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High Tide News

November 2014

Local news for the people, by the people



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A SUSSEX WOMAN ON THE GALLOWS IN 1935

By Sandie Gerken

On the evening before the November elections in 1927 a murder occurred in little Omar, Delaware that resulted in the hanging execution of the victim's sister and her son in 1935.

May Hitchens Carey was the only woman executed by hanging in Delaware in the 20th century. May was born, raised, and married in Omar, Delaware. She was a pretty, petite, and extremely popular girl by all accounts written about her. Her husband, James Asher Carey died in 1916 and left her with three sons to support. Greed led her astray.

She Promised Her Son Howard a New Automobile

On November 5, 1927, May Hitchens Carey, promising her son Howard a new automobile, convinced him and his brother, James to assist her in the murder of her brother, Robert R. Hitchens. Robert, a bachelor lived alone across the street from his sister. A garage mechanic, he spent that evening as he did most nights at a local gathering place, the Daisey grocery store in Omar. May and her two oldest sons planned to hide in his house and attack him when he returned home that evening.

They took with them a sledge hammer, a pistol, and a bottle of whiskey. According to court records, the motive was to collect on Robert's \$2000 life insurance policy. Once Robert returned home around 9:00 p.m., they bludgeoned him with the hammer. May then forced a reluctant Howard to shoot Robert in the head, ordering James to shoot his brother if he refused. Attempting to make it appear a robbery attack on a drunken man, they poured the liquor over the body, then went home.

When Robert didn't appear at the Daisey store for couple of days, kindly Mrs. Daisey enlisted May, Howard, and some neighbors to help check on him. They entered the house and "discovered" Robert's body. The police investigated, assumed it was a failed burglary, but found no culprit. The case went unsolved for seven years.

Newspaper articles about the case noted that May and two nieces, as beneficiaries of the life insurance, collected on the proceeds. It is unknown whether Howard got a new car. We do know that Howard married a local girl, had three children and held a steady job after the murder.

"Murder will out", they say and justice finally caught up with

May and sons in December 1934 when her youngest son, Lawrence was arrested for breaking into the home of Irving Powell and for assault and battery on Mrs. Powell. When he was questioned about his uncle's murder, he confessed to knowing that his mother and brothers had planned the crime. He was only 14 years old at the time of the murder. May and her two older sons were arrested and went to trial in April of 1935. Lawrence was promptly sentenced to seven years in prison for attempting to shoot Mrs. Powell after being discovered in her home.

May and Howard Convicted of Murder in the First Degree

National widespread newspaper publicity followed the trial and execution in detail. Twelve local farmers served as jurors for the trial of the Careys in Georgetown. May claimed that she did not kill her brother for the insurance, but that there was dissension between them about his house that May had expected to inherit from her mother. On April 9, 1935 May and Howard were convicted of murder in the first degree. James, as an accessory, was found guilty of second degree murder. None of the defendants testified in their



Photo Courtesy of Sandie Gerken

Mary Hanging of May Carey, 1935 photo with gallows graphic: From numerous national newspapers from June 1935.

defense. The trial lasted only one day and it took the jury less than three hours to deliberate. The jury recommended mercy for the woman. Her lawyer, Frederick P. Whitney had asked for leniency, moved for a new trial, but the motion was denied. James received a life sentence. On April 26, 1935 mercy was denied as May and Howard were sentenced to death by hanging by Chief Justice Daniel G. Layton. Justice Layton called it "the most vicious murder in the Criminal Annals of the State". May became hysterical upon hearing the sentence. Execution by hanging was set for June 7, 1935 at the County Jail in Georgetown.

16 foot, Portable Oak Gallows Trucked from Wilmington

Howard and May were held in Georgetown at the same prison where young Lawrence was jailed. James was incarcerated in New Castle County. The

16 foot, portable oak gallows were trucked from Wilmington and erected in the jail yard. Perhaps the hanging of a woman in the public eye was deemed unseemly, so to shield the execution from spectators, a tall board fence was constructed around the jail yard. The public believed the hanging was scheduled for 10:00 a.m., but it actually began at 5:00 a.m. under a conveniently thick fog to avoid crowds. The twelve jurors were in attendance, as well as two clergymen, Sheriff Robert Clendaniel, and Dr. Aubrey Smoot, prison physician.

