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Celebrating Delaware as the **FIRST STATE**

By Sandie Gerken

On December 7, 1787, Delaware became the first state of our new-born nation to ratify the newly drafted Constitution of the United States. Thirty state delegates (10 from each county) convened at a state convention on December 3rd of that year to review the newly drafted proposal for the Constitution of the United States. Elizabeth Battell's Golden Fleece Tavern, located at the corner of Green and State Streets in Dover, served as the "statehouse" where the vote was unanimous to ratify the document. This historic act marked Delaware as the **first** state of the new United States.

Since 1781 at the end of the



Revolution, the governing document of the loosely organized new nation was the Articles of Confederation. The Articles gave so much power to the individual states leaving the national government ineffective. All states agreed at the 1787 federal Constitutional

Convention that the national government needed a new constitution with stronger power "equal to the exigencies of the Union". In Delaware's state convention, these 30 delegates in Dover recognized that as a small state, Delaware had much to gain militarily and eco-



Photos Courtesy of Delaware Archives



nomically to ratify the strong new constitution. They all voted without hesitation to approve the new set of rules which were declared "**the most workable and democratic in the world**" by former Governor J. Caleb Boggs, who served from 1953-1960. Thus, Delaware played an historic role and became a "state

started a Nation" 228 years ago.

Sussex County sent ten delegates to Dover for the ratification in December 1787. They were elected in the controversial election of November 26, just one week before the convention. After that election, several petitions were

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Weekend Wonderland in Bethany Brings Holiday Fun to the Beach

Weekend Wonderland in Bethany will be held the first three Saturdays in December on December 5th, 12th, and 19th throughout downtown Bethany Beach from 10:00 a.m. – 6:00 p.m. Local merchants will be open with special promotions and activities, and a variety of events will take place throughout the days. Each Saturday at 6:00 p.m., the Tree of Warmth, on the bandstand, is a holiday charitable event complete with a local choir caroling. Attendees are invited to bring non-perishable food items and new or gently-used coats to be distributed to a different Sussex County charity each week.

Each Saturday is highlighted by a special event. On December 5th from 1:00-3:00 p.m., Holiday Happenings, an annual Town of Bethany event, features family-friendly activities featuring horse-drawn carriage rides, trolley rides, caroling and much more. On December 12th at 3:00 p.m., is Drop and Shop: Kids Day Out, sponsored by Bethany Beach Ocean Suites and the Bethany-Fenwick Area Chamber of Commerce. Children

between the ages of 4-12 can watch a free viewing of Willy Wonka and the Chocolate Factory in the hotel. With certified child care on hand, parents will have time to do

their holiday shopping. Then, December 19th at 3:00 p.m. Dickens Parlour Theatre will perform a special Holiday Magic Show in the ballroom of Bethany Beach Ocean

Suites. Shoppers can also take advantage of a Gift Wrapping Station, sponsored by a non-profit organization, from 3:00 – 6:00 p.m., in the lobby of the hotel. Several

merchants will be holding events including Mingle and Jingle with Elsa and the Elf at Tidepool Toys and Games on December 5th, Brunch with Santa at Bethany Beach

Ocean Suites on December 12th and a Children's Storytime at Bethany Beach Books every Saturday at 2pm.

Weekend Wonderland in Bethany Beach is a collaboration of the Bethany Beach Business Forum, the Bethany-Fenwick Area Chamber of Commerce, the Coastal Point and the Town of Bethany. "Weekend Wonderland is a great event to bring people into town to shop local and share in the holiday spirit," says Kristie Maravalli, executive director of the Chamber. "With the common goal of promoting the business community, the collective effort of the business owners, the Town of Bethany and Bethany Beach Ocean Suites, has been an amazing cooperative experience." Complete details of Weekend Wonderland in Bethany, including the participating businesses, can be found on the event calendar at www.thequietresorts.com.



Celebrating Delaware as the First State

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sent to the Convention to protest the seating of the Sussex delegates due to perceived vote tampering. But, the convention upheld the election and the Sussex men promptly left for Dover to cast their favorable votes for ratification.

Recognizing the Delegates from Sussex County

Caesar Rodney is well known in Delaware for his hurried ride in 1776 to the Philadelphia Continental Congress to cast his Delaware vote for independence. These ten Sussex delegates deserve to be remembered for their service to our state and country for their wisdom in approving of our U.S. Constitution. Ten men from Sussex played their small parts in making Delaware **the First State**.

