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Local news for the people, by the people

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## Violence and Tumult ...The 1787 Sussex County Election Riots

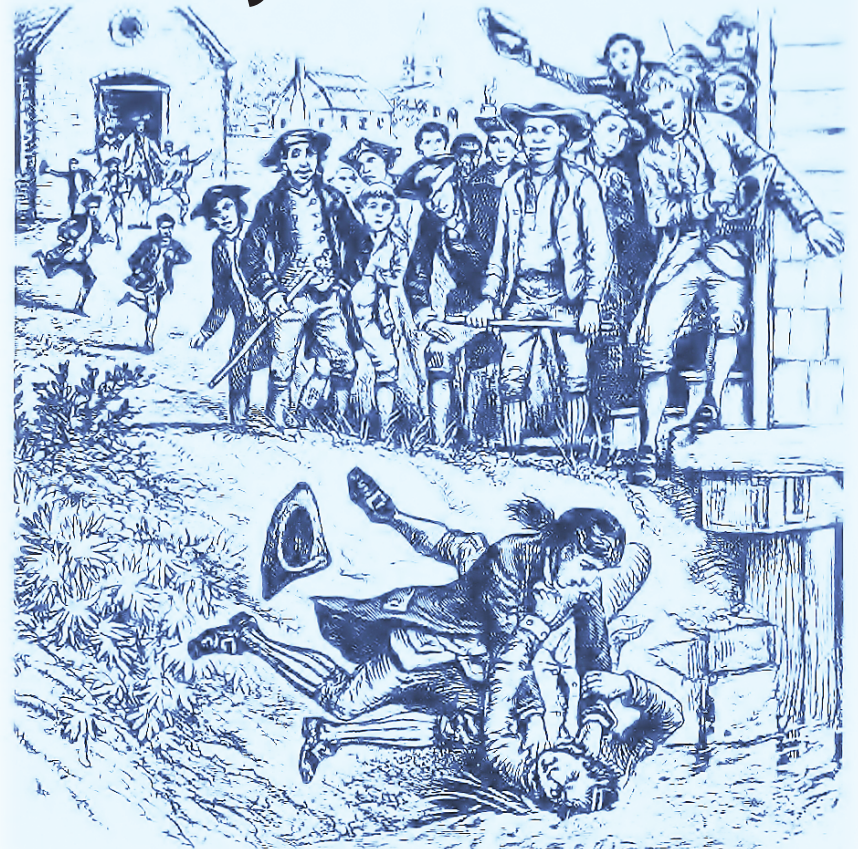
By Sandie Gerken

They say some things never change. The political climate of today with extreme partisanship between liberals and conservatives mirrors similar rivalry between the progressive Whigs and the conservative Tories of Sussex County during the Revolutionary War period. An example of this conflict can be seen in the Sussex County elections for the Delaware General Assembly in the fall of 1787. While not yet determined as "parties", the two factions had been antagonistic over the issue of independence. They continued to battle over the con-

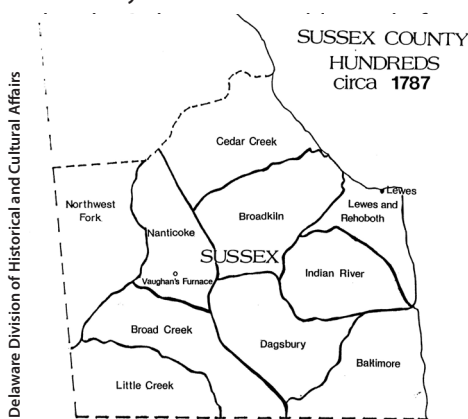
tinuation of the U.S. Constitution. The 1787 elections for assemblymen in Kent and New Castle proceeded without incident. But, rioting and violence marred the election in Sussex to the extent that the Assembly had to intervene and change the election date and polling place.

The whole issue of "Taxation without Representation" and reaction to the Stamp and Townshend Tax Acts imposed by Great Britain in the 1760s gave birth to the idea of American independence. In Sussex County, the very rural, isolated nature of the county, the conservative satisfaction with the status quo, and a resistance to change caused a lack of enthusiasm to revolt against Parliament and the King. These loyal (Tory) sentiments were so widespread in Sussex that the liberal, patriotic Whig-controlled General Assembly created inspection committees, militia units, and treason laws to suppress Tory activities. Often Tory uprisings had to be quelled by militia force. After the war, contention between these two factions continued to affect Sussex politics. Then, as now, hard feel-

continued on page 2



Delaware Division of Historical and Cultural Affairs



**November is National Hospice and Palliative Care Month, a wonderful time to recognize how hospice and palliative care helps patients and families in Delaware.**

This month Delaware Hospice wants to help everyone understand the importance of the care that hospice provides for our residents. Hospice can help all families regardless of age, location, or diagnosis.

