

Watch Videos in this **NEWSPAPER!!** (see pg 10 for FREE APP download!)

Local  
Postal Customer

PRSR STD  
ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

# High Tide News

September 2016

Local news for the people, by the people

Vol. 4 Num. 9

www.hightidenews.com

## When Fish Smelled like Money in Lewes The Old Menhaden Fisheries

For much of its history, Lewes has been a commercial fishing town. Tourism is now big, but from about 1888 until 1966 Lewes was home to the very profitable menhaden fishing industry. In fact, Lewes' fisheries were one of the first and largest operations in the US.

The Atlantic Menhaden is a silvery fish with a black spot behind its gills and a deeply forked tail. Its size ranges from 3-12 inches. It is part of the herring family, known also as bunker, porgy, or bughead. Locally, we know this fish as a hardhead or fatback, a bait fish. Menhaden swim close

to the ocean surface in gigantic, dense schools. It is likely the fish that Squanto taught the Pilgrims to bury beside crops as fertilizer. Theoretically edible, Menhaden is a rarely eaten, unpalatable fish due to its high oil content, which is precisely why it has been so valuable commercially. Menhaden oil is used in pet foods, dietary supplements, soaps, lubricants, paints, glycerin, cosmetics and other products. The rest of the fish is processed into fertilizer and

continued on page 10



Menhaden, Wikipedia



By Sandie Gerken



Clockwise: Fish: Atlantic Menhaden; View of the fisheries in Lewes at the height of Menhaden fishing; and a vintage postcard of Menhaden Fishermen in boat.

Courtesy: Lewes Historical Society



**SEASIDE PLUMBING INC.**  
Joshua Martin, owner  
410-641-1368  
10545 Friendship Rd. Unit 2  
Berlin, MD 21811

Fully Insured and licensed in Maryland and Delaware  
• MD Master License #67879  
• DE Master License # 2321

### How it all started

Josh Martin moved to Delmarva with his family 22 years ago. He graduated from Stephen Decatur High School in Berlin, MD and then attended Wor-Wic Community College. Josh started Seaside Plumbing when he was 21 years old. He is a licensed Master plumber/gas fitter.

When he started the company on March 16, 2003 (Which happens

to be his birthday!), Josh worked primarily for other plumbers as a sub-contractor. As the years passed, Seaside Plumbing slowly grew their own client base, and now work primarily direct to the customer or builder.

When asked why he decided to go into the plumbing business, Josh answered, "Mechanical contracting always was exciting and challenging to me. As the years progressed, my presence in the field has lessened. I now enjoy helping the development of my employees. It gives me great satisfaction to help our future industry leaders in plumbing grow and prosper."

"I had many general construction jobs... framing houses, trim carpentry, before I went into plumbing."



The team at Seaside Plumbing, Inc., left to right, back to front: Evan Schultz, Bill Collins, Joshua Martin, Jason Cooke, Sean Parks, Tracey Sapia, Charlie Martin (dog/Seaside mascot), Lauren Martin, Isaac Martin, Collin Baker. (not pictured - Dave Vickers)

### What has made Seaside Plumbing such a successful local business?

"Successful - By providing a safe, stable, and prosperous work environment for our employees.

"Success for our customers - By providing the best product and service that we can, always being honest and organized to try and service our customers as quickly as possible."

According to Josh, some of the great moments in the development of Seaside Plumbing have been:

"Transitioning from a home office to our present commercial space at 10545

Friendship Road, Unit 2 in Berlin MD.

"Hiring an estimator and an office manager, to help him continue what he enjoys doing the most.... overseeing the field technicians and overseeing job production."

### Recognitions

- Voted 2016 Coastal Style's Best Plumber in Worcester County.
- BBB A+ rating
- Member of non-profit organization - Contractors For A Cause.



continued on page 2







**Seaside Plumbing stands out from the rest**

“With the help of Lauren our vice president, we truly know our exact costs to operate a business. So many businesses do not calculate their actual costs correctly, and subsequently end up selling their services for less than their true costs.

This perpetuates a contracting industry that is ultimately un-sustainable.

“We appreciate everything that comes our way, and understand that we have to do a fantastic job every single day to ensure our customers happiness, and ultimately our success.

Seaside Plumbing does random drug

testing because we want to make sure that we are sending someone to your home that we would trust in ours.