John Jones, of Baltimore Hundred was a member of the General Assembly in 1776-1777. Serving under Dagworthy in the Sussex militia, he later commanded a militia company as a colonel. He served on the Delaware Supreme Court. A large plantation owner, Jones experimented in draining local marshes and manufacturing wine from wild, seashore grapes. He invented a mowing machine, a manure spreader, and a simple bridge design. For these achievements, he became a member of Benjamin Franklin's American Philosophical Society, composed of intellectual elites. Before the war, Jones attempted a saltworks venture with a contract to provide salt for the whole state, but this business did not succeed.

Israel Holland (1750-1798) was from Baltimore Hundred. He served in the House of Assembly in 1785 and 1788. He was a tax collector in 1782. A farmer of some means, he owned considerable land. After his death, his inventoried personal possessions totaled 218 pounds. Once of his tracts of land, near Bear Trap Ridge was deeded from Ebenezer Evans.

Woodman Stockley, of Indian River Hun-

dred, was a senator in the General Assembly in 1798. He served as a justice of the peace, and a trustee for the poor for the Sussex almshouse. He was one of several commissioners chosen to select a site for the new county seat, which moved from Lewes to Georgetown in 1792. He owned a grist mill on Indian River. Dying circa 1799, he left substantial property to his brother.

Thomas Evans owned extensive tracts of land that he farmed in Cedar Creek Hundred. He was also an innkeeper. He was sheriff of Sussex County in 1788.

John Ingram was a well-to-do farmer and mill owner in Broadkill Hundred. He served as a trustee of the poor in 1791. At his death in 1798, his personal inventory totaled 855 pounds.

William Moore, who died in 1821, was from Little Creek Hundred. He was a member of the House of Assembly in 1785, 1786, 1790. In 1791 he was a delegate to the Delaware convention to frame a new STATE constitution. Owner of extensive land tracts, he deeded a plantation to each of his two oldest sons.

William Hall was active in politics in Little Creek Hundred. He owned several slaves to work on his farms. Tax assessment records of 1785 list his property value at 15 pounds.

John Laws, Sr. was a prominent farmer and miller in Nanticoke Hundred. At the time of his death circa 1788, he owned more than 1000 acres of land and several slaves. He had inherited land and the mill from his father.

Thomas Laws was 34 years old when he became a delegate. He was a large landowner from North West Fork Hundred. He was active in Sussex politics, serving as a tax collector for his hundred, a justice in the Court of Common Pleas. He served in both houses of the Delaware Assembly. **Isaac Cooper** lived in Little Creek Hundred. He served in the House of Assembly in 1788-1789. He was a member

of the Delaware constitutional convention in 1791 while he was serving as a justice of the peace. He also was one of the lottery managers for the construction of a new county courthouse in Georgetown. He served as a justice in the Court of Common Pleas in 1792 and a justice of the Supreme Court in 1798. His son, William became a governor of the state. Isaac died in 1821.

We have celebrated **Delaware Day** for eighty-two years. In 1933, a statewide effort took place to establish December 7 as an official day to commemorate the "First State". State legislator, Mr. E. Paul Burkholder of Georgetown's Rotary Club enlisted the aid of other organizations to obtain more than 6000 signatures from Delaware residents to propose **Delaware Day** to the Governor and legislature. A joint resolution was passed by the General Assembly on November 29, 1933. The first official Delaware Day celebration was held on Thursday, December 7 that year. By proclamation, Governor C. Douglass Buck called upon the citizens of Delaware to "**display State and national flags on December 7 of each year**" and to "**observe the day in schools, churches and civic organizations with appropriate celebrations**".

Honoring Delaware Day, the Department of State sponsors a 4th grade student competition to encourage students to become interested in the U.S. Constitution, to learn to research about Delaware history, and to present a visual display board which pictorially interprets their historical findings on their topic. Five Signers Awards are given in the names of the Delaware signers of the official U.S. Constitution. Various other events are planned each year throughout the state to observe Delaware Day. "The First State" has been the official nickname of since 2002, following a request by Mrs. O'Malley's first grade class at Mt. Pleasant Elementary School.



Author, **Sandie Gerken** lives in Dagsboro, DE. As a native Sussex Countian, local history is one of her passions. Re-

tired 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**.

SOURCES:

Constitutional Documents of the First State: A History, William H. Williams, December 1986.

"This Day in History, December 7", www.touchingyourcommunity.com

"Delaware Day", www.delaware.gov

"The Untold Story Sussex County Delegates to the Ratification Convention, Randy J. Holland and William B. Chandler III, Delaware Lawyer Magazine, Fall 1987, vol 6, no. 2.

