Local **Postal Customer** PRSRT STD ECRWSS U.S. POSTAGE PAID

ich Tide News

May 2017

Local news for the people, by the people

Vol. 5 Num. 5 www.hightidenews.com



History of William C. Jason **High School**

By Sandie Gerken

On June 17, 2017 the William C. Jason Comprehensive High School Class of 1967 will hold their 50th Reunion at their alma mater, now Delaware Technical and Community College. All alumni "Pioneers" and friends are invited to join to celebrate "Back Together Again".

The Class of '67 graduated 217 seniors that June, the final year for Jason High. Mandatory school desegregation was complete for the next school year. The alumni motto of "Embrace the Legacy" embodies the pride and reverence that all alumni have for Jason school. Annual reunions have been held each year, but this year is

special as it celebrates the 50th anniversary of the last class.

As with other states, Delaware had a history of educational neglect for black citizens. By 1867, there were only a few grade schools for blacks in Sussex County. It wasn't until after World War I that Pierre S. DuPont decided to fund Negro schools. Between 1922-1928, DuPont built 89 schools for blacks at his personal expense of more than \$5 million. DuPont insisted that Delaware adopt a new school code to equalize teacher salaries in white and black schools and to ensure the black schools

continued on page 2

SERVPRO of Sussex County

Fire & Water - Cleanup & Restoration™

Like it never even happened®

Ray Hopkins, owner

SERVPRO of Sussex County

Independently Owned and Operated Ray and Jo Ann Hopkins office@servpro5930.com 302-856-9768 P.O. Box 70 22213 Lewes-Georgetown Highway Georgetown, DE 19947

Servpro Industries will soon be 50 years old. Servpro Industries owners, Ted and Doris Isaacson launched Servpro Industries in 1967. With a background in cleaning and restoration, they transformed the company into a franchisor of cleanup and restoration specialists. Our business is fire, water, and mold restoration. We solve problems. Servpro of Sussex County has been in business since 1971 with Ray

and JoAnn Hopkins being the third

state director, spoke to Ray about the

opportunity to own this business and

owner. A friend of the Hopkins, a

after much consideration the Hopkins bought the franchise in June, 1993.

It was an opportunity for change with a new business and a new place to live. "I like solving problems and this business does just that. When a fire or water loss occurs, damage follows. We help people get back their lives and make it 'like it never even happened.'

SERVPRO

Fire & Water - Cleanup & Restoration™

We grew our business

A favorite saying of mine is to ask "how do you eat an elephant?" The answer is the same as growing a business: "one bite at a time". Ray started in 1993 alone and there are now seventeen employees.

We have certifications in fire and water restoration, bio-hazzard clean up, odor control, carpet and

upholstery cleaning, and other parts of the business. We have been recognized for annual total sales.

Excellent Customer Service

I believe we are successful because of excellent customer service. We are different from other

businesses because we go the extra mile to help others. Homeowners sometimes need clarification with our work and the insurance carriers

Anyone who has a fire, water intrusion or an issue with mold is our

We solve problems and we do our best to get the occupants in their home or commercial property as quickly as possible.

We will soon retire. The business



will continue to be strong as long as we treat each customer as if they are our only customer. That is important!

Choose SERVPRO to protect your most valuable asset: your home. When you need work done on your home you should expect the very best service at a fair price.

When you need help, call Ray and JoAnn and they will make it 'like it never even happened'. Phone: 302-856-9768

Website: www.servprosussexcounty.com Email: office@servpro5930.com

History of the William C. Jason High School

were properly staffed and maintained.

The local black schools only served students through the 8th grade. Access to a high school education was extremely limited. To get a diploma, black students in Sussex County had to go to Delaware State College Laboratory High School in Dover or to Howard High School in Wilmington. Although

the state did provide \$30 monthly to students who did go on, the hardships were too great for many students to travel or relocate. Consequently, many talented, bright students did not pursue a high school education. William C. Jason High School in Georgetown filled this education void for local students.

The legacy of H. Fletcher Brown, a Harvard

educated chemist helped to build William C. Jason High School. Brown, a vice-president of DuPont Company, was a philanthropist, active in community service. When he died in 1944, he left \$4.5 million to public education and social services. A bequest of \$250,000 specified that a secondary school for blacks be built in lower Delaware. Another \$500,000 was provided by the state legislature. Once completed in 1950, the school was named for Dr. William C. Jason, a Methodist minister who served as the second president of Delaware State College from 1895-

1923. Dr. Jason was noted for making Negro youth aware of the opportunity and the value of higher education. The school opened

on October 2, 1950 with James R. Webb as principal and 15 teachers to serve 285 students enrolled in grades 9 through 12. The school expanded to included grades 7 and 8 in 1953.

The school's curriculum embodied a comprehensive, progressive program with academic subjects along with commercial and vocational classes. The student body came from within a 20 mile radius of Georgetown. When the 7th and 8th grades were added, the school expanded to add more classrooms and teachers. By 1958, the original building size had tripled, plus the addition of a complete athletic complex. The school was not only an educational facility, but a community cultural center as well.

Considered "separate, but equal", segregated schools were not "equal". In the 1960s, Delaware began to fully integrate its public schools to provide equal educational opportunity for all students. As part of this process, the

state decided to close William C. Jason High School. The consensus of black residents and the Sussex County Democratic committee was that this closing would be a disservice to its students. They proposed an option to keep the school open for both races and to integrate whites into Jason. Jason's PTA stated that the school had a highly



Jason administrators

respected educational reputation. Jason was accredited, unlike most of the schools to which the black students were to be transferred. The "Phase-Out" resolution was adopted by the State Board of Education in February 1966. William C. Jason High School, the last segregated state school district, closed after its seniors graduated in 1967. One grade at a time, black students became integrated into local public schools.

When it opened in1950, the enrollment was 295. Forty-seven seniors graduated that year. By the mid-1960s, there were over 1200 students at Jason. The administrators and staff worked

> to instill "Jason Pride" in the student body. As the Jason "Pioneers", the students treated

their new school and each other with respect. When the 1966-67 school year began, there were 279 11th and 12th graders remaining. Jason's 11th graders became seniors in their local, now fully integrated notos courtesy of Jane Miller high schools. With

a spirit of togetherness, alumni have held the school in high esteem for its positive, nurturing, learning environment, good solid education, and fond memories of great times. Jason graduates have become teachers, lawyers, doctors, politicians, engineers, ministers, community leaders, authors,

Once mandatory desegregation began, the state began to explore potential use of the Jason building. Millsboro residents Hiram Lasher and William A. Carter led efforts to make it a community college. Governor Charles Terry signed H.B. 529 in June of 1966, to establish the Jack F. Owens Campus of Delaware Technical & Community

continued from page 1

College. After a summer of renovation, DTCC opened in September 1967 with 375 full-time students. DTCC has embraced Jason High's history. A ceremony was held in the original Jason building in February 2004 to dedicate a wall of honor displaying portraits of past Jason administrators: James R. Webb, John L. Parker, William

D. Dix, and Junius N. Yates.

I interviewed the Alumni Association Reunion Committee this past March as they planned their 50th Anniversary Reunion at the home of Alumni Association president, Jane Tunnell Miller. Janie was the 1967 "Miss Jason". Her reign continues as the last school homecoming queen. She has a vast collection of Jason memorabilia, which she began collecting in 1964 while still a student. She and others

are working hard to preserve, restore, and reclaim old former community schools in the area. Preserving their African American experience is very important to them.