While most people state they want to die at home surrounded by loved ones, more than 63 percent die in hospitals and other places. Though hospice serves more families than ever, only 43.6 percent of patients receive hospice care and often then not until the last week of life. That's not soon enough for families coping with the end of life, so much more could be done.

National Hospice Month also serves as a reminder that while there are many ways to

cope with the end of life, hospice provides significantly meaningful opportunities to live life fully. Researchers have found that patients receiving hospice care report a higher quality of life and, in fact, live longer.

Delaware Hospice wants to ensure that people understand help is available and that's why, after decades of observance, National Hospice and Palliative Care Month is so close to our hearts. November is the best time to educate and inform communities.

Delaware Hospice would also like to dispel the inaccurate perception that hospice

means you've given up when it's really about living life to the fullest. Hospice and palliative care allows patients and their families to focus on what's most important, living life and creating memories that can be cherished despite an advanced illness.

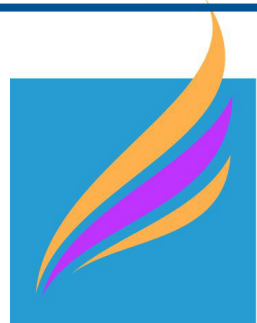
"We know hospice provides high quality care to patients," reports Katherine Ornstein, PhD, MPH, Assistant Professor of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai. "If we want to understand the impact of hospice care, we should consider the potential benefit not

just to the patient, but to the caregiver, and perhaps, the entire family and social network."

Delaware Hospice provides expert pain management, symptom control, social support, and spiritual care to patients and their loved ones. The Delaware Hospice team answers questions, offers advice on what to expect, and helps families with the duties of being a caregiver. Hospice services are covered by Medicare, Medicaid in most states, and by most insurance plans. Hospice care is provided in the home, nursing homes, assisted living facilities and long term care centers.

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

Tracy Tull, RN, MSN, CHPCA  
Delaware Hospice  
Vice President, Compliance & Education  
[www.delawarehospice.org/palliative-care/](http://www.delawarehospice.org/palliative-care/)



November 2015

**NATIONAL HOSPICE & PALLIATIVE CARE MONTH**

*Hospice. Helps. Everyone.*



## Violence & Tumult...The 1787 Sussex County Election Riots continued from page 1

ings were always worst at election time.

The elections of 1787 to fill the seats in the Delaware Assembly were scheduled for October 1 in each county seat. On November 26, another election would be held to choose the 10 delegates from each county to represent Delaware at the ratifying convention in December 1787 in Dover, where they would vote to approve the new U.S. Constitution to unify the states. Lewes was the Sussex county seat at the time, so "qualified" voters had to travel to the courthouse there to cast votes. While there was no overt opposition to the new Constitution, Whigs and Tories continued to attack each other over political control. Disgruntled Tories had previously demonstrated their discontent with the Whigs in several insurrections, such as the "Black Camp Rebellion" near Georgetown, which had to be dispersed by the militia. The Whigs were determined to prevent Tories (now calling themselves the New Party) from winning political offices by intimidating those with Tory sympathies to keep them from voting. Both liberal and conservative passions were high as the 1787 October election approached.

Angry Whigs gathered outside Lewes before the October 1 election, armed with clubs, muskets, and swords, demanding to know how those citizens arriving in Lewes planned to vote. Two magistrates advised Sussex Sheriff, Peter F. Wright that they had been told by a mob of Whigs, who marched into Lewes with muskets and "colors flying" on the eve of the election that there would be violence if Tory (or New Party) votes were allowed. An eyewitness, William Harrison of Lewes, confirmed that the Whigs promised to march with arms in Lewes to turn away votes. Sheriff Wright appealed to the courthouse to invoke the Election Law of 1779 that allowed for adjournment of the election if "riotous or unlawful" attempts were made to interrupt the voting. The election was postponed until October 8 to allow emotions to cool down.

On October 8, Whigs, armed and on horseback, rode into town, led by Major James Trusham to turn Tories away from the polls. The sheriff once again adjourned the election upon the advice of Delaware President Thomas Collins. However, physical violence ensued when one of Trusham's men attacked and beat an accused Tory. For a second time, a new election was scheduled!

