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Local news for the people, by the people



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Revisiting the Selbyville

Swamp Monster

By Sandie Gerken

Have you ever been stuck in the middle of nowhere and heard something go "bump" in the night? Eerie silence has probably already raised the hairs on the back of your neck and then ... "Thuump"! Suddenly certain that some evil thing is watching you, your imagination runs wild as you conjure up a tall, hairy, bigfoot creature looking menacingly at you! ...

That would still frighten me just as it actually scared me and my teenage friends back in the 1960s when the Great Cypress Swamp Monster was actually sighted!

The Great Cypress Swamp has been the home of a legendary swamp creature for well over 50 years. At one time the great swamp covered over 50,000 acres on Delmarva. Logging and shingle making in the 18th and 19th centuries depleted much of the cypress timber. These industries plus drainage of the swamp in the 19th century for farming

have reduced the swamp land to approximately 12,000 acres today. This wild, primitive place has been called the "Burnt Swamp" since the 1930s when a great wildfire, presumably caused by the explosion of a whiskey still, consumed thousands of acres over an eight month period, burning underground in the ancient peat.

From the 18th century there have been reports of strange goings-on in the swamp. The tangled labyrinth of trees and underbrush was an ideal hiding place for rogues, murderers, deserters,

smugglers, and bootleggers. A few hermits dared lived there. Great trepidation centered around the swamp as a place where one could lose his way, be swallowed up by the swamp and never seen again!

Rumors have persisted since the 1920s of screams and heavy footsteps in the swamp. Every time a farmer found a mutilated farm animal or a trampled garden, talk would spread about large footprints seen nearby. A legend grew that the Great Swamp had a monster! Some folks speculated



Photo Courtesy of Fred Stevens.

The Swamp Monster

that the logging, drainage, and fires in those woods had disturbed the natural habitat of a swamp creature, forcing it out of the deep marshland to prey during the night hours on people and animals for sustenance. Any unexplained event, even a dog's persistent bark

was blamed on the Swamp Monster. Parents found a way to get children to behave by threatening that the Swamp Monster would get them! Some even claimed to have seen the beast.

In the Spring of 1964, teenagers

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OPERATION SEAS THE DAY was a True Heartfelt Success

Note received from one of the 2014 VIFs (Very Important Families) who came to Bethany Beach:

"We had the love and support of others; people we didn't even know hugging us... thanking us and just allowing us to be ourselves...we didn't need to explain to others about our injuries and why we are different, because it didn't matter...Not to those who had any hand in making our week such a life-changing experience. ... I wanted to share this with you - you have forever made an impact in our lives and we will be eternally grateful."

From OPERATION SEAS THE DAY to each of the 2014 Very Important families: "We are honored to have had you join us and we THANK YOU from the bottom of our hearts for your service and sacrifice."

see more on page 10



A good reason to remember to vote on November 4th 2014!

Submitted by Sheriff Jeff Christopher

Hello Sussex Friends,

I am your Sheriff here in Sussex County and I believe that Sussex County is growing and that government needs to keep close tabs on rising crime and the problems it causes for all of us. I am considering running as a WRITE IN candidate because the primary race was so close that I

had fifty percent support my efforts to make Sussex safer by using crime prevention methods rather than relying on reaction law enforcement after the crimes has been committed.

I believe the Office of Sheriff belongs to you and should do all it can to capture wanted persons, perform crime prevention here in Sussex by

teaching all how not to be a victim of it.

I desire to keep the office small and responsive to you who elect me as your Sheriff. Lets stick to the Constitution, if you support me, remember to Write in:

"JEFF CHRISTOPHER FOR SHERIFF"

Thank you.

Revisiting the Selbyville Swamp Monster

continued from page 1

near Selbyville claimed to hear moans while riding through the swamp near town and the Wilmington Morning News ran an article on it. Soon more teens began to joy ride through the area looking for the monster and reported sightings of a hairy creature on two legs in the swamp. The local newspaper, the "Delmarva News" picked up the story that the "Swamp Monster" was back on the prowl. Hunts for the creature spread like the wildfires that once burned in the swamp with truckloads of folks riding the forested roads in search. The monster was sighted brandishing a spiked club and photographed by the editor of the local paper himself. After a time, no more sightings were reported and the hysteria died down with the monster supposedly skulking back into the deep, dark, dank wilderness.

