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# High Tide News

March 2014

Local news for the people, by the people



Vol. 02 Num. 03

www.hightidenews.com

## Who Was ZIPPY LEWIS?

### Ocean City's Original Beachcomber

By contributing writer Sandie Gerken

Many coastal areas have legends or myths about a lonely woman who kept watch on the sand dunes, waiting in vain for her sailor to come home from the sea. Delmarva, too, has such a legendary lady, who roamed the beach of North Ocean City in a lonely vigil, hopefully scanning the sea for signs of her seaman husband. Her name was Zippy Lewis and she was a real person! A description of her in descendants' family papers is of a sun-browned woman in a long dress, plaid shawl, and sunbonnet wandering the beach. Her story is truly a tale of tragic loss as her husband Jonathan B. Lewis did not return from his voyage and was presumed lost at sea. But, Zippy Lewis' story is also one of courage, resourcefulness, self-sufficiency, endurance, and individuality.

Zipporah Ann Lewis was born between 1807 and 1813 per the records known of her life. Her maiden name is unknown, but census records note that she was born in Delaware.

Her husband, Jonathan was born about 1800 in Gray's Neck near Williamsville, Sussex County, Delaware. After their marriage, they eventually settled near Taylorville, Worcester County, Maryland, which is near where Ocean Pines is today. Zippy and Jonathan had 5 children, Jacob, Jonathan, George, Mary E. and Gincy between 1829 and 1846. The youngest daughter, Gincy (or Jinsey) was born in 1846. Sometime between 1847 and 1850, Jonathan went to work at sea and never returned. In the 1850 census of Worcester County, Maryland, Zippy is listed as the head of the household with her children.

As the local legend goes, Zippy went daily to the beach to scan the horizon for a returning ship after Jonathan had disappeared and began to "prog" the beach for salvageable items. Left to support her family alone, she began to collect silver coins from shipwrecks that the ocean had washed ashore after storms along with other beach

treasures that she could make useful, sell or trade. Eventually, Zippy began to live high up beyond the dunes in a two room shack that she (perhaps with the help of her sons) built from salvaged beach timbers. The exact location of this "beach house" is not precisely determined, but it was in north Ocean City between the Fenwick Lighthouse on the Delaware line and the locale of the Gold Coast Mall, likely in the area very near the Carousel Hotel. She lived alone on the beach for 20 or more years as a solitary beachcomber. During the mid 1850s Zippy purchased 3 different parcels of land, totaling about 70 acres, which some sources claim amounted to 20 city blocks.

The Zippy legend abounds in tales that she once hauled in buckets full of coins in one day after a severe storm. She was able to use this foraged "beach money" as legal tender in stores in Berlin, MD and surround-

continued on page 2



Image of Zippy Lewis: Oil Painting by David Bunting, on Wall of Dunes Manor Hotel's Zippy Lewis Lounge, 27th Street, Ocean City, Maryland.

Kids' Zone and Full Day Workshops, Demos and Speakers

## 19th Annual Holistic Health Fair

Lewes, Delaware: the Delmarva Community Wellnet sponsored 19th Annual Holistic Health Fair invites families, children and the community to come, explore and have fun at the Cape Henlopen High School on Saturday March 29, 2014 from 9:30am to 4:30 pm. The Speakers, Workshops, Demonstrations and Kids' Zone schedule of events has been published online at [www.eden-delmarva.org](http://www.eden-delmarva.org). Admission is free,

and canned food donations are invited at the door.

The whole family will enjoy the Kids' Zone hosted by members of the staff of Camp Arrowhead, a residential and day camp located on the western shore of Rehoboth Bay. All day, families and children can engage in crafts, activities and fun demonstrations for body, mind and spirit. The Fair's activities are drawn from years of experience

working with children in a free spirited and relaxed educational environment!

Also, The Rehoboth Inspired Chefs Initiative provides a family friendly day for teaching children's food education that inspires kids to learn more about wholesome foods. The Rehoboth chefs include well know local food gurus like Gretchen Hanson

continued on page 7

**HOLISTIC HEALTH FAIR**  
At the Cape Henlopen High School in Lewes, Delaware

Saturday March 29, 2014  
9:30 am to 4:30 pm



Admission is free | Donation of non-perishable food welcome | Visit the Kid's zone hosted by Camp Arrowhead  
Exhibitor Registration available | [www.eden-delmarva.org](http://www.eden-delmarva.org) | [HHF@eden-delmarva.org](mailto:HHF@eden-delmarva.org) | 302-227-2233 x 15

A **community event** for over 19 years offering a **free** day of education and **outreach** through workshops, speakers, demonstrations and **exhibits** to educate the public on **holistic** health, **RENEWABLE** resources, **CLEAN** energy, the environment, **local food**, local **artists**, and wellness topics

There are ways to stop pollution without ruining the economy

# “Do as I say, Not as I do”

By contributing writer Ron Ferrell

In 2008 we started to realize that our country was broke and in serious debt. At the same time the financial push to decrease greenhouse gases increased. Bad timing. About the same time my daughter and I were driving on Rte. 24 in Millsboro, DE.

Looking East I could see the smoke stack of the Indian River Electric Plant and was very excited to explain to my daughter where electricity comes from. She was only eight years old at the time. When I pointed the smoke stacks out my daughter quickly responded, “Oh, that’s a bad place.” I was shocked to find out that this is what she had learned at

school. It took some time to persuade her that electricity is good and had improved and saved billions of lives.

In 2014, six years and billions of dollars later, spent fighting greenhouse gases the Indian River Electric Plant is still going full blast.

## Raising the Speed Limit

I was shocked to learn that Maryland just raised their speed limit. We all learned in the 1970’s that the faster you drive the more gas you use, so it makes me ask, “does the political global warming movement really believe in global warming?”

Why are our schools trying to convince our children that buying solar and wind is the right thing to do? If the State wants to help us teach are children about conserving energy, why not just tell them to turn off there lights and tv’s when they leave their rooms reinforcing what we parents are already teaching them and stop with the political correctness propaganda in our children’s classrooms.