Grace Pinder Evans, Malissa Isler, Jane and Richard Miller, Roslyn Harris, Demerris Benson, Clem Jordan, and Howard Smack all agreed that they felt very proud to have been able to finish their high school careers at Jason. The class was offered the opportunity to stay at Jason or integrate into their local community schools when they were sophomores. Most chose to remain at Jason as the local schools' curriculums were not as advanced as at Jason.

Juniors and seniors attended Jason that last school year. The junior class was upset that they would not graduate from their beloved school. The senior class focused on their future goals. Many went on to college, others to the workforce. Some were drafted for the Vietnam War. They shared pride, love, and respect for their state of the art "1/4 mile long" school. These alumni are proud of the building in its reincarnation as Del Tech. They shared memories of special teachers, who watched out for them, taught them life skills. They named teachers that stayed in area schools and those who moved away. They reminisced about football and basketball games, outstanding athletes, state titles. They feel the whole school was a family. At the end of the meeting, they stood and sang their alma mater for me. Howard Smack said they sing it at every gathering, reunion, even funerals, just as they did in high school.

The "Mighty Pioneers" still strive to keep the Jason spirit alive. The deadline to purchase tickets for the 50th Class Reunion is June 3. Contact Janie Miller at 302-227-3118 to purchase a \$50 ticket, as no tickets will be sold at the

Author and Genealogist, Sandie Gerken lives in Dagsboro, DE. As a native Sussex Countian, local history is one of her passions. Retired now, she devotes her time to genealogy research (her greatest passion since 1978), watercolor painting, grandchildren, soccer for kids with disabilities, books,

and things creative and historical. She recently authored the book Memories of the Clayton Theatre as a fundraiser to help the Clayton go digital. She



is now exploring her writing skills with local history articles for High Tide News.

door. All proceeds benefit the Jason Scholarship Fund.

SOURCES:

"Legacy of H. Fletcher Brown Helped to Build Jason High", Wilmington News Journal, February 14, www.newspapers.com.

Sussex Democratic Resolution, Wilmington Morning News, April 16, 1965.

"Historical Sketch, William C. Jason Comprehensive High School", www.nextstop.com/jasonalumni.

"A Separate Place: The Schools P.S. DuPont Built", WHYY Press Room, www.whyy.org." An Era Exits with Jason Grads", Wilmington Morning News, May 23, 1967, www. newspapers.com.

March 17, 2017 Personal Interviews with Alumni Association Reunion Committee.



High Tide News is published every month. year-round, and delivered by the U.S. Post Office to homes in Sussex County, Delaware. Subscriptions are available at: www.hightidenews.com/subscribe.html

Volume 5 Number 5 May 2017

Publisher: Layman Enterprises Editor: Judy Layman Contributing Writers: Sandie Gerken, Vincent Paez, Nicholas Shevland, **Hunter Outten**

Please send correspondence to: **High Tide News** PO Box 870, Ocean View, DE 19970

302-727-0390 Phone: news@hightidenews.com email: www.hightidenews.com online: 118 Main Street office: Millsboro, DE 19966

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

Disclaimer: The opinions, beliefs and viewpoints expressed by the various authors in this newspaper do not necessarily reflect the opinions, beliefs and viewpoints of the owners or staff of *High Tide News*. The author of each article published in this newspaper owns their article. No reproduction of articles without the express consent of the author and High Tide News. bmissions: An article may be submitted for pos blication in this newspaper by emailing your ar news@hightidenews.com or submitting online , contact information and a short bio

To Advertise, Submit an article, or to Subscribe, simply call: 302-727-0390 or email: info@hightidenews.com

"Delaware Hospice became my life line, my sanity"

Delaware Hospice's compassionate staff and volunteers have provided comfort and lightened the burdens of families dealing with a serious illness for 35 years. And for 35 years, we have been hearing the same words: "If I had only known, I would have called you sooner." Even as professional nurses, Joy and Robin Schecker wished they had called Delaware Hospice sooner.



A blind date brought Joy and Jerry Schecker together 55 years ago. Jerry was an electrician foreman and Joy served as a maternity nurse in upstate New York. There they raised three daughters, Robin, and twins, Kim and Kelley.

When Jerry was diagnosed with laryngeal cancer, Jerry and Joy decided to pursue Jerry's dream of moving to the beach and buying a boat. Rehoboth Beach became their home for the next 20 years.

Ultimately, symptoms of Jerry's disease began to worsen. Joy said, "As a retired nurse I knew I could care for him. I promised Jerry that he would remain at home and I kept my promise for two years with the help of private nurses."

Also a nurse, Robin Schecker understood what her father was going through as his symptoms worsened. Navigating the time difference from California, she called her parents regularly to check in. On one of the calls home, Robin heard her father say, "I'm done fighting. I need you to help Mom." At that moment she knew what she had to do. She packed up and moved to Delaware. She said, "The time I spent with them was amazing for our family."

However, as time passed, both Robin and her mother began to realize that even two skilled nurses needed more help.

Joy was familiar with hospice care, but hadn't considered calling them until a friend at Church suggested she contact Delaware Hospice just to see if they could help. She said, "As soon as the Admission Nurse walked in our home, the weight of the world was taken off me."

Robin agreed. "Delaware Hospice became my life line, my sanity. Everyone who came in was spectacular. Not only did they take care of him, they took care of me and my mother. 'Are you taking care of yourself? You can't help him if you are not okay,' they would tell me. I really appreciated that and it allowed me to focus on my family. I could spend that precious time as a daughter instead of a nurse."

Joy remembered, "Jerry fell in love with his Delaware Hospice nurse, Kelly, and his C.N.A., Ronnie. Before Ronnie would leave after each visit, she would get Jerry up and they would dance around the room. He loved those moments and always waited for his 'dance partner' each day. Every Delaware Hospice representative who walked in our home was wonderful and so caring."

One night, Jerry was having trouble breathing, and Joy called the nurse. The nurse arrived and Joy later found out that the nurse had left her own father's dying side to come to Jerry. "I could not have imagined the internal struggle she must have gone through. But I was so grateful for her compassion and help at that time."

At Jerry's Memorial Service, Kelly and Ronnie sat in the front row. Joy said, "The love that both ladies and all Delaware Hospice staff and volunteers showed Jerry and my family was amazing. I only wish I knew what they offered earlier."

Since its founding in 1982, Delaware Hospice has touched the lives of folks like the Scheckers through our programs and services: Delaware Transitions, Delaware Palliative, Katybug Pediatric Program, Delaware Hospice, Delaware Hospice Center, Bereavement, and New Hope. As a trusted community partner in end of life education and support, Delaware Hospice strives to provide quality healthcare services to our community. To learn more call 800-838-9800 or visit our website www.delawarehospice.org.



We may not be recognized for fatherson road trips, but Dad thinks we are.

With our help, Dad can be there for bad food and extra pit stops.

At Delaware Hospice, we believe it's about living fully. That's why we work to make each day the best it can be.

Call (800) 838-9800 for a quality of care that improves the quality of living.





AMERICAN PICKERS to Film in DELAWARE

Mike Wolfe, Frank Fritz, and their team are excited to return to DELAWARE! They plan to film episodes of the hit series AMERICAN PICKERS throughout the region in May 2017!