As most of us now know, these sightings in the 1960s were a hoax, a grand scheme dreamed up by Ralph Grapperhaus, editor of the "Delmarva News" to have some fun with the rekindled interest in the creature story and to boast the circulation of his paper. Grapperhaus had seen local jokester, 26 year-old, Fred Stevens (my 3rd cousin) win a prize for his swamp monster costume in the 1963 Selbyville Halloween parade. "I always liked to make costumes and dress up for Halloween parades", Fred told me recently. He had fashioned the outfit from his Aunt Dorothy Pepper's old raccoon coat, a black mask and wig, making a spiked club. Grapperhaus contacted Fred and asked him to dress the part and scare some people out looking for thrills and chills on the monster hunt. Fred, always the prankster, willingly agreed. Grapperhaus would drive him out into the swamp "about a half mile" to an old dirt road and leave him, agreeing that

he would signal with his headlights when coming back to get Fred. "It was near a canal, a drainage ditch, and I would hide until I saw a car coming when I would jump up and run out on the road, shake my club, then hide behind a mound." He said that most people would be startled, go past, turn around and come back, then leave "screaming and hollering"! Grapperhaus even staged photos of Fred in the hairy costume, put one in the paper, writing:

"Night after night, thru rain and along muddy roads we used every device known to man to track down the Swamp Creature...Finally after frustrating nights in the rain, and in the mud, our efforts paid off.

As a sort of last resort we tried an old Indian call, which they call 'itibawa'.

The paper challenged others to go out and get a photo shot of the monster. Unfortunately, the frenzy of the hunt got out of hand and folks started taking guns into the swamp to try to get a "real" shot at the monster. Fred said that he only went out dressed as the Swamp Monster three times. One night he was invited by some local guys at the filling station to join them in search for the beast, so he went along. By this time, "folks had taken to carrying guns and stuff. I didn't want to get shot" Fred said. The swamp was packed with cars and trucks on the lookout. Fred was ready to be done with the ruse once the shotguns came out. He and Grapperhaus agreed to stop the monster impersonations. The newspaper stories dwindled and the fervor died out. For a time, the local kids kept it going, he

said, by hanging dummies on trees, tossing them out on the road, and throwing chicken blood at cars.

Fred and Grapperhaus agreed to keep their ruse a secret for 25 years. Fred and his family told no one until 1987. After the editor passed away, Fred decided to drag out his old costume and reveal his "alter ego". He has since been interviewed extensively about his role as the Swamp Monster. Newspapers, magazines, and books have published his story.

Fred grinned as he told me about the time he rode with those friends into the swamp in search of the creature. He said that he had all he could do to keep from laughing when they locked the doors and rolled up the windows in the swamp. They soon drove back to town. "They didn't know they had the swamp monster, of all people, riding with them the whole time!"

I asked Fred about his costume and what his Aunt Dorothy had thought when she found out that he was wearing her old raccoon coat as the Swamp Monster. "She was tickled to death", he said, "She gave it to me for the Halloween parade, but she didn't know about the swamp monster story until I came out and told it." Her parents had bought her that coat at Benjamin's Department Store in Salisbury in 1928 when she went to college at the University of Delaware. She told Fred that it had been luxurious then, but he says that it is old and ratty now. The last time it was worn was by his son, Lee in June 2008 for a newspaper story and photo by James Diehl for the News Journal.

Most people laughed good-naturedly at the news of the hoax, but there are probably still folks who believe there is a REAL swamp creature out there somewhere.



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*.

Sources:

Interview with Fred Stevens, September 19, 2014.

"The Selbyville Swamp Monster", Mark Chorvinsky and Mark Opsasnick, Strange Magazine, Issue #4, Rockville, MD, C. 1989

"Great Cypress Swamp Monster", Monsters of Maryland, Ed Okonowicz, c. 2012

"Tales from the Swamp", Remembering Sussex County, James Diehl, c. 2009

Photos, courtesy of Fred Stevens.