## Slow Down Emissions

You would think a government that believed that exhaust from cars and factories and homes could destroy the Earth within a 100 years would be doing all they could to slow down their own emissions. Take for example the State Of Delaware which has over 30,000 employees. I think it would be safe to say that at least 10% of state employees have state vehicles which would be at least 3000 cars and trucks.

So you would think that a green state like Delaware would surely take the lead in reducing greenhouse gases by slowing down their own non-emergency vehicles to 50 miles an hour. By slowing down each of the approximately 3000 vehicles would save approximately 3 gallons of gas a week per vehicle. (Yes, I did the math.) A gallon of gas produces 20lbs of greenhouse gas. That means that by slowing down state owned non-emergency vehicles to 50 miles an hour we would save around 9000 gallons of gas a week or 468,000 gallons a year. As far as greenhouse gases it could reduce the amount that the State Of Delaware vehicles put into the air by over 9 million pounds or 4500 tons a year without spending a dime.

Two commercial wind turbine’s like the one in Lewes reduces greenhouse gases by about the same amount. So by simply slowing down state non-emergency vehicles not only do we save over 1 million dollars a year in gas savings, not to mention the coast of 2 wind turbines, but it would also reduce greenhouse gases and improve the safety on our roads with very little effort and expense.

## More Carbon Footprint



65 mile per hour speed limit costs lives, money, and adds tons of pollution.

Adjusting thermostats in state offices would also reduce greenhouse gases. installing water mister’s on all state air conditioner’s would save a tremendous amount of tax dollars and produce less greenhouse gas. There are so many ways to make a smaller carbon foot print at no cost.

Why isn’t Delaware taking action to reduce greenhouse gases? If they really believe in man-made global warming and ocean rising they should show it by their actions.

We all want less pollution but something seems very wrong and way too expensive with the way we are trying to do it. According to some government news releases the global warming debate is over and I agree there isn’t any man-made global warming but there is a man-made myth about global warming and is from those who seem to have other motives than cleaning are atmosphere.

hyp-o-crite noun \hip’ e krit’\ : a person who claims or pretends to have certain beliefs about what is right but who behaves in a way that disagrees with those beliefs.

## Less Carbon Footprint



50 mile per hour speed limit saves lives, money, and tons of pollution.

## Zippy Lewis continued from page 1

ing area. Stories have been handed down about Zippy’s wealth of silver coins. Some believed that Zippy had a stash of coins hidden in her hut or in the sand dunes. In addition to coins, she is said to have found numerous cow hides washed up on the beach, which she sold for profit. One story is that she claimed cattle that had been left to graze on the beach grass and was taken to court over ownership. Another tale tells of Zippy finding an old sea chest on the beach and spending an entire night lying across the chest to prove she found it first. For some reason, Zippy also had been called a “seeress” during her existence on the beach.

The 1880 Federal Census Mortality Schedule lists Zippy as deceased as of June 1879. She died at age 73 of consumption in Box Iron, Worcester County, Maryland. She had made a will, dated 7 November 1877, leaving her son, George and the heirs of her 2 other deceased sons each \$1.00. She left her personal property and her land on the

island to her 2 daughters. Gincy was given the land that held the beach shack. This will was probated on 17 June 1879. Her son, George, himself a boat captain, arranged for her well attended funeral.

Legends even exist about Zippy’s demise. Some said that she burned to death in her shack by accidentally falling into the fire-place and that her body as well as the hut were destroyed by fire. However, there are accounts of her last expenses paid out by her estate for her funeral regarding the making of her coffin and her funeral clothing, and for services of a brick mason to vault over her grave. The beach hut did burn, but not until 60 some years after her death. None of Zippy’s beach property remains in the hands of any living descendants today. But, even today, any new coin found after a storm begins the re-telling of Zippy’s story.

While the gravesites of some of her children are known, the final resting place of Zippy Lewis has been forgotten over time.

Many of Zippy’s descendants still live in this area with last names of Lewis, Hitchens, Quillen, Gray, Bunting, Savage and others. If not inheriting a vast cache of coins or valuable beach property, it is likely that they have been left the better legacy of her tenacity, self-sufficiency, and strong character.

Sources:

Interview with Pamela Savage, Zippy’s great, great granddaughter

Fenwick Island Delaware: A Brief History, Mary Pat Kyle, 2008.

“The Mystique of Zippy Lewis”, Suzanne B. Hurley, for the Ocean City Life-Saving Station Museum.

“Savage/Lewis Families, Descendants of Zipporah Lewis”, Pamela Savage, Ancestry.com

US Federal Census databases

Image of Zippy Lewis: Oil Painting by David Bunting, on Wall of Dunes Manor Hotel’s Zippy Lewis Lounge, 27th Street, Ocean City, Maryland.

### High Tide News

Local news for the people, by the people

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Editor: Judy Layman  
Contributing Editors: Ron Ferrell, Vincent Paez, Sandy Hancock Gerkin, Lisa and Art Blanchette

Please send correspondence to  
**High Tide News**  
PO Box 870  
Ocean View, DE 19970  
Phone: 302-727-0390  
email: [news@hightidenews.com](mailto:news@hightidenews.com)  
online: [www.hightidenews.com](http://www.hightidenews.com)

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# The Main Office, Inc.

**The Main Office, Inc.**  
**Lisa and Art Blanchette, Owners**  
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On the surface, The Main Office looks like just another small business service providing bookkeeping, computer support, advertising specialties and printing. While that is what they do, a deeper look reveals a company with a mission to help entrepreneurs and startups succeed by becoming part of their client's team providing just what each company needs. By making The Main Office part of their virtual team, the business owner can focus on doing what they do best instead of trying to do it all.

Lisa and Art Blanchette, owners of The Main Office, explain that when you are part of a larger organization or a franchise, you have a corporate headquarters to call for specific services or products. Those headquarters have an accounting department, a computer support team, and a marketing department to take care of things. The Main Office is the entrepreneur's corporate headquarters.