AMERICAN PICKERS is a documentary series that explores the fascinating world of antique 'picking' on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

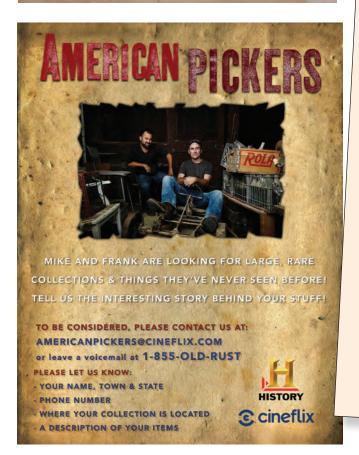
As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them. AMERICAN PICKERS is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the

americanpickers@cineflix.com or call 855-OLD-RUST.



AMERICAN PICKERS is produced by Cineflix Productions for History. New episodes air Mondays at 9pm EST on History.



Caring for Older Parents



You care about your aging parents. And yet, sometimes, you just don't know the best way to help them, especially when they are trying to remain independent.

Seniors Helping Seniors® in-home services is an exceptional program of care and caring that matches seniors who want to provide services with those who are looking for help.

- Meal prep/cooking
- Light housekeeping
- Companionship Mobility assistance
- Pet care
- Grocery shopping SENIORS Helping SENIORS Yard Work

Call us today. Like getting a little help from your friends. Gift Certificates are available.

If you're interested in becoming a provider, we would like to hear from you too.

302-858-7330 SeniorsDelaware@aol.com

Do You Have What It Takes To Be A Seniors Helping Seniors Provider?

Do you enjoy meeting new folks? Are you interested in working 8 or more hours a week? Perhaps some weekends or overnights?

Seniors Helping Seniors® In-Home Services is licensed by the State of Delaware employing mature residents to serve our business needs in Sussex and Kent Counties

SHS is a non-medical model, offering companionship, assistance with activities of daily living including personal care, meal preparation, transportation and much more. A client's service plan is individualized to their

specific needs and we work hard to match each care provider to our client based on their mutual interests.

Perhaps you are a retired nurse or certified nursing assistant. Or maybe you are a senior who loves

spending time with other seniors. Please consider a position with Seniors Helping Seniors In-Home Ser-

vices and contact us now. We offer a competitive salary.

Interested candidates should call 1-302-858-7330 for additional information and to schedule an interview. All candidates must

submit to all mandated background checks and physicals.

Seniors Helping Seniors also provides respite care for care givers and will step in 24/7 for a few days or a few hours to keep life moving smoothly and keep their

SENIORS Helping SENIORS .a way to give and to receive

loved one safe.

Contact them for a free consultation if you are looking for support at a reasonable price. Go to www.seniorcarerehoboth.com or call 302.858.7330.

High Tide News is online at www. hightidenews.com. It is mobile friendly! Join our email list at www.hightidenews.com/subscribe.html and you will receive High Tide every month via email! We also have a High Tide News YouTube Channel, Facebook page and look for us on Twitter and LinkedIn! If you know of an Amazing (local) Entrepreneur, past or present, whose story should be shared with our local communities please let us know! Send us a story & photos and we will see to it that their story is shared with 12,000 people in Sussex County! This is an ongoing service to promote our local entrepreneurs, past and present, and help build the local economy. Email: news@hightidenews.com or call 302-727-0390.



From Unity of Rehoboth Beach:

"Put Feet to Your Prayers!"

By Sandy Souder, Licensed Unity Teacher,
Unity of Rehoboth Beach

National Day of Prayer is May 4th. We will look at what it means to "put feet to your prayers." That phrase is often said when things don't seem to be working out or happening soon enough. But what does it mean?

Join our welcoming congregation as we discuss this valuable topic. We meet at 98 Rudder Road, in Long Neck at 10 AM. There's plenty of parking and plenty of welcoming folks to make you feel at home. And join us after for Fellowship.

Please consider the following activities coming to Unity: David Roth in Concert!!!!!

Unity of Rehoboth Beach presents: David Roth!!!! Renown New Thought singer/song writer comes to Unity.

David's songs have found their way to Carnegie Hall, the United Nations, several Chicken Soup for the Soul books, the Kennedy Center, NASA's Space Shuttle "Atlantis", Peter, Paul, & Mary, Kingston Trio CDs (and 13 of his own), 4 Positive Music Awards, Unity's 2015 Grace Note, many songbooks, and countless venues in this and other countries (and now other WORLDS) for three decades.

Anne Hills built her musical career in the Chicago area and has recorded more than 20 albums while touring across North America and in the UK, receiving numerous honors including Pennsylvania Partner's in the Arts Project Stream grant awards, the WFMA Kate Wolf Memorial Award, and The Kerrville Music Foundation's Outstanding Female Vocalist of the Year.

Check here for more information on David. http://www.davidrothmusic.com/ Join these longtime friends and stellar artists for a roller coaster ride of song and story. Saturday \sim May 13th \sim 7 PM Cost \$20

A Creative Approach to Stress Management Workshop

A Creative Approach to Stress Management: With Sharyn Santel Registered Art Therapist. The group sessions will discover the importance of using creative techniques such as journaling, music, meditation and and visualization. The group will meet for 6 weeks on Mondays at 6, at Unity. Starting May 15th. The fee is 10 dollars a session., participants will be asked to bring a journal.

"HUGS for Harmony: Empowering Women for Today's Challenges"

"HUGS for Harmony: Empowering Women for Today's Challenges" is a four-part, transformational program for women who are interested in stepping into their power by engaging in activities that promote self-healing while deepening their connection to others, nature, and Spirit through modern modalities and ancient shamanic practices. It is designed to bring like-minded women together for support and encouragement as each individual grows personally and spiritually, with the ultimate objective of attaining authenticity and fulfillment of purpose.

Kathleen McGinley, holistic life coach and shamanic practitioner, will facilitate part one, "Healing," which focuses on optimal wellness, self-care, and deepening your relationship with Self. Six classes will be held bi-weekly on Wednesday evenings from 6:30-8:30 p.m., starting May 24 at the Unity Spiritual Center, 98 Rudder Rd., Millsboro, DE. More information and registration can be found at http://kathleenmcginley.net/hugs-for-harmony-empowering-women-for-todays-challenges/.

COUPON COUPON COUPON COUPON COUPON

\$100 off any 6-month ad run - High Tide News!!!

COUPON COUPON COUPON COUPON COUPON



casual, colorful, comfortable clothing for women and children!

Jennifer Bland, Owner/Fashion Consultant

facebook.com/lularoejenniferbland Instagram: @lularoejenniferbland





Francis Walsh Owner & Mechanic 35 years of experience in Small Engine Repair

- Lawn Mowers
- Power Washers
- Small Outboard Engines
- Small Construction Equipment

302-542-1634

walshmechanical@yahoo.com

Lewes, Delaware

Specializing in all makes & models of small engine & equipment repair.

Pick up and delivery available.

Servicing Sussex County and surrounding area.

Licensed and insured in Delaware

The Love of Seafood Comes with Risks

By Vincent Paez

Many of us have grown up eating seafood. I grew up by the ocean and have spent my life enjoying crustaceans, fish, and shellfish. Living in Delmarva means the seafood that I eat is most likely fresh and delicious. I recently had a business dinner at an upscale seafood restaurant in Michigan. While the fish and clams were very tasty, I just couldn't get over thinking that they may not have been so fresh. I suppose I am spoiled by living here. Regardless, the restaurant in Michigan was part of a chain that has grown tremendously, due to the increased demand for seafood all over the country. But the increased availability of seafood also comes with some risks.

