

High Tide News

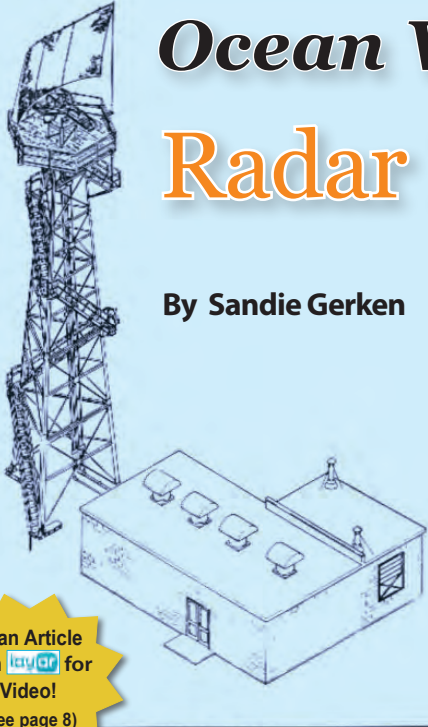
November 2016

Local news for the people, by the people

Vol. 4 Num. 11

www.hightidenews.com

Ocean View Once Vital in Coastal Defense: Radar Installations at Bear Trap Dunes Site



By Sandie Gerken

Prior to World War II, the U.S. recognized the need to protect the Atlantic coastline from enemy attacks, especially around shipping lanes and ports along the Northeast. Ft. Miles and the coastal towers were built to provide this protection, particularly from enemy submarine attacks. Our local community of Ocean View was an additional defense site providing radar surveillance, both during the war and afterwards during the Cold War. Two separate installations occupied this site, which was located on the property located 2.5 miles southwest of Bethany Beach, where the golf

course of the Village of Bear Trap Dunes now sits. One was manned by the Army during the war and the second installation was operated by the Air Force from 1956-1968.

The US government acquired 10 acres of land in Ocean View from the Jacob Banks family on March 12, 1941 for a mobile early warning anti-aircraft radar installation.

This land was a portion of a 122 acre parcel, known as "Bear Trap Ridge". The land ownership can be traced back to Ebenezer Evans



Courtesy: Lewes Historical Society

in 1755. A mobile radar unit, SCR-270 (Signal Corps Radio) was mounted on a trailer or truck and placed there. The Army Corps of

continued on page 2

Scan Article with [iQOO](#) for Video! (See page 8)

Figure 1-5. Typical FPS-14 Site

Raising the BARRE on Fitness at Beach Body Barre

Marketplace at Sea Colony, Bethany Beach

Lewes Studio at The Plantations Opening SOON!

Scan Article with [iQOO](#) for Video! (See page 8)

What is BARRE?

Barre is a low-to-no impact workout that tones your entire body for all ages and fitness levels. It creates long, lean muscles through small isometric movements and stretching blending pilates, yoga and ballet moves to increase strength and flexibility, burn fat, sculpt muscles and improve posture.

The class format is structured to raise and lower the heart rate

do it daily, your body transforms in doing 3-4 classes per week, which works each muscle group to a point of exhaustion through a series of movements then stretching to allow the muscles to recover immediately, creating a class that feels flowing and seamless. In 8-12 classes, the benefits of barre are clearly evident in the tone and definition of your body.

Beach Body Barre is excited

online now for anyone who can't make it to the studio or prefers working out virtually. Get an early look at our online classes at **BurnAlong.com** and enjoy a free month, while the site is in beta-test.

Beach Body Barre is currently offering pre-holiday specials to get or keep you in shape for all those special occasions. Take advantage of the First-Timer TWO for ONE deal (\$20) and if you buy a 5 CLASS PACKAGE



Gini Bepko, a seasoned fitness professional, expertly instructs to make barre approachable for the newcomer and challenging for the barre addict.

beach body barre

at intervals, which means that you get fast results, fat burning is increased and your metabolism is boosted for hours after your workout. It's fun and addictive when you see how quickly it shapes your body. Even though the science of barre allows you to

to announce its November opening of a second location in Lewes at The Plantations at Dave Marshall's Tennis and Fitness. Like us on Facebook, Beach Body Barre, or check our website for Grand Opening announcements and specials. **Beach Body Barre** is also

you get your 6th class free. That's eight classes for the the price of six. If you are unsure and still need more incentive, there's another INTRODUCTORY option, TWO FULL UNLIMITED WEEKS for \$50, to enable you try barre and see the

quick results.