Their history began in the early 90's when Lisa began helping companies with their computers and quickly became known in the area as "the computer lady." Using her degree in management information systems, she helped companies use computer technology to run and build their business. Using her design skills, Lisa soon added printing services

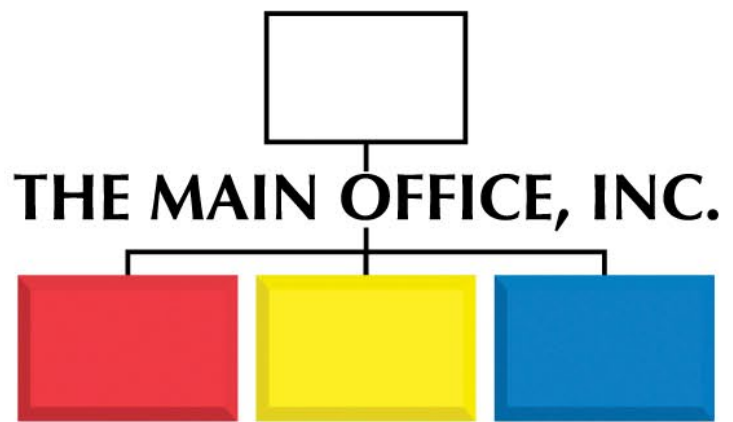
and started offering forms, stationery and logo design.

In 1997, they decided to work together and offer even more services to their existing client base. They started by adding promotional products such as imprinted pens, magnets, mugs, and wearables to the mix. The promotional products industry also enabled them to provide motivational and safety programs. By using their combined talents and gifts, this became the start of The Main Office and their mission to help small business owners.

Decidedly, Art and Lisa have talents and

*"...when a customer decides to put their brand on a promotional item, the item needs to be of good quality and effectively promote the customer's message."*

gifts in many areas. They have degrees in management information systems and accounting. Their work experience includes large corporations, banks, state agencies, real estate, hotels, retail and manufacturing. Their skills include management, computers, accounting, administrative support, sales, graphic



design, event planning, and facilitating training sessions. Notably, Lisa attained the designation of Certified Advertising Specialist (CAS) in the promotional products industry. Art also has a Master of Divinity degree which has been useful in offering employee training and motivational speaking.

Still, their highest honors have come through their service to small businesses. They recognize and address the unique needs of small office/home office (SOHO) owners by also providing networking opportunities and referral services. Lisa was recognized for being a SOHO enthusiast when she was nominated as Small Office/Home Office Advocate of the Year in the SBA Philadelphia Region. Recently, they started a networking/mastermind type group called BOLD (Business Owners of Lower Delaware), and more groups are planned.

Their greatest award comes from satisfied customers who appreciate and benefit by the services The Main Office provides. Lisa and Art pride themselves on their ability to be the support team that small businesses need. While the variety of services may seem extensive, it is to meet the many

needs of small businesses. This is why The Main Office strives to be a one-stop shop. They provide just what customer needs on an individual basis. They also take pride in the work they do. They feel when a customer decides to put their brand on a promotional item, the item needs to be of good quality and effectively promote the customer's message.

The Main Office keeps up with trends and innovations to add new services and products for their clients. In October they opened their office/showroom that provides shared office and meeting space. This space provides a place for business owners to meet with their clients in a professional atmosphere. Desk space is also available for people needing affordable office space. It also includes a showroom area exhibiting samples of advertising specialties and printing.

Lisa and Art, also known as Team Blanchette, know that running a business can be challenging. They know that sometimes we can all use a little help. So if you are a small business owner needing anything to run your business, who do you call... call The Main Office.

<h2 style="text-align: center; background-color: red; color: white; padding: 5px;">Business Owners Is this your To Do List?</h2>	<p><b>one call takes care of it all..</b></p>  <p><b>THE MAIN OFFICE, INC.</b></p> <p><b>The Entrepreneur's Corporate Headquarters</b></p> <p><b>Visit our showroom at 31039 Country Gardens, Suite E3 Dagsboro, DE 19939</b></p> <p><b>(302) 732-3460</b></p> <p><b>Call The Main Office, Inc.</b> www.themainofficeinc.com</p>	<div style="border: 1px solid black; padding: 5px;">  <p style="text-align: center;"><b>15%</b> off first order of promotional/advertising specialties <small>Expires 6/30/14. Some restrictions apply.</small></p> <hr/> <p style="text-align: center;"><b>FREE</b> One Hour QuickBooks® Training or Support <small>Service provided at our office. Expires 6/30/14 QuickBooks is a registered trademark of Intuit, Inc.</small></p> <hr/> <p style="text-align: center;"><b>1000</b> Full Color Business Cards (14 pt. white with UV coat on front side includes full setup, design work) <b>only \$39.95</b> <small>Add'l charges for 2nd side, drop shipping, etc.. Ask for details. Expires 6/30/14</small></p> <hr/> <p style="text-align: center;"><b>20%</b> off <b>new</b> checks and forms orders from Business Printing Catalog <small>Does not apply to reorders. Expires 6/30/14</small></p> </div>
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**High Tide** News

**BOOKLIST**

If you are an author or know of a Sussex County author who would like to have their book included in our listing here and online, please fill out the form and upload your cover photo at: [www.hightidenews.com/books](http://www.hightidenews.com/books) or email the information to: [news@hightidenews.com](mailto:news@hightidenews.com). This section is updated with each High Tide News edition.

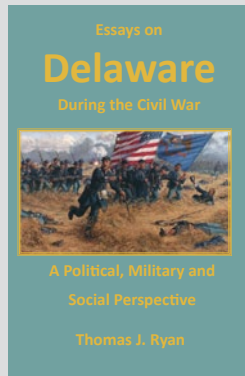
Local Books • Local Authors • March 2014

**Essays on Delaware during the Civil War:**  
A Political, Military and Social Perspective

**Author:** Thomas Ryan

**Email:** [pennmardel@mchsi.com](mailto:pennmardel@mchsi.com)

**Book Description:** This collection of articles addresses the lives and experiences of Delawareans during the mid-nineteenth century in general and the Civil War in particular. It examines the issues and circumstances that influenced the people of Delaware and their leaders during this traumatic period, and identifies those who played prominent roles politically, militarily, and socially. It describes how Delaware citizens responded when called upon to enlist in the military, and the units that served under the state banner. The book also discusses the participation of African-Americans in the war effort, and the barriers to racial equality in the state at that time.