Seaside uses a sewer camera and inspection system that allows them to analyze problems using high definition video, as well as other technology that lets workers pinpoint the exact location of clogs.

For the customer, that means quicker solutions and less digging!

**Who are your customers?**

“High end new construction & remodeling has always been our niche, we really excel at the residential homes that are unique in either the number of bathrooms, or the custom plumbing fixtures that are installed in them.

“We are currently looking to expand our steadily growing service division as well, and are looking for an additional journeyman plumber with experience to hire. They can apply

on our website. We are also looking for apprentices who want to learn the trade and grow with the company.

“Value is defined as usefulness or importance. We bring value to the consumer by providing them with a product or service that will enhance their life, make their life easier, or give them a basic necessity in some way. The importance of this is tremendous, either their life is enhanced for the better, a necessity is back in operation for them, or costly damages have been avoided by having seaside plumbing help them with their plumbing or gas needs.

“As our energy needs change, I foresee the plumbers of tomorrow focusing more on re-using our existing resources to our benefit. Solar hot water heating, water conservation, rainwater harvesting for re-use, graywater re-use, are all tools that I believe will be mandated in the future of construction. Water is a precious resource, and our aquifers that we draw from can only support so much demand.

For More Information:  
[www.seasideplumbinginc.com](http://www.seasideplumbinginc.com)  
 410-641-1368



When the work is done there is always time to laugh with the staff at Seaside Plumbing Inc. They had lots of “good clean fun” in the 2016 Berlin MD bathtub races!

*Seniors Helping Seniors delivers tailored care programs*

If you or a family member is facing knee or hip replacement or another surgical procedure that requires a recovery period, Seniors Helping Seniors (SHS) can help with continued recovery at home. Whether it is a few days or weeks SHS can encourage and offer reminders for completing mobility exercises, provide transportation to post-op doctor appointments, accompany or provide grocery shopping or just offer some coffee-time conversation.

Seniors Helping Seniors offers tailored care programs after you’ve had surgery or are transitioning to or from rehab, nursing or assisted living facilities:

- Care Management Program - where SHS coordinates customer’s care with other home providers.
- Discharge to Home Program – where SHS helps with discharge after inpatient care - transportation, getting medications, meal preparation and/or shopping, a 2-3 hour visit including tuck-in.
- Assisted Living Program – Helps new residents become settled – companionship, take to dining, run errands.
- Advocacy Program – keeping an eye on senior parents for their out-of-area children.

become more than just a care giver - they become compassionate and caring friends.

Contact Seniors Helping Seniors for a free consultation if you are looking for support - [www.seniorshelpingseniors.com](http://www.seniorshelpingseniors.com) or call 302.858.7330 to learn more.

*Caring for Older Parents*



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

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

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



**SENIORS Helping SENIORS®**  
 ...a way to give and to receive®

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

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

302-858-7330 [SeniorsDelaware@aol.com](mailto:SeniorsDelaware@aol.com)



Recognized again as being one of the top best home care companies on the Forbes Top Franchise List, Seniors Helping Seniors is an in-home care and companionship company whose services are delivered by seniors who



**High Tide News**  
 Local news for the people, by the people

High Tide News is published every month, year-round, and delivered by the U.S. Post Office to homes in Sussex County, Delaware.

Subscriptions are available at:  
<http://www.hightidenews.com/subscribe.html>

**Volume 4 Number 9**  
**September 2016**

**Publisher:** Layman Enterprises  
**Editor:** Judy Layman  
**Contributing Writers:** Sandie Gerken, Vincent Paez, Claudia Alesi

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

Phone: **302-727-0390**  
 email: [news@hightidenews.com](mailto:news@hightidenews.com)  
 online: [www.hightidenews.com](http://www.hightidenews.com)  
 office: **118 Main Street Millsboro, DE 19966**

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

Disclaimer: The opinions, beliefs and viewpoints expressed by the various authors in this newspaper do not necessarily reflect the opinions, beliefs and viewpoints of the owners or staff of High Tide News.

The author of each article published in this newspaper owns their article. No reproduction of articles without the express consent of the author and High Tide News.

Submissions: An article may be submitted for possible publication in this newspaper by emailing your article to [news@hightidenews.com](mailto:news@hightidenews.com) or submitting online at [www.hightidenews.com](http://www.hightidenews.com). Please include your full name, contact information and a short bio.

