, which is highly contagious and spreads through human contact, saliva droplets, or contaminated clothing, bandages, or bedding. It has an incubation period of 7-14 days after exposure. Once a fever develops, the person is contagious. A distinctive blistering rash appears within the first week, which can worsen to cover the entire body. The contagion period continues until the blister scabs fall off. A severe case can be fatal within 2-4 weeks. If a person survives, the recovery can take 6 weeks or longer. A person can be left with disfiguring scars, but would be immune for life. It proved fatal in about 30% of cases.

A smallpox vaccine existed, but Sussex residents were mistrustful, and few were inoculated. The communities did isolate victims in their homes. Warning placards or yellow flags were placed where smallpox was present. This was

effective in restricting access and spread of disease.

In 1881, Wilmington reacted to its epidemic by establishing a local board to address unhealthy residences, waste disposal, port regulations, isolated treatment facility, and quarantines. The Delaware General Assembly enacted strict regulations for state and other local boards.

The Wilmington Morning News of May 17, 1881 printed Board of Health recommendations for sanitizing an infected house. It suggested that 2 lbs. of sulfur be placed in a pan on the floor of a smallpox home. The house was to be

closed, with all bedding exposed, for 24 hours. Then all linens were to be washed in a zinc sulfate solution for 2 days, then rinsed and hung outside to dry. A home remedy for smallpox was printed in the Wilmington papper on April 18, 1881, urging readers to use cream of tartar, lemon juice, and boiling water mixed with milk. This mixture was to be taken every hour until cured.

Several reoccurrences in Sussex made news. In 1901 and 1903, smallpox forced stoppage of travel between towns before the disease abated. Georgetown even placed guards on approaching roads. Residents avoided vaccinations, believing they were mere experiments. As a result many cases of smallpox were not reported.

A widespread smallpox breakout began in 1919, causing a seasonal ban of shipments of holly wreaths from Sussex

County until they had been thoroughly fumigated. By early 1920, a milder strain was rampant in Indian River Hundred, where people scoffed at the idea of smallpox, claiming they had the "swine itch". Since there were no deaths, people went about their business as usual. Hundreds of residents refused to be vaccinated, forcing a Board of Health resolution to arrest those resisting inoculation. Mistrust of the Board's mandatory program led to a mob mentality and revolt. When the State Board of Health's Commissioner, Chester H. Wells visited Georgetown to enforce the compulsory vaccinations in January 1920, he was



Photo: www.wikicommons.com Public Domain

Smallpox has no cure, but vaccination has been an effective preventative. There were widespread campaigns to vaccinate all American school children within the schools in the 1940s and 1950s.

forced from the Brick Hotel by a mob of 300 county residents. They placed him in an automobile and forced him out of town with a warning not to return. The Board encouraged physicians to canvas the county and vaccinate the population. This was only partially successful, but by August 1920, there were no new cases reported in Sussex County.

Smallpox has no cure, but vaccination has been an effective preventative. There were widespread campaigns to vaccinate all American school children within the schools in the 1940s and 1950s. Vigorous public health initiatives continued through the 1970s. Smallpox was declared eradicated in the U.S. in 1980. But, infections still continue

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.



throughout third world countries today. SOURCES:

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"Smallpox in Lower Delaware", Baltimore Sun, March 31, 1881, www.newspapers.com

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Article on Smallpox, World Health Organization, www.who.int

Research on www.ancestry.com

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Sussex Whipping Post, Harper's Weekly, Nov 18, 1876
Courtesy of Antique Prints, Ocean View, DE

"The History of the Whipping Post" Correction!

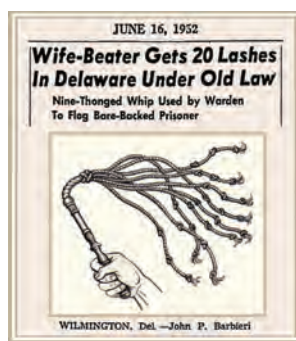
February 2017 Edition of High Tide News: High Tide News would like to apologize for inadvertently omitting the photo credits for three photos used in the "History of the Whipping Post" article by Sandie Gerken last month. We

would like to thank the contributors for the use of the photos in this great article.

If you missed this very interesting bit of Sussex County history, you can still read the story online at hightidenews.com/archive.html and click on the February 2017 edition.



Courtesy of Corbit Calloway
Memorial Library DelMarVa
Collection



Cat-o-nine tails From Wilmington
Every Evening, June 16, 1952,
www.newspapers.com

What Can You Expect During a Healing Touch Session?