**Ordering Info and Price:** Signed and personalized copies of the book can be purchased directly from the author on his website [www.tomryan-civilwar.com](http://www.tomryan-civilwar.com) or by calling 302-539-1086. It is also available locally at Bethany Beach Books and Browseabout Books in Rehoboth, as well as on Amazon. Buy online for \$9.00 at: <https://www.tatepublishing.com/bookstore/book.php?w=978-1-61862-635-6>

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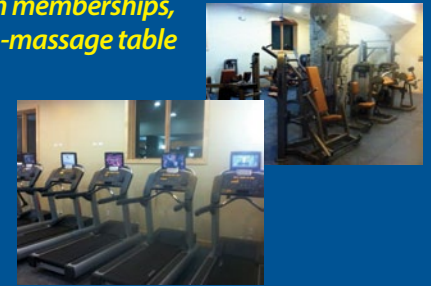
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# Garage Experts®

## Serving the Mid-Atlantic Region

### Garage Experts - Mid Atlantic

**Owners:** Ken Zuromski and Carl Gutberlet  
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MD: 410-840-7051  
**Email:** carl.gutberlet@garageexperts.com  
ken.zuromski@garageexperts.com  
**Website:** www.garageexperts.com

### Ken Zuromski, Owner

As a business owner for over 19 years, Ken Zuromski understands the importance of providing a quality product and this is what originally attracted him to Garage Experts. Having been involved in the modular building industry for over 30 years, Ken has become an expert in designing and manufacturing solutions for modular spaces.

As an avid "do-it-yourselfer", Ken has spent weekends actually designing and installing his own garage flooring and garage storage cabinets with products purchased at local home improvement stores. While some products proved to withstand their claims, others did not. After putting a lot of time and effort into this endeavor, he realized that not everyone has the time,



**Carl Gutberlet and Ken Zuromski , owners of Garage Experts, changing the way you look at garage floors and storage.**

experience or knowledge to make their garage into functional space. Looking for new entrepreneurial opportunities, Ken came upon Garage Experts, and was immediately interested in pursuing this further.

By combining his experience and knowledge of construction, along with his expertise in designing usable space, Ken knew that Garage Experts would enable him to pursue his passion.

### Carl Gutberlet , Owner

Carl Gutberlet retired from a command staff position at the Baltimore City Police Department, and went on to serve in other leadership roles within the public security industry. He has spent his career leading personnel teams and has come to understand the importance of personal relationships. Recognizing his leadership and interpersonal abilities, Carl felt that Garage Experts would be the perfect opportunity to work with the public and to explore the challenges of being an entrepreneur.

As a public servant, Carl came to value the importance of listening and actually understanding the needs of your audience. Leveraging these skills, Carl looks forward to working with Garage Expert clients to help them meet their storage solution and garage makeover needs.

### Custom Garage and Storage Solutions

Both Ken and Carl recognized the void of custom garage and storage solutions within the Mid-Atlantic region, and subsequently decided to pursue Garage Experts. "The Mid-Atlantic is a booming demographic with lots of opportunity to create solutions that fit the active, busy lifestyle of this region."

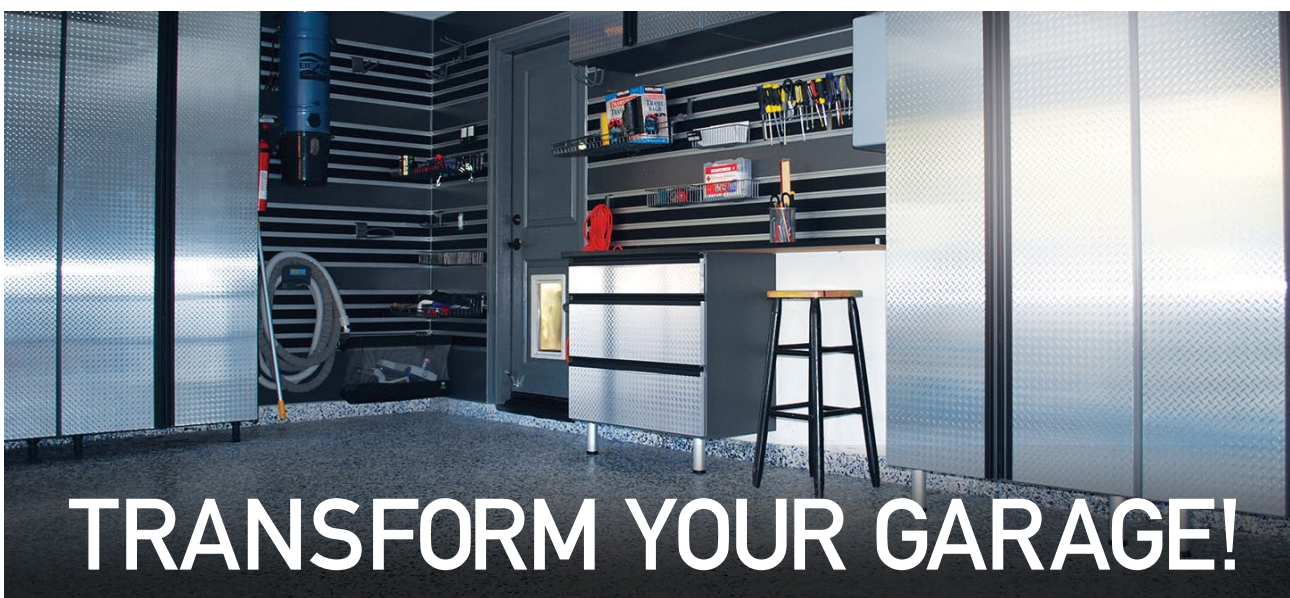
As a provider of custom garage storage systems, and epoxy flooring, Garage Experts not only serves residential customers, they can also design custom

*You will never  
look at your garage  
the same way  
again!*

cabinets and install epoxy floor coating for industrial and commercial clients including automotive, retail, medical, and education, to name a few. Through personalized meetings, Garage Experts has the ability to truly understand their clients to deliver a solution that exceeds their expectations.

