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February 2015

Local news for the people, by the people



Vol. 03 Num. 2

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CELEBRATING BLACK HISTORY MONTH

Remembering Absalom Jones and Richard Allen

Founders of the African Methodist Episcopal Church in America

By Sandie Gerken

As we celebrate distinguished black Americans in February, we need to recognize two 18th century black men, Absalom Jones and Richard Allen, who rose from slavery to become leaders of their people. Both men were born into slavery and owned by Delaware masters. The qualities of good character, compassion, discipline, and commitment defined these men, the founders of a major religious denomination, the African Methodist Episcopal Church.

Born on November 6, 1746 in Cedar Creek Hundred, Sussex County, Delaware, Absalom Jones and his family were owned by wealthy planter and merchant,

Benjamin Wynkoop. Absalom worked as a house slave and was permitted to learn to read. When Absalom was about 16, Wynkoop sold off his mother and siblings and took Absalom with him to work in his Philadelphia store. At night, he was allowed to work for himself and go to a Quaker school for African Americans. In 1770 Jones married Mary King, a slave owned by Wynkoop's neighbor. Saving money from his evening work and with donations from friends, he was able to obtain Mary's freedom by 1778. Saving enough to buy his own freedom as well, he was manumitted in 1784. But he remained employed at Wynkoop's store as a

wage earner. He took his last name "Jones" after gaining his freedom. He became a member of an interracial congregation at St. George's Methodist Church in Philadelphia, serving as a lay preacher there.

It was at this time at St. George's that Jones met Richard Allen and their futures became entwined.

Richard Allen was born in Philadelphia on February 14, 1760, a slave of lawyer, Benjamin Chew. At age 7 he was sold to a Dover, Delaware planter, Stokeley Sturgis. In his autobiography, Richard Allen described Sturgis as a kind, good master, even though Sturgis sold off some of Richard's family. Richard had a religious conversion



Richard Allen, by Daniel A. Payne (Public domain), via Wikimedia Commons



Absalom Jones, by Raphaelle Peale (Public domain), via Wikimedia Commons

A portrait of Richard Allen was painted by Rembrandt Peale, another son of Charles Willson Peale, around 1800. This portrait hangs in the Historical Society of Pennsylvania Portrait Collection.

at age 17 in the fields in Delaware, joined the Methodist Society, and began attending church classes. Stokeley Sturgis felt that religion made the slaves more productive and gave Richard permission to ask evangelist preachers to speak at his plantation. Sturgis, himself, was converted to Methodism by missionary, Freeborn Garretson, who convinced him that slave holding was wrong. Sturgis allowed Richard to earn money to buy his freedom. When Richard was freed in 1780, he chose the last name "Allen" for himself. He began to travel the Methodist circuit throughout sea-

The portrait of Absalom Jones was painted by Raphaelle Peale, son of famous Philadelphia portraitist, Charles Willson Peale in 1810. The original painting hangs in the Delaware Art Museum.

board states, preaching to both blacks and whites, earning money by odd jobs. He was qualified as a preacher in 1784 at a Methodist Conference in Baltimore. Allen worked as a shoemaker while an itinerant preacher in Philadelphia. He preached several times a day in the street. In 1786, Allen preached to black congregants at St. George's Methodist Church, where he met Absalom Jones. As the black membership increased, the church decided to segregate the black worshipers from the whites by asking the blacks to sit in the bal-

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New Vietnam Veterans of America Chapter Chartered in Georgetown

SUSSEX COUNTY CHAPTER 1105, INC. VIETNAM VETERANS OF AMERICA

GEORGETOWN – A new Vietnam Veterans of America chapter has been chartered to serve Vietnam and Vietnam-era veterans in southern Delaware.

The charter presentation took place at the December 17 Christmas party of the newly-organized chapter, which had applied several months earlier for official recognition, but was expecting the process to take several weeks more or longer.

Paul Davis, president of the Delaware Council of the Vietnam Veterans of America, who endorsed the application, worked to

get the charter approved and presented at the December meeting. It came through several days prior to the meeting and Mr. Davis invited VVA Region 2 Director Herb Worthington to join him in the surprise presentation.

The VVA was founded in 1978 to serve Vietnam-era veterans and their families but has been involved in national legislation to assist veterans of all wars. "The VVA national slogan is 'Never again will one generation of veterans abandon another,' and we will continue that tradition as we work to assist

our current veterans," said Mr. Corsa.