The Red Suitcase – a traveling exhibition held in a suitcase

The Red Suitcase is an exhibition conceived by Mary Walker of Johns Island, SC. Walker invited eleven artists whose work she admires, to join her in exhibiting their work inside a suitcase. Woodworker David Puls fashioned boxes inside the suitcase to house the art.

The eleven artists: Lucy Clark, David Higginbotham, Aya Kawano, Shaun Cassidy, Tom Stanley, John McWilliams, Nancy Marshall, Jeff Kopish, Linda Fantuzzo, Kristi Ryba, and Mary Walker are from Washington, DC, New York, NY, Rock Hill, SC, McClellanville, SC, and Charleston, SC.

"The Red Suitcase, came from an idea about exhibiting the work of artists I know from near and far and for it to be contained

in some way, as in a suitcase. I am a traveler and this vintage Hartmann suitcase caught my eye in a flea market. It conjured images of exotic journeys to distant lands. This suitcase, a portable box designed to carry personal belongings from place to place, was the perfect solution. By dividing the interior into eleven spaces it has been transformed into a comprehensive mini-exhibition space. Revealed within are eleven diverse interpretations of travel, expressing the individuality of each of the artists. McWilliams and Marshall have made art imbued with serious overtones, Ryba's artwork travels back in time in search of family, Kopish, Cassidy, Stanley, and Higginbotham's work are esoteric, while Clark, Kawano, and Fantuzzo play-



fully considered what they might actually pack for travel. My work references traveling evangelists. Each artist approached the exhibit in a different manner, yet, all were mindful that they would send their art off to various latitudes and longitudes, where a new audience would see their creations."

The exhibit will remain up for several weeks at **Bethany Beach Books**.

Submitted by: Nancy Fanning, Event Coordinator, Bethany Beach Books, 302-539-2522.

High Tide News

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The "Boat Show That Works for Kids" is 33 years old!!!!!!!!!!!!

And you can win a pontoon boat and motor donated by North Bay Marine.

The Ocean City/Berlin Optimist Club is sponsoring the 33rd annual Seaside Boat Show in Ocean City February 12-14, 2016. The show is the "boat show that works for kids".

This show, held at the Roland E Powell Convention Center, traditionally draws thousands of water and boating enthusiasts to the resort over President's Birthday weekend. The show also provides the Optimist the opportunity to raise funds to support the club programs to support local youth.

The local affiliate of Optimist International has over 120 members and is recognized as one of the best clubs in Optimist International. The Boat Show income supports many youth and community service programs.

The Boat Show will feature over 350 boats, 150 exhibitors and 50 boat dealers. The dealers and exhibitors will offer numerous special show prices. They will display their newest and most popular models and water related items. The large number of boats sold each year at the shows makes it one of the most popular shows on the East Coast.

Visitors will be treated to an alluring array of sport cruisers, sport fishing, performance and "super boats". The Boat Show exhibitors will include marine electronics, trailers, canvas tops, motors, jewelry, art and fishing gear. The show will also provide financing and insurance for the boater and water enthusiast.

The Optimist members are always aware of the importance and contributions of each exhibitor. The Optimists are proud that no boat show compares with the Seaside Boat Show for appeal and enjoyment.

One of the main reasons for the success of the show is the wonderful door prizes donated by North Bay Marine owners, Scott and Mary McCurdy. Each person who purchases a show admission has a chance to win a pontoon boat and motor.

Times of the show are Friday February 12 11-7PM; Saturday 10:00AM-7PM and Sunday 10AM-5PM. Admission is \$10 for adults and \$1 for kids. A weekend pass is available for \$15.

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

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Since its inception, The American Legion's National Veterans Affairs and Rehabilitation (VA&R) Commission has assisted veterans in "readjusting to civilian life, restoring their health, maintaining their dignity and respect, and assuring them of the wellbeing of their widows and children." The backbone of this effort has always been the service officer.

The VA&R program involves a comprehensive network of service officers at the Post, District, Department, and National levels to furnish direct assistance to veterans and their dependents and survivors, in claims for any federal or state benefits or services to which they may be entitled.

POST SERVICE OFFICER

Veterans needing assistance with benefits and programs of the Department of Veterans Affairs (VA), and other military-related matters, often turn to The American Legion for help. For most veterans, the post in their community is "The American Legion." This means veterans needing help are going to look for it at the local post. This is especially true today with the thousands of troops deploying and returning from the War on Terrorism.