- Before you read on, I'll warn you that I am about to mention some undeniable risks in seafood. So, if you do not wish to know them, you may want to go back and read Sandie Gerken's article.

Seafood, like any food, comes with certain contamination risks. Parts of oceans, lakes and rivers get contaminated with pollution from people and industries. While the USA has worked hard to clean up the environment over the last fifty years, lack of funding for the environment has made it difficult for organizations

like the EPA and NOAA to continue to keep waterways clean and safe. In addition, the increased demand for seafood has forced retail organizations and restaurants to seek sources overseas. Oftentimes, these sources are in China, Vietnam, Thai-



Fillet of Fish Pangasius and shrimp

land, and Ecuador, which lead the world in seafood production. If you are eating small shrimp, the chances are likely that it came from one of these countries. Also, if you are eating fish sticks or other processed fish, the chances are high that it is Asian catfish, also called Pangasius.

Asian shrimp and catfish are generally farmed in large man-made ponds, where they feed and grow until they are ready to be harvested with nets and sent to a processing

plant. Sometimes during growth, the shrimp contract viruses, after which they receive antibiotics in the pond. Overuse of the antibiotics, such as tetracycline, is a risk, which could leave residues in the seafood. After ingestion, this could lead to

antibiotic resistance in our bodies, which would render a prescribed antibiotic useless, when we have an infection.

Another risk pertains to wild seafood in the oceans and lakes. Sometimes these bodies of water experience naturally occurring algae blooms, such as red tide. These blooms are produced by the algae and

contain toxic chemicals, which are ingested by fish and shellfish. These marine toxins can lead to very serious effects, such as paralysis, diarrhea or vomiting, if eaten.

Such seafood contamination is relatively rare. According to the Food and Drug Administration, there must not be any antibiotic residues or toxins in seafood sold in the USA. The FDA labs and private labs are set up to test seafood for antibiotics and other contaminants, like salmonella.

The problem is that only so much of the massive amounts of seafood entering the country can be tested, because of resource constraints. A relatively new law called the Food Safety Modernization Act (FSMA), signed by former President Obama, established procedures for importers to take more responsibility and get certified as having followed safe food production procedures. This should help improve the safety of imported seafood, so that we can more confidently enjoy eating the fruits de mer (fruits of the sea). I fully realize that there are risks, but like millions of other people, I will continue to enjoy eating seafood every week.

Author, Vincent Paez is a chemist and international businessman. He has a B.S. in Chemistry from Stony Brook University and an M.B.A. from UCLA. He speaks five languages and has lived/worked on four continents for three Fortune 500 companies. He is also a passionate



musician and loves the music scene, especially in the Ocean City area. He lives in Ocean City. He has two sons attending Florida State University. ... "Go'Noles!" He is married to a wonderful girl from lowa, Sherri.

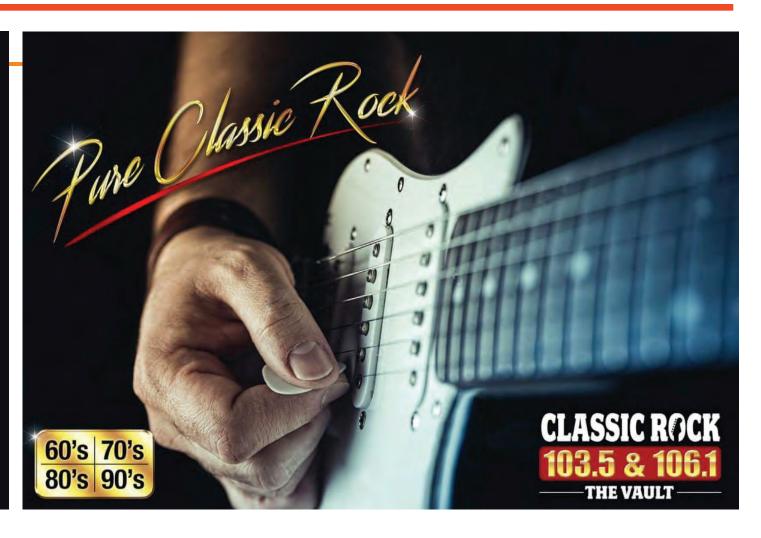
To view the videos in this paper:

- Download the FREE Layar App from get. layar.com
- 2. Open the app on your mobile device, and then
- Position the APP over the ad or article with the mobile phone symbol attached, scan and enjoy the video!

Try it right now!

Scan the *Pure Classic Rock* ad to learn about
"The Vault"





When you need your small engine repaired call Walsh Mechanical!





Francis Walsh and River in their busy shop in Lewes. With over 35 years of experience, Walsh Mechanical delivers high quality service at a reasonable price for local residents and businesses.

NALSH TECHANICAL



SMALL ENGINE REPAIR

Walsh Mechanical, LLC **Francis Walsh** Owner & Mechanic Lewes, DE 19958 302-542-1634 walshmechanical@yahoo.com

Licensed and insured in Delaware

A homegrown success!

Francis Walsh is a Sussex County native... born and raised in Dewey Beach, Delaware. He is a seasoned mechanic and owns and operates an engine repair shop locally.

Francis specializes in small engine, light automotive, & small outboard engine repair.

As the youngest of eight, Francis watched his older brothers build cars which began his life-long interest in

repairing engines.

Francis started working at the local Dewey Beach Exxon at age 14 and attended classes at vo-tech for small engine and auto mechanic repair during his high school years. With more than 35 years of experience, he has been diagnosing problems and repairing small engines ever since.

80% Repeat Customers

Francis opened his own shop in 2012 and plans to continue repairing engines locally until retirement.

Walsh Mechanical provides high quality service and repair at a reasonable rate.

With his "Hard, Honest Work Ethic" Francis has built a reputation that has followed him throughout his career. His

business has attained an 80% repeat customer base. Small business owners, local residents and boat owners are prime candidates as customers that Walsh Mechanical continues to serve.

Walsh Mechanical is a real success story for small businesses in Sussex County due to Francis's many years of hard work. He is committed to continue to provide exceptional service for the local area.

If you have any small engine repair or maintenance needs and want the job done honestly and right the first time, call Francis at Walsh Mechanical.

> Get your equipment ready! Call Francis today:

302-542-1634 walshmechanical@yahoo.com

Delaware Hospice's Luanne Holland Wins State Award

(Dover, Del.) Delaware Hospice congratulates Medical Account Executive Luanne Holland as she received The Excellent Award for the Unsung Hero Award from the Delaware Quality-of-Life Coalition.

Each year, the Delaware Qualityof-Life Coalition awards individuals in several categories, Administrator, Nurse, Unsung Hero, and Volunteer with The Excellent Awards which

honors those who provide extraordinary care in our community. The vision of the Delaware Quality-of-Life Coalition is to stimulate public and professional awareness, share knowledge, and create change so that every Delawarean is aware of issues and choices related to the end of life. Delaware Hospice salutes all our nominees for their hard work and dedication to Delaware Hospice and the patients and families that they serve: Nurse Practitioner, Nicole Hunter, NP; and Nurse, April Ball, RN, CHPN.

Since 1982, Delaware Hospice has provided the highest quality hospice and healthcare services, and serves as a trusted community partner in end-of-life education and support. Accredited by the Joint Commission,

Delaware Hospice continues to be the largest and only licensed, non-profit, community-based hospice serving Delaware. Now also providing care in Pennsylvania; southern Chester and Delaware counties. For more information about Delaware Hospice's programs and services, upcoming events, or employment opportunities, call 800-838-9800 or visit our website, www.delawarehospice.org.