There are four VVA chapters in Delaware that include Chapter 83 in New Castle; Chapter 850 in Dover; Chapter 546 in Ellendale; and now Chapter 1105 in Georgetown.

Chapter 1105 meets the Third Wednesday of each month at 12 noon. Currently, meetings are held in "Arena's" Banquet Room, Georgetown Airport, 21553 Rudder Lane, Georgetown, DE 19947.

To join Chapter 1105, contact Isaac Goodman; igoodman45@hotmail.com or 302-841-4545.



Paul Davis, president of the Delaware Council of the Vietnam Veterans of America, presents the official charter for VVA Chapter 1105 to Bob Corsa, president of the new chapter, as Herb Worthington looks on. Mr. Worthington, of Manchester, New Jersey, is VVA Region 2 Director, serving Delaware, New Jersey, New York and Pennsylvania. Article and picture provided by Dave Skocik 302-736-8500

CELEBRATING BLACK HISTORY MONTH

cony. Racial tensions grew which resulted in a walkout in 1787. During a service in which Absalom Jones and Richard Allen were kneeling in prayer in their usual places, they were asked to leave those pews and move to the balcony. Collared by a church sexton, Jones replied that he would move after the prayers. Shaken by this affront, Jones and Allen walked out of the church with a group of fellow black worshipers. They began to establish their own religious services.

Jones and Allen formed the Free African Society, a non-denominational religious aid society, providing assistance in support for widows and orphans. The FAS grew into the African Episcopal Church of Philadelphia, established in 1792 under the leadership of Allen and Jones. Many free blacks in their congregation had been Anglicans since the 1740s. Others preferred to be Methodists. So, in 1794, Richard Allen withdrew with his Methodist faction and founded the Mother Bethel AME Church. In 1799, American bishop Francis Asbury ordained Allen as the first African American Methodist minister. In 1816, that church united with other African Methodist congregations in PA, MD, DE, and NJ into the first African Methodist Episcopalian

denomination in the U.S. Allen was ordained the first bishop of that new organization. The African Church headed by Jones was admitted to the Episcopal Diocese of Pennsylvania in Oct 1974 and renamed the African Episcopal Church of St. Thomas, becoming the first black Episcopal parish in the U.S. Jones was named a deacon in the church in 1795. In 1804, he was ordained as a priest, becoming America's first black Episcopal priest.

Despite the split in their churches, Allen and Jones remained steadfast friends and continued to work together. They founded the African Mason Lodge in Philadelphia in 1798. Together they petitioned the state legislature and later the U.S. Congress to abolish slavery in 1799-1800.

Jones and Allen also joined forces to gather the black community to give aid to the white community during the 1793 Yellow Fever epidemic in Philadelphia. Their humanitarian efforts were to nurse the sick and bury the dead earned them respect.

Richard Allen's second wife, former slave Sara Bass, whom he married about 1800, joined him in his activism for the black community and became revered for her missionary work. Both were active in the

Underground Railroad movement. Richard Allen died on March 26, 1831 and is buried alongside his wife in a tomb under the original Mother Bethel Church, which is now the Richard Allen Museum. He has been honored with a Feast Day, March 26 on the Episcopal Church liturgical calendar.

Absalom Jones died in Philadelphia on February 13, 1818 at age 72. Comments of respect by Benjamin Wynkoop, his former owner were written in his obituary. At his funeral the Rev. William White spoke of Jones' devotion to his congregation and contributions to the city. He was buried in the churchyard of St. Thomas. Later, his ashes were placed in the altar of the Reverend Absalom Jones Chapel of the African Episcopal Church of St. Thomas. In 1973, February 13 was named as the Absalom Jones Feast Day on the Episcopal Church Calendar.

The legacies of these men live on. Their quest for dignity, self-improvement, freedom and autonomy for black people took faith, courage, and determination. Both men humbly dedicated themselves to enabling African Americans to worship freely and to forging a common bond and community with all people, regardless of race.

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High Tide News is published monthly, year round, and delivered weekly by the U.S. Post Office to homes throughout Sussex County, Delaware.

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

Volume 3 Number 2 February 2015

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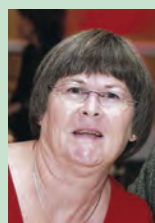
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Author, Sandie Gerken lives in Dagsboro, DE. As a native Sussex Countian, local history is one of her passions. Re-

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*.