The PSO (Post Service Officer) is often the initial contact between The American Legion and the veteran. What is important is for the PSO to have a strong desire to assist veterans. The purpose of the PSO is to be an initial point of contact regarding veteran issues by providing veterans in the community, where the post is located with basic information and assistance, including referral as directed by the Department Service Officer (DSO). Given the complexity and broad range of rules that govern VA benefits, it is critically important for the PSO to work with the professional American Legion DSO and ensure any paperwork submitted by the veteran.

The Department of Delaware is very fortunate to have the following individual as our DSO. Joseph is a hard working, driven individual who does a great job for

any and all Veterans in the State.

JOSEPH T HOUGHTON
1601 KIRKWOOD HWY
PO BOX 5695
WILMINGTON, DE 19805
Phone: 302-998-9448

If in need of services please try your local post first, there is a list of posts on our Dept. website: delegion.org – go to the post locator tab in the left margin. If you are a Veteran and are not a Legionnaire I invite you to visit your local Post or call me personally, and join the cause. When the American Legion talks, politicians listen. The more members we have the more they listen and the more we can get for our brothers and sisters, and their children.

**Submitted by: Jim Gallagher, Command-
 er; American Legion, Department of Dela-
 ware; 302-745-7779.**

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The 19th Annual Worldwide Candle Lighting of the Lighthouse Chapter of The Compassionate Friends

The 19th Annual Worldwide Candle Lighting of the Lighthouse Chapter of The Compassionate Friends will be held 6:30 p.m., Sunday, Dec. 13, 2015, at Epworth United Methodist Church located on Holland Glade Road, Rehoboth Beach. Chapter participants are asked to arrive by 6 p.m. to register their child's name and date of death which will be read during the ceremony.

The Worldwide Candle Lighting begins when the first candles are lit in New Zealand and then moves westward through all time zones as tens of thousands of bereaved parents and loved ones around the globe join together to light remembrance candles honoring their children who have died but will never be forgotten.

The evening's ceremony transcends all ethnic, cultural, religious, and political boundaries. It includes music, inspirational readings, and a visual presentation memorializing children who have died at any age. It is free and all loved ones are welcome. The candle lighting ceremony will begin with an audio/video presentation with photos of our deceased children. The highlight of the memorial program is when each child's name and date of death are read, a bell is tolled, and candles are held aloft in tribute to each child. Also, a special Memory Tree will feature ornaments with the names and photos of chapter members' deceased children.

The evening's guest speaker is Anita Layfield, a very active advocate in Delaware for organ and tissue donation in memory of, and since the loss of her beloved son, Timothy Layfield. She has been directly involved with having one's last wishes to be an organ and tissue donor now appear on DE drivers' licenses.

"This service is a way of uniting together to remember our children who have died too soon," said Lighthouse Chapter Leader Marge LaFond. "The Worldwide Candle Lighting is one way we try to bring light out of darkness during the holiday season, which is an extremely difficult time of the year for bereaved parents and families. Like a ring, this circle of light surrounding the globe represents that there is no beginning and no end for the love we carry for our children."

During the day of the Worldwide Candle Lighting, a Remembrance Book will be open to the public on TCF's national website to receive memorial messages of love, which are posted from around the world. In previous years more than 5,000 were received, many in foreign languages. To view a list of known services open to the public and for more information about The Compassionate Friends and the event, go to www.compassionatefriends.org or call 877-969-0010.

Refreshments will be served following the Candle Lighting ceremony.

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Source:
Nielsen Fall 2014 Ratings
Salisbury-Ocean City Metro
Adults 25-54, Adults 35-64
Mon-Sun, 6am-12 AM



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TAX RESOLUTION – DO YOU NEED IT?

By Bernadette Dunn

Do you have IRS notices for unpaid taxes? Are you current on your tax filings? Presently, our government reports over 7 billion dollars in uncollected tax payments. Government agencies need help collecting these dollars. Many tax resolution companies appear on television claiming to "settle accounts for pennies on the dollar". Buyers beware! This industry is overrun with companies promising things that they cannot produce.

First, speak with a qualified person who knows the tax laws. This consultation should determine which options are available to you. A qualified person should be a Tax Attorney, Certified Public

Accountant or an Enrolled Agent. These three groups are all capable of representing clients in tax negotiations and Appeals.

While many of these three groups can prepare taxes, some of them prefer not to handle tax resolution cases. In my opinion, a local company is best because you know who you are dealing with.