About 5:00 a.m. on June 7, May was led to the gallows where she stated "My way is clear, I have nothing else to say." She was pronounced dead at 5:24 a.m. Howard was escorted out immediately afterwards, announced to his witnesses "What I did was against my will. I feel sure anyone in my place would have

continued on page 2

A Sussex Woman on the Gallows in 1935, *continued from page 1*

done the same." He was pronounced dead at 6 a.m. The hearse carrying both Careys was immediately escorted to St. George's Cemetery near Frankford by eight policemen on motorcycles. Funeral director Clinton Watson honored May's request of driving by her mother's old home in Omar on the way to the burial. A short graveside service was held at the cemetery by the pastors who had been with the Careys at the prison and execution.



Photo of May Hitchens Carey at a young age, from *True Detective Magazine*, Dec. 1935.

James Carey, sentenced to life imprisonment, died in June 1946 in prison of heart disease and was buried in the same cemetery as his father, mother, and brother. May's brother, Robert was

buried in St. George's Cemetery in 1927 alongside their parents, Jacob and Annie Hitchens.

Hanging was the official method of execution in Delaware until 1986 when lethal injection became the primary method, but inmates sentenced before 1986 could still choose the noose. Legislation over the death penalty in Delaware had changed over time with repeals and reinstatements. In 2003, the gallows were disassembled in Delaware. The death penalty by lethal injection is still on the books for convicted murderers, but is not heavily pursued.

It is thought that about 500 women have been lawfully executed in the United States since the 1600s, about 2.4% of the estimated 15,500 total executions. Only 9 women died on the gallows in the 20th century as states moved away from hanging as a death

penalty. May Carey may have been the only woman ever executed by hanging in Delaware. Others were sentenced to hang in 17th and 18th centuries, but evidence shows that most, if not all, sentences were commuted. There were 25 people hung in Delaware from 1902-1946. All were men except for May Carey. The last hanging in the US was in Delaware on January 25, 1996, when Bill Bailey was executed for the murder of an elderly couple.



Photos Courtesy of Sandie Gerken

Photo of Robert R. Hitchens, May's brother, the murder victim, from *True Detective Magazine*, Dec. 1935

Sources:
"Woman on the Gallows: Solving Delaware's Perfect Crime", Detective Otto Donoway and K.S. Daiger, *True Detective Magazine*, December 1935.

"Delaware Noose and One Victim", *Bristol Daily Courier*, Bristol, PA, June 7, 1935, page 1

"May Carey, Delaware Murder-Coach-ing Mom 1927.1935", *The Unknown His-*



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*.

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"The Death Penalty in Delaware 1900 Through 1949", Genealogy Trails Historical Group, www.genealogyTrails.com.

"Mother and Son Die on Delaware Gallows For Insurance Murder", Leo W. Sheridan, *Associate Press*, *Kingston Daily Freeman*, Kingston, New York, June 7, 1935.

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Gun parts arrive at Fort Miles

By Ann Sagi Ward

Four mega-ton gun parts for a 16-inch barrel from the USS Missouri were unloaded Thursday (Oct. 23) after a 250-mile truck trip to Fort Miles from an outdoor naval boneyard in Virginia, the next step toward creating a permanent display of the big gun.

Lockwood Brothers Inc. of Hampton, Va., hauled the 90,000-pound girder, or base; a 70,000-pound slide; a 38,500-pound yoke and other parts from the Naval Surface Warfare Center, Dahlgren Division, in Virginia via Interstate 95, the Baltimore Beltway and Route 1 in Delaware to the fort in Cape Henlopen State Park.