GENTLE BARRE classes will start in November for those new to barre or anyone looking for a slower paced class to accommodate any limitations or challenges. Remember, Beach Body

Barre is known as the "approachable" barre studio and encourages new people **to come as you are** to experience the small boutique studio atmosphere along with the attentive instructors who are **continued on page 4**

Engineers constructed the facility, which became operational by February 1942, a short time after war was declared in December 1941. This site and 25 other sites along the Atlantic coast from Maine to Virginia were soon converted to permanent radar installations. The permanent equipment (SCR-271) was an upgrade with greater long-range surveillance capacity to detect enemy aircraft. This site was designated as Radar Site 11. By June 1942, this manned station included 14 concrete block buildings that included barracks for soldiers, guard posts, kitchen, mess hall, recreation hall, lavatories, radar building, administration offices, and a pump house.

Army Radar Site 11 was closed in 1944 as enemy threats lessened. The barracks were used to house German POWs after the war. The location was deemed surplus property and sold. Radar equipment was removed and the buildings were left to deteriorate.

GAP FILLER SITE

As the Cold War developed, improved radar technology was available for the Air Defense System. The US Air Force assumed the responsibility of defending the skies against enemy missile strikes. The SAGE (semi-automatic ground environment) provided an electronic radar upgrade with a large-scale computer to transmit information in order to provide enemy interception control. Bendix Radio built the equipment, which modified earlier air defense radar components to produce the AN/FPS-14, a medium range radar to fill in the low-altitude gaps in coverage between the long-range units. These gaps were susceptible to enemy aircraft flying low enough to avoid detection by the longer-range radar. Gaps in coverage between the long-range radar units were caused by curvature of earth and other topographical features. The computer automatically transmitted data by

telephone lines to USAF Cape Charles, VA station, which monitored positions of jet bomber airplanes and defense missile weapons.

A typical unmanned gap filler radar station consisted of an L-shaped, cinderblock building with radar equipment and the computer equipment in one section and diesel generators that powered the unit in the other section. A typical radar tower was a three-legged 85 ft.

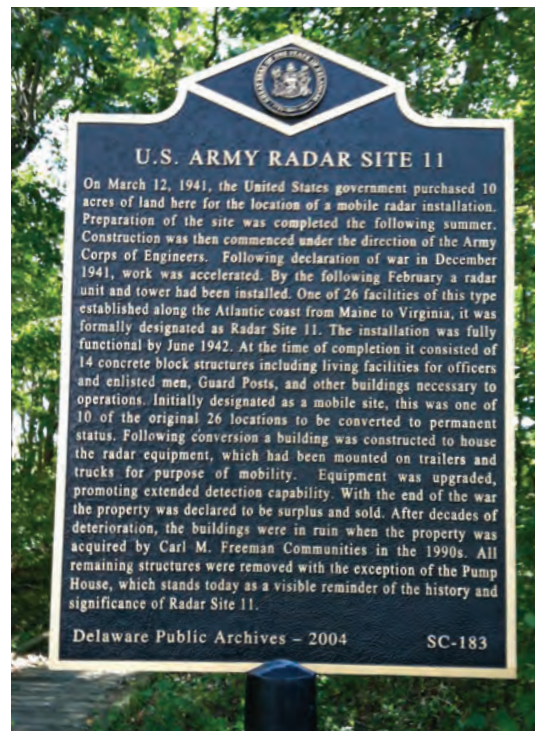


Photo courtesy: Sandie Gerken

tower. Most sites used the AN/FPS-14 (Army Navy/Fixed Radar Search) radar with a range of 65-90 miles.

In July 1956, the US Department of Defense sought to take over three tracts of land in Ocean View, Baltimore Hundred, Sussex County, totaling 5.07 acres owned by Raymond L. and Ezekiel E. Banks. The site was officially called the Bethany Beach Gap Filler Site and operated by the Air Force. This site differed from WWII Army Radar Site 11 in that there was no armed guard protection nor personnel stationed there.

I spoke with Larry Whitten of Millsboro, who was assigned to provide maintenance on the radar equipment at this Bethany Gap Filler Site, designated as P-56B, in 1958. As an airman, based out of Cape Charles, VA, he worked at this station from 1958-1960 and from 1967-1968, when the site was decommissioned. He related that this Air Force radar site was surrounded by electrified barbed wire fencing and radiation danger warning signs. The concrete building used for the computer equipment was approximately 35-40 ft. square. An attached 15x20 ft. room housed the diesel engine. The tall screen radar antenna sat out in the open and moved continuously in a circle, automatically providing aircraft warning data via com-

puter telephone line to Cape Charles. If unidentified aircraft was spotted by the radar, the Cape Charles station notified a nearby Air Defense Base for jet interceptor deployment. Larry mentioned that he and 5-6 other servicemen provided weekly maintenance on a rotating basis with other installations at Mappsville, VA, and Elizabeth, NC.