Other Notable Black Delawareans

- **Harry Hosier** "Black Harry" (1750-1806), Methodist circuit rider preacher with Francis Asbury, known as a great orator.
- **Peter Spencer** (1782-1843), preacher in Wilmington, founded first black Methodist church in DE 1805.
- **Abraham D. Shadd** (1801-1882), Wilmington shoemaker and abolitionist, participated in the Underground Railroad.
- **William C. Jason** (1859-1943), first black president of DE State College in 1896, a champion of equal education opportunities.
- **Louis L. Redding** (1901-1998), prominent Wilmington lawyer and civil rights advocate.
- **William Julius "Judy" Johnson** (1899-1989), from Wilmington, third baseman in Negro league, first black coach of Phillies in 1954, inducted in Hall of Fame 1975.
- **Littleton P. Mitchell** (1918-2009), Tuskegee Airman in WW II, humanitarian and civil rights leader, president of DE branch of NAACP for 30 years.
- **James Otis Handy** (1920-2003), Sussex Countian, Tuskegee Airman, later history teacher at William C. Jason HS, later Sussex Central HS.
- **Herman Holloway Sr.** (1922-1995) Wilmington senator, served 1962-1994 in Delaware General Assembly.
- **Edward Loper** (1916-2011), accomplished Wilmington artist and art teacher.

Cancer Support Community Offers SOULS 4 SOLES

Sandy Weld



Join Sandy Weld on Monday, February 23rd at 9 am until Noon for this informal, fun and creative class to repurpose comfortable used shoes into wearable art. Each attendee's special personality will emerge with the use of oil paint markers, and with the optional use of glitz and sparkle using repeat design patterns. Supplies needed include a pair of comfortable used shoes and any flat-



backed glitz that would be incorporated into the design. This stress release program for cancer survivors offers personal satisfaction, relaxation and has special meaning to each individual. No experience is necessary.

All programs offered at Cancer Support Community are free of charge to people affected by cancer and their loved ones. The Sussex facility is located at 18947 John J. Williams Hwy., Suite 312, Rehoboth. Please call 645-9150 in advance to reserve your spot in this workshop or for further information.

The Cancer Support Community is part of a national nonprofit organization that



provides support, education and hope to people with cancer and their loved ones. Through participation in professionally led support groups, educational workshops and mind/body classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of disease. At the Cancer Support Community Delaware, all programs are free of charge. More information about the Cancer Support Community is available on their website at www.cancersupportdelaware.org



32ND Seaside Boat Show Ocean City/Berlin Optimist Club February 13-15, 2015

The Ocean City/Berlin Optimist Club is sponsoring the 32nd annual Seaside Boat Show in Ocean City February 13-15, 2015. 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 boat.

Times of the show are Friday February 13 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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Editor's note: After hearing Heather Bouges speak at a B2B Women meeting at Bear Trap Dunes recently, I realized what a caring, impressive business woman she is. Heather's beautiful spirit, integrity and love of her family, her business, her customers and especially her employees shines through. It is with pride & pleasure that High Tide News presents Heather Bouges with a refreshing approach to cleaning by **Heather's Home Works!** I am honored to present her story in High Tide News. —Judy

How it all started

I moved to Delaware in 2003 from Northern Virginia to be closer to my family, and especially to my stepfather who was going through cancer treatment. I had already bought my first house (in Burke Center) and was working a nice job as bookkeeper in Fairfax City when we got my Dad's diagnosis from the doctors at Beebe. My other Dad had already passed from lung cancer and knowing how precious and short life can be, I sold by house and moved to the beach with no particular plans about a job or what I would do when I got here. I just wanted to be close to my family.

When I first moved to Ocean View I didn't work for a while. I spent the summer with my Mom and helping with my Dad's doctor visits. I got a little job helping to keep house for a widower who lived behind my Mom and that fall I answered an ad for 'Curves' instructors when it was just opening on Route 26. My career at the gym only lasted about 8 months as the ladies who came in would always ask me 'What do you do in your spare time?' I told them I cleaned. Since my boss and I never really saw 'eye to eye' on how to run a business or how to treat your employees and I thought I could do better, as soon as I had enough cleaning clients to pay my bills, I quit.

Hey, I can do this'

Funny enough I never 'decided' to go into the cleaning business. It was a skill that my

mother taught me at a very early age back in the 70's when you couldn't go outside to play on Saturdays until the house was cleaned. Ammonia, pails of hot water, on hands and knees with a scrub brush and dish towels to dry the floors as you went - that was how you got a house really clean!