High Tide News

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BUSINESS REBEL WITH A WINNING IDEA? ...IS THIS WHO YOU ARE?

STOP right there! Successful startups are much more than rebellious ideas. Winning sweat equity or financial support to your side means keeping your head down and making your idea work. Reality: You must make it work because only fools buy ideas.

STOP dreaming about #Shark-TankWeek, #Kickstarter, etc. True entrepreneurs take only reasonable risks. Consider the odds. You might as well bet your farm at some casino. Glittery competitive arenas like these are made to attract media audiences and build databases from your friends and supporters. Coaching over 500 successful startups has taught me that

competing for some magical, convoluted "prize" wastes enormous amounts of time, money, energy and often, rare opportunities. It's not worth the time and energy it steals from your pursuit!

Your odds for success are much increased by focusing instead on making your business idea come to life. And that takes having a passion and commitment for what you're doing. And . . . transforming your idea into a viable product or service includes having a strong and unbiased grasp of your target market and overall marketability. The central theme that came from an intensive New School for Entrepreneurs program I once completed is that

when your idea is ready, the money will come to you. It will come from sources you least expect. The secret is to concentrate on developing your idea, not funding. Too much focus on the finish line prompts runners to trip and fall.

A few comments I've found worthy to consider:

FOR LONE ENTREPRENEURS: "You can't steal second base with one foot still on first base." (Paul Niemann of MarketLaunchers.com)

FOR PARTNER ENTREPRENEURS: "When two partners always agree, one of them is not necessary." (Dale Carnegie).

FOR ALL ENTREPRENEURS: "I have not failed. I've just found 10,000 ways that won't work!"

(Thomas A. Edison, on inventing the light bulb)

And My publisher reminds me . . .

"BELIEVE in your self. WORK harder than others think is necessary. EXPECT more of your self than others think is possible. RISK more than others think is safe." (Valerie Connelly, Nightengale Media).

GET more food for thought and creative ways to ignite sales at my Entrepreneurial Leadership Blog: www.BusinessWorks.US

By Hal Alpiar, Nat'l award-winning consultant/marketer/author specialist in entrepreneurial and healthcare leadership development.



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Lois Saraceni, Owner

By Lois Saraceni, Owner

La Vita Bella Day Spa & Salon

Owner: Lois Saraceni

Email: lvbde1@gmail.com

Phone: 302-616-1014

Location: 96 Atlantic Ave

Ocean View, DE 19970

We opened *La Vita Bella* in December, 2011 as a Day Spa. We offered all Spa Services such as Massage, Facials, Body Treatment, Nails & Waxing. I was getting tired of turning people away who needed their hair done, so in February 2014 we opened a full service Salon. We made a new nail room with a Nail Bar. Our new Guest Retreat holds large groups, and our reception area is extremely spacious.

I have been vacationing or working virtually from this area since 1998, and moved here permanently in 2005. My husband is retired and I was laid off from an executive position. Trying to find a job in this area with a College Degree and executive experience was impossible. After trying Real Estate and in home sales, and a part time job, I decided to create my own job and some for others. Several Business Plans and nine months later, *La Vita Bella* was born on December 15th, 2011.

I took a job at a local Day Spa. I ended up running things. The advice I gave for improvement that hospitals paid my firm upwards of \$300 an hour was falling on deaf

ears. On the plus side, I really enjoyed the clients so I decided to use my education and experience to open my own place.

As for my future, I would like to see *La Vita Bella* get to the point that I can relax a little and spend more time with my family.

We participated in *Beauty for the Beach House to benefit Justin's Beach House* the first year and ran the event last year. We are looking forward to the 3rd Annual in April, 2015. We also participate in other businesses charity events and support as much as we can. We were the first to sign on for *Operation Seas the Day Ladies Spa Day* and I had the pleasure of coordinating things with the host families and the other spas. I think we had more fun that day than the ladies and they had a blast!!

We won *Best Spa for First State Favorites* Sussexcountian and Dover Post 2013 and Gannett Newspapers *Reader's Choice for Best Salon/Spa* overall and *Best Salon/Spa Delaware*.

Our staff really care about people and are passionate about what they do.