At the fort, employees of Lockwood and Geo. W. Plummer & Sons Inc. Crane Rental of Lewes placed the huge parts near the Missouri barrel, which was brought to the fort by barge and rail in April 2012 from St. Julien's Creek Annex of Norfolk Naval Base in Virginia.

The operation Thursday took four hours in rain and wind as the Plummer and Lockwood workers carefully lowered the weather-beaten, rusty parts onto railroad-tie bases where they

will be refurbished by Fort Miles volunteers. Dr. Gary D. Wray, president of Fort Miles Historical Association, watched the parts' placement and said his group's hard work to relocate the barrel and parts has paid off.

"We saved the barrel from being cut into scrap, and now we have the parts to make a static display of a 16-inch gun," he said. "We're very grateful to everyone who donated money, time and effort to make this happen."

Wray thanked the workers who helped bring the barrel and the parts to the fort.

"Lockwood Brothers are terrific. We appreciate all their hard work. They brought the Missouri barrel here," he said. "We're also grateful to Plummer and Sons. We're glad a local company could share this historic moment."

The 16-inch gun barrel was on board the battleship Missouri when the Japanese surrendered to end World War II on Sept. 2, 1945. The barrel was days from being scrapped when FMHA saved it, and bears the orange paint stripes that marked where welders were to cut.

The parts that arrived at the fort Wednesday include a 17.5-inch-thick piece of armor plate that was penetrated by a 2,700-pound armor-piercing shell fired from a 16-inch gun. That will show fort visitors the power of the 16-inch gun, Wray said.

Fort Miles housed two 16-inch guns, two 12-inch guns and smaller weapons to defend Delaware's coast and essential industry in Philadelphia during World War II from enemy surface ships. The Army destroyed the fort's guns after the war. FMHA has acquired replacement weapons, borrowing from the Navy.

Wray said association volunteers will clean and paint the parts, then assemble them and the barrel into a static display facing New Jersey, near the entrance to a planned World War II museum at Fort Miles.

"We can always use more volunteers," he said. "Anyone who wants to help restore these gun parts is welcome."

Donations toward the restoration are also needed and can be made by becoming a member of FMHA, purchasing a memorial



Photo credit: George M. Ward

paver, and making a tax-deductible contribution. Information: www.fortmiles.org

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Discover the Difference

CLOTHING OUR KIDS



By Judy Layman as submitted by Mary Rio - Founder, Clothing Our Kids

Contact: Mary Rio
Phone: 302-864-KIDS
Address: 33013 Mooring Cove
City: Millsboro, DE 19966

High Tide News recently had the pleasure of meeting **Clothing Our Kids'** founder, Mary Rio. Mary has a passion for her work and it shows in the wonderful response she is getting from the surrounding community.

Mary retired to the Delaware shore with her husband in 2009 after working in the banking business for 23 years and then as an office manager for 22 years. Well it seems that retirement turned into something much more than Mary expected!

Clothing Our Kids began in January, 2011. When asked why she decided to start **Clothing Our Kids**, Mary answered:

"**Clothing Our Kids** found me. My husband is an assistant principal of Hurlock Elementary School. I saw, firsthand, the need for families unable to afford proper clothing for their children to attend school. Some children can not attend school if they share shoes and coats with parents who have to go to work. They were only attending school when the parent or guardian was working the night shift. Others only had one school outfit. Some were wearing clothing they had outgrown and were too tight to be appropriate."

"**Clothing Our Kids** officially started that January in 2011 out of necessity. A child was wearing the same outfit every day and it became clear, he was in dire need of clothing. My compassion for children and also the knowledge of the economy situation in this part of Delaware. We started with outgrown clothing from our own grandchildren, neighbor children and even went to thrift shops to provide clothing for these children.

Clothing Our Kids has grown 183% since it's first year. They provided clothing to almost 1000 children in need last school year alone. It is Mary's compassion for children and also the knowledge of the economic situation in this part of Delaware that has made **Clothing Our Kids** so successful. Mary started with outgrown clothing from her own grandchildren, neighbor children

and she even went to thrift shops to provide clothing for these children.