President Collins proposed a kind of compromise "Ticket" with three candidates from each faction on the ballot. Each side would appoint 50 voters, a total of 100 in all, to cast votes for the Sussex members of the legislature. The election of this "Ticket" would send those men to the state legislature. The new election would occur on October 15. After 100 votes were cast that day, the sheriff closed the elections. When the ballots were counted, the "Ticket" had won. Once again, rioting broke out and several people were beaten in brawls. Collins' scheme proved unwise, provoked both sides, and caused a flurry of protests that many eligible voters had been disenfranchised by this irregular voting procedure. The legislature concluded that so much intimidation and violence had existed, that the 100 vote process was illegal, and declared the October 15 election void.

Once more a new general election was set for November 26, the same date set for the voting for the 10 delegates to the Ratification Convention. Because of so much "violence and tumult", an act was passed to move the Sussex polling place for this election to Nanticoke Hundred. The votes were to be cast at the house of Robert Griffith near Vaughan's Furnace at Deep Creek, located near present-day Middleford east of Seaford. Griffith was one of those previously attacked in Lewes as a Tory sympathizer. Whig suggestions for another compromise ticket" was rejected by the opposition with threats to "defend" their voters.

Partisan violence again ruled the day. But, this time the conservative Tories (New Party) were the armed intimidators with over 100

men gathered near the polling place, harassing and assaulting Whigs as they approached the polls. As the votes were being counted, the sheriff ordered armed guards around the Griffith house due to a rumor that James Trusham's armed Whigs were threatening to destroy the ballots. Tory (New Party) candidates won big and all 10 delegates selected for the Ratification Convention were of this faction. Almost immediately, the disgusted Whigs filed petitions claiming an unfair election at Vaughan's Furnace. The petitions were sent to the General Assembly and the Ratification Convention, hoping to unseat the new delegates. But neither body wanted to address the issue, nor delay the ratification, so the election was upheld.

The Vaughan's Furnace election results from each of Sussex's hundreds suggest that conservative voters far outnumbered the liberals and the election vote was way down. Moving the polls to the western side of the county may have been a hardship for eligible voters from the southeastern hundreds. Only 655 Sussex Countians voted when the average was usually 1000 to 1100. Of the eligible voters from Baltimore Hundred, only 3% cast ballots. Dagsboro Hundred had only 27%. The greatest percentages per hundred were 50% in Nanticoke Hundred and 29% from Little Creek Hundred. Certainly, while political rivalry was a great factor in this election; the poor voter turn-out did spur on the decision to move the county seat to a more central location in Sussex County.

The final outcome of the election fiascos did secure 10 Sussex signatures to the Delaware ratification document. Signed at Battell's Tavern in Dover on December 7, 1787, this document made Delaware the FIRST state to officially approve the U.S. Constitution.

As for the Whigs and the Tories, many Tory/New Party members joined a newly formed, conservative Federalist party, while the Whigs became the more progressive Democratic-Republicans. Liberals vs. Conservatives.... some things never change.



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

tired now, she devotes her time to genealogy research (her greatest passion since 1978), watercolor painting, grandchildren, soccer for kids with disabilities, books, and things creative and historical. She recently authored the book **Memories of the Clayton Theatre** as a fundraiser to help the Clayton go digital. She is now exploring her writing skills with local history articles for **High Tide News**.

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### High Tide News

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Photo: Left to Right: Chloie Millman (Seaford), Debora Morales (Georgetown), Felix Derolus (Seaford), Jude Gallagher (Lewes), Esther Deleon (Georgetown), Amy Walls, Discover Bank.

**GEORGETOWN, DE.** Sussex Academy is pleased to announce that the school has been awarded a \$70,000.00 one-year grant to continue funding an after-school program that was initiated last year.

The program, Discover Your Potential, launched in September 2014, was funded through \$67,600.00 grant from Discover Bank. Sussex Academy teachers provided tutoring in science, math, reading, writing, English and social studies to Sussex Academy students in need of academic support. The program ran for four afternoons per

## Sussex Academy to Use \$70,000 Grant from Discover Bank for After School Program

week throughout the 2014-2015 school year.

"We are so happy to maintain our relationship with Discover Bank and to be able to continue the Discover Your Potential program this year," said Dr. Patricia Oliphant, Director of Curriculum and Instruction. "Ninety one percent of our students that participated last year saw an improvement in their grades."

