PRSRT STD ECRWSS U.S. POSTAGE Local Postal Customer PDDM News PAID EDDM RETAIL

January 2014

Local news for the people, by the people

great moments in Derek's surfing

career has been all the traveling

Surfing looks dangerous when

with family and friends.

Volume 02 Number 01

Thick Walls of Water ... Winter Surfing the Sussex County Shores

We all wonder about those surfers out there in even the coldest weather trying to catch the perfect wave.

High Tide News had the pleasure of speaking with a local surfer and discovering the reason they are out there in the ocean on the coldest of winter days... as long as the waves are big enough you will find a surfer out there!

Derek Tetzner of Lewes tells us a little bit about his own surfing experiences and his love for the ocean. Derek has lived in Delaware his entire life, born in Dover and moved to Lewes as a teenager. Derek started surfing at age

13. He was one of those kids who was always either bodyboarding, or skimboarding. Derek's father was by far his biggest influence as far as surfing. He has surfed up and down the East coast: Canada, California, the Bahamas, El Salvador, Costa Rico, Mexico, and Puerto Rico.

When asked: "Is surfing a passion for the ocean or just for the thrill of the ride?" Derek replied with: "I feel as if it's a combination. It's our passion for the water and surfing that makes us want to find that thrilling ride."

Derek recently graduated college with a B.S. in biology from Washington College and is now assistant manager at East of Maui surf shop with locations in Dewey Beach and Lewes. Some of the

Getting the perfect photo can be as exciting as the ride! This photo was taken on near the Indian River Inlet on November 26th by photographer Neal Bepko of Blue Heron Photography. Learn more about Neal on page 6.

Photo courtesy of Neal Bepko, Blue Heron Photograph

you're watching from the beach. Derek says it can be dangerous depending on the conditions and your skill level. If you ask any continued on page 8

www.hightidenews.com

"Integrity is doing the right thing even when no one is watching." - C.S. Lewis



Hal Alpiar is a national marketing award winner, a national book award winner, a former university and community college

business "Professor-of-the-Year," and former magazine editor and radio show host. A resident of Millsboro, Delaware, he specializes in coaching business and healthcare practice branding and development. He blogs on entrepreneurial leadership at www. BusinessWorks.US

By Hal Alpiar

- A business owner consistently sells used or outdated products or services as "new."
- An investor wants 80% ownership for putting cash into a startup venture - an amount that's just a tiny fraction of what the entrepreneur has already put into the business.
- A professional practice partner recruited with promises to function in her area of specialization ends up being pushed into other tasks through a contract loophole.

• A business partner accepts responsibility for operations, but instead spends fulltime efforts in sales which he knows nothing about.

• The boss repeatedly argues with irate customers, instead of simply granting their requests.

• The verbally-agreed-to partnership is tossed overboard when one of the founders gets an investor and dismisses the prior partner relationship to form a 50/50 split with the investor.

• A business owner refuses to provide growth opportunities for entry-level employees because increasing their responsibilities will force increased compensation packages.

Integrity means keeping your promises. It means standing up for what you believe in no matter the cost. It means behaving honorably in the face of temptation to be dishonorable.

The Dash to Integrity

Selfish, as in greedy and being unnecessarily protective, is not the same as self-ish — being "oriented toward one's self." Being tuned in to what makes you tick is the most effective tool there is for developing a better sense of how to deal most productively and happily with others.

In fact, being self-ish is a direct road to integrity. (Such a dramatic difference a dash can make, eh?!)

The place to start or re-start yourself on the path to higher integrity is to recognize that you can take initiative the very minute you finish reading this sentence. Simply choose integrity. It's hard? Behavior is a choice, so choose to make it easy! Some important "Don't" guidelines:

- DON'T say one thing to an employee, customer, associate, consultant, referrer, supplier, sales rep, investor, lender, and then do another!
- DON'T promise what you can't (or won't) deliver.
- DON'T ask for meeting options, and then change them when you get them.
- DON'T set meetings or appointments (note especially, professional practices), then keep people waiting without a truthful, on-time explanation. Acknowledge people waiting in line! And a visiting sales rep should be treated just as importantly as your best employee or customer... because she or he could be!
- DON'T host a meeting then interrupt it with cell calls or text messages.
- DON'T call for a meeting and then change it on the fly at the last minute.

Remember: Open minds open doors.

"The journey to discovery is not in having new landscapes, but in having new eyes."

—PROUST



SO...creating a positive attitude climate for your employees doesn't mean you have to relocate operations to *the islands*. It's all a matter of how people choose to look at things, not the vantage point they commandeer.