By Claudia Alesi, HTCP, CPC

Healing Touch is a gentle energy field therapy that facilitates a deep sense of calm and relaxation, as well as overall and specific responses for healing of the body, mind and spirit. To understand Healing Touch, you must think of your body extending beyond your skin. Healing Touch balances the field of energy emanating from your body in order to reduce stress and ease pain.

As a Healing Touch Certified Practitioner, I use the 10 step Healing Touch Sequence that was taught in Healing Touch Practice curriculum. My goal is to restore balance and harmony in your energy system, thereby placing you in a position to self-heal. During your first visit, I will conduct a personalized questionnaire, explain Healing Touch, and go over any questions that you have. For each subsequent session, we will do follow-up assessments to ensure you are getting the results you need.

I will conduct a pre-treatment energetic assessment to assess your energy centers (chakras) and the energy field surrounding your body and find areas of imbalance. Together, we will discuss mutual goals and what you hope to gain from the session. Your treatment goals may be stress management, the promotion of relaxation, reducing pain, reducing anxiety, strengthening the immune system, creating a sense of well-being, reducing the effects of trauma and chronic pain, preparing for or recovering from surgery, support during chemotherapy/radiation, deepening your spiritual connection, or supporting the dying process. Next I will begin the intervention part of the Healing Touch treatment based on your history, your healing intentions and your preferences. This part of the session is done in a serene and peaceful environment with soothing music to help facilitate the relaxation response which supports healing physically, emotionally, mentally and spiritually. During the session, you will remain fully clothed while lying down on a treatment table.

Even though I typically provide Healing Touch sessions in my office, Healing Touch can be done in

the home, hospitals, nursing homes and hospice. Depending on your preference and permission, I will use my hands to clear and balance your biofield as needed using either off the body touch (near the body but no touch at all), or a light, gentle touch which is still over various areas of the body.

At the end of the session, we will conduct a post treatment energetic assessment and evaluation based on both of our experiences. I will ask for your feedback and any sensations or experiences you had during the session. Many clients typically experience a renewed sense of balance. Some feel lighter, more energized, or more focused at the end of the session, while others feel sleepy and relaxed, and have a sense of calm and clarity.

Some common responses that I hear after a session is that they feel balanced, at peace, cleansed, grounded, light, and hopeful again. Some clients feel this way right after the session, while others may not until a day or two afterwards. Occasionally, you may experience an acceleration of the healing cycle and your symptoms may actually intensify for a short time. Sometimes you may feel nothing at all. Some clients have emotional releases such as tears. This is your body's natural healing response. There is no right or wrong way to experience Healing Touch.

Together we will draw up a plan of care so that you will continue to heal and to empower yourself. We will talk about a plan that will help you and that you will enjoy. This may include journaling, walking on the beach, learning meditation or yoga. The plan is individualized for each client. After receiving a series of Healing Touch sessions, if you are in agreement,



Claudia Alesi, HTCP, CPC
Healing Touch Certified Practitioner
Certified Holistic Cancer Educator
Certified Holistic Minister Practitioner
Reiki Master/Teacher
Certified Life Coach

I will teach you how to apply some basic Healing Touch methods on yourself. The number of sessions is dependent upon your needs.

*Healing Touch
can have profound
effects on our health.
I believe that we all hold
the key to self-healing.*

Disclaimer: As a Certified Holistic Cancer Educator/Counselor, and a Healing Touch Certified Practitioner, I do not diagnose, or treat. They are also not a substitute for medical treatment by a licensed medical professional. The Center of Advancement in Cancer (BeatCancer.org) is an educational center, not a medical center, and the information provided is meant as a guide for educational purposes only. The resources mentioned are not intended to diagnose, treat, cure, or prevent any disease. The suggestions referenced as a Certified Holistic Cancer Educator through BeatCancer.org may be of value before, during or after a treatment, but their appropriateness for any given client depends on many individualized factors and should be considered in the context of a complete holistic program.

If you would like to learn more about the amazing benefits of Healing Touch, please call Claudia Alesi at 302-227-6260. Visit her website at www.OasisHealingCenter.net

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Allen Chorman:

A "Full Throttle" Aerial Applicator

Back in 1997, he was considered "tops in his field", a skilled ag pilot whose routine aerial applications resembled death-defying stunts to the rest of us on the ground. He could maneuver the huge Ayers S2R Thrush with its 600 horsepower radial engine inches above rows of cornstalks, turn, then fly under field-side telephone wires, skimming roof-tops, dodging "sleeper wires" (almost invisible power lines), and/or dive-bombing rows of soybean plants... "tickling the pod" as it was once called. Allen has serviced dozens of Delmarva farmers over the years, applying herbicides, pesticides and fungicides. Fellow ag pilot and "best flight instructor in the East" Jimmy Vreeland taught Allen and how to fly. Still, how does anyone learn such a dare-devil style of flying? Here's how.