When I saw the demand for things, basic things like quality work and a professional who shows up when they say they will & performs the service expected, I thought 'hey, I can do this'.



How can I do this better?

I have worked a lot of jobs over the years, door to door salesperson, pizza delivery, nanny, telemarketer, bookkeeper, shampoo girl, waitress, department store clerk, transcriptionist, and I've always looked at every position from the 'how can we/I be doing this better?' proposition. My father started several business ventures when I was growing up and he made being a business owner look so appealing and easy - ha! ha! The joke was on me now 12 years in I have so much more respect for what my Dad did. With **Heather's Home Works, LLC** I am always learning and striving, still looking at how we can do everything better, provide more value, enrich our employees' and our clients' lives.

I remember back in 2005-2007 when we had a contract cleaning model condos at night at a new building in Ocean City. My girls and I would clean houses all day long and then we'd all go

clean the night shift together.

I have to say most of the great moments revolve around my people. I am so lucky to have such a dedicated team working with me. Personally being asked to join the Ambassador's Committee at the Chamber a few years back was a huge deal for me. It meant to me that my company was suddenly 'legitimate', that we were being seen as a professional operation, and that maybe I could contribute and participate on a bigger playing field here at the beach.

miss seeing my clients from the early years, that personal relationship, but I've surrounded myself with women (and a few men) who really have a concern for our customers, their families and their homes and offices. We play with their pets, bring in the newspaper, ask about their vacations and their grandchildren. I hope that we will continue to grow every year, but I never want to lose that 'special something' that made us successful to begin with.

Who are our customers?

EVERYONE! We usually attract clients by word of mouth referrals from our current customers. We believe that's the best form of advertising. If you see your neighbors are using us, ask them about their experience. We operate primarily from the Indian River Inlet all the way down to Route 54 in Fenwick Island. Last year we saw tremendous growth in Bay Forrest and Millville by the Sea communities both in year round and seasonal home cleaning, as well as in The Refuge and Bayside in Selbyville. We offer weekly, twice monthly, and monthly services, as well on 1-time hourly/based services.

Many of our clients choose to hire a cleaning service in order to free up their time for more leisure activities, while others are not quite able to physically manage the bending, kneeling and lifting that is required to keep their home feeling fresh and clean. Scrubbing out the tub or shower can be a very aerobic activity and vacuuming the stairs while hoisting a vacuum requires balance and strength. Our teams will do the 'heavy lifting' to get your home sanitized and sparkling on a schedule that suits you.

The big joke at my office is that my brain never stops - I am always running new business ideas by team, friends and family! For right now we are expanding our rental cleaning division for summer 2015. Our goal is to increase vacation rental property servicing by 110% this season over last year. My motto: **Dream big and big things will happen!**

Visit our web site: www.heathershomeworks.com and sign up for our monthly newsletter.

Find us on Facebook: www.facebook.com/heathershomeworks and 'like' our page to participate in contests.

Recognitions

- **2010** we were able to start donating free cleaning services to Sussex County women undergoing cancer treatment through the non-profit organization *Cleaning For A Reason*
- **2012** we were nominated for the Community Spirit Award by the Bethany-Fenwick Chamber of Commerce
- **2013** we became only the 2nd cleaning company in Delaware to be House Cleaning Technician (HTC) certified by the Institute for Inspection Cleaning Restoration Certification
- **2014** we were nominated for the Best in Business Award by the Bethany-Fenwick Chamber of Commerce

What makes it successful?

It's the people I work with. There is no way that I could have one on one relationships with 300 clients the way my cleaners do. I



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Massage: For the HEALTH of it!

By Lois Saraceni, Owner, La Vita Bella Salon and Day Spa, Ocean View, DE



Many people consider massage a luxury. They may get a massage perhaps once a year as a treat for themselves or because a loved one gave them a gift certificate.

This type of thinking is misguided. People believe this because there is not enough information out there about the benefits of professional massage. Allow me to enlighten you.

The massage industry is highly regulated. Technicians and Therapists spend a lot of time and money to become certified in their specialties. Be aware that the only difference between a Technician and Therapist is a test and shortly, the Technician designation will be eliminated. These folks begin with school, then many hours of practical training. After spending about \$12,000 on school and testing, continuing education is required to maintain licensure.

However, buyers beware: While Massage practitioners are regulated, If an establishment only does massage, there are no Board requirements in the state of Delaware. This means that these places can open with city, county and state business licenses, but are not subject to the constraints of a Cosmetology shop where building specifications must be approved, including plumbing, floor plan, and lighting. Nor are they subject to board inspections for proper staff and business licensure, and Board of Health Regulations.