**To Advertise, Submit an Article, or Subscribe, simply call: 302-727-0390 or email: [info@hightidenews.com](mailto:info@hightidenews.com)**





# WINDOW CREATIONS

## WINDOW CREATIONS OF DELAWARE

Proprietor: Mark Cieniewicz  
 Mark@RBpros.com  
 (302) 682-2999  
 PO Box 311  
 Nassau, DE 19969



*Window Creations is a family owned and operated independent business. We began servicing clients in Delaware in 2006 by word of mouth and referrals only. We offer a boutique service, bringing the store to your door!*

The best way to shop for window fashions is at your home for a number of reasons. As a **Priority Dealer with HUNTER DOUGLAS**, you are sure to receive the finest in quality and fashion.

### A Passion for Working with Homeowners

2006 is when I began to service clients in Sussex County, following my move from New Jersey. Most of my professional experiences are in the real estate sector, as either a property manager or construction manager. My time as a residential construction manager in Rehoboth Beach helped me realize my passion for working with homeowners. I especially enjoy working on selections of the home's finishes and interior fashions. Window fashions has proven to be a great fit for me.

As a new homeowner shopping for window fashions myself, I was presented

the opportunity to open my own shop-at-home business following my Uncle's guidance. He has been in the business since the 1990's in both New York and Florida.

Establishing strong relationships with other trade professionals serving the beach community has proven to be tremendous, not only for my business's exposure but also the clients who are being served by us. Many of the new homeowners in our beach communities are from out of state and rely of quality referrals for their home service needs. BNI (Business Networking International) chapters in Rehoboth has been successfully connecting our local professionals with one another and the clients we all serve.

### Highest Level of Professionalism

*Window Creations*

received the 2016 "Best of Houzz" honor earlier this year. We do our best to showcase the many options and design trends through social media like HOUZZ, FACEBOOK, PINTREST, etc.



Whenever you have a business owner as your main point of contact, you are confident you will be receiving the highest level of customer service, product knowledge and professionalism. After all, no one will know their business better than the owner. What makes *Window Creations of DE* dif-



It moves your shades, so you don't have to.

POWerview™ MOTORIZATION FROM HUNTER DOUGLAS.

**HunterDouglas**



ferent is our deliberate effort to keep costs down so that our clients receive today's best products at unbeatable prices. No "brick & motor" overhead, franchise fees or back office staffing needs to be covered by our pricing. You only pay for what you get, your window fashions and the installation service.

### No Job Too Big or Too Small

We have fantastic pricing on plantation shutters and motorized shades, so new home construction tends to benefit most from our business model built on savings. We have also serviced commercial clients from medical offices to restaurants and professional offices. There truly is no job too big, or small for *Window Creations of DE*.

**QUALITY:** name brands that you know and trust, who have warranties that seldom need to be used.

**SAVINGS:** low overhead business model (shop-at-home) with high volume sales in 4 states

**RELIABILITY:** no 800 numbers to call, you get the owner every time. Same war-

ranty coverage from the manufacturers.

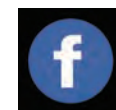
**Average savings of \$50 per plantation shutter when ordering through Window Creations of Delaware.**

Specializing in motorized/programmable window fashions for your "smart home" projects! Works with nest thermostats and control 4.

*Window Creations* will always remain a small 1-3 person operation as we have committed ourselves to keeping costs down and only sending experts to your door. Each team member trained in design and installation, our clients are sure to have made an educated purchase for their home or office and receive a professional fit and installation of their window fashions.

**Call today to schedule your FREE design consultation: (302) 682-2999**

Check us out online at:  
[windowcreationsde.com](http://windowcreationsde.com)



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

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

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

**The Tidwell Group**  
 at Morgan Stanley

**Daniel Tidwell**  
 Senior Vice President  
 Financial Advisor

**Jeffrey Tidwell**  
 Financial Advisor

**Nicholas Shevland**  
 Financial Advisor

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

**Morgan Stanley**

© 2015 Morgan Stanley Smith Barney LLC. Member SIPC. CRC1316978 10/15



**Seaside PLUMBING INC**

**410.641.1368**

**Plumbing & Gas Contractors**  
 10545 Friendship Road Unit #2, Berlin, MD 21811

Fully Insured and licensed in Maryland and Delaware  
 • MD Master License #67879 • DE Master License # 2321