High Tide News Local news for the people, by the people Local authors, Local advertisers, Local readers! Affordable Advertising that WORKS! Make this space yours next month! Call today 302-727-0390 1/6th page ad

4.625" x 4.125"

\$240.00 per month

3 month sign up includes articles and video commercial!

SAVE \$50! Just mention this ad when you call!



Waterstone Mortgage Expands in Delaware, Adding Loan Originator in Rehoboth Beach

REHOBOTH BEACH, DE (April 21, 2017) - National mortgage lender Waterstone Mortgage Corporation is pleased to announce that the company has hired loan originator Ed Stratton to work in the Rehoboth Beach office.

"We're very excited to have Ed join our team," said Eric Parsons, who manages the Waterstone Mortgage Rehoboth Beach office. "He brings a very high level of professionalism,

atersto

in-depth industry knowledge, and an eagerness to really help people. We think he'll thrive here at Waterstone Mortgage."

Stratton has several years of experience in the lending industry. He has taken on diverse roles in consumer, small business, and now mortgage lending.

As a member of a military family, Stratton has lived in a variety of locations before settling down in Delaware. This gives him a unique perspective on the moving and homebuying processes that many loan originators may not have.

"During the mortgage process, I take the time to get to know my clients, so I can establish the best

> solution for their home purchase," Stratton said. "Whether you are a first-time

home buyer, purchasing a second home, or searching for your retirement home, I have the products and knowledge to ensure that you find the best loan for your situation."

Waterstone Mortgage offers a broad range of products for purchases and refinances, including FHA, VA, USDA, and conventional loans, one-time close construction financing, bank portfolio lending products, jumbo products, and condo financing. As a Fannie Mae, Freddie Mac, and Ginnie Mae approved lender, Waterstone Mortgage is able to deliver loans directly and get its customers to the closing table on time.

To learn more about Ed Stratton and Waterstone Mortgage, visit Ed-Stratton.com.

About Waterstone Mortgage Corporation: Waterstone Mortgage Corporation is an innovative, strong, and secure mortgage lending company that has maintained a reputation for exceptional service and competitive mortgage financing. Founded in 2000, the company has the ability to lend in 42 states.

In 2016, Waterstone Mortgage surpassed \$2.5 billion in annual loan



Loan Originator Ed Stratton joins the company to serve customers in bay area

origination volume. The company has been named to the Milwaukee Journal Sentinel's Top Workplaces, National Mortgage Professional Magazine's Top 100 Mortgage Employers, Mortgage Executive Magazine's Top 50 Mortgage Companies to Work For, Inside Mortgage Finance's Top 100 Mortgage Lenders, Scotsman Guide's Top Mortgage Lenders, and the Milwaukee Business Journal's Fastest Growing Firms. Waterstone Mortgage was recognized as an Ellie Mae Hall of

Fame Award winner in 2015, 2016,

Headquartered in Pewaukee, Wisconsin, Waterstone Mortgage is a wholly owned subsidiary of WaterStone Bank SSB (NASDAQ: WSBF) with assets of more than \$1.8 billion. To learn more about Waterstone Mortgage, visit www. WaterstoneMortgage.com.





How to Watch *Videos in High Tide News* with the FREE APP download from get.layar.com

layar

AUGMENTED PRINT ...LIVE Videos in this NEWSPAPER!!

Thanks to Pokémon GO, the entire world now knows about Augmented Reality (AR). And this amazingly popular game has only begun to reveal the range of possibilities that the world's newest mass media brings. A key function of AR is to overlay digital information atop the real world. And Print provides a uniquely powerful launch pad for such experiences.

Call High Tide News today to learn how AR can supercharge your reality... business signs, print ads, logos. 302-727-0390 or 610-417-5066.

To view the videos in this paper:

- 1. Download the FREE Layar App from get.layar.com
- 2. Open the app on your mobile device, and then
- 3. Position the APP over the ad or article with the mobile phone symbol attached, scan and enjoy the video!

View all of our videos on the High Tide News Channel on You Tibe



Where to Pick up High Tide News on the months you don't receive it in your mailbox!

Post Offices: Selbyville, Ocean View, Frankford & Dagsboro Route 1, Bethany Beach: McCabes Gourmet Market, Bethany Bookstore Long Neck, Route 24: Arenas, Giant, Harris Teeters Route 54, Fenwick: Fenwick Hardware, Shore Stop, High Stakes Route 1, Fenwick: Bethany-Fenwick Chamber of Commerce Millsboro: Millsboro Library Route 1, Lewes: Surf Bagel

Your Weather Outlook for the month of May

By Hunter Outten

Just in time for the beginning of the growing season, we will start seeing average temperatures jump up to the low to mid 70's across Sussex County. May is also on average a very wet month on the shore. On average, we see about 4 inches of rainfall in the month. We can expect near average conditions in regards to precipitation and temperatures. Best time for farmers to start planting would be within the first 10 days of May. Seeing good confidence in a wet weather pattern during the middle part of the

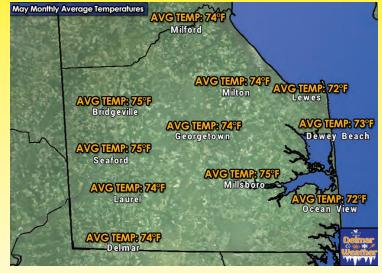


Author, **Hunter Outten** is a Meteorological Scientist with 9 years of experience. Specialism in monthly to seasonal forecasting, and Mesoscale Severe/Winter Dynamics. I am the Co-operator of Delmar Weather since 2012.

Nation wide Storm Chaser. Developer of the Pattern Cycle Theory for long range forecasting.

month with persistent storm systems moving into the eastern section of the United States. This will make crop fields difficult for plows and planters to maneuver freely with the added precipitation in a short period of time. This will also keep temperatures down in the middle part of the month to slightly below average, but we will see a rebound in the later half of the month. As far as for the coastal communities, temperatures will be

bring down averages in correlation of the much cooler than normal water temperatures in place. Coastal water temps remain in the middle 50's where we normally see them near 60. A frequent occurrence in localized ocean breeze fronts that will bring a drop in high temps right along the coast. Not only that, a increase in foggy conditions, especially



in the mid month time-frame. The month of May on Delmarva is normally the beginning of our severe weather season which last until the end of August. Even though I expect a more stormier weather pattern, severe weather will be on the low side. Overall, expect conditions to be near average with times of wet conditions between the 8th and 15th.



GFWC Women's Club of Indian River celebrates clubwoman, Faye Johnson 90th birthday. She was presented with a cake and a corsage pinned on by President, Judy Kirkey.

Morgan Stanley

Retirement isn't an end. It's just the beginning.

A long and successful career should be followed by a long and happy retirement.

As Financial Advisors, we have the experience and resources to help develop an investment plan to help you realize the retirement you envision, manage any changes to your circumstances or goals and keep your wealth working for you. Call us today, and let's get started.

The Tidwell Group at Morgan Stanley

Daniel Tidwell Senior Vice Presiden

Garrett Grier Vice Presient

Jeffrey Tidwell

Nicholas Shevland Financial Advisor

55 Cascade Lane Rehoboth Beach, DE 19971 302-644-6632 866-501-1943

© 2017 Morgan Stanley Smith Barney LLC. Member SIPC. CRC1697757 02/17

High Tide News

<u>Local</u> authors, <u>Local</u> advertisers, <u>Local readers!</u>

Affordable
Advertising that
WORKS!
Call: 302-727-0390

Visit us online at www.hightidenews.com We appreciate your comments!