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It is proven that Massage is physically beneficial for everyone. It is not only a stress reliever, but improves circulation, helps improve the immune system, reduce pain, relieve swelling, and help cancer patients that are going through chemotherapy. Facials and Body treatments help the skin retain moisture and improves skin texture

and appearance. Other advance facial treatments help reduce lines, wrinkles, and sun spots. A professional manicure or pedicure helps insure healthy nails. Pedicures are particularly important for those that have trouble seeing or reaching their feet.

I would like to see this business build so much that we are able to expand our community charity efforts. For more information: **www.lavitabellaonline.com; lavitabellade@gmail.com; 302-616-1014**

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LET'S TALK BUSINESS

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The business of healthcare, that is, what is provided by professionals, facilities and institutions, to the ill, and the infirm, along with the preventive services necessary to keep you from needing something more, is big business. It is so big, that spending for healthcare accounts for nearly 20 cents of every dollar of goods and services produced in this country. And these costs increase every year.

What services cost, has a lot to do with who's paying. With health insurance as a benefit offered by employers, footing a great deal of the cost of a visit to a physician, or a stay in a hospital, you have most of the true costs of delivered services, kept from the recipient of the care. Now you can bet that the insurance company is not paying the "list" price for those services; just like WalMart, they can negotiate the lowest prices with the volume of their purchasing power. The role of the payer, and the role of the provider of the service (physician, hospital, drug company, nursing home, etc.) serves to balance the costs of healthcare services in any one market area. But the market for these services is made a bit more complicated by the costs of new technology (like the diagnostic machinery in a hospital's

radiology department), or the costs of years of research and development by a pharmaceutical company, resulting in a wonder drug. These are things that everybody wants, and they add to the cost of healthcare.

The federal government pays for a great deal of healthcare services. The best known program is Medicare, the insurance plan for the elderly, and the disabled. It pays for most of the costs of a visit to a physician (you have to purchase a supplemental insurance policy on the open market, for that which isn't paid by Medicare). The same is true for hospital care, both that Medicare does not pay for everything, and that you need to have a means of payment, for what isn't covered by Medicare. When care is needed beyond a hospital stay, or the increasingly popular outpatient surgical procedure, Medicare covers only the most essential care, and then only for a limited period of time. For example, you receive cardiac care at Atlantic General Hospital in Berlin, or Beebe Healthcare in Lewes, and you are sent home, or maybe your recuperation is not complete, and you are transferred to Atlantic Shores Rehabilitation & Health Center in Millsboro, or Harbor Healthcare

& Rehabilitation Center in Lewes, for a stint in the rehab unit, where you are on the receiving end of physical therapy to get you back in the swing of things, and occupational therapy to get you back to your job. The payment by Medicare for these services in a Skilled Nursing Facility, or SNF, is not guaranteed, and even if it is, there may only be coverage for a limited number of days. The same is true with Medicare certified home healthcare, payment will only be available for what is referred to as a "skilled" service, such as physical, occupational and speech therapy, along with the services of a registered nurse, and then by mostly the same standards of need that apply in a Skilled Nursing Center. Medicare is considered a competent federal program, albeit one that is increasing in cost at a more rapid rate than the amount of contributions made to it during the working years of those eligible for it today.

The other well known federal health insurance program is Medicaid, or Medical Assistance, or other variations, like MediCal in California. This is the health insurance program for low, or no income individuals. Like Medicare, this is a federal program, but administered individually by each state.

Coverage, or what's paid for, can and usually does vary by state. Medicaid got a lot of attention most recently, when it was revealed that a large percentage of new enrollees to Medicaid did so when they went on line to inquire of their eligibility to participate in the federal Affordable Care Act, sometimes referred to as "Obamacare". This is a necessary "parachute" type of health insurance, but you have to be truly in need, to be eligible. It is known to be a popular payer of the care of the elderly in nursing homes, but be aware of its last resort nature, something many of the families of the elderly only become aware of when the recipient's home has to be sold to reimburse the program for the costs of care.

Medicare and Medicaid, as well as the increase of government involvement in private health insurance programs under the Affordable Care Act, will entail increased rationing of care, as a way of managing costs of insuring against illness. This has already begun, as the recent debacle at the Veteran's Administration illustrates.