**Quality Plumbing and Gas Contractor services in Delaware & Maryland since 2003.**

**2016 Coastal Style's Best Plumber in Worcester County**  
**BEST OF WINNER 2016**

We stand by our principles:

- Integrity
- Compassion
- Sustainability

For immediate assistance, questions, information, scheduling, or a quote, please call us during office hours (9am-5pm Mon-Fri) or email: [seasideTraceyS@gmail.com](mailto:seasideTraceyS@gmail.com)

Visit our website: [seasideplumbinginc.com](http://seasideplumbinginc.com)





## The Old Menhaden Fisheries

continued from page 1

fish meal to be used in animal feed.

Lewes' first menhaden fisheries were established about 1888 when the Luce Brothers from Niantic, CT built the first fish processing plant between town and Cape Henlopen. Other fishery operations moved to Lewes. By the 1920s, there were two large menhaden plants in Lewes, the Consolidated Fisheries Co. and Atlantic Fisheries, previously operated as the Lewes Fertilizer Co. Lewes had become one of the largest fishing ports in the country.

In 1938, J. Howard Smith of Long Island, NY purchased the Atlantic Fisheries plant.

His son, Otis H. Smith came to Lewes to become manager and CEO, renaming it Fish Products Company. Smith's family of Long Island, NY owned several commercial fisheries in the country. The site of this factory is where Cape Shores is now located, near the ferry terminal. On the eve of WWII, the plant was in disrepair. Menhaden fishing was important to the war effort since the oil was used in glycerin to make gunpowder. After the war, Smith employed German POWs to help with improvements at the plant. Part of this renovation included a massive, 140 ft. high concrete, steel reinforced storage silo with 12-18 inch thick walls.

In 1953, Lewes ranked as the largest fishing port in the US, catching over 390 million pounds, nearly ¼ of all menhaden caught on the Atlantic and Gulf Coasts combined, with a reported value of over \$4 Million. In 1954, Otis Smith purchased the Consolidated Fisheries plant, renaming it Sea-coast Products. His 16 acre combined fisheries employed 650 men with a fleet of 25 fish boats.

Menhaden fishing required a large boat and

two smaller boats to pull the net around the school of menhaden. The menhaden were located from a crow's nest lookout on the ship, then later by spotter planes that radioed the fish's location. The trawler would position itself in front of the menhaden and the small boats would move in opposite directions, dragging the large purse seine to encircle the school. The net was closed like a drawstring bag by lowering a 500 lb. weight. The seine was large enough to catch 50,000 fish. Each small boat carried several men who had to haul in the seine by hand. They sang chanty songs to help them pull in unison to power the load aboard. These chanties became tradition even after hydraulic lifts came into use to pull in the seine and drop the fish on the trawler. Once at the plant, the fish were boiled to release the oil and the remains were processed into fish meal. Both products were sold to commercial markets.

Of course, the stench of the fish was atrocious!! The odor hung over the town, likened to "something dead", "feet unwashed for 10 years", to "worse than hog manure". However, for Lewes, the smell meant money to support area families.

The 1950s and 1960s were the heyday for the fisheries. Fishing from May through October, the annual yield exceeded 600 million pounds. The peak year was 1959 when proceeds reached \$73 Million. By the mid-1960s, the menhaden population suddenly dropped off, most likely from overfishing. Smith limped along until mid-season 1966, when his plants abruptly closed due to the decline of fish. The J. Howard Smith Companies, including the Lewes plants were sold in January 1974 to Hanson Trust, Ltd. of London. Otis Smith contracted with the new company to manage a plant in New Orleans.

The Lewes factories sat vacant for years. As tourism became a lucrative industry, progress necessitated the removal of the factories. In March 1983, demolition began to make room for a housing development. A blasting company was hired to destroy the huge storage silo.

A crowd watched as 700 lbs. of dynamite were placed around the base of the silo. Amazingly, once detonated, the silo remained standing, tilted about 15

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*.



degrees. A second attempt left the silo upright, still leaning. A third attempt to blast the silo was made the next day, but the silo still stood, leaning a bit farther. Demolition attempts were suspended while the experts went back to the drawing board. For six weeks, the silo was dubbed the "Leaning Tower of Lewes" with a sign that read "Building 3, Contractors 0". On May 11, 1983, the silo finally crumpled, having had a massive amount of dynamite placed within the walls, not at the base. Today, nothing remains of the Lewes fisheries. Not even the SMELL!