Here is a six-point approach you can start to use tomorrow morning to create a more positive climate for your business:

- 1. GROW YOUR PEOPLE. Know the capabilities and weaknesses of each employee. Determine the fundamental goals of your business, and match those goals against the talents available. Encourage employees to be (as Thoreau once urged) *forever on the alert*...alert to new opportunities to acquire useful knowledge about the business, about your customers, and about their own individual areas of responsibility.
- 2. SHARE THE VISIONS you have of your business goals. Encourage employees to participate in reaching those goals. Share the problems... tell your people what's going on, but in positive terms and by presenting problems as opportunities...then, listen to *their* ideas!
- 3. DETERMINE WHAT "POSITIVE CLIMATE" CHANGES NEED TO BE MADE. Should changes be made in job descriptions or physical layout to improve working conditions? Be very specific. And take the time and trouble to write it all down on paper with a pen in your hand instead of a keyboard (Yes, it makes a difference!).
- 4. SET AN EXAMPLE. If you want to see others act more positively, YOU must act more positively...in bad times as well as good! You will not be fostering teamwork if you rule by threats and intimidation. Praise in public and criticize in private. Be consistent with the goals you've established.
- 5. REASSESS WHAT IT IS THAT YOU DO EACH DAY, and the ways that you do what you do. Make adjustments to be more consistent with

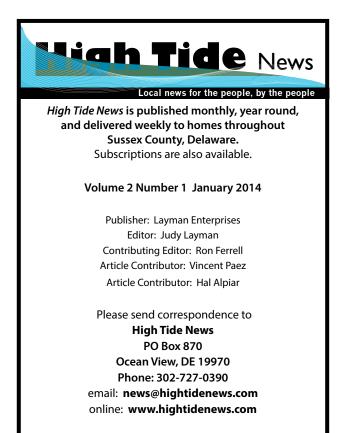
the changes you are making. For example, if you want to encourage better communications, you'll need to establish a *more* "open door" policy... and do more *listening*!

6. DEVISE NEW METHODS AND SYSTEMS for developing a more positive climate–such as short weekly meetings to evaluate progress, and a reward system for improved performance.

IN AN OPTIMUM POSITIVE WORK

CLIMATE, people know exactly what is expected of them, and where they fit in. Everyone shares the same goals. Employees know how they can be effective, and what kinds of behavior will be rewarded.

What you reward is what you get more of. What kinds of behavior are *you* rewarding?



All content is the property of *High Tide News* and cannot be reproduced without prior written consent.

Gas Furnaces • Heat Pumps • Geotherms • Air-Conditioners • Hybrids



scan QR code with your mobile device for www.ferrellcoolingandheating.com



Never an overtime charge!

WINTER SAVINGS Gold Series Heat Pumps

Efficient in any weather, Gold Series heat pumps keep the comfort coming with durable, hardworking components and finely-tuned craftsmanship.

Platinum Series Heat Pumps

Our most efficient and powerful heat pumps. Enjoy the highest level of comfort and maximum efficiency with features like dual or multi-stage Duration™ compressors and Spine FinTM coils



Gold XI Heritage[®] 15



Gold Series Gas Furnaces

High quality and high efficiency mean a high standard of comfort for your home. The Gold Series offers just that. Whether you choose variable-speed technology, or a single-stage offering with the power to increase your overall system efficiency, you can be sure that each one contains American Standard's quality craftsmanship.



Gold ZM Freedom[®] 95 Comfort-R™ Variable-Speed

Get a NEW American Standard.

Heating System

No Down Payment \$87.50 /mo. approx. 5 years 0% interest

> with approved credit not to be combined with any other offer







Sussex County DE • Cape May County NJ • Kent County DE





Blue Heron Photography

Photography & Videography by Neal Bepko

Family, Corporate & Active Events, Portraits **Commercial Photography**



Email: nbepko@gmail.com http://www.flicker.com/blueheronphotos

Capture your best moments like never before.

Musician.... Photographer.... Videographer.... IT Specialist ... a welcome asset to Sussex County!

The Multiple Talents of Neal Bepko

Blue Heron Photography Delmarva HomelT Owner: Neal Bepko nbepko@gmail.com 703.407.0583 606 Old Post Court Bethany Beach, DE 19930

Neal Bepko was born and raised in Northern Virginia, most recently lived in Manassas, Virginia, and In October 2013 made a permanent move to Bethany Beach, DE. ... fulfilling his long term plan.

Bethany Beach has been a second home since childhood. Like many others, Neal summered in Bethany Beach and worked at local establishments including Delaware Seashore State Park Concessions, Philips Seafood House. He has also entertained (guitar and vocals) at local establishments.

Before Bethany Beach

Neal studied computer science, music and Spanish and graduated with Bachelor of Science Degree in Mathematics from Wake Forest University in Winston-Salem, NC. He studied and performed voice and guitar throughout and spent time abroad attending Universidad de Salamanca in Spain.

After his Wake Forest graduation, he returned to the northern Virginia area and began his software/IT career. Neal worked in all facets of the software development lifecycle –analysis, design & architecture, development, implementation, quality assurance, training, go-live and post implementation support.

Neal's experience includes architecting large scale solutions with multiple native and integrated software components and post implementation auditing and optimization of solutions. Neal has IT Infrastructure Library Service Manager Certification and IT Asset Management Implementation certifications.

Neal has been an avid photographer hobbyist, including commercial real estate and promotional pictures as well as social and family event work. He has recently

"...long term plan has always been to move to Bethany Beach"

expanded his photography skills into published works. Work has been published in both digital and print format in the Washington Post Magazine and the Coastal Point.

Neal considers himself an amateur musician. He has professional and academic training and education and has been performing and teaching for 35 years. He has worked "professionally" in local venues, clubs, churches, community centers, schools, vineyards. He teaches guitar and banjo.

With all of this experience and knowledge, Neal's business plan is to leverage skills in the high tech field by providing technical expertise to the consumer/residential and business communities in setting up, configuring, optimizing and managing their technical environments.