The 2015-2016 program started in September and will run four days per week through June. Students in need of academic support will be invited to attend. In addition to the grant paying for instructors, it also covers the cost of two buses to provide transportation for participants.

"Discover Bank was pleased to renew and increase the grant to Sussex Academy," said Amy Walls assistant director of CRA at Discover Bank.

"Last year, the Discover Your Potential program was so well attended that Sussex Academy had to add a third teacher to assist. This year, with the grant increase, all students in need of academic support will be able to participate and receive the help they need."

Sussex Academy is a tuition free, public, charter school centrally located in Georgetown, DE. The school currently services students in grades 6 through 11. Grades 12 will be added in fall 2016. Sussex Academy uses an Expeditionary Learning approach and all students in grades 11 and 12 will participate in the International Baccalaureate program. For additional information contact Gina Derrickson at 302-856-3636 or [gina.derrickson@saas.k12.de.us](mailto:gina.derrickson@saas.k12.de.us).



## THE AMERICAN LEGION *"Our Mission, This Is Who We Are"*

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.

Hundreds of local American Legion programs and activities strengthen the nation one community at a time. American Legion Baseball is one of the nation's

most successful amateur athletic programs, educating young people about the importance of sportsmanship, citizenship and fitness. The Operation Comfort Warriors program supports recovering wounded warriors and their families, providing them with "comfort items" and the kind of support that makes a hospital feel a little bit more like home. The Legion also raises millions of dollars in donations at the local, state and national levels to help veterans and

their families during times of need and to provide college scholarship opportunities.

The American Legion is a non-partisan, not-for-profit organization with great political influence perpetuated by its grass-roots

involvement in the legislation process from local districts to Capitol Hill. Legionnaires' sense of obligation to community, state and nation drives an honest advocacy for veterans in Washington. The Legion stands behind the issues

most important to the nation's veterans community, backed by resolutions passed by volunteer leadership.

The American Legion's success depends entirely on active membership, participation

and volunteerism. The organization belongs to the people it serves and the communities in which it thrives.

I strongly encourage all eligible Veterans to visit your local Post, see where you may be of service to our fellow veterans. Remember there is strength in numbers, become an advocate for your Veteran rights and for the families, especially the children, of those who gave the ultimate sacrifice.

**Submitted by:**

**Jim Gallagher, Commander**  
**Department of Delaware**  
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## CARL M. FREEMAN COMPANIES NAMES ELIZABETH CONAHAN TO BOARD OF DIRECTORS

Rockville, MD, October 26, 2015 – Carl M. Freeman Companies is please to announce the appointment of Elizabeth Conahan to its Board of Directors. She will join Michelle D. Freeman, Brian Cullen, Richard L. Perlmutter and Thomas O. Bowersox who have served on the board for over a decade.

Ms. Conahan currently serves as President of Volta Place LLC, placing debt for commercial real estate client in The Greater Washington Area. She earned her Bachelor of Arts degree at Chestnut Hill College, Philadelphia, and attended Boston University Graduate School of Urban Studies. She was a Senior Vice President at Walker & Dunlop, Bethesda, Maryland for over 20 years where she was a Commercial Mortgage Banker. Prior to that, she served as a Senior Vice President and Division Manager of the Capital Markets

Divisions of Banks and Financial Institutions in the Washington Area and Boston. She also was Chief Operating Officer of a Boston based private development firm.



Elizabeth Conahan

"Each member of our Board of Directors brings a particular perspective of the real estate industry to the table", says Michelle D. Freeman, Chairman and President of Carl M. Freeman Companies. "As the Freeman Companies enters this era of growth through acquisition, development and expansion of our third party management portfolio, Dibble's expertise will help us strengthen and more thoroughly evaluate our growth decisions," she continued.

Ms Conahan who prefers to be called Dibble is a member of the Urban Land Institute and served as Washington District Chair from 2005 to 2007. Dibble enjoys riding her horses, cooking for friends and family, and traveling with her husband. She is an active board member of THEARC and The Advisory Board of Common Threads and is an active volunteer at The Washington School for Girls and The Georgetown Ministry.

For more than 68 years the Carl M. Freeman Companies has created innovative and inviting places to live, work, shop and play. The company has developed and managed more than five million square feet of commercial space for shopping center and office use, servicing more than 1.1 million square feet of retail; built award-winning beach-front and golf course communities; and developed more than 20,000 homes in 50 residential communities across Delaware, Maryland and West Virginia. The Carl M. Freeman Companies is headquartered in Rockville, MD with a regional office in Selbyville, DE.