The first step for me is a review of the client's tax return to make sure that the return was prepared properly. I have had some very happy resolutions just by reviewing the return and preparing an amended return for the client. In one case, I was able to determine that my client did not owe \$30k. In my review,

I discovered that IRS owed them \$21k. This fact was acknowledged by the IRS but the client was not allowed to collect their \$21k refund because more than 3 years had passed. This win was bitter-sweet. The clients were relieved of the debt and tax lien by IRS. However, they lost a substantial amount of money by waiting too long to resolve the issue.

Make sure that you stay current on filing your tax returns if you are required to file. Options such as installment agreements, offers in compromise, etc. are available in your resolution process if you stay up to date. Even if you can't pay a balance due, just file the return. This information is my gift to High Tide

readers. Peace of mind is so valuable to our health. Your New Year's Resolution for 2016 might be here. Happy Holidays!

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



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The World has Changed...Again.

By Vincent Paez

I am writing this from the airport in Zurich, Switzerland. While I was here, one of the most barbaric acts of violence was committed in Paris, France, not too far away from where I am. I am sure you have heard much about it, as it was covered closely in the news. France and all of Europe is in shock but defiant to fight back. While this is not the first act of terrorism in Europe, it certainly was the most deadly act in recent years. Life in France and in Europe I believe has changed forever. While I know that we at home must not be complacent, and while we must tend to our national security, I wish to dwell on the fact that Paris has come under fire.

I spend much of my time in Europe and lived in Germany, only six hours away from Paris by car, for three years. I know Paris very well. I have closed many business deals and have worked with my employer's French team many times in Paris. My family and I took several vacations there,

and my children loved Disneyland Paris. I love doing the tourist things, like visiting the Eiffel Tower and having dinner at the Jules Verne restaurant on the second level with a beautiful view of the city. I love casually walking from the Eiffel Tower to Notre Dame Cathedral along the Seine River. I love visiting the Louvre Museum, which is rivaled by only a few other museums in the world. Seeing the Mona Lisa painting and the Venus de Milo statue, which I used to read about as a child, is a breathtaking experience. Paris is a tourist's wonderland with a great subway system and incredible food. Tourists walk along the Champs Elysee (5th Avenue of Paris) and visit the Arc de Triomphe that Napoleon built, so that his troops could pass through it when returning from victory. The history, sights, and gastronomic experiences are absolutely amazing and can send your body into sensory overload.

Paris was where I took my new wife, when

we started dating. If you wish to get a girl to like you, take her to Paris. Yes, I know it is a bit much, but, when you really like someone, you try to go the extra mile. It worked for me. We experienced the "City of Love." Couples were out at night walking arm in arm. Everywhere we looked, we could see couples hugging and kissing. We thought it would be great to fit in, and we started to make out everywhere, and nobody even noticed. We ate at a lovely bistro near the Champs Elysee, and I enjoyed a lovely duck meal, while my future bride ate foie gras (goose liver). We marveled at the Eiffel Tower, which was lit up in beautiful blue lights. We visited Sacre Coeur Cathedral, which overlooks Paris with an incredibly romantic view. Ah yes, Paris is the city for lovers, no doubt.

Paris also has sports fanatics, especially for soccer. The local team, Paris Saint-Germain (PSG) is a very talented team and draws excellent players. Paris is the home of very good rugby and basketball. In fact, Tony Parker of the San Antonio Spurs was raised in France and played in Paris.

A word about Parisians. I have heard many Americans say that the French are rude and only want to speak to you if you speak good French. This is not really true. Obviously, it helps to speak French in France, just like it helps to speak English in New York. But Paris is the busiest city in France with lots of business people who are struggling to keep their businesses afloat and make deals, just like New Yorkers. So they do not have a lot of time to mingle and be tourist guides, and they can, therefore, come across as short and unfriendly, just as New Yorkers do. Do not blame a nationality on the fact that they are busy and live in a big city, like New York. And still, 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!"

Parisians with all their business and stress manage to get out in the city and enjoy life in the form of food, entertainment, and art, just like New Yorkers. So I see Parisians the way I see New Yorkers: busy people.

The terrorists are trying to disrupt all of this. The explosions and attacks were directed at the places where people gather to dine and watch sports and concerts and have businesses. The French are adamant about not allowing the terrorists to disrupt their way of life. They will continue to go out and enjoy life, culture, and their businesses. They also realize that, in order to do so, they must stop the terrorists where they reside. It's time for the French to step up and fight. And it will not be a short fight. The world should be mentally prepared for a long go at this. Times will get tough, but the source of the conflict is not unstoppable.