In the 1960s, as Cold War threats lessened, the property was once again cleared of military radar equipment. The land was conveyed to Raymond L. Banks, Jr. by Quitclaim Deed, dated 4 November 1970. Ownership passed to his sons, Russell V. and David L. Banks, in 1976. The location became overgrown. In November 1988, the Defense Environmental Restoration Program conducted an inspection of the property to determine its condition. They found no hazardous debris or unexploded ordnance on the site. The owner wished to leave it unimproved.

Once the property was sold in 1999 to Carl M. Freeman Communities for development, the company partnered with the Delaware Historic Preservation Office and DNREC to document the historic site and remove the damaged buildings.

In 2004, the Delaware Archives erected a historic marker to mark the location of the Army Radar Site 11. The Freeman Communities also marked the site with a walkway and signs in order to recognize and preserve the military history of this property.

All that remains of the radar installation sites today is a concrete pump house. Larry Whitten related that his crew at the Gap Filler Site called this building the POL shed, storage for paints, oils, and lubricants during 1957-1968. The site eventually became overgrown and the buildings damaged. Today, this pump house is all that remains of this military site to symbolize the role our community played in our country's defense.

Visit the site located off Magnolia Street in Bear Trap Dunes, just off Beaver Dam Road. The wooden walkway leads to the pump house site.

** RADAR is an acronym for "Radio Detection and Ranging".

SOURCES:

"US Sues to Secure Land for Air Force", Wilmington Morning News, September 29, 1956

"U.S. Army Radar Site 11", The Historical Marker Database, www.HMdb.org, Delaware Public Archives Marker SC-183

"Local Radar Site in Playing Vital Part in Air Defense Early Warning System",

Delmarva News, August 14, 1958

Interview with Larry D. Whitten, USAF serviceman, Gap Filler Site, September 15, 2016

Defense Environment Restoration Program: Bethany Beach Gap Filler Annex, Sussex County, Delaware, November 18, 1988. www.radomes.org

Phase II Investigations of 5 Sites at Proposed Village of Bear Trap Dunes in Ocean View, Sussex County, Delaware, Heather A. Whaley, Thunderbird Archeological Associates, Inc., 2000.

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Author, 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*.



November is National Hospice and Palliative Care Month

Know Your Options!

Every November, we celebrate National Hospice and Palliative Care Month. During the month, Delaware Hospice strives to raise awareness on how profoundly hospice and palliative care improves the quality of life for those facing a serious illness. Know Your Options! Is the theme for November's National Hospice and Palliative Care Month 2016.

Throughout November, Delaware Hospice will be working to help build awareness and let people know the impact hospice and palliative care can make on their lives. The benefits that hospice and palliative care provides to a patient and family are improved quality of life as well as medical cost savings.

In a living room, Jerry of Lewes, meets his great-granddaughter for the first time. Later he joins the family for a meal. Moments like these may seem ordinary to most. Would it be surprising to know Jerry is receiving hospice services from Delaware Hospice?

Many people think that being on hospice means just lying in a bed. Jerry is a patient who proves that this is not the case. Many of his final moments were anything but ordinary, and they would not have been possible without the help of hospice.

Jerry's experience is not unique. The mission of hospice is to provide specialized care for end-of-life patients and their families. More simply, hospice care supports living one's life to the fullest with dignity regardless of how much time remains.

Every year more than 1.58 million people living with a life limiting illness receive care from hospice and palliative care providers in the U.S. These services offer more than traditional medicine, not only providing medical support, expert care for relief from symptoms, and expert pain management, but also emotional support. Spiritual care is also offered according to a patient's and family's needs and preferences.

Delaware Hospice's interdisciplinary team includes a medical director, registered nurses, certified nursing assistants, social workers, chaplains, adult and child bereavement counselors, and volunteers. The team works under the direction of the patient's own physician. One little known benefit of care is the positive impact on the family. This type of care supports the family through help with the activities of daily living, delivery of supplies, and education on medications about the illness, and what to expect in the days and months ahead.

Delaware Hospice also has many volunteers that provide extra support to the patient and their family offering companionship, help with errands, and breaks for the family caregiver and more. Many people only consider hospice care in the final days of life but hospice is ideally suited to care for patients and family caregivers earlier in their illness. A message that National Hospice Month hopes to deliver. In fact, hospice is most effective for patients and their families when families can take full advantage of the range of services hospice provides. Hospice is fully covered by Medicare, Medicaid, and most private

insurance plans.