For more information about Carl M. Freeman Companies and their diverse interests, visit [www.freemancompanies.com](http://www.freemancompanies.com) or call (240) 453-3000.

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## Music School of Delaware Milford Branch kicks off Concert Season

OCTOBER 28, 2015, MILFORD, DELAWARE - The Music School of Delaware's Milford Branch will kick off its exciting concert season highlighting the talents of new faculty members and the music of Mexico and Central America, all in one week. The faculty will perform in the Music Masters series on Tuesday, November 10. Then, 72 hours later, the Cultural Crossroads concert, "The Arts and Music of Mexico and Central America," will take place Friday, November 13. Both concerts begin at 7 p.m. and will take place at Avenue United Methodist Church, 20 N Church Avenue in Milford.

Milford Branch Director Katie Inie-Richards said the lineup this year is exciting, beginning with the faculty concert and continuing in the same week with Cultural Crossroads.

"I am looking forward to highlighting our brilliant new Milford Branch faculty members at this kickoff event," she said.

New faculty members Dr. Donna Beech, piano, Jennifer Campbell, piano, Patrick Hoffman trum-

pet, Gus Mercante, countertenor, and Devin Mercer, tenor will perform a diverse program featuring composers from Chopin to Debussy, Guillaume Lekeu to Andrew York. Tickets for this concert are \$10 for adults, \$5 for students and seniors, and can be purchased at the Milford Branch or by calling 302.422.2043.

Friday, November 13, The Art and Music of Mexico and Central America will feature performances by students and professional artists. Prior to the concert, a Mexican mask-making workshop will be led by Mark Ruiz. Tickets to this concert are \$5.

"I'm personally very excited about this program," said Chris Braddock, Cultural Crossroads coordinator. "It's the first time we've done a Cultural Crossroads program in Milford. The centerpiece of the concert will be our faculty string quartet, Nagoya, in a performance of modern works by Mexican composers, Álvarez and Márquez, and a set of Panamanian dances by the American composer,

William Grant Still."

Other program highlights include trumpeter Malcolm McDuffee in his first faculty performance, and guitarist Douglas Seth in his first performance since returning to the faculty this fall. The adult guitar and mandolin ensemble from the school's Wilmington branch will perform.

"They'll play a pair of beautiful lullabies from El Salvador and Honduras," Braddock said, "as well as a traditional Costa Rican song that will make everyone want to get up and dance."

The Music School of Delaware Milford Branch is located at 10 S. Walnut Street, Milford. For more information or to purchase tickets, please call (302) 422-2043 or visit [www.brownpapertickets.com](http://www.brownpapertickets.com).


Founded in 1924, The Music School of Delaware reaches thousands of people each year from Delaware, Pennsylvania, New Jersey and Maryland. The Music School breeds excellence through standard-setting instructional programs including the Early Childhood program, Suzuki

Academy, private study and ensembles for all ages. The school's faculty of over 90 expert artists and educators are among the best-trained musicians in the country. The Music School is the only nationally accredited program of its kind in Delaware and the only statewide-accredited community music school in the nation. Open to all, the school administers a financial assistance program to help ensure music education for everyone, regardless of financial means. The Music School's 100 public performances each year offer opportunities for the entire community to enjoy outstanding music in a variety of styles and genres. The Music School offers programs at branch locations in Wilmington and Milford and at over 20 satellite and outreach locations in Kent, Sussex and New Castle counties. For more information, please call the Wilmington Branch at 302-762-1132, the Milford Branch at 302-422-2043 or visit [www.musicschoolofdelaware.org](http://www.musicschoolofdelaware.org).

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# So You're Thinking about Learning a Foreign Language ...

By Vincent Paez

For some people, learning a foreign language brings back memories of high school classes with boring phrase repetition and torture through verb conjugation. For others, it brings back fun memories of a cool high school teacher, but perhaps the memories of how to speak the language have faded long ago. My father was a foreign language teacher, and it was in my DNA to speak as many as I could learn. I too had the boring teachers, and I also had some really cool ones. One teacher made us follow page by page the boring ALM books and silly French conversations that I had to repeat. Another teacher brought his guitar to class and taught us Beatles song in German. These mixed experiences give people unsure feelings about learning a foreign language as an adult. I have some thoughts and suggestions for you, if you are thinking about learning to speak or read another language.