She can no longer store all of the inventory clothing in her house. The future is growing, the need is growing and the economy is dropping. So our organization will always be here to help the children in Sussex County Elementary Schools.

After applying for their 501c3 certification, it took over 10 month to receive the actual certificate, which was received in February, 2012. This was a turning point for **Clothing Our Kids**. We were able to receive grants and Tax Deductible Donations. This was a great step forward.



Photos Courtesy of Mary Rio



Mary Rio, Founder of **Clothing Our Kids**, a 501(c)3 charitable organization that helps cloth children in need ...right here in our southern Sussex County neighborhoods.



Organizations:

We accept New and Gently used Elementary School Clothing and Monetary donations.

Tuesday - October 28th:

Clothing Our Kids gave new shoes and socks to AM and PM Pre K classes at John Clayton Elementary School. This was made possible by the grant money donated from

Quiet Resorts Charitable Foundation (QRCF) of Bethany Beach and Fenwick Island.



Upcoming Fundraising Events

MELALEUCA WELLNESS COMPANY

- will donate 5% of all preferred customers signed up under Clothing Our Kids Team. visit www.melaleuca.com or email clothingourkids@hotmail.com for more information.

November 10-17:

Avon Website Sale - youravon.com/mtirotta 25% of sales donated to **Clothing Our Kids**

Christmas Open House:

Held at 32618 Longspoon Way - AT Baywood - RT 24 DECEMBER 6th - entry fee is one item for **Clothing Our Kids Christmas Joy Program**. Decoration provided by Mr. Vito Biasi - Creative Director of Bed of Roses - His items will be for sale.

Christmas Joy Program

Starting NOW thru Dec 10th. We are expecting to provide presents to 200 children this year. Each child will receive the following:

1 School Outfit - Top and Bottom (We Need ALL SIZES 6 - 8 - 10/12 - 14/16 - GIRLS AND BOYS)

\$10 VALUE TOYS - GIRLS AND BOYS (each child will get 2 toys)

1 Child size Fleece Blanket

DO NOT WRAP ANY ITEMS - any of the above items will be collected and matched to a student when we get all of the requests from the schools.

Clothing Our Kids would like to make sure every Elementary Student has the clothes needed to attend school, without having to turn down any requests.

Contact Information:

www.clothingourkids.org
Facebook: Clothing Our Kids
Twitter: @clothingourkids

Recognitions & Awards

Clothing Our Kids received grant money from FACES - Freeman Foundation in 2013 and 2014. And they received Sussex County Counsel Grants two years in a row for \$2000.

On October 15, 2014, the **1st Annual Clothing Our Kids Charity Golf Tournament** was held at The Peninsula and raised over \$12,000.

Next year's **Clothing Our Kids Charity Golf Tournament** will be held on Columbus Day, October 12, 2015.

How you can help

Clothing Our Kids provides school clothing directly to the elementary schools in Sussex County. The requests are filled and delivered back to the contact at the school for delivery to the family. We believe this procedure is the best way to keep the checks and balances in place. The school's counselors, social workers and therapists know the families' situations and see the children on a daily basis to see if their clothing needs are being met.

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Peninsula Home Care's Pulse is on Providing Tools to Measure Oxygen Levels for Healthy Lung Month

*Saebo Devices, Wound Care E-STIM and Tele-Health Services
Blaze a Path to Speedy Recovery*

SALISBURY, MD – It's amazing how something so small and simple can save lives. Like the little clip placed on a patient's finger during a well-check. This device, called a pulse oximeter, is used to measure oxygen levels in the bloodstream. These fingertip size devices become a lifesaving tool when they detect problems in the lungs and respiratory system.