Now that we have established what to look for in a Spa, let's move to:

The advantages of massage.

Massage is one of the most beneficial services toward your health and wellbeing. First, and probably foremost in today's society, is stress reduction. We spend thou-

sands of dollars and significant time treating illnesses that are stress related. Massage reduces stress, therefore, illnesses, particularly if received on a regular basis.

Since massage reduces stress, it also reduces stress related illnesses. Studies show stress levels (cortisol) decrease with massage. Massage also has shown relief for chronic illness because it reduces anxiety, decreases pain, helps control nausea, improves sleep and eases fatigue and helps relieve depression.

Massage strengthens the immune system. It increases natural killer cells and white blood cells. Massage helps boost immunity in people with severely compromised systems, like cancer patients. It also gives you relief from injury – think of the weekend warrior, your first time on the tennis court last season or when you over do it while gardening.

Massage helps lower blood pressure.

Wouldn't it be nice to reduce or eliminate your need for blood pressure medication? Overall, as you can see, Massage is a great stress reliever and decreases your chances of becoming ill.

There are many types of massage, the most common being Swedish and Deep Tissue. When booking your massage, you shouldn't have to confirm the type of treatment you want, just the amount of time. You should have a private consultation with your Technician or Therapist based on your needs to determine the type of massage that would benefit you the most.

Do you still think Massage is a luxury? I hope not. Should you have any questions or concerns, please contact your local Day Spa or get in touch with me.

A designated area is set up in the Information Center, Bethany-Fenwick Chamber of Commerce, on Coastal Highway in Fenwick Island which contains all *Primed for Maturity* members' information, making it a "one stop shop" for visitors who may be thinking about retiring to The Quiet Resorts, or find themselves caring for an elderly resident here. If you would like to learn more about *Primed for Maturity*, contact Sue Nilsson at the Bethany-Fenwick Chamber of Commerce: (302) 539-2100 x116.



2015 Calendar of Events Rehoboth Beach Main Street



February 15 (Sunday): Gumbo Crawl (2-5:00 p.m.)

No need to fly to New Orleans for Mardi Gras this year! Celebrate with Rehoboth Beach Main Street (RBMS) at the downtown "GUMBO CRAWL" on Sunday, February 15, from 2-5:00 p.m. Simply purchase a \$5 voting ballot and walk to the 12 participating restaurants to taste the different gumbo recipes. After tasting at least five gumbo samples, cast your ballot for your favorite gumbo by 5:00 p.m. The Winner will be announced on FAT Tuesday, February 17th, at 8:00 p.m., at The Purple Parrot, 134 Rehoboth Avenue. The restaurant receiving the most votes will be crowned the downtown Rehoboth 2015 Gumbo Crawl Winner! The 2015 Gumbo Crawl participating restaurants include Café Azafran, Dos Locos, Fins, Hobos, Lula Brazil, Mariachi, Mixx, The Pond Bar & Grill, Purple Parrot, Papa Grande's, Rigby's, and the Seafood Shack. Ballots can be purchased in advance or the day of the event in the participating restaurants (except Papa Grande's). Visit www.downtownrb.com for more information or call 302.227.2772.

March 7 (Saturday): 25th Anniversary Chocolate Festival

The 25th Anniversary of the Rehoboth Beach Chocolate Festival is Saturday, March 7, from 1:30-4:30 p.m. at the Rehoboth Beach Convention Center. This year will feature only professional entries in seven categories

including: Brownie, Cake, Candy, Cookie, Pie, Other, and Showpiece. To commemorate the Festival's Silver Anniversary, many new events are planned plus a limited number of V.I.P Golden Tickets. The \$20 V.I.P ticket allows two-hour early event admission from 11 a.m.-1 p.m. and 25 tastes. From 1:30-4:30 p.m., General Admission tickets are \$10 for 10 tastes and children 12 and under are \$5 for 5 tastes. Purchase tickets at the door, or in advance online at www.downtownrb.com or at the Rehoboth Beach Main Street office. This mouthwatering event is brought to you by Rehoboth Beach Main Street and Friends of the Rehoboth Beach Library. Visit www.downtownrb.com for more information or call 302.227.2772.

April 10 (Friday): 5th Annual Get Down in Town (5-8:00 p.m.)