After the decline of the menhaden population, the US Fisheries Commission put restrictions on the fishing catch. But, menhaden replenishment has been slow in the mid-Atlantic. In Delaware, large scale menhaden fishing has been illegal for years.

As for Otis H. Smith, Lewes still remembers him as a successful businessman, a mayor of Lewes for 18 years, a philanthropist who financed a city dock, a marine laboratory at UD's Lewes campus, and a research vessel for the college. He gave land to Rehoboth Country Club, spurred improvements at City Hall, served on many boards. He owned a farm in Lewes, where he raised prize Hereford cattle. A civic-minded humanitarian, he was awarded a conservation award by the US Department of the Interior and was inducted posthumously into the Delaware Maritime Hall of Fame in 2009.

### SOURCES:

"When Menhaden Fishing was a Way of Life in Lewes, Del.", Molly Murray, The News Journal, September 29, 1993

Obituary of Otis H. Smith, former Lewes Mayor, Cape Gazette, June 22, 2001

"The One That Got Away", Pam George, Delaware Beach Life, October 2010

"Thar She Blows", Roger A. Martin, Tales of Delaware, 1991

"Fish Scales and Sea Chanties: The Menhaden Industry of Lewes", Lewes Historical Society, A Curriculum Based Program for Students in Grades 4-6

The Men All Singing: The Story of Menhaden Fishing, John Frye, 1978

## The Elegant Plate

PERSONAL CHEF SERVICES

The hottest new restaurant in town...

Scan Story with iVUE for VIDEO!



Gift Certificates

is your house!

CREATE
TEACH
PREPARE

- In-House Dinner Parties
- Prepared Meal Service
- Private Cooking Classes

Chef Jay D. Allen

chefjay@theelegantplate.com    443-955-4927

# Heather's HomeWorks LLC

A Residential & Commercial Cleaning Company

When you want it done right the first time, we can do it!

Year Round, Seasonal, and Vacation Rentals

(302) 249-7660

www.HeathersHomeWorks.com



Scan Ad with iVUE for VIDEO!

Save \$75!



New weekly or bi-weekly year round clients will receive \$25 off their 2nd, 3rd & 4th cleanings.

Exp. 10/1/2016

Call Heather TODAY!



## Cleaning and Replacement of Vinyl Panel Windows – 24 hour emergency Panel Replacement

# JUST VINYL LLC

*We take the clouds away & let the sunshine in!*

### JUST VINYL LLC

Proprietor: Marianne "Missy" Phillips  
410-227-0768 or 443-980-8031  
32491 Powell Farm Road  
Frankford, Delaware 19945

Marianne Phillips owns a growing cleaning & replacement business for vinyl panel windows. This family owned business is operated from Frankford, DE and serves the entire Delmarva area.

*"I left my high stress corporate accounting job in Baltimore MD and came to Delaware to own & operate the company, not that owning your own company isn't stressful, but the friendly customers make it all worth my while."*

Marianne began this business because she saw a real need for this kind of service. Most installation companies do not provide cleaning and replacement services.

In April 2013 Marianne bought an existing company and began growing the business by advertising and personally walking neighborhoods to meet owners of vinyl panel window systems.

According to Marianne, one of the greatest things in the development of the company has been meeting the friendly homeowners from various states and sharing their world travel and experiences.

Other great moments in the development of the company have been the positive

phone calls received from advertisements, to stopping into potential customer's houses for estimates.

*"And then, on average, watching 98% of estimates become active jobs to complete."*

Marianne has received many testimonies from customers of the high quality of work and high customer satisfaction. She has received referrals from *Eastern Shore Porch & Patio*, which, she states, seem to be the best installers with high customer satisfaction.

### High quality of work

This company reflects Marianne Phillips' personal work ethic. She goes "over and above" to satisfy her customers.

"We make the customer aware of the full operation and maintenance of their vinyl panel window system as installers really never cover this area," says Phillips, "and second or third home owners are really puzzled as to everything about the vinyl panel window systems."