MidAtlantic Garage Experts hold a home improvement license in Maryland (#MHIC131266) and a contractor's license in Delaware (#2013104491).

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## 19th Annual Holistic Health Fair continued from page 1

Chef owner of Hobo's, Jay Caputo chef owner of Espuma, Cabo, The Rose & Crown, Lion, Chris Capriotti of Jam, Ginger Brenneman of Mixx, Danielle Panarello Pastry Chef of Jam, Eden; and Hari Cameron, chef and owner of aMUSE.

These food wizards will teach families about various nutritious topics, including: How to create a full week of meals easily, Dough and Pastry Demonstrations, Power Bars, Smoothies, Sprouting, Veggie Burgers, Juicing, Planting and more.

The Fair features an assortment of exhibitors and sponsors who will share their knowledge and information with fair attendees on a range of topics, including but not limited to nutrition, chiropractic, massage therapy, acupuncture, naturopathic medicine, herbs and supplements, yoga, meditation and relaxation practices, environmental services, as well as local artists, practitioners and non-profit organizations.

The Fair offers two teaching rooms where speakers offer 18 different lectures throughout the course of the day. Moreover, the auditorium hosts three key-note speaker lectures. At 1:00 pm, Keynote Speaker, Dr. Nancy Gahles, DC, CCH, an internationally recognized expert in integrative healthcare, presents "Navigating Health Care Reform: The Power of Self-Care."

At 11:30am, Heather Lawrence and David Lawson of Dr. Energy Saver, will share their insights about saving energy and the planet's resources in their

lecture, "Live Comfortably and Efficiently." At 3:00 pm, Dr. Susan Silberstein, PhD, founder and educational director of BeatCancer.org, will inspire you to look at food and your health with a whole new perspective in her lecture "Fight Cancer with Your Fork."

The Fair also features a Food Court, where attendees can reform their taste buds with nutritious lunch and snack options from Nage Restaurant, Hobo's Restaurant, and The Birch Tree Café.

Registration for exhibitors/vendors is currently underway and remains open until March 20.

Registration forms are available online at [www.edendelmarva.org](http://www.edendelmarva.org).

For more information, please contact Patty Burkentine at the Rehoboth Dewey Chamber of Commerce at 302-227-2233 x 15 or by e-mail at [HHF@edendelmarva.org](mailto:HHF@edendelmarva.org).

The Cape Henlopen High School is located at 1250 Kings Highway in Lewes, Delaware. General Admission and parking are free. The Fair is hosted by the Delmarva Community Wellnet Foundation, a local non-profit organization dedicated to the demonstration of economic solutions for environmental challenges that are in harmony with nature. The Fair's Event Sponsors include Discover Bank, the Rehoboth Dewey Chamber of Commerce and Going Green on Delmarva, a Wellness Sponsor is Wellness Balance, and an Education Sponsor is Quakertown Wellness Center.

**HOLISTIC HEALTH FAIR**  
At the Cape Henlopen High School in Lewes, Delaware

Saturday March 29, 2014  
9:30 am to 4:30 pm

**KIDS ZONE | FAMILIES WELCOME!**  
games | crafts | activities | nutrition

Hosted by:



Cooking demonstrations by:



Admission is free | Donation of non-perishable food welcome | Visit the Kid's zone hosted by Camp Arrowhead  
Exhibitor Registration available | [www.edendelmarva.org](http://www.edendelmarva.org) | [HHF@edendelmarva.org](mailto:HHF@edendelmarva.org) | 302-227-2233 x 15



Photo by Jeff Todd

Republican candidate for Governor of Delaware in 2016 Lacey Lafferty models as well as escort's Genaro "Eli" Pantoja, RN down the runway at the American Heart Association Go Red For Women Event at Dover Downs on February 7, 2014. Lacey's daughter Lacey Lynn Lafferty is a open heart surgery survivor.

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...tradition ...expectation

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# IR Alumni invite all for food and "FUN-raiser"

## IRHS license plates return for one night

What better way to celebrate spring than to eat well, enjoy a drink and meet old friends? That's just the tip of the iceberg at Indian River High School Alumni Association's second annual "FUN-raiser" on Saturday, April 5.

Everyone can celebrate green and gold for a night of all-you-can-eat food, music, prizes, cornhole games and a return of the popular IRHS Alumni license plates from 6 to 10

p.m. at Frankford Fire Hall, generously donated by the Fire Company.

Fill up on homemade pit beef, hot sausages, macaroni and cheese, the Tribbitt Family's Famous Clam Chowder and tempting desserts. Drinks are free, including beer, wine and soda.

Guests might get lucky with Chinese, silent, and live auction items.

This is the one night each year that people can get Indian River license

### INDIAN RIVER HIGH SCHOOL ALUMNI ASSOCIATION

#### License Plate FUNDRAISER AUCTION

The Indian River High School Alumni Association is sponsoring official DMV license plates to be registered for your Delaware vehicle. The design will feature the new Indian logo, specially designed by two current IR students for the Alumni Association. The layout will be **similar** to this graphic:



#### Tag numbers 11 through 9999

Sealed bids must be received by Friday, March 28, 2014. Complete the bottom of this form with your preferred tag number and bid. You may indicate a second and third choice, in case you are outbid or the number is already assigned. You may enter different dollar amounts in each bid; minimum bid of \$50 for numbers 11 through 99 and \$25 for all other numbers.

#### Tag numbers 8 and 9

To be live-auctioned at the Beef & Brew fundraising event on Saturday, April 5, **after** we announce the winning sealed bids. You may withdraw your sealed bid if you successfully bid during the live auction, so you will not be committed to more than one tag (unless you choose to).