"He had to fly for a living"

It all began with Allen, born in 1946 as the oldest of five children. He grew up near Red Mill Pond and began work on his uncle's farm. By age 10, he was clearing woods for Joe Hudson, on what is now Eagle Crest Airport in Milton. Allen took his first airplane ride at age 12, was "hooked", and he knew then he had to fly for a living.



Allen as a young pilot

Courtesy Allen Chorman

A natural pilot

Allen took a job at the old Rehoboth Airport, where his father repaired aircraft. He also washed World War II surplus military planes owned by Joe Hudson. During his high school years, Allen learned to fly under Jimmy Vreeland. Jimmy was so impressed with Allen's motivation and ability in flight, that he called Allen a "natural pilot". In the aviation community that designation is only given, not self-assigned. It is first earned, then expressed by someone who really knows. Jimmy knew and was the best flight instructor around, which is why Allen traveled so far to the flight school in Laurel, while he was still in high school in Lewes.

Sunrises and Sunsets

At 16 Allen earned his private pilot certificate, then two years later was flying Joe Hudson's 450 HP Stearman, spraying chemicals and spreading seed. Just out of high school in 1967, Allen was spraying full time from Rehoboth Airport. During the 70's he handled most of Joe's aerial application

duties, flying all over Sussex County in the Thrush as well. From May through November he worked 14 hour days, 7 days a week and also flew Joe Hudson's Twin Beech, spraying mosquitoes. He would leave in the dark and come back in the dark. Long days for a young man, but he recalls unbelievable sunrises and sunsets, ...to this day, and would not trade a thing.

Chief Pilot to Entrepreneur

In 1972 Allen became Joe's Chief Pilot and remained so for 21 years. Again, in the aviation community that is an earned position, not assumed or taken for granted, but consistently attained, through persistent hard work and sometimes knowledge-based daredevilish risks. Allen had a few. He was "chief pilot", a term describing earned respect and skill, over time... lots of flight time. And that flight time included "full throttle" flying. But that was not enough and he soon became an entrepreneur, one of Sussex County's finest, Allen Chorman Inc., to Allen Chorman & Son.

In 1987 Allen bought Joe Hudson's aerial spraying business and ran it out of Milton and Milford, Delaware. His company grew as he eventually purchased other ag aviation businesses from local ag pilots such as Paul Nuwer, David Hrupsa, Doug Gary, and the Collins brothers Rob and Skip. When his son Jeff joined the business, the name changed and so did some of the operations. Along with applying pesticides, herbicides, fungicides, their pilots also applied seed and fertilizer to farm fields. Then the business changed

Allen at work... sunrise to sunset



Courtesy Allen Chorman

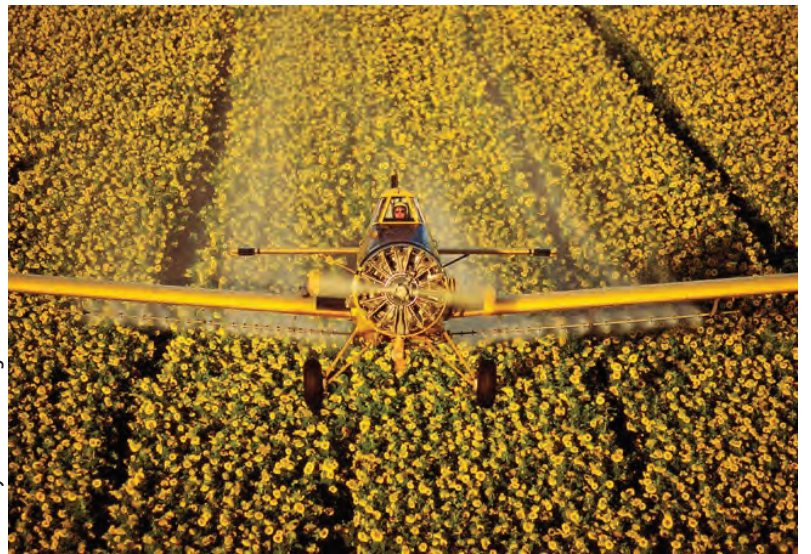


Photo by Kevin Fleming

Allen spraying sunflowers.

and grew again.

By 2006 Jeff had purchased a company in Dover and he added waterfowl counts and reef surveys to their operations. From October through January Jeff counts waterfowl and eagles over Delaware and Maryland, and reports swan nest locations, as these have become an invasive species and harmful to some marsh grasses. Jeff also flies over the Atlantic and counts fishing boats clustered over artificial reef sites.