Delaware Palliative brings a similar interdisciplinary team approach, as hospice care does, earlier in the course of a serious illness. It can be provided along with curative treatments still being received from a doctor. The goal is to ease treatment and illness symptoms while improving quality of life.

Both hospice and palliative care are delivered in the home, or anywhere the patient is residing, including nursing and assisted living facilities. A recent Gallup poll indicated that 9 out of 10 adults prefer to be in their own homes at the end of life, one of the very reasons hospice and palliative care improves quality of life. It is not surprising that both hospice and palliative care have been shown to lower health care costs. While the clinical benefits of early palliative care are well known, new research in the Journal of Clinical Oncology also indicates the program can reduce both lengths of stay

at a hospital and medical costs. A study by Duke University shows hospice care in America saves healthcare dollars and brings quality care to patients and their families.

By helping patients get the care they need, hospice and palliative care helps avoid unnecessary tests, emergency department visits, and hospital stays. In fact, Delaware Hospice is a recognized leader in Delaware for their success in lowering hospital readmissions.

Hospice and palliative care also improve patient satisfaction and outcomes such as pain, depression, and other symptoms. Some data suggests that palliative and hospice care, compared with traditional care, prolongs life. Delaware Hospice satisfaction is high, with 98% of families receiving care reporting high satisfaction with the care.

Delaware Hospice and Delaware Palliative are honored to join The National Hospice and Palliative Care Organization in celebrating National Hospice and Palliative Care Month this November by highlighting the role that hospice and palliative care plays in providing comfort, love, dignity and respect to individuals and families living with serious illness.

Hospice and palliative care are available to people of all ages with any serious or life limiting illness.

Sunday Hugs



We may not be nationally recognized in the delivery of hugs, but Mary thinks we are.

When coping with a serious illness we can help alleviate symptoms and reduce stress with care delivered right to your home. We partner directly with your physician, adding an extra layer of support to the curative care you are already receiving. Care that helps people like Mary feel good enough to capture every hug.

Call us to see how palliative care can improve your quality of life at 800-838-9800.

www.delawarepalliative.org

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A Program of Delaware Hospice

If you or a loved one is facing a serious illness, Delaware Hospice and Delaware Palliative can help you decide which service is best to meet your needs. Living with a serious illness can impact every part of your life as you cope with not only the physical changes, but also the emotional and spiritual effects. If you or a loved one is facing a serious illness, we can help. We offer a vast range of expert guidance, care, and support. Every day, we help people facing serious illness live with comfort and dignity. Our care is focused on improving quality of life. By helping patients manage their illness, we help them regain days that are more fully lived. Together, we'll develop a plan of care appropriate for you and your family. Please call us at 800-838-9800.

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.

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(See page 8)

Beach Body Barre

continued from page 1

trained to keep you safe while getting you in shape.

Located in Bethany at the Marketplace Shopping Center at Sea Colony, 33550 Market Place, Bethany Beach, 19930, immediately south of Cottage Cafe, you will be able to use your class packages or your UNLIMITED specials at either location, once the Lewes studio is open. UNLIMITED monthly discounts are available to locals, seniors, military, teachers and students. Check Beach Body Barre's website for pricing.

Beach Body Barre is waiting for you. Come soon and come often. Drop in or sign up online at beachbodybarre.com. 302-539-5515 suesheain@gmail.com

Bethany Studio Class Schedule:
 MON ~ WED ~ FRI: 7:45am & 9:15am
 TUES ~ THURS: 4:15pm & 5:30pm
 SAT: 8:45am ~ SUN: 9:15am

beach body barre



Joshua M. Freeman Foundation Volunteers honored as 2016 Governor's Outstanding Volunteer Service Award recipients

The Joshua M. Freeman Foundation volunteers were one of 30 recipients to receive the 2016 Governor's Outstanding Volunteer Service Award on Oct. 19 at Dover Downs Hotel in Dover.

The volunteer corps, which features more than 200 individuals, was honored as best volunteer group in the arts and culture category. Volunteer tasks include office work, arts in education programming assistance and day-to-day operations at The Freeman Stage. This year, volunteers served more than 9,000 hours and ranged in age from 15 to 82.

"Our volunteers are a huge part of the Joshua M. Freeman Foundation and The Freeman Stage at Bayside experience," said Executive Director Patti Grimes. "Without these dedicated individuals it would not be possible to further our mission, which is 'partnering to present memorable performances and provide inspired arts education for all.' We are so thrilled our deserving volunteers were recognized with this honor."