#### The winners

Sealed bid winners will be notified after April 5, and all winners will have **until April 22** to pay for their tag number and fill out a DMV registration form. The IRHS Alumni license plate is a valid tag that may be displayed instead of - or in addition to - your current plate.

Only **registered members** of Indian River High School Alumni Association are eligible to display Alumni license plates. Register online at [www.IRHSAlumni.com](http://www.IRHSAlumni.com).

For more information, please call Mitch Rogers at (302) 238-7077.

**Detach and mail this form to:** Mitch Rogers | 34264 Millsboro Hwy. | Millsboro, DE 19966

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone & Email: \_\_\_\_\_

#### IRHS Alumni License Plate BIDS FORM

	Tag Number (11 to 9999)	Bid
Choice #1	_____	\$ _____
Choice #2	_____	\$ _____
Choice #3	_____	\$ _____

Thank you for  
your support!

Donate Non-Perishable Goods & Receive 1 Chinese Auction Ticket per Item (up to 3)!

## 2nd Annual IRHS ALUMNI

\$30  
PER  
PERSON

SAT.  
APR. 5, 2014  
6-10PM



## Food & FUN-RAISER



Pit Beef - Hot Sausages - Macaroni & Cheese  
"Tribbitt Family's FAMOUS Clam Chowder"  
Coleslaw - String Beans - Baked Beans  
Beer, Wine, Soda & Water - Desserts



### IRHSAA License Plate Auction

(Only opportunity to bid for  
YOUR IRHSAA license plate!)



### GORNHOLE CONTESTS Live & Silent Auctions 50/50 and DJ

### Frankford Fire Co. Banquet Hall

For more info or tickets: email [IndianRiverAlumni@gmail.com](mailto:IndianRiverAlumni@gmail.com)  
Visit our Website at: [www.IRHSAlumni.com](http://www.IRHSAlumni.com)

plates, with the Indian head logo designed by IR students. Show some pride on your ride, and with the winning bid, you could drive around with your lucky number, graduation year, wedding anniversary or other combination. This also makes the perfect gift for your soon-to-be-graduate. Numbers like 8 and 9 will be done through live auction. A mail-in auction will determine all other numbers (14, 15, 16, 17, plus 2001, 2003, 2006, 2008, 2010 and 2014 are just a few of the choices up for grabs!) A full list and instructions are online at [www.IRHSAlumni.com](http://www.IRHSAlumni.com).

Tickets cost \$30 in advance when purchased at Delaware Appliance Distributors in Frankford, Bireley & Kortvelesy, P.A., in Ocean View, RACC Fitness in Roxana, or from many alumni members. Tickets are also available at the door for \$35.

The nonprofit IRHSAA officially formed in 2012 to connect alumni, while supporting and promoting IRHS.

This year, the Alumni have undertaken a major project: designing and helping to fund an electronic sign for the high school. The new building opened in 2005, and the Alumni are excited to

help bring pride and attention to IR with a new sign on Armory Road.

With amazing community support, the Alumni surpassed their first-year goal by awarding \$3,000 in scholarships last spring. They hope to repeat this in 2014, and seniors are welcome to apply by April 29. Whether they are athletes, scholars, or just genuinely proud of their school, all are invited to respond to the question "How have you contributed to make IR a better place?"

It's also nomination time for the IRHS Hall of Fame, established to recognize graduates who have made significant achievements in their chosen fields or society on a local, national or international level. The Alumni facilitate the process to honor these outstanding citizens who bring pride to IR. Nominations are due April 17.

For more info on all programs, visit [www.IRHSAlumni.com](http://www.IRHSAlumni.com), email [IndianRiverAlumni@gmail.com](mailto:IndianRiverAlumni@gmail.com) or call Indian River High School at (302) 732-1500.

Indian River High School Alumni Association meets monthly and always welcomes new members. Register for free online.



# Bird's Nest Soup

By *High Tide News'* contributing writer Vincent Paez



Do you remember the Olympics in Beijing about six years ago? Do you remember the name and shape of the stadium? It was called The Bird's Nest, and I never really questioned why it was in the shape of a bird's nest. On a recent trip to Singapore, I learned why.

It seems that for the last four hundred years, the Chinese have been harvesting nests made by Swiftlet birds. The birds feed mostly on fish then regurgitate (yes, regurgitate) their food to

form a nest, which will adhere to the side of a cave. There are typically no twigs or leaves involved. After the Swiftlet's eggs are hatched and the family moves out, the Chinese, Malaysian, Indonesian, Singaporeans and other Asians harvest the nests and make soup out of them. The bird nest material (yes, that material to which I referred) is believed to give health, vigor and strength, when eaten in the form of soup. This belief is so strong, and the bird nests are in such high

demand, which drives the price of birds nest soup to almost one hundred dollars per bowl in some restaurants. The bird's nest business is a multibillion dollar industry with product being shipped all over Asia.

While I was in Singapore, I had the pleasure of trying this Asian delicacy, fully understanding the source of the soup's ingredients. I could not detect any foul (pun intended) taste from the regurgitated fish, most likely because the recipe calls for a significant

amount of sugar. The taste was very sweet, the color was a bit yellow, and the texture was light-creamy. It almost tasted like a sweet egg-drop soup. If you like sugary soups, then this may be the soup for you. Afterwards, I felt awake and full of vigor, but I sensed that it may have been the sugar more than the regurgitated fish that was responsible for my brief energy high.

Whether from the sugar or the bird-originated ingredients, many Asians believe in the energy which comes from this delicacy. The Chinese government chose the name and shape of the Olympic Stadium to reflect the importance of health, vigor and strength for the athletes and the source of those benefits, Bird's Nest Soup.