Why is learning a language such a challenge? There are three major reasons. First, in our vast country, one can spend his/her entire life traveling many miles, raising families, working and doing everything in English. We miss out on the development of language learning capability at a young age. By the time high school comes around, the language learning part of the brain is already developed, making learning a new language more difficult. In other countries, like Switzerland, one can drive fifteen minutes and find another dialect or language, and Swiss people begin to speak several languages at an early age.

Second, the British Empire started the standardization of English through colonization. Many people around the world have been speaking English for centuries. One set of British colonies (us), continued the spread of the language through commerce and military presence. Since so

many people speak English today, it is not essential for an American to learn another language to function abroad. I have many friends who have lived in other countries for years and still do not speak the local language.

Third, English is inherently super easy to learn. We do not have the complex rules and structures that other languages, such as German and Russian, have. For example, in many European languages, you have to remember a noun's gender (male, female, or neuter). We do not have genders in English, so every noun is preceded by "the." The table, the music, the car. In German, those nouns all have different genders: der Tisch, die Musik, das Auto. The simplicity of English leaves us with a lack of understanding of complex wording and sentence structure. So when it comes time to learn it, we struggle. So how does one start and minimize this struggle?

First, I recommend that you think very hard about the reason you are interested in learning to speak or read a language. If the reason is to exchange niceties in Spanish with a Mexican friend, than you can most likely accomplish that in a few weeks. If you wish to be able to speak about politics in German with your German neighbor, then you are setting the bar pretty high, and that could take a lifetime. If you wish to both speak and read, you may wish to spend a lot of time studying, as writing can be more complex and grammar is very important. Be true to yourself about how well you wish to speak and then make a plan with the appropriate amount of time investment.

The "super easy" way: For easy conversation with your Mexican friend, where you know what you want to tell him or her, simply go to Google Translate and type in English what you want to say in the foreign language. There is a listening button to let you hear how the translation should sound. Just practice these phrases and the phrases that you would expect to hear back from the other person, so that you can recognize what he/she will say in response. I do this whenever I go to a country, where I do not speak the language, like Hungary, just to pick up a few phrases. Key words and phrases that I recommend are the essential ones: "Yes, no, good, bad, thank you, bathroom, where is?, how much does it cost?, I like, I don't like, excuse me, please, and my name is." I use every one of these repeatedly. When using Google translate, keep the phrases simple, as the translation is not always accurate with complex sentences.

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

## The "make an effort" way:

You can invest in software packages that teach with interactive screens and situations. The most promoted lately is Rosetta Stone, which involves purchasing a software and booklet kit. There are others which are on-line, such as the Open University. These are very convenient and can fit your schedule. They are situational, and you can learn how to properly introduce yourself or learn phrases when speaking to the mailman, for example. The problem is that the learner is forced to learn phrases (like when speaking to the mailman), which he or she may never use.

## The "I need personalized help" way:

With a personal teacher, one can customize his or her learning. Imagine hiring a tutor and saying, "I only want to learn how to get along in the office with my colleagues, when we are by the office coffee pot. I only want to learn words and phrases about working in the office." That is very specific and can be learned in a few months, because the private tutor can hone in on that goal. Long standing companies, like Berlitz and Inlingua have perfected this method, but they charge a lot of money for that specialty.

## The hardest (but best) way:

Remember being thrown into the pool for the first time and learning how to swim that way? It is the same with a language. Being thrown into a culture by moving to a country and willingly trying to learn the language by socializing with locals (not fellow Americans) is the hardest and best way to learn. Of course, you would need to have some preparation beforehand. When there is no "life raft" (other English speakers), one is forced to really try hard and remember all the phrases. If this can be done at an early age, before the brain is already developed, then that is even better. Think about how many immigrant children come to America and are speaking English with no foreign accent in about two years. If you move to a foreign country and are forced to learn, you may still have an accent, and you may not learn as fast as a child, but you will learn much more than if you stayed in your home town reading up on the foreign language.

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Hi! I'm Casey, your Board Certified Integrative Nutrition Health Coach and graduate from The Institute for Integrative Nutrition. I've studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts. My teachers included Dr. Andrew Weil, Dr. Deepak Chopra, Dr. David Katz, Geneen Roth, bestselling author and expert on emotional eating; and many other leading researchers and nutrition authorities. My education has equipped me with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and my knowledge of different dietary theories, I work with clients to help them make lifestyle changes that produce real and lasting results.