Luxury condos for fish: Davy Jones' Locker

From April to November each year Jeff flies over water...miles and miles of water! He checks 14 artificial reef sites in the Delaware Bay and 26 miles off the Atlantic Coast. Annually he conducts 70 flights, counting fishing vessels and reporting the number of fish being caught.

Most of us know that the mid-Atlantic shore bottom is usually flat, sandy or muddy. Right? So, what attracts the fish? It is the non-toxic reef materials that have been submerged! They provide luxury accommodations for reef fish such as sea bass, trigger fish and game fish such as blue fish or striped bass. These structure-oriented fish thrive in this habitat. And the Division of Natural Resources and Environmental Control (DNREC) is happy to provide it.

Since 2001 DNREC has submerged thousands of retired New York City subway cars, ballasted concrete and tire products, decommissioned military vehicles, commercial tug boats, the ex-destroyer USS Arthur W. Radford and the Shearwater, a 180' Army-Navy ship. They all lay quietly in Davy Jones' Locker on the Atlantic Ocean floor just 20

miles east of Fenwick Island, Delaware and continue to attract fish and fishing boats to be counted. A few years later, Jeff added more aircraft and more work for the company.

Helicopter Frost Control

In 2010 Jeff introduced a Bell helicopter to the business for mosquito work, and then in 2016 he added another Bell 47. Jeff uses these to spot-spray mosquitos, as needed on marshlands, where broad straight flying/aerial application would not be effective or appropriate. This same kind of vertical controlled flight was needed spring of 2016, when the Delaware weather threatened peach orchards. During a rare air inversion, with only hours to spare, Bobby Fifer called on Jeff for his helicopter flying skill. Jeff hovered his Bell over the Wyoming peach trees, and his propellers pushed down the warm air, lessening the extent of frost damage. Some orchards in Lower Delaware were not so lucky.

All in all, Allen Chorman has been very lucky and safe in flight, and most blessed to have wonderful farmer friends and loving supportive families. As of 2016, Jeff Chorman is owner, still flies full time for the company and is Chief Pilot in Greenwood, following his dad's footsteps. Father and son admit they "have no hobbies", and they both have said all they "ever wanted to do was fly a spray plane". They both know and have said that "any success they had was due to two things- loving families and a team of workers." Allen and Jeff continue to work with each other's strengths, and they illustrate an excellent example of a successful working father and son relationship, as well as an effective and safe agricultural aviation service. Indeed. Allen Chorman is an amazing entrepreneur from Sussex County.

If you know of an *amazing local entrepreneur*, past or present, whose story should be shared with our local communities please let us know! Send us a story & photos and we will see to it that their story is shared with 12,000 people in Sussex County! This is an ongoing service to promote our local entrepreneurs and help build the local economy. Email: news@hightidenews.com or call 302-727-0390.

Aging in Place with Grace and Dignity

Social isolation may be one of the most overlooked health risk factors that accompanies aging. One in five adults over age 50 is affected by isolation, a problem associated with higher rates of chronic disease, dementia, depression and death, according to the National Association of Area Agencies on Aging. The decrease in interaction gets worse with age because of factors like retirement, loss of hearing and the loss of family and friends.

People who identified themselves as lonely had a 59 percent greater risk of health decline and a 45 percent greater risk of death according to University of California physicians who analyzed CDC data.



Seniors Helping Seniors®, a local in-home care agency can help elders feel less lonely by providing a greater sense of dignity, hope and friendship. Giving up the car keys, for instance, can make the individual feel as if they are losing their last thread of independence. **Seniors Helping Seniors** in-home caregivers provide transportation to and from doctors' offices,

help the elder pick up prescriptions or groceries and can fulfill other needs on the return trip.

Seniors Helping Seniors provides the human touch through compassionate, experienced in-home staff members who are over the age of fifty and therefore understand the needs and wishes of their clients. "When one of our seniors comes to help another, whether it's light housekeeping and cooking or running errands, these caregivers become good friends with the ones they care for," says Amy McDermott, owner of Sussex County's Seniors Helping Seniors. "Often our most important job is to provide companionship to someone in fragile health thereby increasing their sense of dignity as well as creating lasting friendships. It often happens because they have so much in common and there's a mutual respect."

Seniors Helping Seniors also provides respite care for care givers and will step in 24/7 for a few days or a few hours to keep life moving smoothly and keep their loved one safe. Contact them for a free consultation if you are looking for support at a reasonable price. Go to www.seniorcarerehoboth.com or call 302.858.7330.

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Photo: 2016 EXPO - Courtesy Kathy Benson

Delaware Resorts

2017 HOME EXPO

20TH ANNIVERSARY!