"As a person who feels so strongly supportive of The Freeman Stage's programs, it is an honor to me just to be able to be a part of (the organization) as a volunteer," said Linda Federman, a Joshua M. Freeman Foundation donor and volunteer. "It means so much to me that the whole corps received this recognition from the Governor's Office,

because the whole team works so hard to make it all happen!"

The Governor's Outstanding Volunteer Service Awards are sponsored by the Office of the Governor, the Department of Health and Social Services, the Division of State Service Centers, the State Office of Volunteerism, as well as the Governor's Commission on Community and Volunteer Service.

The Joshua M. Freeman Foundation, a 501(c)3 nonprofit organization, was established in 2007 to honor Josh Freeman, the former Chair of the Carl M. Freeman Foundation, after his untimely death in December of 2006. The Joshua M. Freeman Foundation seeks to honor Josh's passion and commitment to excellence by creating programs that he would have been proud of. With The Freeman Stage at Bayside, an outdoor performing arts venue located near Fenwick Island, we act on that mission by providing unique arts experiences to over 50,000 visitors a year. This program is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com.



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FALL FASHION TIPS FROM JEN

5 Tips for Successful Layering!

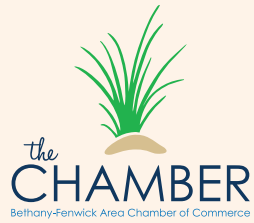
As we prepare for cooler temperatures, here are a few tips on layering to help you to tackle the cold in style.

- 1) Layer a collarless jacket, often knee length, over a turtleneck. Mixing patterns and textures offers a very chic look.
- 2) Wear a printed coat over a knee length sweater. This works well with a knee length jacket over a textured sweater.
- 3) Incorporate a thin cardigan under a jacket. Longer, heavier jackets, often patterned, varying from knee to ankle length work best for this option.
- 4) Utilize vests to layer over turtlenecks and button downs. This versatile option can be used to create a professional or casual look.
- 5) Embrace scarves. With various styling options, use scarves to embellish any outfit.

The key to creating a unique layered look is to incorporate varying patterns, textures and colors. Follow these tips and embrace the temperature change in style.

Jennifer Bland: Lularoe fashion consultant with a background in interior design. I have a passion for mixing colors, patterns and textures. As a Lularoe consultant I am able to use my talents to create stylish, fashion forward outfits for all types of personalities and styles. Follow me on Facebook at: [facebook.com/lularoerjenniferbland](https://www.facebook.com/lularoerjenniferbland) and Instagram: @lularoerjenniferbland

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The Bethany-Fenwick Area Chamber of Commerce 40th Annual Celebration a Huge Success!

The Bethany-Fenwick Area Chamber of Commerce took over Bethany Blues in downtown Bethany for a special 40th Anniversary Membership Celebration on Wednesday, October 26th. The big bash included a Founder's Circle Reception held prior to the celebration with a tribute to the legacies of the Chamber and the announcement of the 2016 Membership Award Winners.

THE 2016 WINNERS:

- Inspiring Business of the Year – **One Coastal**
- Community Spirit Award – **Bethany Beach Volunteer Fire Company**
- New Member of the Year – **Hooked Up Restaurant**
- Member of the Year – **Heather DeMarie, Heather's Homeworks**
- Best in Business – **Carl M. Freeman Companies**
- Ambassador of the Year – **Barbara Keyser**

The event was a huge success and fun was had by all!
Some of the photobooth stars are below!



Ron and Damien Golden, iKande



Deb Travers and the Comcast
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Gail Ludlum and Jeanne Mueller



Yolanda Gallego, CHEER

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My Favorite Airports

By Vincent Paez

When you spend as much time traveling as I do, airports become your home. In bad airports, that can mean long, boring experiences. In good airports, that can mean exciting, interesting experiences. I'd like to share with you my experiences, in the event that you get to visit these international airports. In order of my preference of the best international airports:

Singapore Changi: This is by far the most elegant airport with the most amenities. It has been written about in many newspapers and magazines. Singapore is so far away from everywhere, and Changi Airport is designed for comfort after long trips. There you can find an elegant swimming pool and many gardens showing off cacti, sunflowers, orchids and water lilies. You can find a Koi fish pond, shopping galleria, movie theater and many other amenities. Singapore is so small, that you could also leave the airport during a long connection and go to a beach resort at Sentosa Island, then come back for your connection. Yes, I have done this! Everything in the airport is immaculate and attractive.

Note: I have never been to the Dubai Airport, but people tell me it is also amazing!