I'll devote my next column to health care and residential living for the increasing retirement age population of our area. We'll talk business again soon.

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A long and successful career should be followed by a long and happy retirement. But it won't happen on its own. You have to be sure you're investing properly to help you reach it, and then follow a solid strategy both now and through your retirement years.

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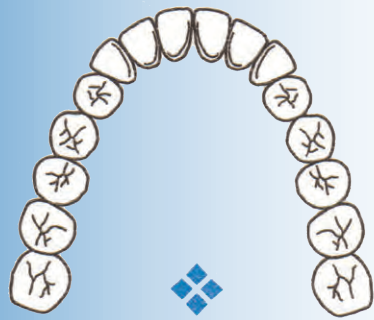
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Peninsula Home Care Offers High Tech Therapy

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

Submitted by Therese Ganster

Modern day technologies are transforming the healthcare industry every day. In the home health sector, Peninsula Home Care is leading the way by providing patients with high tech therapies designed to shorten healing times, enhance comfort levels and improve their overall level of care. PHC Nurses and therapists are continually enhancing their education and training through certifications that allow them to provide patients with the most innovative technologies in home health care and therapy.

Saebo Rehabilitative Therapy

Peninsula's Saebo treatment is bringing a new level of independence to stroke survivors and other neurologically impaired individuals. Certified PHC therapists are using Saebo neurological orthotic devices in conjunction with physical therapy to

help patients with little or no hand function and limited arm movement. The devices are designed to help "re-program" the brain following an injury. Saebo therapy allows patients with very little residual hand function to immediately begin grasping and releasing objects in high repetition exercises, forging new pathways in the brain.

Wound Care E-STIM

First on the Delmarva Peninsula, Peninsula Home Care physical therapists (PT) are certified in the treatment of patients with chronic wounds through E-STIM, a treatment medically proven to help wounds heal up to 40% faster than traditional wound care methods.

PHC has been using E-STIM to treat injuries, muscle weakness, edema, neurological re-education and pain since 2011. As the technology advanced, the benefits for use on chronic wounds became clear. Peninsula Home Care therapists started

training annually in 2011 to use the new E-STIM technology. At the end of the course, PTs are expected to pass a final exam to achieve certification to provide wound therapy E-STIM to patients in the home.

Tele-Health

When a patient is discharged from the hospital, they transition from being constantly monitored by health care professionals to being on their own or cared for by family or friends. And while care givers are concerned about the patient's well-being, it's nearly impossible to be available at all hours of the day.

Peninsula Home Care is helping alleviate some of the worry with a new "tele-health" service. Patients and caregivers will be able to rest easy with high-tech home medical monitors that track health conditions and alert home care nurses of any issues, recurrences or flare ups. The monitors provided to patients will track

and record critical health information such as blood pressure levels, pulse-rate, weight and blood oxygen saturation levels.

"As technology expands the horizons for healthcare, Peninsula Home Care will continue to stay at the forefront of providing advanced treatments to help patient outcomes and recovery," said Therese Ganster, Peninsula Home Care, community liaison.

For more information on high-tech / high-touch solutions for home care, visit www.peninsulahomecare.com.

Peninsula Home Care at Nanticoke is a Medicare certified Home Health Agency providing intermittent skilled nursing and rehab services to patients in their home. Medicare provides coverage for these services. For further information, please contact Therese Ganster, Community Liaison, at 302-629-4914.

Taxi Ride in France

By Vincent Paez

We all have cab stories, such as the story of "the funny cab driver," or "the cab driver who got lost," etc. This one I think is a doozy, and I feel compelled to share it with you. I hope you enjoy it.



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!"

Several years ago, I took a late flight into Lyon, France. Lyon is a relatively small and charming city in the southeast of France. It's known for its fine cuisine served in official small restaurants, called bouchons. It also has a very competitive soccer team and friendly people. I arrived in the airport at 1:00am, due to airline delays. I was exhausted and just wanted to get to my hotel. The ride from the airport to the hotel is quite long, and I thought I could get some sleep in the taxi. Alas, I was wrong. I entered the taxi and explained to the driver that I wanted to go to the Mercure Hotel downtown. He said that he knew where it was, and off we went.