**Jim Rash 9a til Noon M-F and 6a - 9a Sat**

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# CHURCH DIRECTORY

## BAYSIDE CHAPEL

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

## CALVARY BAPTIST CHURCH

22860 DuPont Blvd.  
Georgetown, DE 19947  
302-856-3773  
pastormatttolosa@gmail.com  
www.calvarygeorgetown.com  
www.verticalfocusde.com  
Senior Pastor Peter Radford  
Student Ministries Pastor  
Matt Tolosa  
Sunday Service  
9:30 a.m. Sunday School  
10:30 a.m. Worship Service  
Thursday  
6:45 p.m. Student Ministries  
7:00 p.m. 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

## FRANKFORD PRESBYTERIAN CHURCH

302-732-6774  
www.ovpc.org  
34 Main Street  
Frankford, DE 19945  
Sunday Service  
11:30 am

## 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.

## 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 19958  
Sunday worship 9 & 10:30 am  
Sunday school -10:30 am  
Youth Group, Sunday - 6:00 pm  
Open for public prayer every  
Wednesday:  
4:00 pm to 6:00 pm  
Soup and sandwich fellowship  
6:00 pm  
Bible study 6:30 pm  
Rev. Bill Hopkins  
Call 302-645-6256

## The Lewes Church of CHRIST at The CROSSING

15183 Coastal Hwy  
Milton, DE 19968  
302.645.0327  
www.lccnow.com  
lcc@lccnow.com  
Sunday Worship: 9 & 11 a.m.  
Wednesday Service: 7 p.m.  
Men's Huddle:  
Saturdays 7:30 a.m.  
Women's Bible Study:  
Tuesdays 9 a.m.

## LEWES PRESBYTERIAN CHURCH

302-645-5345  
133 Kings Highway  
Lewes, Delaware 19958  
Sunday Service  
8:00 am, 9:00 am, 11:00 am

## LUTHERAN CHURCH OF OUR SAVIOR

302-227-3066  
20276 Bay Vista Road  
Rehoboth, DE 19971  
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 19970  
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.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

## PENINSULA COMMUNITY CHURCH

302-436-4522  
www.pccministry.org  
revodom9@gmail.com  
28574 Cypress Road  
Selbyville, DE  
Sunday Service  
9:00 am Discipleship & Coffee  
10:00 am Celebration Worship

## SONRISE CHURCH

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Berlin, MD

## 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  
email: 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. PETER'S EPISCOPAL CHURCH

302-645-8479  
2nd & Market St.  
Lewes, DE 19958  
Sunday Service  
8:00 am  
10:00 am

## 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@gmail.com  
http://www.facebook.com/  
SoundUMC

## ST. MARTHA'S EPISCOPAL CHURCH

302-539-7444  
StMarthasBethany.org  
Maplewood & Pennsylvania Ave  
Bethany Beach, DE 19930  
Sunday Service  
8:00 am, 10:00 am  
10:00 am Children's Class

## SAINT JAMES ANGLICAN CHURCH

Rectory 302-238-7364  
23269 Park Avenue  
Georgetown, DE 19947  
Sunday Service  
8:00 am  
10:00 am

## SAINT MARK'S EPISCOPAL CHURCH

Stat & Ellis  
Millsboro, DE 19966  
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  
Selbyville, DE 19975  
Sunday  
8:30 am Informal Service in  
Sanctuary  
9:45 am Contempoary  
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  
7:00 pm

## THE BIBLE CHURCH OF CHRIST, INC.

302-732-3351  
Diamond Acres  
Dagsboro, DE 19939  
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 19945  
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.  
Rehoboth, DE 19971  
Sunday Service  
10:00 am

## ZION ROXANA UNITED METHODIST CHURCH

35914 Zion Church Road  
Frankford, DE 19945  
Adult Sunday School 9:15 a.m.  
Sunday Service 10:00 a.m.  
302-436-5451  
email: pascft@gmail.com

If you would like your church listed, please have your listing e-mailed to: [news@hightidenews.com](mailto:news@hightidenews.com) and we will be happy to include it here. Or submit it online at: <http://www.hightidenews.com/list-your-church.html>



FOR IMMEDIATE RELEASE

## Wednesday Evening Joint Lenten Worship Service

The Southeast Sussex Ministerium, Inc., made up of Christian congregations in the lower portion of Sussex County east of Route 113, will again be sponsoring its long-established Wednesday Evening Lenten Service of Worship. The first such service for the 2014 Lenten season will be at Salem United Methodist Church, 29 Church St, Selbyville, starting at 7 p.m., March 12. A light supper of soup, salad, and bread at 6:00 p.m. precedes the evening worship. All free-will offerings will be given to the Pyle Emergency Center for use in assisting those in our community needing help with daily living expenses.

This worship service is open to the public. Worship is in the usual style of the host church. This is an opportune time to worship and share with the various congregations and denominations in the area served by the Ministerium, as well as becoming familiar with the work of Christians in meeting the needs of the disadvantaged in Sussex County.

The schedule of Wednesday Evening Services for the remainder of the Lenten season is:

**March 19, Ocean View Presbyterian, Millville UM Church assisting.**

**March 26, Beth'el Tabernacle, Frankford**

**April 2, Bethany Beach Christian Church and St Martha's Episcopal Church**

**April 9, St Ann's Roman Catholic Church, Bethany Beach.**

FOR IMMEDIATE RELEASE

## Delaware Good Sam Club announces Chapter Membership Drive. All three Delaware Good Sam Chapters are now accepting members.

Why join an existing chapter or start a chapter? 1) Camp with friends! Whether you like to bike, fish, shop or just relax, there's a Good Sam Chapter for you. 2) Volunteer! If you have been searching for a way to give back to your community, Good Sam Club Chapters make it easy and fun! 3) Use your RV! Most Good Sam Club Chapters camp together about once a month. The more you become involved in a chapter, the more satisfying the experience. 4) Community! Chapter members quickly become lasting friends bonded by their sense of community and their love for the camping way of life.

Delaware Good Sam Club presently consists of three local camping chapters: Delmarva Happy Campers, Fun Seekers and

Kent Kampers. Information about each chapter including contacts, camping weekend and schedule can be found on Delaware Good Sam website [www.degoodsam.com](http://www.degoodsam.com) or contact Delaware Director [degoodsam@gmail.com](mailto:degoodsam@gmail.com). Good Sam is for anyone that camps, whether in a RV or tent.