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I can be contacted via my cell 302-437-5262, by email [mindbodyspoon@gmail.com](mailto:mindbodyspoon@gmail.com), through my website [www.mindbodyspoon.com](http://www.mindbodyspoon.com), or on facebook <https://www.facebook.com/mindbodyspoon>

**Casey Lyn Goold**, owner of **MindBodySpoon**. Casey is a Board Certified Integrative Nutrition Health Coach and graduated from The Institute for Integrative Nutrition. She has studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts.



*High Tide News welcomes Casey as a contributing writer! We look forward to her monthly column focusing on nourishing food and lifestyle choices.*



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# Investing Through Your Rearview Mirror

When it comes to buying any particular good or service, nothing helps a product sell like a top level award. Think about when a car company wins a Motor Trend Car of the Year award or an Insurance company wins a JD Power Award for top customer satisfaction.

Most of the time, an award is usually followed up with a national marketing campaign about how well their product did! Acting on a campaign and buying is known as buying through your rear view mirror.

This mentality has somehow trickled over into the investment world. Some investors look for the best performing asset class, stock, mutual fund, etc. of the past and buy it today. I repeat, they buy the best thing of yesterday...today!

If there was ever a time to use Wayne Gretzky's overused immortal quote, "Skate to where the puck is going, not where it has been," now is the time. Investing is always evolving and buying what worked yesterday might not necessarily work today. Or, as Wayne Gretzky would say, skating to where the puck has been most likely won't score you any goals.

Take this very limited example. In 2000, Enron was one of the best performing stocks gaining 90.33% in value for the year<sup>1</sup>. But, if you invested through your rear view mirror buying one of the best performing stocks last year... today, you would have been very disappointed losing 99.32% of your value in 2001<sup>2</sup>.

Now, I'll admit, my previous example was cherry-picked because the numbers fit so well to my overall point, but on a more grand and measurable scale, the data points to a similar conclusion: Buying yesterday's best doesn't always lead to today's best.

The bottom line when it comes to investing is there is no magic formula or product that miraculously avoids disaster while reaping in all the rewards. Investing is a discipline that continues to evolve, just as your life needs and goals evolve. If you're searching for a relationship to help you through these changes, take 10 minutes to plan for the next 10 years and reach out to me, Nicholas Shevland.

<sup>1</sup>Bought at close of business on 1-3-2000 for \$44.56 and sold at close of business on 12-29-2000 for \$84.81

<sup>2</sup>Bought at close of business on 12-29-2000 for \$84.81 and sold at close of business on 12-31-2001 for \$0.57.

Nicholas Shevland is a Financial Advisor with the Global Wealth Management Division of Morgan Stanley in Rehoboth Beach, DE. 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 strategies and/or investments referenced may not be suitable for all investors as the appropriateness of a particular investment or strategy will depend on an investor's individual circumstances and objectives. Investing involves risks and there is always the potential of losing money when you invest. The views expressed herein are those of the author and may not necessarily reflect the views of Morgan Stanley Smith Barney LLC, Member SIPC, or its affiliates.

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.



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## Parkinson's Support Group meeting at Ocean View CHEER Center

The Parkinson's Education and Support Group of Sussex County, an IRS-recognized 501(c)(3) non-profit organization incorporated in Delaware, serves those in the area who suffer from Parkinson's disease. Beginning in November the group will sponsor a satellite group at the CHEER Center at Ocean View, 30637 Cedar Neck Road. Those in the area with Parkinson's disease, their families and caregivers are invited to join us as we

learn more about the disease and how to maintain quality of life while living with Parkinson's. The satellite group's first meeting will be held on Wednesday, November 18th from 3pm until 4pm. If you are interested in joining us, please contact CHEER at Ocean View Site Manager Yolanda Gallego at 302-539-2671 so that we know how many people to expect. Parkinson's disease is a progressive neurological disease that

affects the part of the brain that controls muscle movement. Symptoms include but are not limited to tremors at rest, rigidity of limbs and joints, slow movement and poor balance. The disease knows no social, ethnic, economic, or geographical boundaries. Some 60,000 new cases are diagnosed each year in the United States alone. While the condition usually develops after the age of sixty-five, 15% of those diagnosed

are under the age of 50.

For more information on Parkinson's disease and the Parkinson's Education and Support Group of Sussex County, go to [www.delmarvaparkinsonsalliance.org](http://www.delmarvaparkinsonsalliance.org).

**Submitted by:**

Patricia Slygh, Parkinson's Education and Support Group of Sussex County, P.O. Box 56, Lewes, DE 19958. Phone: 302-856-2978, email: [pcsllygh@comcast.net](mailto:pcsllygh@comcast.net)



By Eunice Carpitella

## Thanks for the work you do and for the impact you make.

Yes that includes you – the store clerk, substitute teacher, attorney, mortgage broker, surgeon, family practitioner, hair stylist, business owner and the moms and dads.