Skills + Passion = Business

His skills and passion for technology, automation, and multimedia has led him to create his businesses.

Neal has been operating private startups since August 1st and has several projects in the works with both **Delmarva HomeIT** (IT/ Software consulting business) and **Blue Heron Photography** (Photographic and Videographic services)

Neal's ultimate goal is to expand the business, continuing to provide Business and Consumer Software Solutions but growing to the point of hiring additional employees and expanding the business into Multimedia (music, graphic, videographic, photographic) implementation, consulting and production services; residential and business home/ building automation systems.

Benefits

The benefits from using Neal's IT and Software Consulting business, *Delmarva HomeIT*, is availability and continuity of business systems resulting in less downtime and more end user productivity. Educated technology users who want to get jobs done quicker, saving time and money.

The benefits from using Neal's photography business, *Blue Heron*



Neal Bepko, present owner of **Blue Heron Photography** and **Delmarva HomeIT**, entertained (guitar and vocal) at the Cottage Cafe in Bethany Beach on December 18th for the *Bethany Fenwick Area Chamber of Commerce*'s Holiday Mixer. To find out more or set up a booking with Neal, just email nbepko@gmail.com or call 703-407-0583 for more information.

Photography are vivid and presentable photos driving business to business owner's web sites and ultimately to their businesses.

In the future, Neal would like to provide small to medium businesses with outsourced IT/Technology systems implementation and support. And he would like to provide Home and Business Multi-media installation, operations and support; and he envisions expansion into multi-media, photographic and videographic production and services.

Learn More

If you would like to learn more about Neal Bepko's services, simply

call him at 703-407-0583, or eMail: nbepko@gmail.com, delmarhomeit@gmail.com.

See Neal's **Blue Heron Photog**raphy photos at Blue Heron Photostream at http://www.flicker.com/ blueheronphotos

Learn more about *HomeIT*, at: https://sites.google.com/site/delmarvahomeit/

Twitter: @nbepko

Facebook https://www.facebook.com/NealsSongs (has a link to SoundCloud)

High Tide News has the privelege of welcoming Neal Bepko, his family and his talent to the community. Thank you, Neal for allowing us to do this article to introduce your new businesses to Sussex County.

Red Balloon Brunch to Honor 2014 Cancer Crusader and Volunteer Award Winners

FOR IMMEDIATE RELEASE

The Cancer Support Community Delaware will hold its 9th Annual Red Balloon Brunch on Sunday, March 2, 2014 from 11 a.m. to 2 p.m. at Deerfield Country Club. The Board and Brunch Committee have announced they will honor Dr. Nicholas Petrelli, MD, of the Helen F. Graham Cancer Center & Research Institute as their Cancer Crusader for 2014. Dr. Petrelli has agreed to accept the award and represent the employees and physicians who dedicate their work to and with individuals with cancer. Additionally the Cancer Support Community Delaware will also honor Agilent Technologies, Inc. as their 2014 Volunteer of the Year winner in honor of their hard work and dedication to the maintenance and upkeep of the gardens at the facility headquarters at 4810 Lancaster Pike, Wilmington, DE. A Brunch menu will be served along with a limited open bar, with tickets priced at \$125.00 per person. The event will also feature a fabulous silent auction along with a live auction lead by Mr. Pete Booker, President and CEO of Delmarva Broadcasting. Ticket information and sponsorship opportunities are available online at www. cancersupportdelaware.org, or by calling Mrs. Susan Dubb, Special Events Director at 302-995-2850.

The Cancer Support Community Delaware 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

Mention *High Tide News* for possible discounts! Support your local businesses!

Email:

NMLS#: 790486

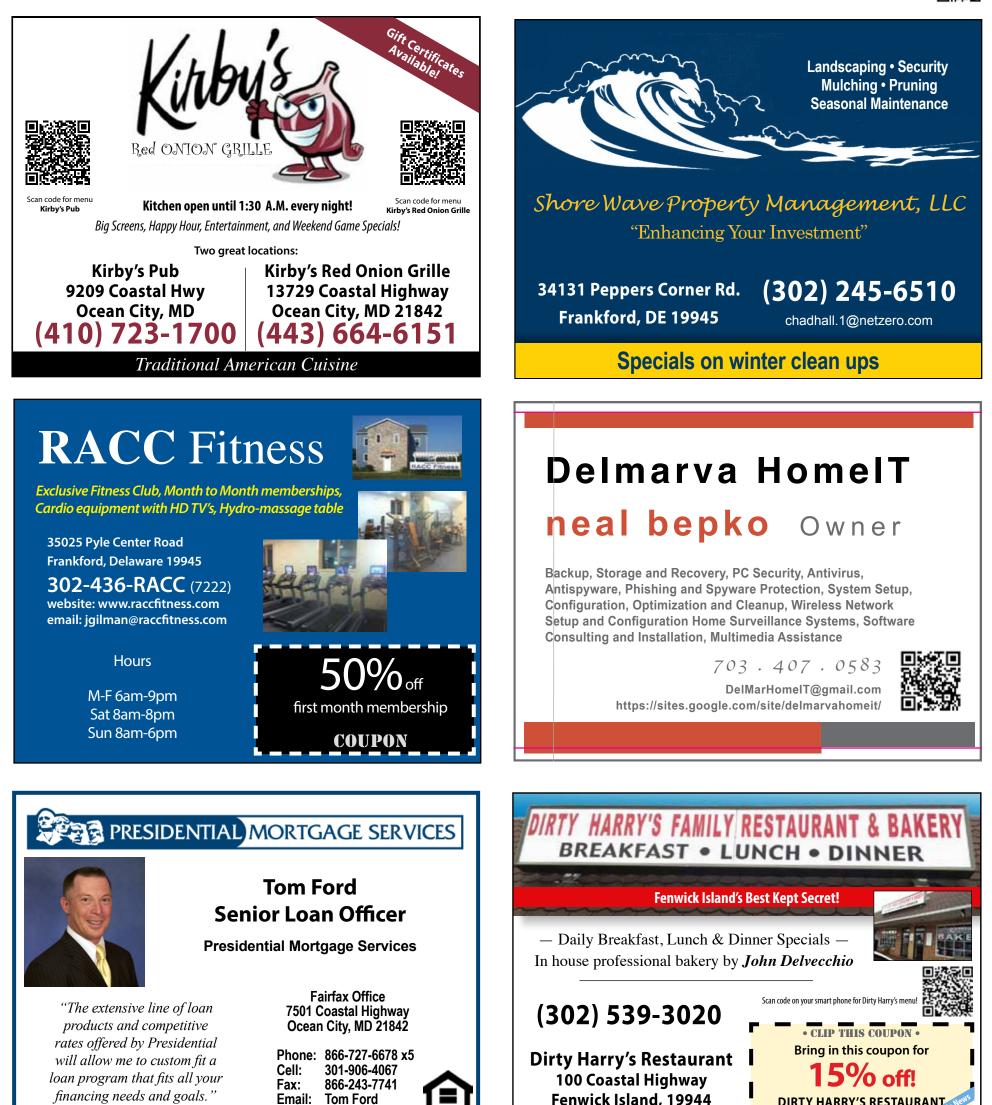
Tom Ford

Serving: Ocean City, Ocean City West, Ocean Pines, Salisbury and the surrounding areas

Tom Ford

www.hightidenews.com 回器回





Voted Best of Delaware Downstate Breakfast Place for 2007 & 2012

Fenwick Island, 19944

5

DIRTY HARRY'S RESTAURANT

HOW TO CUT YOUR HEATING BILL *IN HALF* WITHOUT BREAKING THE BANK

If you are in Sussex County Delaware you are most likely heating your home with propane or kerosene oil. Natural gas is still rare in Sussex County making it very expensive to heat your home Sussex County. Figuring out how much money you are spending to heat your home can be hard to do. You may be heating your water and cooking and drying your clothes with the same fuel. Finding out the exact amount of fuel you are using to heat your home is very important in determining how much money you can actually save by cutting your heating bill in half.

Heat pump's have been given a bad name in the past because a heat pump gives cooler air the colder it is outside. So using a heat pump in warmer winter days you don't feel any difference in the air coming out of your heating vents. Sussex County is a great place for heat pumps because of the very affordable price of electricity. In places where electricity is expensive, heat pumps are not so great. The temperature in Sussex County is over 40 degrees more than half of the winter.

The price of electricity and the temperature range in Sussex County makes it the perfect place for what is called the hybrid or duel fuel heating system. A hybrid is is a gas furnace and a heat pump combined together. When the temperature is 40 degress or greater the heat pump is heating your home and when it's 39 degrees or less the gas furnace is heating your home so you don't feel any difference in comfort. The thermostat controls this with a outside temperature sensor. A heat pump in Sussex County cost 4 times less to heat with than a propane or oil heater does. You can add a heat pump to any type of fuel heater no matter the age of the heater. Using propane or kerosene half

the time and a heat pump the other half of the winter is how you can cut your heating bill in half.



PRESS RELEASE - FOR IMMEDIATE RELEASE

Main Street Hires New Executive Director Krys Johnson

Rehoboth Beach, DE 19971 302.227.2772 Downtownrehoboth.com Info@downtownrehoboth.com December 19, 2013 Contact: Diane Brown, Marketing Associate, Rehoboth Beach MAIN STREET

Rehoboth, DE - The Rehoboth Beach Main Street (RBMS) Board of Directors has selected Krys Johnson as the new Executive Director of Main Street. She will commence her duties January 6, 2014. Ms. Johnson was selected from a large pool of qualified candidates. Her vast experience in event planning and non-profit work made her the ideal person for the position. She is a homeowner in Rehoboth Beach and was most recently employed with the State of Delaware. "Krys comes to us with extensive experience and a heartfelt appreciation for Rehoboth and what the city represents," stated Alyssa Titus,



Krys Johnson Executive Director, RBMS

President of RBMS. "We are excited for her to implement some fresh new ideas while maintaining our hometown traditional events." For more information, please call 302-227-2772.

FOR IMMEDIATE RELEASE

Knitting For Wellness Offered at the Cancer Support Community-DE

For Immediate Release Contact: Kaye Webb Sussex County Outreach Coordinator 302.645-9150 kwebb@cscde.org

Join other cancer survivors and caregivers on Mondays in January, beginning January 6th at 1pm. for Knitting For Wellness. Come in out of the cold and learn to knit "the perfect scarf" at the Cancer Support Community. Evie McPhee of Ginger Moon in Lewes will assist both beginners and experienced knitters. The supply lists are available at time of registration, with a 15% discount given at Ginger Moon.