Wine, Dine & Shop Local from 5-8:00 p.m! Enjoy great deals along with fantastic appetizers and desserts from your favorite restaurants inside participating downtown Rehoboth shops. \$10 admission benefits local charities. Visit www.downtownrb.com for more information or call 302.227.2772.

June 7-12 (Sun-Fri): Restaurant Week

For six days, enjoy delicious 3-course prix-fixe meals (\$25, \$35 or \$45) at participating restaurants in downtown Rehoboth Beach - the culinary destination of Delaware! This is the perfect time to expand your palate

and try innovative foods at a reduced prices. Whether you come for a day or stay for a week, you won't want to miss this dining opportunity as Rehoboth Beach continues to gain regional and national notoriety for its inventive chefs and menus. Indulge! Visit www.downtownrb.com for details or call 302.227.2772.

July (TBA): Fireworks

A spectacular fireworks display will be launched from the beach and visible up and down the boardwalk and shoreline. Fireworks time is approximately 9:15 p.m. The Annual Main Street Fireworks Display is funded entirely through donations from Rehoboth Beach citizens and area businesses. Please help make our show the biggest one ever! Send fireworks donations to: Main Street Fireworks, P.O. Box 50, Rehoboth Beach, DE 19971. Visit www.downtownrb.com for details or call 302.227.2772.

November 6 (Friday): 5th Annual Cocoa Crawl (5-8:00 p.m.)

Wine, Dine & Shop Local from 5:00-8:00 p.m.! Enjoy great deals, delectable drinks, art by Delaware artisans, desserts and fall treats from the best local restaurants - all inside participating stores! \$10 admission benefits local charities. Visit www.downtownrb.com for more information or call 302.227.2772.

November 7 (Saturday): 2nd Annual Poker Crawl

Are you in? All day Saturday collect one card from each participating downtown restaurant. The BEST HAND WINS! The winner will receive hundreds in gift cards to local businesses. Visit www.downtownrb.com for more information or call 302.227.2772.

November 27 (Friday): Downtown Holiday Tree Lighting & Sing-A-Long (6:30-7:00 p.m.)

It's a Hometown Tradition! Come to the Rehoboth Bandstand in the front of the Boardwalk for a holiday sing-along hosted by Clear Space Theatre at 6:30 p.m. and annual Tree Lighting at 7:00 p.m. Visit www.downtownrb.com for more information or call 302.227.2772.

November/December: 3rd Annual Holiday Decorating Contest

Downtown Rehoboth Merchants, within Rehoboth Proper east of the canal, compete to decorate their windows in the spirit of the holidays. First place winner receives \$500, second place winner receives \$200 while third place receives \$100. All winners also receive a one-year membership to RBMS. Windows must be decorated by Friday, November 27. Winners will be announced Friday, December 4. Visit www.downtownrb.com for more information or call 302.227.2772.

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As you unclutter your life, don't overlook your finances.

I recently saw an episode of Hoarders focused on an individual who was enveloped in a world of clutter. I saw mounds of junk piled to the ceiling, unsanitary conditions and a habitat that no one should have to endure. As I was watching, I found myself repeatedly asking, "How did this happen?"

As a financial advisor, I see the same behavior in how people deal with their finances. I see multiple 401ks just sitting at old jobs, abandoned IRAs and multiple accounts scattered among different institutions. Imagine how confusing it must be to try to plan when several partial strategies are in place.

As a financial advisor, I, Nicholas Shevland, help families unclutter their finances. I establish a plan, develop a suitable asset allocation strategy, find cost-effective solutions and help manage emotions when it comes to financial planning. If you find yourself in need of uncluttering your finances, please give me, Nicholas Shevland, a call at: 302 644-6600.

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...stories of despair and hope, describing how people try to overcome life's challenges.

JOURNAL OF LIFE

By Vincent Paez

I have written many stories about my life, but what I found recently in Ocean City really made me stop and think about life. It seems that there exists a place to write your own entry into a journal on the boardwalk in Ocean City.

It was started by a widow, who lost her husband to cancer. Apparently, he was a beloved man who always looked on the bright side of life, despite being stricken with Parkinson's disease at an early age. He ultimately died of pancreatic cancer. If you read the journal, you will be both saddened and moved by this story. The widow lives in Ocean City, and, in order to honor the life of her late husband, decided to start a journal and allow the strangers to write their own stories and thoughts in it.