Recently I helped my mom through a long and painful hospital stay and in the end, although she didn't make it, each day the care she received was nothing shy of extraordinary. This has altered my perspective of our healthcare system forever. For years I have heard nothing but complaints. I had never really had the opportunity to witness and partake in the system on such a large and serious scale.

The men and women of the medical profession and every person with whom we were in contact, from the custodial staff to the surgical team, conducted themselves with the utmost professionalism offering tremendous respect, compassion, kindness, service and medical expertise. Store clerks at the nearby coffee shop, security guards, family members of other patients and random passers-by were all incredibly gracious.

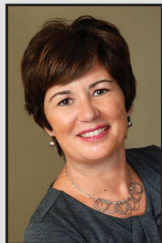
Clearly embedded in this institution's culture was an environment of dignity, respect and excellence. This was a great example of workability and evidence for the possibility of all systems working. Certainly, if a hospital can get it right, any dyad, team, organization, nation and planet can generate and fulfill on a noble vision.

This process afforded the opportunity to assess the word "care". What does it mean to really care? To provide care, to act with great care, to care about the work you do and to care for the people with whom you work.

What if we brought the same level of care to our roles and responsibilities as those who work in the Intensive Care Unit? What if we acted with the same sense of urgency and critical attention in the absence of a true crisis? Can you imagine if we prepared and served a dish with that level of intensity, or folded the laundry attentively, or tended to the pile of papers on our desk with precision or submitted that report accurately, every time? What if we generated a level of compassion and respect with our co-workers, teammates and family members all of the time? Is it possible to up the stakes on our ability to care? Who would benefit? What outcomes would that drive? Would you have more customers? Thank you for the work you do, for the care you take and for the impact you make.

### Eunice Carpitella

Founder, Leadership Consultant and Executive Coach, Transformative Dynamics, LLC., Fenwick Island, DE. *Transformative Dynamics* develops great leaders, builds new futures and creates extraordinary results. We partner with executives of Fortune 1000 companies, middle market businesses, entrepreneurs, women in business and MBA students with University of Pennsylvania's, The Wharton School. Services include leadership development consulting and executive coaching. Check us out at: [www.transformativedynamics.com](http://www.transformativedynamics.com)



## Only a Prayer Away

Insights by Nancy

I recently experienced a computer problem and had to contact my Internet Service Provider and was connected with someone in the IT department. The young man was knowledgeable and capable and was able to talk me through the issues I was having.

It got me thinking about how similar the experience was to prayer. When faced with a problem or a crisis we can at once, be in contact with the One who knows our needs. He will walk us step by precious step through our problems and

we need not worry about being put on, "hold", getting disconnected, having a bad connection or what hour it is. God is available 24/7 and He is never too busy to hear our needs or petitions. No problem is too big or too small for Him to handle. In fact, he longs to hear from us each day.

What an awesome thought.....Our God who created and knows each of us by name, delights to hear from His children! Today may you bring joy to Our Heavenly Father as he hears your voice calling His Name!



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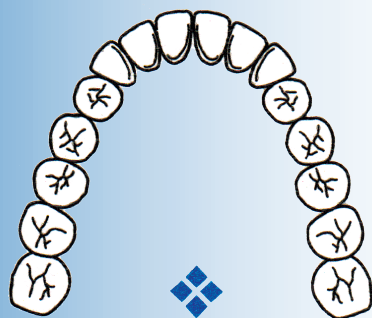
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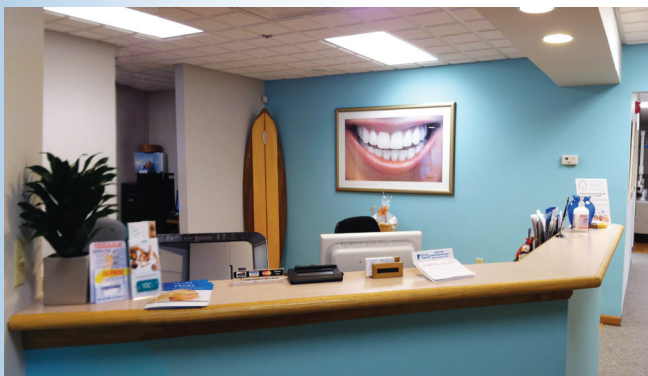
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