He was apparently a Muslim man, and his taxi cab was adorned in full Middle Eastern style with beaded mats for the seats and photos of the Middle East all over the car. I have had several Muslim friends, and was aware of his passion.

"Selam," I said. He was astonished that I knew the greeting.

"Selam," he said. "Êtes-vous croyant? (Are you a believer?)"

I was tired. I said, "Oui, I am a believer."

He pulled out of the airport taxi area with full acceleration, like a Nascar driver pulls out of the pit. He then turned on the CD-player with Middle Eastern prayer music turned on at full blast. I asked him politely in French, "Sir, could you please turn down the volume."

"I thought you said you were a believer!" he replied in a terse voice.

"Sir, I'm very tired, and it is late. I simply wish to sleep until we arrive at the hotel."

"Well, you should have told me you did not want to pray; you said you were a believer."

I really did not want to argue. I ignored the rest of the conversation and closed my eyes, when I realized that he started to drive erratically, as if in an angry mood. He spun the car left at a turn, then he spun it right at the next turn, always accelerating and hitting the brakes with great intensity. Suddenly I heard a large "crack" on my back

seat window, as if a huge object had hit it. It was the illuminated "TAXI" sign from the top of the car. His steering moves were so wild that they dislodged the sign from the top of the car, and it came crashing into my window, dangling from top of the car by wires.

I had had enough. "Sir, slow down right now, or leave me on the side of the road."

"On the side of the road? How will you get to the hotel?" he asked.

"Allah will see to it that I get to the hotel!" I tried to relate to him.

"Allah will get you there no doubt, and I will do his work," he reassured me.

The driver slowed down, and we finally reached the hotel after one of the wildest taxi rides in my life.

"Selam (peace be with you)," he said to me after I paid him.

"Selam," I replied as I bowed.

I ran into the hotel reception area with my heart pounding from all the excitement. We all have crazy taxi stories. Since then, I haven't been able to top this one yet.

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Proprietor Name: Dana K. Kylan
Email: beachangel@mediacombb.net
Phone: 302-539-8199
Address: 36316 Beaver Dam Road
City: Frankford, DE 19945

While at a weekend retreat, I received my first massage. I found massage to not only feel wonderful physically but also to be spiritually healing as well. I had always wanted to do something in the health care field, to help others and to make a difference in other's lives. I knew immediately this was to be my new path. I attended classes and became a Certified Massage Therapist in 2001. I am blessed to do what I am passionate about as my life's work. I offer "Massage done with the Heart as well as the Hands."

Upon graduation, I attended additional courses becoming certified in pregnancy massage, senior massage, hot stone massage, and raindrop therapy.

My first full-time opportunity to provide massage was in a senior community and I found I enjoyed working with the seniors. Many had little or no family and, sadly, received little physical contact except

for massage. They so appreciated the relief massage gave them and I received fulfillment being a part of their day.

Massage, once considered an indulgence, has been proven to provide physical benefits such as relaxation, easing muscle pain, helping to lower blood pressure, and increasing circulation. But also offers emotional and spiritual well being. Massage is beneficial to all ages. It's NEVER too late to start massage, regardless of where you are in your life. It can, and does, make a difference becoming a part of a healthy lifestyle.

Many people avoid massage because they don't like to be touched. That's one of the reasons I studied Reiki and became a certified Reiki master/teacher. Reiki is non-invasive energy work that provides relaxation as well as to help to balance and strengthen the receivers energy. Reiki aids in promoting the body's natural ability to heal itself by replacing negative energy with positive healing energy. It is very gentle and can be safely used on all persons including babies, surgical patients, the elderly, those in hospice and their family members.

I originally studied Reiki to use on myself to help to keep

me centered and balanced.

I offer classes in Reiki levels I, II, and III to those interested in learning how to use their own energy to help themselves and others.

About 9 years ago, I became aware of my intuitive clairvoyant abilities.

A dear friend of mine (a spiritual connector) encouraged me to take courses and study with her, as my teacher, on spiritual connection.