Tokyo Narita: This airport, like most of Japan, is well run and clean, especially the toilets. It has elegant shopping, and it is relatively easy to get around with good signage. The airport lounges have fantastic complimentary food and alcoholic beverages. It is far from downtown Tokyo, but the Limousine Bus and Narita-Express Train systems are extremely easy to take and run regularly.

Beijing/Shanghai-Pudong: Both of these are world class airports. I used the Beijing airport in 1990, when I made my first trip to China. The airport road was horrible and the

airport itself was that of an underdeveloped country. In twenty years, these airports, as well as the highways to get to them, have transformed to beautiful, well-run ports of entry. The main reason for this was the 2008 Beijing Olympics, for which the main airport underwent a tremendous facelift. The lounges are second to none, and it is very easy to find your way around.

Detroit: This airport gets special mention, because of the cleanliness, efficiency and amount of restaurants, bars and shopping. It is well laid with good transportation from gate to gate.

Frankfurt: This airport reminds me a lot of Tokyo Narita, Beijing and Shanghai in that it is extremely well run. The Germans are very efficient and the schedules run like clockwork. The airport is super clean with easy access to good food and places to rest. Being such a large airport, it is not uncommon to have to walk a very long way to a connecting next gate. It is also only minutes from Downtown Frankfurt, a very vibrant city.

Newark Liberty/Houston George Bush: These are two main hubs for United airlines, where I spend a significant amount of time. There is an abundance to eat and shop in both airports. One of my favorite airport restaurants in Houston Bush is Pappadeaux Seafood Kitchen, where the Texas Cajun food makes for a worthwhile flight transfer. The Houston Bush United Clubs are spacious, if you are fortunate enough to be a member, and the terminal transfers are easily done with a train system. Moving between terminals in Newark is a little more complicated with a bus system, whose location is not always so obvious. Newark's Terminal C is by a long shot the more elegant and desirable terminal.

Wellington, New Zealand: This is the

home of Peter Jackson, who wrote, directed and produced Lord of the Rings. To honor his work, this airport is filled with huge statues and models of the characters of the story, hanging from ceilings and on pedestals for your entertainment pleasure. You can also get local foods, like a marmite (a spread on bread) and chip sandwich.

Tocumen Airport, Panama City, Panama: COPA is the Panamanian airline, which is part of the Star Alliance with United. Since I always try to fly United Airlines or one of its Star Alliance partners, I use COPA when I travel down to Latin America. COPA flights use Panama City as a hub, and, while Tocumen is a small airport, the quality of shops and restaurants is surprisingly impressive. The transfers are easy, and COPA will upgrade Star Alliance frequent fliers, even if the flight is a very long international one, like to Brazil.

I also have my list of the worst airports I have experienced:

Mumbai, India, Chhatrapati Shivaji: This had to be the most chaotic and unclean international airport I have experienced. Everything from the seats at the gate to the restaurants was no frills. Everywhere was crowded, and I just could not wait to get on the plane and get out.

London Heathrow: This airport has been under construction for years and always has dirty passageways with construction walls behind which someone is building something. After years of using this airport, I have given up on seeing the results.

Chicago O'Hare: One of the busiest U.S. airports, it is old and crowded with narrow hallways, mostly in Terminals E and F.

Washington Dulles: This airport is blah and boring, and far out of the way from Washington DC. If you go, you will find it

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!" He is married to a wonderful girl from Iowa, Sherri.

difficult to navigate in, especially if your gate is in Terminal Z, which requires you to go up and around levels and around corners – very challenging. I also do not like to arrive and board a shuttle bus to go from the airplane to the gate, and this is very common in Dulles.

Santiago, Chile and Guarulhos/Sao Paulo, Brazil: These two airports force only Americans to pay an extra visa fee at the airport. They call it a fee of reciprocation, because Chileans and Brazilians get charged a similar fee when they arrive in the U.S.A. I call it a pain. It is possible that Brazil no longer do this.

In the U.S.A., it is clear which airports are new, fresh and clean, like Detroit and Denver. It is also clear which airports are old and tired, like Atlanta, Chicago O'Hare, and Washington Dulles. Apparently, it costs a lot to revamp an airport, and many cities will not do this. Let the cities know, that, when you travel as much as I do, you plan your routing through the more pleasant and renovated airports. I will transfer in Tokyo/Narita or Houston any day. I will try to not transfer in Mumbai. And if I ever have the chance to experience Dubai, I will look forward to it! If you have a favorite airport, please write to the High Tide News and let me know which one and why!