Respiratory patients no longer have to wait until their next doctor's appointment to find out if they have low oxygen levels. They can check their levels in the comfort of their home with Peninsula Home Care's Tele-Health system. The service gives home care patients and their caregivers the tools they need to track health conditions (such as oxygen saturation levels) and alert home care nurses of any issues, recurrences or flare ups. Peninsula Home Care nurses and therapists use the pulse oximeter as part of their assessment during regular visits. The Tele-Health kit, provided free to patients by Peninsula as part of their home care service, also tracks

and records blood pressure levels, pulse-rate and weight. The Peninsula Home Care team also teaches the patient and caregiver techniques to prevent dependency on the Tele-Health kit once discharged.

"This is the perfect time of year to promote the pulse oximetry portion of our Tele-Health kit and services," said Therese Ganster, Peninsula Home Care community liaison. "In addition to October being National Healthy Lung month, we are on the cusp of pollen season. With pollen comes the risk of congestion, sore throat, itchy eyes and asthma attacks. The pulse oximeter in our Tele-Health kits, help patients detect low oxygen levels early on, so our nurses can respond and provide the necessary treatment before it becomes a trip to the emergency room.

Why is it important to check blood oxygen levels?

Think of oxygen as the gas in the body that makes it run. When the body is low on gas, just like a car, it doesn't run as smoothly. When a patient has a lung dis-

ease or other chronic illness, the blood oxygen levels may be lower than normal which can ultimately put a strain on the heart and brain. To keep cells healthy, a normal oxygen saturation level is between 95-100%. Anything lower may require the need for supplemental oxygen.

How does a pulse oximeter work?

A pulse oximeter can be a small unit with a built in finger/toe clip or a small hand held device with a wire probe that clips onto the finger, toe or earlobe. Little beams of light pass from the device through the blood in the finger (earlobe or toe). The beams of light calculate the percentage of blood that is carrying oxygen. This reading helps healthcare providers evaluate the need for supplemental oxygen.

To learn more about Peninsula Home Care's Tele-Health kit and services, visit www.peninsulahomecare.com or call 302/629-4914.

A designated area is set up in the Information Center on Coastal Highway in Fenwick Island which contains all

Primed for Maturity

members' information, making it a "one stop shop" for visitors who may be thinking about retiring to The Quiet Resorts, or find themselves caring for an elderly resident here.

If you would like to learn more about **Primed for Maturity**, contact Sue Nilsson at the Chamber: (302) 539-2100 x116.



About Peninsula Home Care

Peninsula Home Care ensures that all patients are involved in their plan of care and strives to give them every opportunity to maintain their independence in the home. The agency has served more than 35,000 patients on Delmarva and has been named to the "Home Health Care Elite" three times in five years. For more information visit www.peninsulahomecare.com. Therese Ganster, Community Liaison, at 302-629-4914.

Confused about Hospice?

Delaware Hospice celebrates National Hospice Month as an opportunity to raise awareness of the life-enriching benefits of hospice care.

By Beverly Crowl, Delaware Hospice, bcrowl@delawarehospice.org

"Delaware Hospice helped us out two years ago. I hope that your staff recognizes that their work makes an extraordinary difference in lives. I will be grateful for the rest of my life, even if I don't remember the names of all who were involved in the care of my family." M. Hunt

Common misperceptions about hospice include: Hospice is a government agency. You should call hospice at the very end of life. Hospice is about dying. You must leave home and go to a facility. There is only one hospice in Delaware. Hospice is very expensive. Wrong. Wrong. Wrong. Wrong. Wrong.

November's National Hospice Month serves as an opportunity to correct misperceptions and remind families what a positive impact hospice care can have on a challenging situation.

Since the first hospice opened in 1974,

the number of providers has grown to 5,500! Of those, 32% are not-for-profit, 63% are for-profit, and only about 5% are operated by government. In 2012, 1.6 million Americans received hospice services for an average length of service of 72 days.

Delaware Hospice was founded in 1982 and remains the state's only not-for-profit hospice, with its mission to provide the highest quality care and to be a trusted community partner in end-of-life education and support.