Download advertising price list at hightidenews.com/ advertising-info.html







Specializing
in
Residential
E
Commercial
Flooring

Sales & Service

Mohawk Floorscapes
Ceramic Tile
Armstrong Vinyl Flooring
Congoleum Floors
Laminate & Hardwood Floors
LVP & LVT Floors
Hunter Douglas Window Treatments

302-732-6661

33307 Main Street, Dagsboro, DE 19939 Store Hours: Mon-Thu 7:00 AM - 4:00 PM Fri 7:00 AM - 3:00 PM Sat 8:00 AM - 12:00 PM Sun - Closed

dagsboropaint.com

See the entire collection and schedule an appointment online at www.dagsboropaint.com

Gift Certificates Available!

CHURCH DIRECTORY

http://www.hightidenews.com/church.html

ALL SAINTS' EPISCOPAL CHURCH 302-227-7202 18 Olive Ave.

Rehoboth Beach, DE 19971 allsaintsandstgeorges.org

ANTIOCH AME CHURCH 302-732-1005

194 Clayton Avenue Frankford, DE 19945

BAYSIDE CHAPEL

www.baysidechapel.com 302-436-7585 38288 London Avenue Unit 9 Selbyville, DE 19975

BEACON BAPTIST CHURCH

www.thebeaconbaptist.com 302-539-1216 Route 26/ 32263 Beacon Baptist Road Millville, DE 19967

BETHANY BEACH CHRISTIAN CHURCH

(Disciples of Christ) 7 N. Pennsylvania Avenue Bethany Beach, DE 19930 (302) 539-4118 info@bethanybeachdisciples.

BETHEL U.M.C.

22365 Bethel Rd., Millsboro DE 302-344-7629 pastordouggriffith@yahoo.com

BETHEL UNITED METHODIST CHURCH

Office@bethellewes.org 302-645-9426 129 W. Fourth St Lewes, DE 19958

BLACKWATER FELLOWSHIP CHURCH

302-539-3945 Corner of 17 & Daisey Rd. Roxana, DE

CC DELAWARE COAST

(A non-denominational Calvary Chapel Fellowship) Selbyville, DE, 484-832-1001 www.ccdelcoast.org

CALVARY BAPTIST CHURCH

22860 DuPont Blvd. Georgetown, DE 19947 302-856-3773 pastormatttolosa@gmail.com www.calvarygeorgetown.com

CHRIST THE SAVIOR ORTHODOX CHURCH

10315 Carey Road, Berlin, MD 21811 302-537-6055

COMMUNITY CHURCH OF **OAK ORCHARD**

302-945-0633 www.oakorchardchurch.com 32615 Oak Orchard Road Millsboro De 19966

COMMUNITY CHURCH AT OCEAN PINES (UNITED METHODIST)

www.ccaop.org 410-641-5433 11227 Racetrack Road Rt. 589 Ocean Pines, MD 21811

COMMUNITY LUTHERAN CHURCH

302-732-1156 www.clc19945.org clcomar@mchsi.com 30897 Omar Road, Frankford, DE 19945

COOLSPRING PRESBYTERIAN CHURCH

28843 Log Cabin Hill Rd. Lewes, DE 19958 Coolspringhurch@comcast.net 9:30 am Sunday 302-793-2545

CONLEY'S UNITED METHODIST CHURCH

33106 Jolyn's Way Lewes DE 19958 www.conleysumc.org conleyschapel@verizon.net 302-945-1881

DAGSBORO CHURCH OF

GOD 302-732-6550 www.dagsborocog.org 32224 Dupont Blvd Dagsboro, DE 19939

EAGLES NEST FELLOWSHIP CHURCH

26633 Zion Church Road Milton, DE 302-684-3149 www.eaglesnest.ch

EPISCOPAL CHURCH OF ST. JOHN THE BAPTIST

302-226-9979 www.saintjohnsmilton.org 307 Federal Street Milton DE 19968

FENWICK ISLAND BAPTIST CHURCH

FenwickIslandBaptist.com 36806 Lighthouse Road Selbyville, DE 19975

FIRST CHURCH OF CHRIST, SCIENTIST

801 Bayard Ave Rehoboth Beach, DE 19971 fccsrb@verizon.net 302-227-7650

FRANKFORD PRESBYTERIAN CHURCH

302-732-6774 www.ovpc.org 34 Main Street Frankford, DE 19945

GRACE OF GOD LUTHERAN CHURCH

302-947-1044 www.goglc.org gogluth1@yahoo.com 26089 Shoppes At Long Neck Millsboro, DE 19966

GRACE UNITED METHODIST CHURCH

300 Church Street Millsboro, De 19966 www.gracechurchmillsboro.com

GROOME UNITED METHODIST CHURCH

Savannah Road & Dewey Ave. Lewes, DE 19958 302-645-6256

HEALING HEARTS MINISTRIES

28534 Dupont Blvd, Millsboro, DE 19966 Atlantic Inn Conference Room 302-519-4234

HIGH TIDE CHURCH

302-245-5542 www.hightidechurch.org John M Clayton Elementary Frankford, DE 19945

HOLY TRINITY ANGLICAN

11021 Worcester Highway Berlin, MD 21811 410-641-4882 trinitycathedralberlin@gmail. htcanglican.org

INDIAN MISSION UNITED METHODIST CHURCH

302-934-8314 22701 Indian Mission Road Harbeson, Delaware 19951 Sunday Service: 9:30 a.m.

LEWES PRESBYTERIAN CHURCH 302-645-5345 133 Kings Highway Lewes, Delaware 19958

LONG NECK U.M. CHURCH 32051 Long Neck Road 302-945-9453.

LUTHERAN CHURCH OF OUR SAVIOR 302-227-3066 20276 Bay Vista Road Rehoboth, DE 19971

MARINER'S BETHEL 302-539-0713

MarinersBethel.org Rte. 26 & Central Ave. Ocean View, DE 19970

ST. ANN'S CATHOLIC CHURCH

Office@stannsbethany

MIDWAY ASSEMBLY OF GOD **b**302-645-9643

MidwayAssemblyofGod.com Route 1 and Old Postal Lane Lewes, DE 19958

MILLVILLE UNITED **METHODIST CHURCH**

302-539-9077 millvillemethodistchurch.org Corner of Rt. 26 & Club House Rd., Millville, DE 19967

NEW COVENANT PRESBYTERIAN CHURCH

3072 Savannah East Drive Lewes, DE 19958 302-644-6800 ncpchurchpca@gmail.com www.ncpchurch.com

NEW LIFE BIBLE FELLOWSHIP CHURCH OF **DELMARVA**

Family Friendly, Christ-Exalting, Bible-Preaching www.newlife-bfc.org 302-945-8145, 24771 Cannon Rd. Long Neck, DE 19966 andrewbarnessr@gmail.com

OCEAN VIEW CHURCH OF CHRIST

302-539-7468 OceanViewChurchofChrist.com Corner of Rt. 26 & West Ave. Ocean View, DE 19970

OCEAN VIEW PRESBYTERIAN CHURCH

302-539-3455 www.ovpc.org 67 Central Avenue Ocean View, DE 19970

OUR LADY OF GUADALUPE

Rt. 17/ Roxana Rd Office@stannsbethany.org

PENINSULA COMMUNITY CHURCH

302-436-4522 www.pccministry.org revodom9@gmail.com 28574 Cypress Road, Selbyville, DE 19975

ST. GEORGE'S CHAPEL

302-227-7202, 20274 Beaver Dam Rd, Harbeson, DE 19951 allsaintsandstgeorges.org

or Call: 302-727-0390

ST. PETER'S EPISCOPAL CHURCH 302-645-8479 2nd & Market St.