### Products and Services

Full replacement and cleaning of PGT *Eze-Breeze* and *Vinyl Tech* window systems. Replacement includes cleaning of frame, replacement of vinyl panel, preserving with PGT preservative, check & replace any operational hardware when necessary for proper operation. Cleaning includes remov-



Marianne Phillips of Just Vinyl LLC...cleaning and replacement of vinyl panel windows.

ing all vinyl panel windows from the frame system then taken outside where they are washed with manufacturer's recommended products, dried, then PGT preservative is applied. While this is being done all frame systems are cleaned & then a silicone spray is applied for ease of operation. Before re-installing vinyl panel windows all operational hardware is checked & replaced when necessary.

This service is the "like new" answer for owners of *Eze-Breeze* & *Vinyl Tech* window systems.

### Benefits of using JUST VINYL

*JUST VINYL* uses only manufacture recommended cleaning and preserving products. According to manufactures, the vinyl panel windows need to be cleaned and preserved two times yearly to maintain the warranty.

Without knowledge of the window system it is easy to mix up panels when cleaning which will create issues when

trying to reinstall the windows as each frame system can vary by fractions of inches.

*JUST VINYL* would like to expand its customer base to meet the needs of the area. With expansion of service they will still provide customers the highest quality of work to insure 100% satisfaction.

### Free Estimates

Estimates are always free. We always offer a 10% discount for veterans, police & firefighters. In addition for every referral a customer provides which leads to a job they will receive a 10% discount up to ten and with ten referrals your next cleaning will be free of charge (Veterans, police & firefighters only need nine referrals for a free cleaning).

When you call Marianne at *JUST VINYL*, mention that you saw their story in *High Tide News!*

**Call today for an estimate: 410-227-0768 or 443-980-8031.**

**Visit their website: [www.jvinyl.com](http://www.jvinyl.com)**

**NEW Listing:**  
**\$254,000**

22831 Angola Rd. W. MSL # 713020 Angola by the Bay

Looking to buy, sell or invest in Sussex County? Give me a call!

**Apryl Parcher**  
Email: [aprylparcher@gmail.com](mailto:aprylparcher@gmail.com)  
Office: **302-360-0300**

**kw**  
KELLERWILLIAMS

Gorgeous 3 bedroom, 2 bath saltbox with attached, 2-car garage on oversized lot. Meticulously maintained and updated. Beautiful hardwood floors, fireplace and open floor plan gives this stunning home lightness and space. Modern kitchen sports granite countertops, a stainless, deep double sink and breakfast bar. Walk onto a spacious deck from the enclosed 3-season room in back, overlooking a spacious backyard. Bring your boat! This gated community has many amenities, including marina, launch ramp, large clubhouse and pool, tennis, basketball and bocce courts, wooded walking trails and playground. Great for primary residence, rental or vacation home!

**LulaRoe**  
simply comfortable

The popular clothing line sweeping the nation is now available on the Delaware Shore!

**LuLaRoe, Casual, Colorful, Comfortable Clothing for women and children!**

**Jennifer Bland, Owner/Fashion Consultant**  
facebook.com/lularoejenniferbland

**302.745.3439**  
Instagram: @lularoejenniferbland



# 38th Annual Bethany Beach Boardwalk Arts Festival

The 38th Annual Bethany Beach Boardwalk Arts Festival, presented by Schell Brothers and the Bethany-Fenwick Area Chamber of Commerce will be held on Saturday, September 10th from 10:00 a.m. to 5:00 p.m. This annual event, located in downtown Bethany Beach, brings in over 100 artists to showcase and sell their work. The featured artists bring unique creations representing a variety of different mediums including paintings, photography, woodwork, metalwork, clay, baskets, jewelry and porcelain.

In addition to exploring the works of over 100 artists, this year's Arts Festival will debut a self-guided tour: Discover the Arts and Antiques of the Quiet Resorts. The Discover the Finer Things Guide will feature a tour map in the centerfold of the publication while businesses, which create and sell fine arts and antiques, will be featured in the second-half of the publication. The Chamber will host a Discover the Finer Things Tour Kick-off on Thursday, September 8 at the Artful Bean starting at 8:00 a.m.

Also new to this year's line-up of Arts Festival events will be the Meet the Artist Cocktail Party, Featuring Kevin Fleming. The event, sponsored by Ocean Atlantic Sotheby's International Realty and the Bethany-Fenwick Chamber of Commerce, will take place on Friday September 9th from 5:30 – 7:00 p.m. at the Bethany Beach Ocean Suites, in downtown Bethany Beach.