Focus on Living

One of the most important messages is that hospice and palliative care helps patients and families focus on living. Delaware Hospice's team provides expert medical care to keep patients comfortable and able to enjoy time with loved ones. Delaware Hospice's professional

staff and trained volunteers will ask you what's important and listen to what you say. They make your wishes a priority. The hospice team answers questions, offers advice on what to expect, and helps families with the duties of being a caregiver. The team also provides emotional and spiritual support for the entire family.

Available to people of all ages

Patients and families who choose hospice earlier benefit more from this life-enriching care. Hospice care is available to people of all ages, with any life-limiting illness, whenever comfort care has become the goal, rather than curative treatment.

Hospice care is covered by Medicare and Medicaid in most states, as well as by most insurance plans. *As the only not-for-profit hospice in Delaware, Delaware*



Photo Courtesy of Beverly Crowl

Hospice patients and families never receive a bill for services.

Care is provided wherever the patient considers home--in a private residence, a nursing home, assisted living facility, or a long-term care center. The Delaware Hospice Center provides 24-hour care to patients who require brief stays for symptom management in a beautiful, home-like setting.

If you or a loved one is facing a serious or life-limiting illness, the time to find out more about hospice care is right now.

Talk to a member of the Delaware Hospice team at 800-838-9800 or visit our website at www.delawarehospice.org to learn more.

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Different Cultures, Different Expressions

By Vincent Paez

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 Florida and spends much time in Ocean City. He has two sons attending Florida State University... "Go 'Noles!"



As many of you know, peoples of different cultures express themselves differently. For example, Americans can be overly friendly; Japanese are incredibly polite, Latinos love to dance, Italians speak with their hands, and Germans can be very serious. I encountered such differences in Germany, while dining with friends at an Italian restaurant.

Germans express themselves very literally and downplay any emotions. They are quick to criticize and say that something is bad or poorly done. When a meal is very delicious, a German person may refer to it as "Nicht

schlecht (Not bad)," which is a tremendous compliment. The comment would typically be made with a monotone voice and motionless hands and arms. On the other hand, an Italian person would tend to be excessively expressive and refer to the meal as "Benissimo! (Very, very good!)" or even "Fantastico! (Fantastic!)," and the comment would be made in a melodious voice, accompanied by lots of hand waving.

Our meal at the Italian restaurant was truly delicious. We had an assortment of seafood, meat, and pasta complimented by a wonderful red wine. Since

we were in Germany, my friends and I were speaking German. At the end of the meal, the Italian waiter asked me how my meal was. Because I was in Germany, my mind was thinking in German, and I wanted to say, "Nicht schlecht (Not bad)." I was in the middle of a conversation and a bit distracted. I decided to make my comment in Italian, so that he would understand. And so I turned to him and said "Non c'è male ('Not bad' in Italian)." "Non c'è male," instead of "Benissimo or Fantastico."

The waiter had a fit, and he screamed at me to ask, "Che cosa fai?!! Cosa vuoi dire con questo?!!

– (What's with you?!! What do you mean by that?!!)" I was surprised by his response. Then, I realized that I had answered him with a German response ("Not bad") in Italian, thereby insulting him, the cook, the restaurant owner, and perhaps half of his family. While the table of friends laughed at the situation (and me), I tried to redeem myself with many apologies and reassurances that the meal truly was "Benissimo." Alas, it was too late. The damage had been done. Let that be a lesson; remember the culture of the person to whom you are speaking, not the culture of where you are located.

LET'S TALK BUSINESS

Where do you go when you are sick?

I mean as a grown-up, where you no longer can fool your mother in to believing that you were unable to go to school that day . . . you remember, you were supposed to take that algebra exam, or was it the bully on the bus that promised he was gonna take your lights out behind the gym after last period. Yeah, this was the real thing, you could barely lift your head off the pillow, and it seems as if you must have been in the bathroom the whole night. You need help, but where can you go?

Does anybody have a family physician anymore?