Lewes, DE 19958

ST. MARTHA'S EPISCOPAL CHURCH 302-539-7444 StMarthasBethany.org

Maplewood & PA Ave Bethany Beach, DE 19930

SAINT JAMES ANGLICAN CHURCH 302-238-7364 23269 Park Avenue Georgetown, DE 19947

SAINT MARK'S EPISCOPAL CHURCH

302 430-8231 Stat & Ellis Millsboro, DE 19966

SAINT MARTIN'S EPISCOPAL CHURCH

75 W. Church Street Selbyville, DE 19975 302 934-9464 or 302 430-8231

ST. MATTHEWS BY-THE-SEA

United Methodist Church Coastal Hwy & Dagsboro St. Fenwick Inland, DE 19944 302.537.1402 www.smbts.org

SALEM UNITED METHODIST **CHURCH**

302-436-8412, www.sumc.com 29 West Church Street Selbyville, DE 19975

SONRISE CHURCH

www.sonrise.cc Stephen Decatur High School Rt. 50. East Berlin, MD

SOUND UNITED METHODIST CHURCH pascft@gmail.com

37894 Lighthouse Road (Rt 54) Selbyville, DE 19975 www.facebook.com/SoundUMC

ST. GEORGE'S METHODIST **CHURCH** 302-539-7491

Omar Road & Atlantic Avenue Ocean View, DE 19970

SUSSEX CENTRAL SDA CHURCH 302 396 7799

22514 Gravel Hill Road Georgetown19947, DE 19971 Pastor Recardo Cala

THE ODYSSEY CHURCH

2 Discovery Lane Selbyville, DE 19975 (302) 519-3867 Info@TheOdysseyChurch.com www.TheOdysseyChurch.

THE BIBLE CHURCH OF CHRIST, INC.

302-732-3351, Diamond Acres, Dagsboro, DE 19939

THE FATHER'S HOUSE YOUR CHURCH FOR LIFE

302-381-3362 TheFathersHouseDE.com 7 Main Street. Frankford, DE 19945

THE JOURNEY WESLEYAN CHURCH

255 Wilson Hwy., P.O. Box 371 Millsboro, DE 19966 10:00 a.m. Sunday

THE LEWES CHURCH OF CHRIST AT THE CROSSING

15183 Coastal Hwy Milton, DE 19968 302.645.0327 www.lccnow.com lcc@lccnow.com

THE LIGHTHOUSE CHURCH

27225 Kaye Rd. Laurel, DÉ 19956 Sunday 11 AM www.lighthousechurch.us

THE RIVER

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

TRINITY FAITH CHRISTIAN **CENTER**

15516 New Road Lewes, Delaware 19958 302-645-5446

UNITARIAN UNIVERSALISTS OF SOUTHERN DELAWARE

30486 Lewes Georgetown Hwy. Lewes, DE 19958 (302) 313-5838 uussd.org

UNITED FAITH CHURCH OF **DELIVERANCE**

302-663-0373 214 Main Street, Millsboro Delaware ufcodmillsboro@gmail.com

UNITY OF REHOBOTH BEACH

717-579-2612 14904 Coastal Hwy. Milton, DE 19968 sansmagic@verizon.net

WESTMINSTER PRESBYTERIAN CHURCH

302-227-2109 King Charles Ave. Rehoboth, DE 19971

ZION ROXANA UNITED METHODIST CHURCH

35914 Zion Church Road, Frankford, DE 19945 302-436-5451 pascft@gmail.com

SUBSCRIBE to High Tide News Today!

Begin my subscription next month. Date _

\$24.00 payable	e to <i>High Tide News</i> , PO Box 87	'0, Ocean View,	DE 19970.	
•	ription to High Tide News: \$2 4		Check enclosed	High Tide No.
Please send H	ligh Tide News every month	n to:		Swamp Monster
Name				
Address _				
City		_State	Zip	

Receive High Tide News every month in your mailbox. Send your name & address along with a check for

Wait...That's not in the Bible An Interactive Bible Study

It is Written is dedicated to sharing insights from God's Word with people around the world. Its Ministry can be found in Matthew 4:4 "It is written, "Man shall not live by bread alone, but by every word that proceeds from the

Please join us at the Lewes Library Mondays evenings 7 to 8 May 15 through June 26th. Topics will include Death - Resurrection - is the Bible true. Bring your own Bibles to discuss Prophecy – is there more to learn?

For more information and to register, please call 302 644-4545

INVESTING 101 By Nicholas Shevland

Breaking Down Deregulation!

I've heard and read plenty of reports about the benefits of deregulation – the act of reducing or eliminating rules and requirements in a particular legislation. I've also read many reports about the moral step backwards to the Wild Wild West days where there were no rules and at times anarchy reigned supreme.

So, is deregulation a good or a bad thing? Well, the short answer is - it depends.

Let me explain with a story. A good friend of mine owns a small local preschool. She recently purchased a new building and had to modify the building to comply with government rules and regulations governing the preschool industry.

Some of the rules regarding building modification make complete sense - like requiring doorways to be a certain width. This allows emergency personnel to enter and exit the building with ease, making sure no time is wasted should an emergency present itself.

However, not every rule makes complete sense and in some cases, rules and regulation might not necessarily be needed.

For example, one of the rules she was required to

follow forced her to have a sink inside the classroom. Now, there was a bathroom sink and a kitchen sink within the facility already, but to comply with government regulation, she had to install another sink inside the classroom. This was an added expense that was forced on her by government regulation. This added expense has to be consumed by someone: either by her customers through higher prices, or by the owner with reduced profits.

Now, here is a question I have. Did regulators need to force this preschool owner to install a sink in her classroom? What if free markets made this decision?

For instance, what if potential customers were given an option of Preschool A that has slightly higher tuition and has a sink in their classroom or Preschool B with slightly lower tuition with no sink in the classroom? If a sink in the classroom is a priority to you, you'd be more than happy to pay a little more in tuition for the benefit. If lower prices and satisfaction with the already 2 sinks in the preschool were sufficient for you, you'd choose to pay a little less in tuition.

Here is the beauty of free markets. If Preschool B saw their revenue decrease because their com-

petition has a sink in the classroom and they don't, they'd most likely install a sink to stay competitive No regulation needed!

Nicholas Shevland is a Financial Advisor with Morgan Stanley Global Wealth Management in Rehoboth. The information contained in this article is not a solicitation to purchase or sell investments. Any information presented is general in nature and not intended to provide individually tailored investment advice. The views expressed herein are those of the author and may not necessarily reflect the views of Morgan Stanley Wealth Management, or its affiliates. Morgan Stanley Smith Barney LLC. Member SIPC.

Author, Nicholas Shevland, is a $financial\,advisor\,with\,The\,Tidwell\,Group$ at Morgan Stanley. He holds a B.S in Accounting from Wilmington University. When he's not working, you might find him teaching for the DE Money School, volunteering with the Center for Inland



Bays, trying to brew the next greatest beer, playing golf at Bear Trap Dunes, or spending time with his wife.