APRIL 22ND AND 23RD • CAPE HENLOPEN HIGH SCHOOL



Photo: 2016 EXPO - Courtesy Kathy Benson

Cape Henlopen High School was a big hit with exhibitors and visitors for last year's **2016 Delaware Resorts HOME EXPO**. After 18 years at the Rehoboth Beach Convention Center the annual event was forced to find another venue during the Convention Center renovation which is still underway.

"We are very excited to return to the beautiful and spacious **Cape Henlopen High School** for this year's **20th Anniversary HOME EXPO** for several rea-

sons", said Kathy Benson, HOME EXPO Co-founder and Coordinator.

"The Cape High space enables us to accommodate 35 additional exhibitor spaces and provides a much better parking arrangement for visitors, and exhibitor registrations are way ahead of last year. Another benefit is that another segment of the community has had an opportunity to become familiar with our outstanding high school", concluded Benson.

The Home Expo is sponsored by the internet magazines RehobothToday.com and LewesToday.com, along with The Cape Gazette, Comcast Spotlight, and Andersen Windows. The Expo affords visitors the convenience of viewing a full array of home related products and services in one place.

Admission for the public is free, and many of the exhibitors will be giving away gifts and prizes. The Expo also benefits Sussex County Habitat for

Humanity, the nonprofit organization assisting qualified residents with simple, affordable housing.

Exhibitors include realtors, developers, builders, mortgage and finance companies, insurance firms, and a large array of new home products and services.

Prospective exhibitors should contact Kathy Benson as soon as possible at 302-236-0857 as available space is going quickly.

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A New Musician On the Scene!

By Vincent Paez

favorite places to play was called The Wine Barrel in Babylon, NY. It was a small, quaint restaurant and bar, specializing in fine wines. The façade had the shape of a wine barrel and the management organized live music four nights per week. To my astonishment, I recently learned that the great Ocean City musician, Chris Button, also played there, when he lived in New York years ago. It is such a small world!

The Wine Barrel was my last paying gig. After playing there, I graduated college, became a chemist, then moved to Los Angeles, got my MBA, joined the corporate world, got married, raised two boys, traveled the world, and rode the tornado of life. And what a life it has been. I recently decided to spend more time in Ocean City and play my guitar for money. It is a very different experience from the corporate boardroom. The set up beforehand and take down afterwards can be a bit of work, but what stays in a musician's memory is the performance time.

Returning to the stage for me was euphoric. The excitement in the air built up as the start time drew near. I needed to set up my equipment and do a sound level check, which took about thirty minutes. The more experienced musicians can set up a lot faster. There were friends and fans already in the crowd, and I needed to tend to my equipment and not

casually converse for too long before setting up. I needed to review my song list, which experienced musicians do not need to do. My first song, Old Man by Neil Young, was a little wobbly, as I used it as a warm up song to check the sound levels and guitar tuning. By the third song, Thinking Out Loud by Ed Sheeran, I was feeling my groove and could concentrate on engaging with the crowd. For this reason, when you go to listen to a band, you may want to wait for a few songs before you converse with the band members.

As the songs rolled on, I really started to have fun with the crowd by joking around with them and having them participate in the songs. Many fellow musicians from the Ocean City area came to my gig prepared to come up on stage and play alongside me for songs like That's What I Like About You by The Romantics. The performances were outstanding, especially since I had Chris Button helping me out to optimize the sound and even play a few songs.

After my last song, a crowd in the corner of the bar asked for an encore, by placing a nice amount of money in my tip jar. Of course, I obliged with Comfortably Numb by Pink Floyd. When the performance was all over, it amazed me how much adrenalin was running through my body. I took down all my equipment, got paid, went

home and could not sleep for quite a long time, just thinking over and over about the performance. Fellow musicians tell me that this post-performance energy is very typical. I could get used to that. I have more gigs coming soon. I return to Bourbon Street on March 12th at 6:00 PM, and I will have more gigs throughout Ocean City and Fenwick Island. If you see me performing, please stop by the stage and let me know that you've read this article!



Vincent Paez recently performed at Bourbon Street on Coastal Highway, Ocean City, MD. Many fellow musicians from the Ocean City area came and played alongside him for songs like *That's What I Like About You* by The Romantics.

Guess what, I got a gig! Woohoo! After many years of getting up on stage with the pros and singing my go-to songs, like La Bamba, I finally got the opportunity to entertain a crowd by myself for several hours.

microphone, entertaining the crowd. As many musicians will tell you, we get a unique "high" by playing music and observing the audience enjoying the sound that is being created on the stage.