You may not know this, but doctors haven't made house calls since Franklin Roosevelt's second term as president, and just about all who have practiced in an area for more than a short time, have a pretty full book of patients, on any given day . . . the exception being a new physician recruited to town by the

local hospital to fill a void left by a retiring physician. You need an appointment to be seen, and an appointment may take some time to get. The entry level to the health care system has historically been the so called "general practitioner", typically a specialist in Internal Medicine, or increasingly a physician certified in Family Medicine. Just about everybody else with an M.D. or D.O. after their name is going to be a "specialist" in an area of medicine that either focuses on a specific part of the body (as the Dermatologist and your skin), or what you need done with a part of the body, like cut it (the Surgeon). But it gets a little more complicated than that, as Dermatology is considered a surgical specialty, and thus they can cut also. It's really not that hard to figure out, and anyway your decision as where to seek medical care, is going to be determined in large part by how sick you are, and as I have discussed in previous columns, who is going to pay for your care. If cost is not a concern (unlike for most of us mortal souls), then your options are wide open. If however, you are relying on a health insurance policy that either you, your employer, or a government agency is paying for, well then there are going to be some rules that you're gonna have to follow. It's most often a telephone number that

needs to be called, where someone with some knowledge of the human body and its care, is going to direct you to the appropriate, timely and available source for care.

If finding time with a physician on short notice is not the way you're gonna go that day, then you might start thinking about what place you might want to end up. If you're really hurting, well you probably won't have made it this far in this column, a call for an ambulance might be in order, complete with paramedics (and maybe a fire engine or two, depending on your condition). They will engage in a brief, concentrated assessment of your health status, and maybe even provide some pain relief until they can get you to a hospital emergency room for the next phase of your care.

Keep in mind, you're are most often going to be taken to the closest "acute care" hospital (Beebe, Atlantic General, etc.), depending on your condition, as well as the receiving hospital's availability to receive you (think the television show "Cops", and Saturday nights).

In other words, you are not likely to have a say in where you're going to end up. And by the way, if you're wondering about transport by an emergency helicopter, that's pretty much reserved for carriage of severely injured accident

victims, where trauma care capability is available upstate in Wilmington and Baltimore, time being a factor in whether one survives a head or spinal cord injury, and how.

All right, I'm comin' to an end on this one. The most popular, mainly because of their increasingly wide-spread availability, and ability to meet most everyone's non- life threatening, health care needs, via the service of a gate-keeper health care professional, most often, a registered nurse (RN), or increasingly a Nurse Practitioner, a graduate nurse having an advanced degree, who is trained to assess illness and to treat, along with, when necessary, referral to a physician (no, I can't diagram that sentence). This type of non-emergency, primary care is available in select pharmacies, and freestanding clinics throughout the community.

Make no mistake, the name of the game in the world of health care services, will increasingly be the business of providing the appropriate type of care for the right price, regardless of who is paying. This is going to require the best minds of health care practitioners, along with the savviest business people, without the constraints of place of delivery. Creativity welcomed.

We'll talk business again soon.

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Photo: Judy Jayman, High Tide News

How to Heat Yout Home in Sussex County, DE

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

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

Cut Your Heating Bills in Half

In places that have natural gas it doesn't pay *but in Sussex County a hybrid heating system does pay by cutting heating bills in half.*

How does it work? The heat pump heats the home

until the outside temperature drops into the thirty's at that point the furnace takes over to heat the home. In Sussex County heaters run for about 6 months. Most of the winter is over forty degrees which means the heat pump is heating the home at least half the time for up to four times less.

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

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The MC STARS All-Star Cheerleading Team

Submitted by Program Director Leslie Ziolkowski

The MC STARS All-Star Cheerleading Team is Selbyville, Delaware's most "up and coming" competitive cheerleading team. Mid-Coast Gymnastics and Dance Studio has been a staple in the gymnastics community for almost 20 years, however the competitive cheerleading team has just recently started to make its mark.