The source comes from disenfranchised, deprived, unemployed, lonesome misfits, who happened to gain weapons and power. They are not representatives of the typical Muslim community. They are thugs. And Paris and other countries will remain in solidarity to fight them for freedom. France is our oldest ally, and, while we have our differences, we both believe in life, liberty and the pursuit of happiness. *Vivre la France. Vivre la liberté.* And God bless America.

The Del Marva Whiskey Club Event will Benefit Operation SEAs the Day

The Delmarva Whiskey Club will hold their second annual Whisky Winter Golf Outing and Scotch Dinner on January 30 and 31, 2016. The Saturday night dinner will feature a Scotch Whisky pairing led by Jared Card of ImpEx Beverages. The sit-down pairing of fine food and high-end Scotch will be held at the Cove Bar and Grille located at Bayside Golf Resort. The golf outing will feature a Shotgun Start at noon Sunday in a 4-some Team Scramble format.

Proceeds from the events will go to Operation SEAs the Day. Operation SEAs the Day is a beach week event for our soldiers and veterans who are recovering from injuries sustained while serving our country, and their families. During this week, Bethany Beach hosts soldiers and their immediate families for a well-deserved week of rest and relaxation.

The Delmarva Whiskey Club was established for whiskey fans. The club sponsors various whiskey tasting events during the year. They welcome those who have just begun to appreciate whiskey, as well as seasoned whiskey aficionados.

To register for the Whisky Winter Golf Tournament, or for more information, visit this weblinnk: <http://www.delmarvawhiskey.com/#!golf/c1175>

To become a Tournament Sponsor or join the Whiskey Club, please contact Kevin Clover, President, at 215-815-1706 or at kevin@delmarvawhiskey.com.

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Mindful Eating Through the Holidays

As the holiday season is upon us, it's super important to remember to be mindful of our eating. From delicious goodies and sweets seemingly calling our names from shiny silver platters, to holiday parties spreading joy and cheer with coworkers, friends, and family, overindulging is quite easy this time of year. I know the struggle is real, so here are a few tips to help you.



– 80/20 Mindset

Consciously choose options that are healthy 80% of the time and indulge 20% of the time.

Fill your plate with mostly and abundance of veggies, fruits, protein, and whole grains. Starches, fats, sweets, and processed foods should be consumed sparingly.

Go back for seconds on the healthier options.

– Revamp Traditional Family Recipes

Take the extra time to switch up beloved secret family recipes. Back in the day nobody batted an eye when using lard, butter, white flour, crisco, etc. Use the Internet or give me a call to find out about healthier substitutes; like coconut oil, brown rice flour, coconut sugar, or almond butter.

– Hydrate Hydrate Hydrate

Make sure you're drinking plenty of water. My go-to suggestion for my clients is no less than 64oz. per day. Water helps keep you body cells happy and promotes healthy digestion.

If you find yourself feeling sluggish from overeating, stressed from holiday preparation, or achy from the chilly days, treat yourself to a detox bath. Add 1 cup Epsom Salt and 1 cup baking soda to a hot bath. Soak for 30-40 minutes. For added relaxation add 5-10 drops of your favorite essential oil. My go-to oils are lavender or frankincense.

May you all enjoy your holiday season. Merry Christmas!

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

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

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



LIVE or VIDEO!

High Tide News welcomes Casey as a contributing writer! We look forward to her monthly column focusing on nourishing food and lifestyle choices.

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— Daughter of Brandywine Resident

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The Art of Giving

Having recently witnessed a friend starring in the lead role in The Diary of Anne Frank, I was reminded of the true art of giving. The season upon us evokes a natural urge to give and if done well leaves the recipient with a sense of being known, being appreciated, being special. Having spent over a year in an attic hiding from the Nazis during World War II with very little resources and unbearable circumstances, Anne generously crafted, created and invented a special gift for the 7 others in hiding with her and touched their hearts immeasurably.

Giving is a skill that most of us have to develop in order to become a good gift-giver. Mostly through the practice of giving the wrong gift at the wrong time to the wrong person we learn. Most of us know that gift giving is more involved than simply getting on-line or wading through aisles of stuff under the fluorescent lights, and standing in long lines at the mall with a chore-based attitude. Yet it becomes so automatic, so mindless, so numbing.

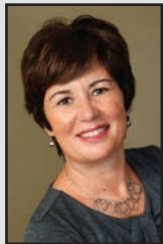
To give is to place yourself in another's world and to imagine what they would enjoy, what would awaken their heart, from what would have them derive great pleasure. It requires special attention. It requires generosity and mindfulness. It demands attention to knowing that person and knowing what makes him/her special. It's not a function of how small or grandiose a gift, the cost of the gift, or the wrapping paper it required.