In the last year-and-a-half I have begun offering spiritual readings. It is always a blessing and a privilege to be the messenger offering guidance from angels and spirit guides.

I use my training (massage, Reiki, raindrop therapy) along with angelic guidance to provide compassionate, personalized service. It's my intention to facilitate the best hour in your day. My caring and spiritually guided services wrap your body, mind and spirit in a blanket of comfort and peacefulness.

I look forward to the opportunity and privilege of being a part of your journey to health and wellness.

Namaste'



Dana K. Kylan, Certified Massage Therapist, Reiki Master/Practitioner, Intuitive Spiritual Connector. ...offering messages and guidance from your angels and spirit guides. For more information or to schedule an appointment, call 302-539-8199 or email beachangel@mediacombb.net.



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SEPTEMBER 19, 2014: DCVA Commissioner Robert Corsa; assisted by Veterans Advocate Isaac Goodman, participated in the POW MIA National Day of Recognition at the Circle in Georgetown, DE. Guest Speaker was Dagsboro Chief of Police Floyd Toomey; assisted by the Sussex Central HS JROTC Honor Guard. In attendance and recognized were DE State Senator Robert Venables; DE State Representatives John Atkins & Ruth Biggs King; Mr. Bob Wheatley for SC Council 5th District; DCVA Representative LtCol Angela Showell (ANG); and Vietnam POW Donald "Glen" Smith of Dagsboro.



OPERATION SEAS THE DAY

These photos show a heartfelt welcome from the community of Bayside when the Very Important Families arrived at the Freeman Stage!



Photo: Judy Layman, High Tide News

HOW TO HEAT YOUR HOME IN SUSSEX COUNTY

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.

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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Indian River High School Alumni Association

Submitted by Ruth Ann Marvel, IRHSAA

One of the primary functions of the IRHSAA is our social networking with other IR PRIDE members. In keeping with this, we are excited to announce our upcoming 3rd Annual "Meet & Greet" on Saturday,

November 1st! This will again be held at The Cove at Bayside from 4-6pm! The cost is \$10 per person and will include fresh fruit, cheese and crackers, hot spinach artichoke dip, bacon and cheese potato skins, iced

tea, lemonade, coffee and water. The Cove will offer Happy Hour drink prices at the bar. RSVP's are not required but strongly preferred and payment can be made at the door. DOOR PRIZES will be offered every half hour...so plan to join us! BETTER than a reunion, this is your chance to see IR grads and guests from many years along with past staff and administration. All are welcome! Fall means football, and IRHS will have some important HOME games in October! Please mark your calendar and attend the HOMECOMING GAME on Friday, October 17th against Woodbridge! Games start at 7:30pm but come early to see the

festivities included with Homecoming! We consider this our ALUMNI night as well and want you to "come home" and visit with us. Be sure to stop by our table near the entrance to say "Hi"!

The final home game will be on Friday, October 24th against Seaford and is considered Senior Night. This acknowledges our Senior players (both football and band). This is also BAND ALUMNI NIGHT and Mr. Marvel encourages all band or band front members from previous years to join the current band, sit in the stands, reminisce and participate in the Half Time Show as they perform ON THE FIELD. What a great way to celebrate a "blast from the past"! Contact Brian Baull at irbandboosters@gmail.com for more information!

There are lots of class reunions in the next month! Please check our website for additional information on upcoming reunions and be sure to attend YOURS!

Finally, we are so proud to have our new SCHOOL SIGN! Thank you to all who contributed...from the design process to community members & groups who financially contributed through our fundraisers or private donations. We are PROUD to see one of our primary goals completed and look forward to this benefiting IRHS for many years to come.

Spread the word and have others join our group at www.irhsalumni.com.

Let's keep spreading that
I.R. PRIDE!!!

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(*High Tide News* is mailed to alternating neighborhoods throughout Bethany Beach, Dagsboro, Fenwick Island, Frankford, Millsboro, Millville, Ocean View, and Selbyville. Occasionally it goes to Rehoboth & Lewes...watch for a new *High Tide News* in spring 2015 for northern Sussex County.)

Watch for yours in your mailbox!

Questions? Call 302-727-0390

3rd Annual IRHS Alumni Assoc.
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