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We understand how difficult it can be to find just the right flooring for your home or business, and we are here to help! At Dagsboro Paint & Wallpaper, we can help you choose from luxurious carpets in thousands of colors and patterns or the handcrafted beauty of exotic and domestic hardwoods. We can also help you pick from our diverse styles and designs of intricate patterned tile or our durable laminate flooring, sheet vinyl and luxury vinyl tile. Located in the beautiful Dagsboro, Delaware, Dagsboro Paint & Wallpaper provides so many choices for every room in your home that lets you express your personal style.

Dagsboro Paint & Wallpaper began a partnership with Mohawk in 2002 as an exclusive Mohawk Floorscapes Dealer. Our extensive knowledge of the Mohawk product line as well as several other lines, along with our focus on Customer Service allows us to provide the highest quality flooring solutions available today.

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Election Cycles Mean More Than Just Choosing a President

When people think about cycles in the stock market, they tend to look at the obvious drivers of stock prices: major forces such as the state of the economy, the level of corporate profits, and conditions in global markets. But did you know that a presidential election itself can be a key pivot point in stock price trends?

Consider the average yearly performance of the stock market in the table below. After accounting for random volatility, average presidential election year performance was slightly below overall average performance.

But look at the other years in the election cycle. The first two years of presidential terms have, on average, lagged significantly. But then, in the third year, the market made up the lost ground and more.

What's Going On?

Election years tend to have a degree of uncertainty over the future direction of the country, and the market may translate that uncertainty into some reluctance to commit on the part of investors. Then, after the direction is set, it may take some time for policy changes to assert any influence, further depressing investment demand. By the third year, clarity could return and investors could embrace the future.

Stock Market Performance and the Election Cycle¹

	Calendar years: 1928 - 2014	Presidential election years: 1928 - 2014	First year after each presidential election	Second year after each presidential election	Third year after each presidential election
Average returns	11.8%	11.1%	9.2%	9.1%	18.3%
Standard deviation of the returns	20%	17%	22%	21%	20%

For Illustrative Purposes Only.

Exceptions May Be More Powerful Than the Generalities

Keep in mind that the amount of variation in annual returns is substantial, and is reflected in the high variability, measured by standard deviation. As a consequence, the chances are good that performance in any given year could end up being far different from the average for its category.

That becomes clear when looking at the extremely good and extremely bad performing years in the S&P 500 performance data set. The four best years were 1928 (44%), 1933 (53%), 1935 (60%), and 1954 (52%). The four worst years were 1931

(-41%), 1937 (-34%), 1974 (-26%), and 2008 (-37%).¹

No two of the extreme up years occurred at the same point in an election cycle, neither did any two of the extreme down years. Three of the extreme years are associated with Democratic incumbents and five with Republican incumbents.

Ultimately, six of the eight extreme performance years were associated with unpredictable macroeconomic tidal waves – the Great Depression, the oil price shock (when energy prices quadrupled in a few months), and the recent financial crisis – events much bigger than any election news.

So if you are thinking of cashing in on an election year rally – or selling before an election year rout – think again. As history has shown, trying to time the market – for whatever reason – is often a loser's game. Instead, work with your financial advisor to determine an appropriate long-term asset allocation that suits your goals and needs.

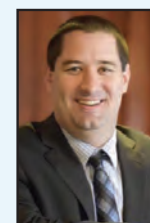
¹Source: Wealth Management Systems Inc., a DST company. Returns based on yearly total return of the S&P 500 for the period from January 1, 1928, to December 31, 2014. The S&P 500 has performance data going back to 1926, including the elections that occurred in 1928 and every four years thereafter. It is an unmanaged index generally considered representative of the US stock market. Investors cannot invest directly in any index. Index returns do not represent the performance of any actual investment and do not reflect the costs and commissions associated with investing. Past performance does not predict future results.

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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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Men at the Barre . . .

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(See page 8)



Beach Body Barre brags that we are the “approachable barre program” for anyone and everyone at any fitness level, age and experience. As a result of this “BARRE safe zone,” we see more men in our classes than most other programs. Like our women, they are all ages and range from barre beginners to barre addicts.

Wives bring their husbands. Girlfriends bring their boyfriends. Moms bring their sons. And some men have the wherewithal to bring themselves in the tradition of Beach Body Barre’s motto:

“Bring yourself and be yourself” here at our studio.

These men realize the benefits of this body

changing workout and have embraced the small isometric movements, even the tucks and bridges. More importantly, they are forced to stretch those often too short muscles that have been overworked with heavy lifting or intense cardio. Some newbies feel those muscles that have not been worked at all for awhile and they forgot they even had. All that barre emphasis on the booty is also appreciated by our men at the barre, because it strengthens their lower back, improves their posture and further supports their core.. No dance, no ballerinas, no tutus. Just your body weight and a mind body connection for an hour of creating longer, leaner muscles safely.