Delaware Good Sam Club has started scheduling 2014 camping events and invites all campers to come. You do not have to be a Good Sam member to come to the events – we welcome all campers. Start your camping season off by joining us at the Mini Samboree for a fun filled, relaxing camping weekend. This is an opportunity to get to know all of your fellow Delaware Good Sams and Samanthas. Delaware Good Sam Club

welcomes guests to come camp for the weekend and learn about our Delaware Chapters, Delaware Good Sam Club or how to start their own Delaware Good Sam Chapter. The Mini Samboree will be held at G&R Campground in Houston, Delaware on April 10 thru 13, 2014. Registration forms are on the webpage [www.degoodsam.com](http://www.degoodsam.com).

Come to the Mid Atlantic Friends & Family Samboree presented by Delaware, Maryland, New Jersey and Virginia Good Sam Clubs on June 20 thru 22 with early bird days June 18 and 19. The Mid Atlantic Samboree will be held at Delaware State Fairgrounds in Harrington, Delaware. Registration forms can be found on the webpage [www.midatlanticsamboree.com](http://www.midatlanticsamboree.com).

The Delaware State

Samboree dates are September 5 thru 7 with early bird September 4. The Delaware State Samboree will be held at the Delaware State Fairgrounds in Harrington, Delaware. There will be local entertainment on Thursday and Saturday evenings for registered campers plus much more. Registration forms and more information about the event are on the webpage [www.degoodsam.com](http://www.degoodsam.com).

For more information about joining or starting a Delaware Chapter or about attending the 2014 camping events please contact the Delaware Director [degoodsam@gmail.com](mailto:degoodsam@gmail.com) or call 302-381-5891. Also check out the website [www.degoodsam.com](http://www.degoodsam.com) and visit the Facebook page [www.facebook.com/DelawareGoodSamClub](http://www.facebook.com/DelawareGoodSamClub).



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### Nicholas Shevland

Financial Advisor  
[nicholas.shevland@ms.com](mailto:nicholas.shevland@ms.com)

18344 Coastal Highway  
Lewes, DE 19958  
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As a Financial Advisor, I have the experience and tools to help you develop a strategy that is right for you, to adjust your investments as needed and to manage your wealth through all the potential changes to come. Call to arrange an appointment today and let us help you keep your wealth working for you.

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The appropriateness of a particular investment or strategy will depend on an investor's individual circumstances and objectives.

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302-227-6260 www.oasiswellnessspa  
OasisWellnessSpa@comcast.net

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866-228-4822 or 302-436-2922  
ferrellcoolingandheating@comcast.net

## RACC Fitness

35025 Pyle Center Road  
Frankford, Delaware 19945  
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FOR IMMEDIATE RELEASE

## Lewes Historical Society Hosts Lewes Lunch & Learns at Hotel Rodney

### “The Great White Hurricane of 1888”

The next Lewes Lunch & Learn is on Friday, March 14 at noon, as Jim Bertholet presents “The Great White Hurricane of 1888”:

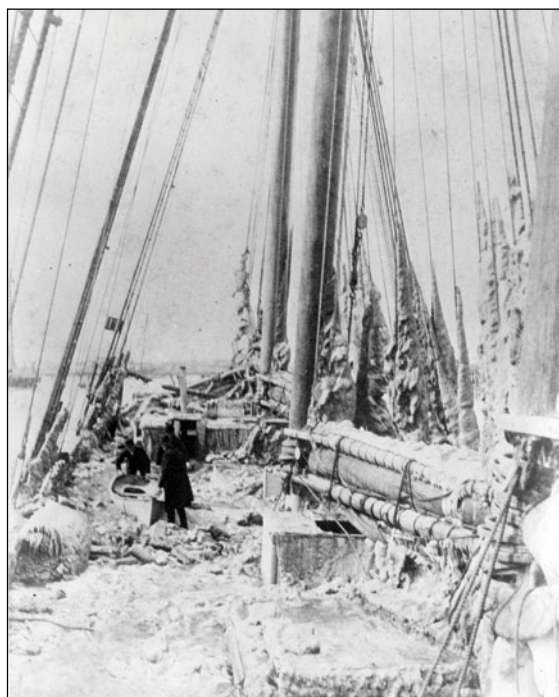
Come and hear about the blizzard known as the “Great White Hurricane” which swept up the East Coast and caused much loss of life and property in March of 1888. You will learn about the origin and character of the storm and how destructive it was to shipping on the high seas and to the lives of all those in its path from Virginia north to Canada including folks right here in Lewes, Delaware.

#### Speaker Jim Bertholet:

Jim Bertholet is a Vietnam Veteran who retired after 40 years in sales, sales training, and sales manage-

ment. Bertholet is a life-long history buff who grew up on the Jersey shore and always had a particular interest in maritime history, especially the US Life-Saving Service and US Lighthouses. He moved to Delaware in 2010, where he currently conducts Lewes Historical Society Maritime Tours, is a presenter at both the History Happy Hour and the Lunch and Learn programs, speaks to school groups at the US Life-Saving Station and is a member of The Wooden Boat Building program Volunteer Crew.

For a complete listing of Lewes Lunch & Learns, and to learn more about The Lewes Historical Society, please visit [www.HistoricLewes.org](http://www.HistoricLewes.org) or call 302-645-7670.



Pictured is an ice-bound shipwreck in Lewes Harbor in 1888. This image is on display in the Lewes Life-Saving Station. Learn more about how Lewes was impacted by the Blizzard of 1888 with Jim Bertholet at the next Lewes Lunch & Learn at noon on March 14.

**coffee's On Me!**



**JOIN SENATOR  
GERALD HOCKER**

**Tuesday, March 18, 2014  
8:30AM - 9:30AM  
American Legion Post 28  
31768 Legion Road  
Millsboro, DE**

Senator Hocker will be available to listen to any concerns and update all constituents on current issues during this informal event.

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