The journal is located on the boardwalk between 19th and 20th Streets. It is placed in three plastic bags, so that it will survive the rain. The bagged journal is placed in a metal journal box, fastened to a bench, which is dedicated to the husband. You would not know that the journal was located there, if you were simply passing by on the boardwalk. I knew about it, because a friend of mine informed me of it, and I was taking a stroll anyway on the boardwalk during the holidays. Instead of tell-

ing readers of the High Tide News all about the details of this fascinating journal, I thought it best to tell you where it is, so that you may visit the bench and experience the journal right there for yourself. That way, the experience will be much more memorable.

The many entries are from people from many states. They include stories of despair and hope, describing how people try to overcome life's challenges. Some of the entries seem foolish, for example "We got drunk and stoned and then went to have dinner at a nice restaurant, where everyone gave us dirty looks, because we were laughing so hard." Regardless of the nature of the stories, I loved reading as many as I could. A pen is included in the plastic bags, so you can make your own entry. I basically wrote that I have had so many experiences in

life with all of my travels. However, the best stories are those that come from the heart, like the other ones in the journal.

I made my entry in Journal 10. Unfortunately, Journals 1, 5 and 8 were stolen. I only wish I could have read the other journals. I encourage you to visit the bench and make an entry. Before you start writing, take a deep breath and write about what is really important to you to tell the world about. I look forward to reading them in my future visits to the boardwalk.



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!"

LET'S TALK BUSINESS

Is more government, better government?

Economics, sometimes referred to as the "dismal" science (when it is thought to be a science at all), is a little different than disciplines like chemistry and biology, like when it offers competing explanations for many of the same phenomena: why can't we reduce poverty in the richest society the world has ever known, or why is it that some practitioners of economic science believe that more government (with associated additional cost), is somehow helping to grow our economy. Heck, even the economists we give the most responsibility to play with dollars, aren't very consistent. Ben Bernanke, the former Chairman of the

Federal Reserve Bank (the central bank of the United States), used to believe that Lord Keynes (an early 20th century economist), was wrong in dealing with an economy down on its luck, by spending money that the government didn't have, in an attempt to revive it. But in keeping with the inconsistency of the discipline of the science of "Political Economy" (the name of the economics department at Johns Hopkins University, when I was a student), Mr. Bernanke spent his time printing more greenbacks, and allowing banks to borrow money at virtually no cost. The banks proceeded to sit on most of that money, given the

uncertainty of the U.S. economy that has been the situation since the so-called housing bubble of 2007.

So where are we . . . we continue to plod along. Wall Street is doing well (but you got to have money to play in that game). Unemployment is dropping (but the Department of Labor doesn't include in its tabulations the record numbers of citizens who have stopped looking for work). The percentage of the population receiving a paycheck, or "actively looking for work", is a shrinking share of the U.S. population. That percentage is close to 60%, the lowest since the recession of the late 1970's, during the administration

of Jimmy Carter.

The irony to all of this is that an economy, left alone, will improve; it's so easy to ignore that singular fact of economics, that it isn't even funny. The more government attempts to smooth the bumps of an economic road, the more it impedes the inevitable forward progress an economy will experience. Can we, should we, continue to allow decision making with regard to our livelihoods, be the responsibility of government? Is more government, better government? Pretty easy questions to answer, but it will take a citizenry willing to make decisions at the ballot in order to change things.

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Sustaining Support, LLC, was introduced to Sussex County in 2013 by its founder, Ronald Lewis. It's mission is to assist regional not-for-profits in generating the funds necessary to provide higher quality services to their clients, or just to serve more clients. *Sustaining Support* was founded in Pennsylvania in 2010 and Ron became a permanent resident of Delaware in 2014. Ron's

early career was with the YMCA, where in a number of positions (Erie, Stamford, Buffalo and Allentown), he always had some responsibility for fundraising. His first full time development job began in 1996 with the Boys & Girls Club of Allentown.

Ron's final full time position before retiring in 2010 was with the Kutztown University Foundation. He enjoys the work and fulfillment of fundraising, so he formed Sustaining Support, offering his services to regional not-for-profit organizations as an independent contractor. He wants to con-

tinue assisting young people with access to social agencies and higher education.