Back in the day, would play gigs in small places around New York. When I mention this to people, they often think of busy New York streets and crowded nightclubs. Actually, I lived five minutes from the beach and had my own boat at sixteen years of age. I grew up with clamming boats, fishing rods and tiki bars all around me. The places where I would play were either tiki bars or small restaurants. One of my

On February 19th, Barry Reichart, owner of *Bourbon Street* on Coastal Highway of Ocean City, gave me my first paying gig in about twenty-five years. My wife and I have always enjoyed going to Bourbon Street for the combination of great Cajun food and great live music. And now, I was there on the other side of the

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.

Believe in Tomorrow Children's Foundation

continued from page 1

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New Rehoboth Barre Fitness Studio Open for Business

By Sue Sheain, Beach Barre Body

beach barre body

Good things happen to those who wait. This month **Beach Barre Body** started sharing studio space with **Rehoboth Beach Dance & Company** in Rehoboth Marketplace (Weis Market) on Route 1 southbound. Christa Pardocchi, Owner & Artistic Director at RB Dance & Company, has a wealth of dance experience and is simply a kindred spirit who is ready to roll up her sleeves with me and embrace this opportunity to build our businesses together. You also know it is meant to be when the location behind Sea Shell Shop is easily accessible for my Lewes and Long Neck clients via Airport Road, while being just a few short minutes from downtown Rehoboth with an easy left at the light just after Giant. The stars clearly aligned.

More importantly, some of our Beach Barre Body's gifted Bethany instructors have agreed to pick up some classes at our Rehoboth studio. New to our BBB team is **Jena Latham**, a native of the Chesapeake Bay, returning from teaching Pilates and barre in Bermuda. Jena has been working in the field of holistic health for over 20 years. She received her Pilates comprehensive teacher training from Body Arts and Science International after years of her own Pilates practice, as well as studying other movement modalities including many forms of dance, and yoga. Jena had the wonderful experience of teaching Pilates in French in Lyon, France in 2011. In 2014, Jena completed her training in London as a Garuda barre, seated and standing instructor with James D'Silva, the method's creator. You will enjoy her dynamic and eclectic teaching style in our Core and Garuda Barre classes. Garuda Barre

client, Anita Peghini, called it the "intelligent way to exercise."

Popular Bethany Barre and Flowga instructor, Jessica Wineland will be covering our Tuesday evening Rehoboth Classic Barre classes at 4:45pm and 6:00pm along with some morning classes. An Ace Certified Personal Trainer, Registered Yoga Teacher (RYT200) Balanced Body Mat and Reformer Pilates Instructor, Booty Barre and LTS trained barre instructor, Jessica has an extensive and varied background of education that she incor-



porates into her classes. Always keeping in mind safety and healthy body mechanics, with a personal motto that a good class should leave you feeling good, feeling strong, and feeling empowered. Jessica uses her voice to inspire participants with her passion for fitness and wellness.

Future articles will feature some of our other instructors' to wet your appetite for the classes offered at our Rehoboth and Bethany studios, perfect for those new to barre, while challenging our favorite barre addicts to expand their horizons. Beach Barre Body, known as the **"approachable barre" fitness studio**

will be offering at least three types of barre classes at the Rehoboth studio: **Classic Barre, Garuda Barre and Core Barre.**

CLASSIC BARRE is a low impact, full-body workout for all ages and fitness levels that creates long, lean muscle definition through a range of motion and small isometric movements and stretching. A blend of pilates, yoga and ballet moves combine strength training and cardio to burn fat, build muscle, increase flexibility and improve posture. **CLASSIC BARRE** is for women and men who want to balance their bodies and reduce stress in an hour or less. Rapid body changing benefits that can be done daily.

GARUDA BARRE is a contemporary low impact workout that emphasizes the physicality and grace of precise movements pushing and pulling off the barre and out of your legs to establish body alignment to strengthen, shape and stretch each muscle group. Different aspects of the yoga asana, the core strength and stability of Pilates, and the flow and concentration of tai chi are combined to create a sense of length, flow and rhythm to his full body workout. **GARUDA BARRE** enhances endurance, flexibility and balance, while creating longer, leaner muscles and core strength to protect your body from injury. A tremendous mind body experience for women and men of all levels and ages.

CORE BARRE combines **CLASSIC**

BARRE with **GARUDA BARRE** for a workout that concentrates on shaping each muscle group for a longer, leaner look, while emphasizing core stability and definition. This pilates centric method is for women and men at any age and fitness level, who want a high calorie burning workout that efficiently exercises the full body in an hour or less. Like all of our barre classes, quick results within 8-12 classes.