It's a matter of taking the time to reflect about yourself and the other so that a part of you is expressed in the gift while expressing an appreciation for that person. First give the gift of silence to yourself. Find time to sit in a quiet, contemplative chair and discover the pathway to that person's heart. Find a way to say to them I know you, I see you, I love you and am so grateful that you are in my life.

What's the perfect gesture, book, piece of music, handwritten note, recipe, or experience that acknowledges their place in our lives and offers a heartfelt thank you?

Eunice Carpitella

Founder, Leadership Consultant and Executive Coach, Transformative Dynamics, LLC., Fenwick Island, DE. *Transformative Dynamics* develops great leaders, builds new futures and creates extraordinary results. We partner with executives of Fortune 1000 companies, middle market businesses, entrepreneurs, women in business and MBA students with University of Pennsylvania's, The Wharton School. Services include leadership development consulting and executive coaching. Check us out at: www.transformativedynamics.com



Sussex Academy Students Win and Place in the Soroptimist International of Seaford 2015 Fall Youth Forum

(Georgetown, DE) On Saturday, November 7, 2015 students from several Western Sussex County schools participated in the Soroptimist International of Seaford 2015 Fall Youth Forum.

Participants were judged based on their responses to the questions facilitated by the moderator. The question topic was: How do Changes in Society Affect Business Planning? During the competition each student was given time to respond to a questions. Time was also allowed for rebuttals from fellow competitors.

Sussex Academy students won three of the four awards:

1st Place: Micaela Reyes, Junior-Lewes

3rd Place: Cohen Davis, Junior-Seaford

4th Place: Nicholas Barrish, Sophomore-Milton

Sussex Academy is a public, tuition free, charter school centrally located in Georgetown, DE. Applications for both middle school and high school can be completed online at www.schoolchoice.org. For additional information contact Gina Derrickson at 302-856-3636 or gina.derrickson@saas.k12.de.us.



Left to Right: **Nicholas Barrish (Milton), Micaela Reyes (Lewes) and Cohen Davis (Seaford)**

2015 Holiday Decorating Contest for Homes in the City of Rehoboth Beach

Rehoboth Beach – The holiday season is rapidly approaching, and the Rehoboth Beach Homeowner's Association and Rehoboth Beach Main Street (RBMS) invite homes in the city of Rehoboth Beach to "deck the halls" and make the holiday season a little more special and festive downtown. There will be two categories – Traditional and Truly Fabulous. A secret panel will be judging the contest December 18 & 19 from 5:30 to 10:30 pm. The top three winners will receive: (1st Place) \$250 in RBMS Gift Certificates, (2nd Place) \$100 in RBMS Gift Certificates, (3rd Place) \$50 in RBMS Gift Certificates. Winners will be announced on Monday, December 21. All winners and honorable mentions will receive a 2016 Friend of Rehoboth Beach Main Street membership! Registration is not required, however, you may email us at info@rbhomeowners.com to let us know you are participating.



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Winners will be drawn December 18th!

Rumor has it

We have all received a tip from a friend about how a stock is about to jump through the roof because our friend received some valuable information from his/her brother's, doctor's, neighbor's, step-son's, barber's, dog – otherwise known as a rumor.

The rumor centers on one emotion we, as humans, have very little control over – greed. Greed has the ability to impair our judgment and cause us to act when wisdom says otherwise.

When it comes to investing, there is no place for greed. Greed can destroy a lifetime of savings in the blink of an eye. The problem with investing is that greed is tough to recognize to the untrained eye, but easily recognizable in hindsight.

Take, for example, the technology bubble in the early 2000's. Some companies were "supposedly" worth billions of dollars without a single dollar in revenue. Greed clouded reality as investors poured billions of dollars hoping the dot com stock they bought would turn out to be the next big payday.

Hindsight makes that previous statement sound ridiculous, but people with real money and real brains invested in companies with no revenue, no cash, and no profits!

Here is the truth about greed. It's measurable! Placing a bet when the odds of success are less than 50% is considered gambling and this is where greed lives. Greed runs abundantly in lotteries and casinos where the odds of winning are less than 50%, but the payoffs can be very rewarding.

On the flip side, any bet whose probability is greater than 50% is considered investing. It's much more boring than gambling, but I believe through the law of large numbers, if you play enough, you'll eventually come out ahead.