Cancer Support Community- DE's Sussex facility is located at 18947 John J. Williams Hwy., Suite 312, Rehoboth. All programs offered at CSC are free of charge to people affected by cancer and their loved ones. To register, call 645-9150.

The Cancer Support Community, formerly The Wellness Community- DE, 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.



For all press releases and important events, view our complete list at www.hightidenews.com

Scan the QR (Quick Response) code (left) with your mobile device and go directly to up-to-the-minute press releases and community events at www.hightidenews.com





Title Loans • Payday Loans • Installment Loans No Loan is Too Big or Too Small!

No Credit Check! Immediate Approval, Friendly Service

1300 Coastal Highway, Ocean Bay Plaza, Unit 12 Fenwick Island, DE 19944 or Dover, DE 302-674-7033



TJM Financial has the right plan to help when you need extra cash!

TJM Financial Fenwick Island, DE

Hangin' out with Ex-Pats

By *High Tide News*' contributing writer Vincent Paez

Ex-Pat stands for Ex-Patriot, which is a citizen who lives abroad. I was an Ex-Pat when I lived in Germany for several years. The Ex-Pat crowd is unique in that they have experiences that an average citizen does not. Visiting a foreign country is one thing. Living there and dealing with the local customs, food, and laws is quite another thing. A simple task, like taking a taxi or putting out the garbage, can take on unexpected difficulties. An ex-pat tends to especially appreciate meeting a fellow American while abroad. A few weeks ago, I had the pleasure of meeting a number of ex-pats in China, who really know how to enjoy life.

One of my closest friends is a high school science teacher at the American School in Shanghai. Most of the teachers are American and many of them live near each other in the same very nice complex. Next to the neighborhood is a bar, which serves as the local hang-out for the teachers. Several of the educators have formed a band and play there regularly. One night, while visiting my friend, we decided to visit the bar and see this band.

Shanghai or Ireland?

When we walked into the bar, I felt like I had never left the USA. It had the look and feel of an Irish pub, and almost all the patrons were American teachers and their spouses. In fact, the only Chinese people were the bartenders. The band was playing typical rock music, and it was clear that they were very good musicians. The guitar lead was spot on, the drummer was keeping a perfect beat, and the singer had a beautiful voice. I took advantage of their break and went to the stage to introduce myself. I learned that the singer, a kindergarten teacher, was from Detroit, the guitarist, a chemistry teacher, was from California, and the rest of the band was from various parts of the USA.

I felt bold enough to ask the leader if they

ever have guest singers, to which he replied, "Do you currently play with a band?"

"Well," I responded, "my band days are over, but I used to have a band, and I sit in with some bands in Ocean City, Maryland."

The leader looked surprised and said, "I know Ocean City. I went there as a kid and had a great time! Hey, c'mon up in a couple of songs and let's see how it goes."

After a few songs, the band called me up on stage to sing Sweet Home Alabama, and I believe they were genuinely pleased with my singing. They asked me to sing two more songs. At the end of the evening, I had chatted with many of the teachers and their spouses. I felt like I had made new friends. My close friend and I decided to head back to his house. As we left, I was feeling like we were leaving a bar in Anywhere, USA, when I looked up and realized that I wasn't anywhere near my home country.

The air was so very smoggy, that I could feel the dirt from the air on my face. The taxi



drivers swarmed the street following no real traffic pattern. The outside of the bar looked old and there was a lot of litter on the ground. And the many Chinese faces of the people on bicycles going in and out of traffic, reminded me where I was. That bar made me feel like I went into a black hole in space and traveled to the USA for just a few hours, and then back to Shanghai.

I typically meet interesting locals, while I travel abroad. This trip was particularly interesting, because I saw of my fellow Americans live in a country whose culture is very different from ours. All in all, they seem to have adjusted quite well. I can really understand why Chinese (or people of any other culture) who live here in the USA enjoy each other's company. When I see a foreigner living here, I try to think of some of the challenges they have, just as my fellow Americans had in Shanghai.

Winter Surfing

Continued from page 1

experienced surfer they would probably laugh at this question. But, if the right conditions are there, surfing can be dangerous just like any other sport. Especially in the summer time when there are tons of people who don't know surfing etiquette or how to control their boards.

In Derek's own words, "I've got the surfing bug. It's hard to explain to someone who doesn't surf, one way to put is I just love to surf."

"Many locals in the area live for winter, the swells are bigger and the crowds are slimmer."

"Plus wetsuit technology has come so far it's pretty easy to surf year round."

Working at a surf shop and having the surfing bug goes hand in hand!

Hopefully the future holds a lot of traveling and catching some good waves.

As the famous surf brand billabong says "only a surfer knows the feeling"





Photo courtesy of Neal Bepko, Blue Heron Photography

Above:

Photographer Neal Bepko catches another great swell in November, 2013, near the Indian River Inlet.

Left:

Derek Tetzner of Lewes, DE surfing in Puerto Rico. Derek is an avid surfer locally and assistant manager at of *East of Maui* surf shop with locations in Dewey Beach and Lewes. In Derek's words: "A pretty rad photo taken by my boss, Alfred DuPont."



Free Parking



Custom Builder and Renovators, Inc.