Helping Families Who Care for Senior Loved Ones, Help <u>Themselves</u>

When an elder family member is afflicted by dementia, Alzheimer's or Parkinson's, the disease becomes one that can affect the entire family. Caregivers, be they a spouse, brother, an aunt or children, face unique challenges. Most difficult and distressing is learning how to interact with a loved one



whose cognitive decline results in erratic behavior and personality changes. The care-receiver often becomes dependent, demanding, and in need of attention from one family member or another. This can be emotionally difficult and worrisome for the caregiver. Most of all, it can be highly stressful.

The caregiver hardly ever gets a break. Work and worry, on top of taking care of their loved ones' well-being can take its toll. It weighs upon their mind whether they are nearby or far away.

It's important the caregiver take care of themselves. Here are ways the caregiver can do so:

- Protect the essence of what makes you...you: The important parts of your identity shouldn't change. Don't guit singing in the choir or going to the beach - keep that combination of interests and skills going while finding ways to incorporate them into your life while caregiving.
- Organize your time: It's OK if the caregiver isn't naturally organized. They can learn. Try consulting a friend who's good at it or a professional organizer.
- Stay healthy and happy: When every responsibility

requires emotional and mental energy, the caregiver needs to find ways to refill their energy tank so they can keep going; try taking an exercise class or one in history or art. Do what makes you happy – and schedule it!

- Accept help: Caregivers often think of themselves as superhuman, but no one can deal with all the layers of responsibilities alone. Get help with caregiving as well as your own tasks like cleaning, shopping, and

Seniors Helping Seniors®, an in-home care giving agency can help: By providing respite care 24/7 -- for a few days or a few hours to keep life moving smoothly

while keeping loved ones safe. Seniors Helping Seniors provides services for an elderly loved one like shopping, picking up prescriptions, light housekeeping, transportation to doctor appointments, meal prep or house maintenance; most importantly they will interact with a loved one who needs help keeping them stimulated, comfortable, happy and safe. It's what Seniors Helping Seniors does best: Making friends.

Contact Seniors Helping Seniors for a free consultation if you are interested in support. Go to www.seniorcarerehoboth.com or call 302.858.7330.



SERVICE DIRECTORY

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

MORGAN STANLEY

Nicholas Shevland, Financial Advisor 55 Cascade Lane Rehoboth Beach DE 19971 302-644-6600 or 800-258-3131

WALSH MECHANICAL

Small Engine Repair
Walsh Mechanical, LLC
Francis Walsh, Owner & Mechanic
Lewes, DE 19958 302-542-1634
walshmechanical@yahoo.com
Licensed and insured in Delaware

COUNTY BANK

We have roots here, not just branches. Banking Mortgages Loans CountyBankDEL.com

DAGSBORO PAINT & WALLPAPER

Paint, Wallpaper, Flooring, Window Treatments Dagsboro, DE 19939 302-732-6661 or 302-732-3333

DELAWARE HOSPICE

Call us for a quality of care that improves the quality of living. Call 800-838-9800 or visit www.delawarehospice.org

SENIORS HELPING SENIORS

...a way to give and to receive Contact Seniors Helping Seniors for a free consultation: 302.858.7330 www.seniorshelpingseniors.com

ALESI CUSTOM BUILDER & RENOVATOR

Specializing in Restorations
Carl cell: 302-381-0294
Office: 302-227- 0367
AlesiConstruction@comcast.net, or
www.calesi.com/contact

SERVPRO OF SUSSEX COUNTY

Fire and Water Clean-up and Restoration "Like it Never Even Happened"
Ray and Jo Ann Hopkins office@servpro5930.com
302-856-9768

LULAROE

Simply Comfortable Clothing
Jennifer Bland - Owner/Fashion Consultant
302.745.3439
facebook.com/lularoejenniferbland
Instagram: @lularoejenniferbland

IIICT VINVI

We take the clouds away & let the sunshine in! Cleaning and Replacement of Vinyl Panel Windows
Marianne "Missy" Phillips
410-227-0768 or 443-980-8031
32491 Powell Farm Road
Frankford, DE 19945

MAJOR APPLIANCE REPAIR

Major Appliance Master Servicing washers, dryers, dishwashers, microwave ovens, refrigerators, cook tops, ranges, disposals, ice makers. Honest, factory trained, friendly service. 45 years of experience. Call Phil at 302-278-1441

Simply Comfortable Clothing

LuLaRoe, Jennifer Bland Owner/Fashion Consultant 302.745.3439

Facebook: **facebook.com/lularoejenniferbland** Instagram: **@lularoejenniferbland**

How it all started

After growing up in the Bethany Beach area, in 2008 I decided to move away and go to school for interior design. While taking design classes and after concluding them, I had the opportunity to work in various areas of the design field. In 2012, I moved back to the Bethany Beach area with my husband and daughter. For the last 3 years I have specialized in custom window treatment design. In October of 2015, after the birth of my second daughter, I decided I needed to spend more time at home and began to look into a home based business.

About LuLaRoe

Lularoe is a wholesale company, existing to provide an opportunity for people to create freedom by selling comfortable, affordable, stylish clothing. The California based company started in 2012 and has been growing rapidly across the US. The unique thing about Lularoe is once a print has gone to market it is retired. You may find it in the future but in another color palette. Each time I place an order I receive new prints.

Clothes primarily purchased through in home pop up boutiques. A hostess books a party and I bring all of my inventory to her home for her and her guests to shop. There is no presentation, no catalogues and no pressure. There is no ordering which allows you to leave with your purchases that day. As an incentive, hostesses earn free clothes for hosting a pop



up boutique.

I decided to start my **Lularoe** business in December of 2015. By January of 2016 I had received my inventory and began to market my business I hosted and co-hosted a variety of in home pop up boutiques as well as public pop ups at local businesses. I have also attended events open to the public with a variety of vendors in addition to fundraisers.

I decided to start my **Lularoe** business because I could work from home and for myself.

I get to set my own pace and schedule. I enjoy working with colors, patterns and textures and Lularoe allows me to do that with clothes.

What makes Lularoe successful?

I know my product well. From how a fabric is going to preform to mixing colors, patterns and textures. I also evaluate my client's needs and wants just as I did with my design clients. I feel it is important to connect with your clients when it comes to things that are personal whether it is their home interior or the clothes they are wearing.

When I meet someone who hasn't worn Lularoe I get them to try on all the styles I offer regardless of

the prints. Once they find a style they love the rest will fall into place. It is really great to see a client feel confident in a flattering style while leaving their comfort zone in a new print or color. Next, I offer suggestions on how to pair different styles with various patterns and textures. I like my clients to leave having a pleasant shopping experience while feeling comfortable and confident with their new look.

I feel Lularoe's clothing offers women a stylish sense of ease and confidence in the clothes they wear.

Who are our customers?

Women! **Lularoe** offers comfortable, affordable clothing in exclusive prints fro business professionals, stay at home moms and fashionistas alike. Sizes range from XXS to 3XL so there is something for everyone!

I am in the process of expanding my inventory to include Lularoe's children's line. Sizes range from 2t to 14. I hope to expand to new areas along the coast and continue to grow with the company.

For updates on events and new inventory follow me on Facebook at: facebook.com/lularoejenniferbland and Instagram: @lularoejenniferbland