We are happy to also offer **Soul Body Barre**, a more cardio version of Classic Barre when fan favorite, Beth Parady, is in town as well as guest barre-tenders, Ann Marie Barbour and Stacey Vandiver, Soul Body co-founders. A Soul Body Barre Unhitched training will be offered on Saturday, April 1st at our Bethany Studio for anyone interested in training in SB barre. (Sign up at www.soulbodyonline.com).

NOW is the time to check out our spacious Rehoboth studio and find out what the Bethany buzz is all about. We are looking forward to meeting each of you and introducing you to our Beach Barre Body team and barre methods. We are now open daily and to celebrate our **REHOBOTH GRAND OPENING** enjoy our **Unlimited Monthly Barre & Garuda Membership** for access to all styles of barre offered at both locations at an affordable monthly rate (\$99) with your first month half off (**\$49**)! Take advantage of this special while it's available for new and existing clients at both studios. Let's get this **BARRE-TY** started! Summer is just around the corner.

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Weis Market Shopping Center
@ Rehoboth Beach Dance & Co.
Behind The Sea Shell Shop
Neighbor to The Steak Shop

Rehoboth Marketplace (Rt. 1 South)
9287 Miller Road
Rehoboth Beach, DE 19971
302-539-5515

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ISOP VOLUNTEERS NEEDED TO SUPPORT THE WORK; TRAVEL CULTURAL EXCHANGE PROGRAM

The International Student Operation Program (ISOP) is seeking volunteers to serve on any of the three committees that ease the transition and grow the experi-

ence of the international students who strengthen the workforce in the busy summer months. On Tuesday, March 14th starting at 4:00 p.m., this informational meeting will be held at St. Martha's Episcopal Church located on the corner of Maplewood and Pennsylvania Avenues in downtown Bethany Beach. Whether on the Bike Safety, Event or Host Committee, be part of the cultural wave that will hit the Quiet Resorts this summer. With the influx of visitors this summer, this work and travel cultural exchange program is vital to employers and the local economy. Learn more about this unique experience to grow in service, culture and community.

For more information, visit the events calendar at the www.thequietresorts.com or call Kristie Maravalli at the Bethany-Fenwick Area Chamber of Commerce at 302-539-2100 x115.

SEEKING VOLUNTEERS & HOUSING PARTNERS

International Student Outreach Program

MARCH 14, 2017 Join Us! 4:00 PM

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Bethany Beach

For more details, contact the Bethany-Fenwick Area Chamber of Commerce at TheQuietResorts.com

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Nominations now accepted for IRHS Hall of Fame

The Indian River High School Hall of Fame was established to recognize IR graduates who have made outstanding achievements in this world.

The nomination period has opened for the 2017 Hall of Fame induction.

These are graduates who show great character, citizenship and leadership and have made significant contributions in their field and community. They must also demonstrate these qualities in a manner that will inspire students in the pursuit of excellence.

The nominee must have graduated from Indian River High School at least ten years prior to the nomination. The candidates will be evaluated on achievements and recognition in their chosen fields (in the local, state, national or international arenas).

Today's students are following in great footsteps. Previous inductees include educators, artists, civic leaders, athletes, first responders and more. They've

come from as close as Dagsboro and far as Texas and Michigan.

Requirements are online at www.IRHSAlumni.com.

By March 31, nominators must submit the paperwork, plus a second recommendation letter from another individual. By April 13, candidates must submit their résumé or curriculum vitae.

Late applications will not be accepted. Nominations will be carefully considered by an impartial selection committee. The winner will be recognized at the IRHS Annual Awards Ceremony in May.

The nomination and induction process is facilitated by Indian River High School Alumni Association. The nonprofit group formed in 2012 to connect alumni, while supporting and promoting IRHS. Indian River High School Alumni Association meets monthly and always welcomes new members. Visit www.IRHSAlumni.com for more information.

A QUALITY OF CARE THAT IMPROVES THE QUALITY OF LIVING

By Loretta Higgins, NP
Nurse Practitioner, Delaware Palliative

Palliative Care improves the quality of life for people living with a serious illness. Right now an estimated 6,000,000 people living in the United States need palliative care. Yet many people still misunderstand this important option of care forgoing the benefits it brings to both the patient and their family.

What do we all hope for when facing a serious illness? We want relief from symptoms, to gain back control over our health, to better understand our condition and our choices of care and ensure we can make informed decisions about medical treatments. We hope to be able to get back to living and enjoy everyday life. That is what palliative care can do.

Delaware Palliative wants to build awareness about the impact palliative care makes and the benefits it brings. From improved quality of life, reduced stress, to cost savings, this often misunderstood but much needed service is available to almost everyone.