415 Rehoboth Avenue Rehoboth Beach, DE 19971 (302) 227-0367

calesi@comcast.net



For all press releases and important events, view our complete list at www.hightidenews.com

Scan the QR (Quick Response) code above with your mobile device and go directly to upto-the-minute press releases and community events at www.hightidenews.com

CHURCH DIRECTORY

BAYSIDE CHAPEL

www.baysidechapel.com 302-436-7585 38288 London Avenue Unit 9 Selbyville, DE 19975 Adult Sunday School 9:30a.m. Coffee Hour fellowship 9:30a.m. - 10:30 am

Praise and Worship: 10:45 am Kingdom Kids Children's ministry during the worship hour for ages 5-12

Nursery Care provided during worship

BLACKWATER FELLOWSHIP **CHURCH**

302-519-0713 Corner of 17 & Daisey Rd. Roxana. DE Sunday Service 8:30 am Early Morning Worship 10:00 am Sunday School (all ages) 11:00 am Morning Worship 11.00 am Children's Church 6:00 pm Evening Worship Wednesday 7:00 pm Prayer, Praise, & Lesson

CALVERY BAPTIST CHURCH

302-856-3773 318 S. DuPont Hwy Georgetown, DE Sunday Service 9:30 am Sunday School 10:30 am Worship Service Wednesday 7:00 pm Prayer Meeting

COMMUNITY **CHURCH OF OAK** ORCHARD

302-945-0633 www.oakorchardchurch.com 32615 Oak Orchard Road Millsboro De 19966 Sunday Services 8am Praise and Worship 11:00 am Traditional Jr. Church /Nursery offered at 11am. 6:00 pm Prayer Gathering

COMMUNITY **LUTHERAN CHURCH**

302-732-1156 www.clc19945.org clcomar@mchsi.com 30897Omar Road Frankford, DE 19945 Sunday Services 8:00 a.m. & 10:30 a.m. Sunday School Adult 9:00 a.m. Children 10:30 a.m.

FRANKFORD PRESBYTERIAN

CHURCH 302-732-6774 www.ovpc.org 34 Main Street

Frankford, DE 19945 Sunday Service 11:30 am

FENWICK ISLAND BAPTIST CHURCH

FenwickIslandBaptist.com 36806 Lighthouse Road Selbyville, DE **Sunday Services** 9:00 am Sunday School 10:00 am Worship & Celebration 6:00 pm Worship Wednesday 5:30 pm Awana Clubs (K - 12th grade)

6:00 pm Bible Study

GROOME UNITED METHODIST CHURCH

Savannah Road & Dewey Avenue Lewes. De. Sunday worship-9 & 10:30 a.m. Sunday school -10:30 a.m. youth group, Sundays-6 p.m. open for public prayer every Wednesday -4-6 p.m. soup and sandwich fellowship Wednesday 6 p.m. Bible study Wednesday 6:30 p.m. Rev. Bill Hopkins Call 302-645-6256

LEWES CHURCH

OF CHRIST 302-645-0327 15183 Coastal Highway Milton, DE Sunday Service 9:00 am, 11:00 am

LEWES PRESBYTERIAN

CHURCH 302-645-5345 133 Kings Highway Lewes, Deleware **Sunday Service** 8:00 am, 9:00 am, 11:00 am

LUTHERAN CHURCH OF OUR SAVIOR

302-227-3066 20276 Bay Vista Road Rehobeth, DE **Sunday Service** 8:00 am, 9:45 am, and 11:15 am

MARINER'S BETHEL

302-539-0713 MarinersBethel.org Rte. 26 & Central Ave. Ocean View, DE **Sunday Service** 8:00 am Casual Traditional 9:30 am Extreme Praise & Worship and Children's Church 11:15 Traditional with Choir Sunday School 8:30 am Open Door Adult 9:30 am 2 Adult Classes 10:45 am 3 Adult Classes, MS & HS 11:00 am Young Adult Class 6:00 pm C.R.A.S.H. Youth

MILLVILLE UNITED METHODIST CHURCH 302-539-7877

millvillemethodistchurch.org Corner of Rt. 26 & Club House Rd

in beautiful Millville, DE Saturday Worship - 6:00 PM Sunday Worship - 9:00 AM Adult Sunday School following morning worship service

NEW LIFE BIBLE FELLOWSHIP

CHURCH OF DELMARVA 302-945-8145 Longneck, DE Sunday Service 9:00 am Sunday School 10:00 am Worship Service

OCEAN VIEW CHURCH OF CHRIST 302-539-7468

OceanViewChurchofChrist.com Corner of Rt. 26 & West Ave. Sunday Service 9:00 am Fellowship Breakfast 9:30 am Bible School 10:30 Morning Worship 7:00 pm Evening Worship Wednesday 6:00 pm Mobile Outreach 7:30 pm Adult Bible Study

OCEAN VIEW PRESBYTERIAN

CHURCH 302-539-3455 www.ovpc.org 67 Central Avenue Ocean View, DE Sunday Service 9:30 am

OUR LADY OF GUADALUPE

Rt. 17/Roxana Rd Saturday: 5:30 pm Sunday: 9:00 am & 10:30 am 1:00 pm (Spanish) email: Office@stannsbethany. orq