Two charitable events will round off Saturday's Arts Festival at the boardwalk. A Silent Auction and scholarship giveaway, will take place on the bandstand. The Silent Auction



38th Annual  
Bethany Beach Boardwalk  
Arts Festival

Presented by  
**SHELL**  
brothers

Window paintings by artist Susan Clarke

**SATURDAY, SEPTEMBER 10, 2016**  
10:00 AM - 5:00 PM

**Thursday, September 8<sup>th</sup>**  
Discover the Arts & Antiques Tour Kickoff

**Friday, September 9<sup>th</sup>**  
Meet the Artist: Kevin Fleming  
Sponsored by Ocean Atlantic Sotheby's International Realty

**Saturday, September 10<sup>th</sup>**  
Bethany Beach Boardwalk Arts Festival  
110 Juried Artists  
Silent Auction  
Live Music  
Interactive Mural  
\*Rain date: Sunday, September 11<sup>th</sup>

**The Quiet Resorts**  
Bethany-Fenwick Area Chamber of Commerce  
(302) 539-2100 • [bethanybeachartsfestival.com](http://bethanybeachartsfestival.com)

**The Quiet Resorts** [f](https://www.facebook.com/TheQuietResorts) [@TheQuietResorts](https://www.instagram.com/TheQuietResorts)

will offer works of art generously donated by the festival's artists, with all proceeds supporting local art programs at four elementary schools in the Indian River School District. Additionally, the Chamber and the Quiet Resorts Charitable Foundation (QRCF) will offer a \$1,000 art scholarship for one local high school junior or senior artist. Public judging for the final prize will take place on the bandstand.

**For more information on the Bethany Beach Boardwalk Arts Festival, please visit [www.BethanyBeachArtsFestival.com](http://www.BethanyBeachArtsFestival.com) or call (302) 539-2100.**

## Sports Performance and Age

Another Summer Olympic Games have come and gone. This year was especially spectacular for many reasons. The USA came away with an extraordinary number of medals. The doping scandal of the Russian team created a huge distraction. The diving pool turned green with algae, causing a health concern. The scandal of a USA swimmer behaving badly cost him millions of dollars from sponsors. To me, the most amazing part of the Olympic Games this year was the incredible performance by aging athletes. The most surprising performance was by Oksana Chusovitina, the forty-one year old female gymnast from Uzbekistan, who performed amazingly well. Forty-one is an ancient age for competing in gymnastics. The other amazing performance was by our own Michael Phelps, The Baltimore Bullet. At thirty-one years old, his body still pushed the limits passed those of twenty-one year-old men in the pool. Also, our own Kristin Armstrong (no relation to Lance Armstrong) at thirty-two years of age won a gold medal in cycling. There are other examples of aging Olympians, but these are the ones that have been most promoted as examples of extraordinary cases of athletes not letting age get in the way of their dreams.

All too often, aging athletes will resort to using performance enhancement drugs or "doping." The range of drugs is wide and includes anabolic steroids, such as Human Growth Hormone (HGH), stimulants, and even sedatives, such as diazepam, for sports requiring calmness, like archery and shooting. These common drugs are well-known to the anti-doping labs, which screen the Olympic athletes through urine tests. Because of the importance of Olympic results, anti-doping labs use the latest technology, called mass spectrometers to analyze the athletes' urine. The World Anti-Doping Agency (WADA) is charged with setting up systems to prevent cheating by the athletes. WADA laboratories are

trained to handle sneaky tricks by unscrupulous athletes, like using someone else's clean urine in place of the urine of the "doped" athlete. Shortly before the Games in Rio began, the International Olympic Committee (IOC) found that a hole in the wall of the Olympic laboratory was being used by the Russian Team to pass "clean" urine through for testing in place of the urine of the Russian athlete. This flies in the face of WADA and the IOC, and the IOC made the Russian Team pay dearly for it by banning many of its athletes.