Ron's greatest moment in fundraising was the generation of a \$1.5 million gift from a Kutztown University graduate at the depths of the recent recession. This gift included the funds necessary to cover the cost of a FULL scholarship: tuition, housing, books, student fees, etc. The opportunity to be on the conference call when the first of these scholarships was awarded was totally thrilling. His philosophy is that effective development work such as this is a marathon,

not a sprint, including the time necessary to identify and cultivate potential donors. Ron is a member of the Board of Directors of the Quiet Resorts Charitable Foundation, an Ambassador for the Bethany-Fenwick Area Chamber of Commerce, and a fundraising advisor for the Boys & Girls Clubs of Sussex County and Justin's Beach House.

By Ronald Lewis
rlewis@sustainingsupportllc.com
610-509-4313
36514 Coneflower Circle
Selbyville, Delaware 19975

FIRE SAFETY TIPS

Tips on keeping you and your home safe during the fall and winter seasons.

First, make sure your smoke and carbon monoxide detectors are working. Space heaters seem to be the cause of at least half of the fires each year. If you use a space heater make sure you read and follow the instructions. A central gas heater should be treated like an open fire in your house.

Never store any type of flammables near your heater, even

paint cans with lids on them can leak enough fumes to start a fire. Looking at your heater and chimney can be a very easy way to prevent a fire make sure they both look ok. If you see deterioration, get it checked out.

Never burn leaves close to your home. If you have a fireplace or a wood stove be very careful when dumping the ashes. The ashes can remain hot

enough to start a fire for hours. Keeping your clothes dryer filter clean can prevent build up in the dryer vent. Look at your dryer vent cap outside, it should be lint free.

Leaving an outdoor fire pit or any type of fire to burn out on its own can be very dangerous. The wind can pick up while you are sleeping causing a fire. Candles can be dangerous if left

unintended. Pets they can knock a candle over. Small children should never be left unintended around any type of heaters that have hot areas they can touch.

You can never be too safe or too aware of a potential fire hazard. Follow the news in your area on what may be the cause of fires. This can give you a good idea on what to watch out for. Be safe.



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Time to Replace your Air Conditioner? Replace it with a Hybrid Heating System and **Cut Your Heating Bill in Half!!**

The first thing to know about heating your home in Sussex County is that heating with electricity costs a lot less than heating with propane as much as 4 times less. This makes Sussex County very different from most areas in the country. In most areas electricity is the most expensive way to heat a home. That is because most areas have natural gas. Sussex County is mainly propane. Natural gas is coming to Sussex County. But that may take decades.

If you have a propane furnace with an air conditioner you can easily cut your heating bill in half. The way to do this is to replace your air conditioner with a heat pump. This is called a hybrid or dual fuel system

it's been around since the eighties. In places that have natural gas it doesn't pay *but in Sussex County a hybrid heating system does pay by cutting heating bills in half.* How does it work? The heat pump heats the home until the outside temperature drops into the thirties at that point the furnace takes over to heat the home. In Sussex County heaters run for about 6 months. Most of the winter is over forty degrees which means the heat pump is heating the home at least half the time for up to four times less.

A heat pump delivers very hot air to the home when the outside temperature is forty degrees or above.



Sussex County is the perfect place for a hybrid heating system because of the price of electricity vs. propane and the winter temperatures.

Think of this... if you buy a home in Sussex County when you're thirty years old and heat your home with propane only for thirty years you would have spent between \$40,000 to \$100,000 dollars too much. The bigger the home the bigger the savings. Even if you don't do it now make sure when it is time to replace your air conditioner do it with a heat pump. **If you would like more information on converting to a hybrid heating system you can call me, Ron Ferrell, at Ferrell Cooling And Heating 302.436.2922.**

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Looking for a **FREE** networking group but interested in more than elevator speeches and leads?... Join **BOLD** today! **BOLD (Business Owners of Lower Delaware)** is a group of business owners and sales reps that meet monthly at the Bethany Diner, always planning to add more groups. **BOLD** is a networking and Mastermind type group that shares leads, but our focus is peer support and feedback through interactive discussion and helping the members address business & marketing issues to make better decisions. Contact Lisa Blanchette at **302-732-3460** for more information or register to attend.

Did you know?

By Sandie Gerken

Delaware is the home of the first American beauty pageant. The "Miss United States" contest, predecessor of the "Miss America" pageant was held in 1880 in Rehoboth Beach. One of the judges of this contest was Thomas Edison, inventor.

§

Delaware voted against secession on 3 January 1861 and so remained in the Union. Some Delawareans served in the Confederacy in Maryland or Virginia regiments.

§

Delaware Air Force Base in Dover is one of the largest Air Force bases in the country. It is a major employer in Delaware and serves as the entry point and mortuary for American military personnel who die overseas.

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