As a financial advisor, I invest. There is nothing exciting, or flashy, or any promise of turning \$1 into a trillion dollars, or any guarantee that you'll win 100% of the time. It's a methodical process that involves discipline and structure that I very much enjoy. If you would like someone to help steer you in the right direction, take 10 minutes to plan for the next 10 years and please feel free to reach out to me, Nicholas Shevland.

¹Bought at close of business on 1-3-2000 for \$44.56 and sold at close of business on 12-29-2000 for \$84.81

²Bought at close of business on 12-29-2000 for \$84.81 and sold at close of business on 12-31-2001 for \$0.57.

Nicholas Shevland is a Financial Advisor with the Global Wealth Management Division of Morgan Stanley in Rehoboth Beach, DE. 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. Investing involves risks and there is always the potential of losing money when you invest. 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 with the Center for Inland Bays, trying to brew the next greatest beer, playing golf at Bear Trap Dunes, or spending time with his wife.



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Expect the Unexpected

"Today in the town of David a savior has been born to you: He is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." (Luke 2:11-12).

This did not seem like an atmosphere where a King would be born, humbly and in a dirty stall, surrounded by animals. It was expected that the savior's birthright would be one of royalty and privilege. Some were expecting the Messiah to deliver them from Roman rule; others hoped He would deliver them from their physical ailments. But, while Jesus was indeed healing

Insights by Nancy

their illnesses, He was also establishing a spiritual kingdom and His work and miracles were and still are more far-reaching than any of us could imagine.

Christ paid the price for our sin and He opened the way to peace with God the Father Himself! Jesus offers us more than temporary political or physical changes...He offers us true freedom and joy that will last for eternity.

May you experience all the blessings God has to offer during this joyous season and may you witness the unexpected miracles that surround you each day!

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OCEAN TO BAY BIKE TOUR

Partners with NV Homes/Ryan Homes Launched on November 30th

FENWICK ISLAND, DE—The Bethany-Fenwick Area Chamber of Commerce announces NV Homes/Ryan Homes as the presenting sponsor for the 27th Annual Ocean to Bay Bike Tour. To be held on Saturday, April 16th in downtown Bethany Beach, cyclists have the choice of a 30-, 50-, or 62.5 mile ride. A 100-mile century ride is new to the race this year for the serious cyclist. Traveling throughout Southern Delaware's scenic beaches and bays, registrants will receive access to exclusive gifts and amenities including a long-sleeve tech tee, swag bag and fully-equipped rest stops. Bethany Beach Ocean Suites has also signed on to host the Ocean to Bay Bike Tour Expo on Friday, April 15th where participants can pick up their gifts and enjoy the ocean views. "NV Homes/Ryan Homes are pillars in the Quiet Resorts community", says Kristie Maravalli, executive director, "their partnership with the Ocean to Bay Bike Tour will undoubtedly enhance the growth and success of our biggest event of the year". Registration opens on Monday, November 30th with a 3-day special rate. During this opening promotion, individuals can sign up for \$40, and teams of 6 or more can sign up for \$35. For complete details and to register for the event, visit www.oceantobaybiketour.com.

- EVENT:** 27th Annual Ocean to Bay Bike Tour
- DATE/TIME:** Saturday, April 16, 2016, Beginning at 7:30 a.m.
- PLACE:** Start and Finish line located in Downtown Bethany Beach. Cyclists can choose a 30-, 50-, 62.5 or 100-mile tour through beaches and bays in the Quiet Resorts area.
- CONTACT:** Visit the Bethany-Fenwick Area Chamber of Commerce website, www.oceantobaybiketour.com. Call 800-962-7873 toll-free for more information or (302) 539-2100 for local residents.

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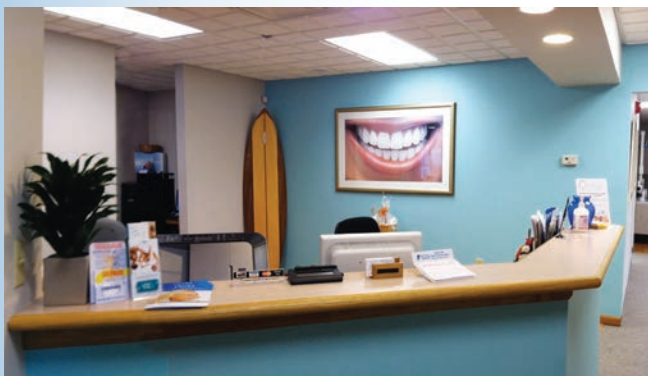
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