Office hours: Monday-Friday: 9:00 am - 12:00 noon & 1:00 pm - 4:30 pm To register in the parish, please pick up a parish census form at any of the exits, complete and return to the office, via offertory basket, mail, etc. Confessions on Saturdays at St. Ann's at 9:00 am and 3:00 pm

PENINSULA COMMUNITY CHURCH

302-436-4522 www.pccministry.org pccministry @verizon.net 28574 Cypress Road Selbyville, DE Sunday Service 9:00 am Discipleship & Coffee 10:00 am Celebration Worship

SONRISE CHURCH

www.sonrise.cc Casual • Friendly • Awesome • Live Band • All-age Children's Programs • Relevant/Powerful and Inspiring Messages • Free Breakfast • **Every Sunday** 8:00, 9:30 am & 11:00 am Stephen Decatur High School - Cafeteria, Rt. 50 East, Berlin, MD

SOUND UNITED **METHODIST CHURCH**

37894 Lighthouse Road (Route 54) Selbyville, DE 19975, approximately 4 miles west of Fenwick Island and Ocean City. Service is at 8:30 am on Sundays. email: pascft@gmil.com http://www.facebook.com/

SoundUMC

ST. ANN'S CATHOLIC CHURCH

June 29, 2013 - Labor Day Saturday: 4:00 pm & 6:00 pm Sunday: 7:30 am, 9:00 am, 10:30 am & 12:00 noon Daily Mass (all year): Monday thru Saturday 8:30 am e-mail: Office@stannsbethany. org Office hours: Monday-Friday:

9:00 am - 12:00 noon & 1:00 pm - 4:30 pm

To register in the parish, please pick up a parish census form at any of the exits, complete and return to the office, via offertory basket, mail, etc. Confessions on Saturdays at St. Ann's at 9:00 am and 3:00 pm

ST. MARTHA'S

EPISCOPAL CHURCH 302-539-7444

StMarthasBethany.org Maplewood & Pennsylvania Ave Bethany Beach, DE **Sunday Service** 8.00 am 10.00 am 10:00 am Children's Class

ST. PETER'S EPISCOPAL CHURCH

302-645-8479 2nd & Market St. Lewes, DE **Sunday Service** 8:00 am 10:00 am

SAINT JAMES **ANGLICAN CHURCH**

Rectory 302-238-7364 23269 Park Avenue Georgetown, DE Sunday Service 8:00 am 10:00 am

SAINT MARK'S

EPISCOPAL CHURCH Stat & Ellis Millsboro, DE Sunday Service 9:00 a.m. 302 934-9464 The Rev. David Archibald 302 430-8231

SAINT MARTIN'S **EPISCOPAL CHURCH**

75 West Church Street Selbyville, DE 19975 Sunday Service 11:00 a.m. 302 934-9464 The Rev. David Archibald 302 430-8231

SALEM UNITED **METHODIST CHURCH**

302-436-8412 www.sumc.com 29 West Church Street Selbvville, DE 19975 Sunday 8:30 am Informal Service in Sanctuary 9:45 am Contempoirary Worship in Salem Center 11:00 am Traditional Service in Sanctuary (nursery available) 9:45 am Sunday School classes for all ages 6:30 pm Zeke 37 Youth Thursday 7:00 pm Ministers In Training (MIT) classes

THE BEACON

BAPTIST CHURCH 32263 Beacon Baptist Road, Rt.26 Millville, DE 19967 302-539-1216 Sunday School 9:00 am **Sunday Morning Worship** 10:00 am Sunday Evening Worship 6:00 pm Wednesday Evening 7:00pm

THE BIBLE CHURCH

OF CHRIST, INC. 302-732-3351 **Diamond Acres** Dagsboro, DE **Sunday Service** 10:00 am Sunday School 12:00 noon Worship Service Wednesday 7:00 pm Prayer Service

THE FATHER'S HOUSE **YOUR CHURCH FOR** LIFE

302-381-3362 TheFathersHouseDE.com 7 Main Street. Frankford, DE **Sunday Service** 10:30 Frankford Fire Hall

THE RIVER

35175 Roxana Road Frankford, Delaware 19945 (302) 436-8841 www.riveronline.org 10:30 Sundays

WESTMINSTER PRESBYTERIAN

CHURCH 302-227-2109 King Charles Ave. Rehobeth, DE Sunday Service 10:00 am

If you would like your church listed, please have your listing e-mailed to: news@hightidenews.com and we will be happy to include it here.

SERVICE DIRECTORY

SAVE THIS SECTION FOR FUTURE USE. MENTION THAT YOU SAW THE AD IN HIGH TIDE NEWS FOR DISCOUNTS.

Bethany Dental Associates

Providing state of the art dental care in the Bethany Beach area 32895 Coastal Highway, Unit 102 Bethany Beach DE 19930 BethanyDental1@verizon.net 302-537-1200

Ferrell Cooling & Heating

Gas Furnaces, Heat Pumps, Geotherms, Air-Conditioners, and Hybrids Sussex, Kent, Cape May 866-228-4822 or 302-436-2922 ferrellcoolingandheating@comcast.net

Dirty Harry's Restaurant

Fenwick's Best Kept Secret! 100 Coastal Highway Fenwick Island, DE 19944 302-539-3020

Blue Heron Photography

Family, Corporate & Active Events, Portraits, Comercial Photography Emai: nbepko@gmail.com 703 -407-0583 Construction & Renovation: 415 Rehoboth Avenue Rehoboth Beach, DE 19971 302-227-0367 www.calesi.com

Kirby's Red Onion Grill

Alesi, Inc.