One of the most unique aspects of palliative care is that it is available alongside curative care and can begin at diagnosis. You can receive palliative care while you continue to receive treatment for your illness. The goal is to make you as comfortable as possible and improve your quality of life.

Palliative care offers more than traditional medicine, not only providing medical support, expert care for relief from symptoms and expert pain management but also emotional support. Delaware Palliative's team includes: a medical director, nurse practitioners, social workers, and volunteers. The team works under the direction of the patient's own physician. One of the biggest unknown aspects of care is the positive impact on the family. This type of care supports the family caregiver through provisions of medication and supplies, help with the activities of daily living, and education about the illness and understanding what to expect.

Living with a serious illness can impact every part of your life as you cope with not only the physical changes, but also the emotional and spiritual effects. If you or a loved one are facing a serious illness, we can help in so many ways. We offer a vast range of expert guidance, care and support. By helping patients manage their illness, we help them regain days that are more fully lived.

Please call us at 800-838-9800 to learn more.



It's more than just being sisters. It's about Janie and Janet sharing a lifetime together.

When coping with serious illness we can help alleviate symptoms and stress. Even when receiving active, curative treatment. So Janie can get some extra help keeping an eye on Janet.

Call us to see how palliative care can improve quality of life at 800-838-9800.

www.delawarehospice.org/palliative-care/

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A History Lesson for Bond Investors

When it comes to investing, a strong knowledge of history is essential. Without it, investors fall victim to George Santayana's famous quote, "Those who cannot remember the past are condemned to repeat it."

A quick refresher in history might help a United States bond investor in today's times.

The last real bond bear market happened in 1970's. Back then, bond investors were hit with a double negative: rising interest rates and sky-high inflation. US 10-year treasury interest rates went from a low of 5.3% on 3-23-1971 to a high of 11.02% on 10-23-1979. Plus, inflation averaged an astronomical 9.59% per year over the same period. If you invested in bonds during that time, chances are you were not a happy camper.

But, for most of us, we weren't investing in bonds almost 40 years ago. And our recent recollection of history paints a very different picture of how bond markets have behaved.

For the past 37 years, interest rates have declined (see chart below). US 10-Year Treasury interest rates hit a peak in 1981 at 15.84%. Since then, the 10-year rate has steadily dropped to today's level of 2.483% (as of 1-20-2017).



This has been a big benefit for bond owners, and has been described by many investors as the 30-year bond bull market.

But, as an investor, I'm interested in what will happen over the next 30 years, not the past 30 years.

For me, the best comparison I can make was back in the 1950's.

Short-term government bonds yielded 1.09% in January of 1950, similar to today's 1-year bond rates of 0.807% (as of 1-20-2017), and interest rates rose to 4.57% to end the decade. Inflation was also tame, averaging 2.20%, similar to today's 2% environment. So, the two characteristics, tame inflation and a

rising rate, are similar to today's environment.

The question for investors is how bonds performed over that period:

	1950-1959			
	Long-Term US Treasuries	Long-Term Corporates	10 Year US Treasuries	Treasury Bills (Cash)
Annual Returns	-0.08%	1.00%	0.78%	1.96%
Real Returns	-2.12%	-1.04%	-1.27%	-0.09%
Worst Annual Loss	-6.11%	-6.81%	-2.65%	0.96%

Sources: Ibbotson, Damodaran

Short-term bonds performed better as interest rates rose, and long-term bond investors probably weren't too happy clocking in at -0.08% over a 10-year period. Of course, there are plenty of differences between today's environment and the 1950's, and this is meant as a guide only. Every investor is different, and if you have questions about your bond portfolio, or are in need of a review, feel free to reach out to me, Nick Shevland, and I'd be more than happy to help.

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. The value of fixed income securities will fluctuate and, upon a sale, may be worth more or less than their original cost or maturity value. Bonds are subject to interest rate risk, call risk, reinvestment risk, liquid-

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Ocean City/Berlin Announce Boat Show Winners!



The Ocean City/Berlin Optimist announced the winners from the Seaside Boat Show and lotto winners.

Michael Purse of Bishopville won the boat show door prize, a pontoon boat with motor donated by North Bay Marine for the 28th year.

Winners of the 50/50 scholarship lotto included; **Gary Waite of Wilmington, Irene Kisleiko of West Chester, Gary Sebastian of Lincoln in Pa, Mary-Ellen Derry of Silver Spring and Scotty Wheatley of Ocean Pines.**

This boat show had over 14,000 attend and all proceeds will support the Optimist club youth and community service programs.

The club's foundation will use the lotto proceeds and club funds to award scholarships at the three local schools; Pocomoke, Snow Hill and Stephan Decatur. Over \$1,800,000 has been awarded to over 300 students the last 30 years.

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