Our Marine above said he used muscles in ways that he didn’t think he could use them and he impressed his mom and girlfriend with his new found flexibility. While the family below, a mother & son/daughter & husband pairing, were the first to calculate the benefits of barre for men. The gentleman with the fitbit burned 529 calories in an hour of barre and raised his heartrate to the burn zone without getting winded. Happy to forego his long run that day because he said the calorie burn could not compare.

Bottom line: The benefits of BARRE are truly for EVERYONE. Know that Beach Body Barre is your “BARRE safe zone,” try it, keep doing it and see the quick results of more definition, strength and flexibility for your entire body. The science of barre allows you to do it everyday. No recovery between workouts needed and even more reason to add it to your fitness regime. Let’s not let the yogis alone brag that men GET it. Trusting that more men will belly up to the barre and get the results they have longed for. Real MEN do barre. Represent!

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Sussex Academy Partners with the Lewes Library

Georgetown, DE. Sussex Academy will participate in the Lewes Library **Family Game Night** from 6-8PM on November 19.

All ages are welcome to participate in board games, Wii games and Minecraft. Admission is free.

Sussex Academy will hold an informational presentation at 7PM in the large meeting room. Faculty and Board members, as well as students, will be available to answer questions about the school.


S’mores and stories on the patio and Mr. P’s Pizza will be available.

Sussex Academy is a public charter, tuition-free school open to all Sussex County grade 6-12 students. For additional information contact Gina Derrickson at 302-856-3636 or gina.derrickson@saas.k12.de.us.

Christmas Bazaar

Please announce the Millville UMC (United Methodist Church) Christmas Bazaar on November 19, 2016 from 8 AM until 12 PM at Millville Church located at the corner of Rt 26 and Clubhouse Rd.

Join us for Christmas goodies and crafts galore along with various kitchen and holiday items for sale. There will be muffins and coffee for breakfast and hot dogs, chili and deserts for lunch. - Marie Myers

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Seniors Take Third Place in Local Sprint Triathlon – Stay Engaged. Stay Healthy. Dream Big.



Who said getting old was tough? Seniors Helping Seniors® says "It all depends on your outlook. Maybe it's not so hard if you still have dreams and you still want to win!"

On Saturday September 17 a team of seniors took third place out of twenty-two teams, with the first and second team winners being half their age. Al Gardiner, Miriam Fegeley Gardiner and Dick Kent, all over 65 years young took home medals after participating in the 1/2 mile ocean swim, 3.5 mile run and 16 mile bike triathlon. This year was the 20th running of the Dewey Beach Sprint Triathlon which benefits the Sussex Family YMCA.

To that end, Amy McDermott, founder of Seniors Helping Seniors of Sussex County wants to inspire seniors to stay healthy, stay active, understand the importance of social networking and to live independently in their home as long as possible. She attended the triathlon on that lovely summer day to root for her friends and wound up inspired and proud of her seniors taking home medals.

Several months ago McDermott spoke to a group of seniors about adding value to their lives at the local Coastal Sussex

Chapter of NARFE which represents federal employees and retirees. When McDermott speaks to groups of seniors, she addresses their concerns such as healthy dieting tips, ways to remain safe in their home, staying engaged and staying active. She's also spoken on topics such as Emergency Preparedness for seniors, understanding Veteran's benefits and other senior-related topics at Senior Centers in Rehoboth and Lewes as well as Cheer Centers or wherever seniors may congregate.

The goal of Seniors Helping Seniors is to match seniors who want to help others, with seniors who are looking for help.



SENIORS Helping SENIORS
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They provide a full range of home care, companion and in-home support services like light cleaning, cooking, transportation and just being a friend. In regard to her speaking engagements McDermott said: "I speak on topics that will interest them and hopefully inspire seniors to keep pursuing their dreams, to remain passionate and healthy and to strive for new experiences. Why not travel, plan a big reunion (something important to look forward to) or even walk/

run a marathon? It's been my privilege to engage and inspire seniors who want to remain independent, to age with grace and dignity while remaining in their own home as long as they can."

Amy McDermott is available for speaking engagements with organizations that focus on senior concerns and lifestyles: Anywhere from assisted living facilities and Rehab centers to nursing homes, senior centers, associations that represent the aging population, country clubs and other power partners like hospital discharge planners and social workers who work with seniors.

Contact Seniors Helping Seniors for a free consultation if you are looking for support –

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