In 2009, Leslie Ziolkowski, head gymnastics coach at Mid-Coast Gymnastics, took over the role as Program Director. She started with 11 team members, 1 team, and 1 other cheerleading coach. As of 2014, there are 60+ team members, 6 teams, 6 cheerleading coaches, as well as several junior coaches. The team members and MC STARS are the best kids...they are hard workers, driven, motivated to do their best, great students in school, and are greatly supported by their parents.

Last season alone the MC STARS placed first at Battle at the Capitol Nationals, were Champions at several Cheer and Dance Extreme competitions, received the Platinum Bid and Gold Bids for U.S. Finals, as well as got first place at U.S. Finals....and that is just to name a few! However, winning



is not everything! Being on a competitive cheerleading team teaches all of us daily life lessons. We learn that we have to work for what we want, that to be accomplished requires discipline and commitment – just like in life.

At MC STARS, we don't have a "tryout", we have "team placement". If the child is willing to commit to their team and a season of hard work, they are more than welcome to join! The staff at MC STARS have confidence in their ability to train team members, as most are USASF (United States All-Star Federation) Certified, USA Gymnastics Instructor Certified and First Aid/CPR Certified.

Competitive Cheerleading is a great way to meet other kids their age, learn the value of hard work, and maybe win a few trophies along the way! If interested in the MC STARS Cheerleading Program, Program Director Leslie Ziolkowski can be reached at 410-430-6813 or leslieziolkowski@gmail.com.

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The Wreath-Making Industry of Milton, Delaware, at The Lewes Historical Society's Lunch and Learn

Lewes Historical Society's "Lunch and Learn" on November 14 features Allison Schell as she presents "From the Land of Holly" Lewes, Delaware- October 23, 2014- The Lewes Historical Society hosts presentations called "Lewes Lunch & Learns," which include various topics relating to the history of Lewes and surrounding area. This series of presentations are led by local history buffs, heritage area experts, and museum professionals. Lectures will take place the second Friday of each month (besides December), through May, beginning at noon in the downstairs meeting room of the Hotel Rodney at the corner of Second and Market Streets. These events are free and open to the public. Space is limited. Seating is offered on a first-come, first-served basis. You may bring a brown bag lunch or select from a set \$12 menu provided by the Rose & Crown. Upcoming programs will take place on November 14, January 9, February 13, March 13 and April 10. Please consider joining us for this unique educational opportunity! Lewes Lunch & Learns are sponsored by Hotel Rodney. The next Lewes Lunch & Learn is on Friday, November 14, as Allison Schell presents "From the Land of Holly: The Wreath-Making Industry of Milton, Delaware" Allison Schell, Director of the Milton Historical Society, will deliver a lecture on the impact of Milton's Wreath-making Industry from 1920-1950. In 1939, holly was named the state tree of Delaware and two men could pick enough holly each day to make 450 wreaths. In 1940, a family could make up to 10,000 holly wreaths during the holiday season making up to \$500. In 1951, the



Pictured is William Jones, son of the founder of Jones the Holly Wreath Man Company in Milton. He is standing in front of an 11 1/2 foot wide wreath that hung outside Rockefeller Center in NYC for the holiday season in 1951. Learn more with Allison Schell on November 14, as she presents "From the Land of Holly: The Wreath-Making Industry of Milton, Delaware," at The Lewes Historical Society's Lunch and Learn."

Holly Wreath Man company made an 11 1/2 foot wide wreath that hung in Rockefeller Center in NYC for the holiday season. With the implementation of industrialized production of Christmas paraphernalia the handmade holly wreath production faded. Learn about the rise and fall of this fascinating mid-twentieth century industry and the lasting effect it had on the Coastal Delaware region. To close the lecture Milton Historical Society volunteer, Mike Wajda, will present a wreath making demonstration. For a complete listing of Lewes Lunch & Learns, and to learn more about The Lewes Historical Society, please visit www.HistoricLewes.org or call 302-645-7670.

Submitted by Jenny Manning, Marketing Coordinator, The Lewes Historical Society www.HistoricLewes.org

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