9209 Coastal Hwy 410-723-1700 and 13729 Coastal Highway 443-664-6151 Ocean City, MD

High Tide News

Advertising resource, postcards, mailers, websites, newspaper advertising and stories, reasonable rates 302-727-0390 www.hightidenews.com news@hightidenews.com

DelMarva HomeIT

Neal Bepko 703-407-0583 DelMarHomelT@gmail.com

Shore Wave Property Management

Landscaping, Security, Mulching, Pruning, Seasonal Maintenance 34131 Peppers Corner Rd Frankford, DE 19945 302-245-6510 chadhall.1@netzero.com

Cosmic Tees

Screen Printing & Embroidery T-shirts that are out of this world, prices that are down to earth! Debbie and Ray Bouchaud 28116 John J. Williams Hwy. Millsboro, DE 19966 302-933-0920 email: degraphics@cosmictees.net www.cosmictees.net

Presidential Mortgage Serv.

Tom Ford, Senior Loan Officer 866-727-6678

TJM Financial

Payday and Title Loans 1300 Coastal Highway Fenwick Island, DE 19944 302-581-0012

WGMD

The Talk of DelMarva WGMD-FM/Resort Broadcasting Rehoboth Beach, DE 19971 1-800-933-9027

Oasis Wellness Spa

Spa packages, Massage, Energy Healing, Facials, Ionic Foot Detox, Organic Sunless Tan, Yoga, Manicures, Pedicures, etc., 415 Rehoboth Ave., Rehoboth Beach DE 19971 (302) 227-6260 www.oasiswellnessspa OasisWellnessSpa@comcast.net

RACC Fitness

35025 Pyle Center Road Frankford, Delaware 19945 302-436-RACC (7222) website: www.raccfitness.com email: jgilman@raccfitness.com

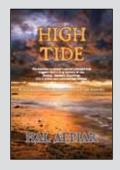
HIGH TIDE NEWS BOOKLIST

We are putting together a list of books from local authors to be updated each month. If you would like to include your listing or know of a Sussex County author who would like to have their book included, please email: news@hightidenews.com with the name of the book, the author, the date published and where it can be purchased, and a photo of the book, if possible.You can also fill out a form at: www.hightidenews.com/books.

Local Books from Local Authors for January, 2014

The Life of Lacey Lynn - My Beating Heart Lafferty, Lacey order online at http://www.laceylafferty.com





HIGH TIDE Alpiar, Hal order online at: http://www.hightidenow.com/home/order-form/



Local news for the people, by the people

A POWERFUL, COST EFFECTIVE WAY TO GROW YOUR BUSINESS... MAILED DIRECTLY TO SUSSEX COUNTY NEIGHBORHOODS

Advertise today in High Tide News... it is more than just a newspaper... make it your *monthly mailer*.

302-727-0390

www.hightidenews.com news@hightidenews.com

Subscriptions are now available for High Tide News, please visit www.hightidenews.com/subscribe



Do you have an opinion, experience, idea you would like to share in High Tide News?

We welcome your comments, thoughts, and experiences. Feel free to express yourself! Send to: news@hightidenews.com

Scan code to view www.hightidenews.com



PROVIDING STATE OF THE ART DENTAL CARE IN BETHANY BEACH

MARK B. BROWN, D.M.D. PAUL E. BROWN, D.M.D. WILLIAM H. ULMER, D.D.S. PETER PATELLLIS, D.M.D. BRADFORD KLASSMAN, D.M.D. CHRISTOPHER BARAN, D.M.D.



Specializing in:

KöR® Whitening System

Love your WHITE Smile.

The KöR Whitening System is the most effective way to add "WOW" to your appearance! The system works by restoring your teeth's ability to absorb oxygen. The oxygen from its whitening gel is absorbed deeply into the tooth, dissolving stain molecules. Unlike other whitening methods, with easy periodic home maintenance, KöR Whitening is entirely permanent and it has been clinically studied and safely used on millions of patients without harm to teeth or gums.

Dental Implants

If You're missing a tooth, You're not alone. Dental Implants Restore Function, Health & Confidence.

Dental implants are permanent replacements for missing teeth. They look, function and feel like healthy, natural teeth. An estimated 20 million people in North America suffer the physical and emotional effects of missing teeth. State of the art Dental Implant Technology is making a difference.

LANAP technique

No scalpels. No stitches.



The Laser Alternative to Gum Surgery.

Now there is a new less tramatic treatment for periodontal disease. LANAP (Laser Assisted New Attachment Procedure) utilizes safe and proven laser technology to gently remove harmful bacteria and diseased tissue from the gums.

- Less pain
 Faster healing
 Reduced risk of infection
 Decreased sensitivity
- Less time in the dental chair Less bleeding Less post-treatment discomfort
- Little to no gum recession



LOCATED ON ROUTE 1 TAGGART PROFESSIONAL CENTER 32895 COASTAL HIGHWAY, UNIT 102 BETHANY BEACH, DE 19930 BETHANYDENTAL1@VERIZON.NET

302 537-1200