All too often, unscrupulous athletes use new designer drugs, which have molecular structures that the laboratory has never seen before. If the molecular structure is not known, then it is more difficult for the lab to detect it, even with mass spectrometers. After many years of this "cat and mouse" game of "designers" making new drugs that cannot be detected, laboratories finally now have access to new instruments which can detect even the new and unpredictable molecular structures in these new drugs. These new instruments are called High Resolution Accurate Mass (HRAM) mass spectrometers. The price of these HRAM mass spectrometers has been coming down, and they are becoming easier to use, so that more and more WADA labs can afford and use them. It is thus getting more and more difficult for the athletes to get away with doping.

As a former soccer player, I have felt the effect of age on my body's performance, but I've never wanted to resort to HGH or any other drug, except for ibuprofen. I played NCAA soccer and continued to play competitively in leagues for several years. When I entered the corporate world and started raising a family, my time was limited for such recreational activities. As time went on, my muscles "forgot" how to move and stretch. I recently joined a soccer team in Massachusetts in the Over-The-Hill Soccer League, where everyone is about my age. My team members and I ache after every game,



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.

and we all comfort each other with advice about the best methods for recovery from injuries and pain in our old joints and muscles. Maybe I will change my mind about using performance enhancement drugs, but, at this point, there are too many unknowns about how these chemicals could affect my body. So in the meantime, I will continue to ache and hobble, while I take my over-the-counter pain medication after a game. As I heal my joints and muscles, I will continue to watch in awe from my arm chair these incredible aging athletes on TV, who simply defy age.



# The Labor Market Dissected

One of the first teachings in many statistics classrooms is the story about the mathematician who drowned in a lake with an average depth of 2 inches. The moral of the story is that statistics can hide some pretty important details.

That story couldn't be more applicable for someone looking into the labor markets. On the first Friday of every month, the Bureau of Labor Statistics (BLS) reports one of the most heavily watched economic reports – the Nonfarm Payroll Report. This report highlights some very important information about the United States labor market.

The reason this report is heavily monitored is because the US economy is predominantly a consumption based economy, making up 66% of the US economy according to the latest GDP numbers released by the Bureau of Economic Analysis. What is consumption? It's everyday people buying goods and services like: haircuts, electricity, food, financial advice, newspaper ads, and much more.

So, if the US economy is heavily weighted to consumer spending, it's easy to see why labor statistics are heavily monitored by investment professionals. These statistics tell

us so much about the health of the economy and the direction the economy is heading towards.

If more people are working, that signals more spending/consumption as newly employed people are now buying gas to get to work, cell phone plans to call their customers and, if they make enough money, maybe a discretionary purchase like tickets to a Shorebirds' game.

However, one statistic that garners much of the labor market attention doesn't really tell us the whole story. I'm talking about the unemployment rate. The calculation is pretty simple. It's nothing more than the percentage of the labor force population that is unemployed.

As of the August Nonfarm Payroll Report, the US unemployment rate is 4.9%. According to the BLS, the average unemployment rate dating back to January of 2000 is 6.3%, so, looking at just the average unemployment number might have someone conclude that today's labor market is above average! Or, maybe even fantastic, as the unemployment rate has only been below 5% for just 45 months (or 3 years and 9 months) out of the previous 16 years.

Here is where remembering the story about the mathematician above is significant. How does someone get out of the unemployed part of the population? They do so by doing one of two events: They become employed, or, they give up on searching for a job. The latter is what's missing from the unemployment rate, causing the statistic to hide some pretty important details.

*Nicholas Shevland is a Financial Advisor with Morgan Stanley Global Wealth Management in Rehoboth Beach. The information*

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.



**dagsboro  
& paint  
wallpaper<sup>inc.</sup>**

SINCE 1965



Scan the QR code to visit [dagsboropaint.com](http://dagsboropaint.com)



*Specializing in Residential & Commercial Flooring*

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



**302-732-6661**

*Free Estimates*

Main Street, Dagsboro  
[dagsboropaint.com](http://dagsboropaint.com)

*Sales & Service*

*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 opinions expressed are those of the author and may not reflect those of Morgan Stanley. Morgan Stanley Smith Barney, LLC, member SIPC.*

**WELCOME TO THE BEACH  
CLASSIC ROCK  
103.5 & 106.1  
THE VAULT**

WWW.THEVAULTROCKS.COM / T. 302-858-5115

Scan Ad with iQ for Audio!





# A Delicious End to Summer

*Happy September! It's great to be back with you all!*

This summer has surely flown by! Although I'm by no means ready for fashion with ugg boots, long sweaters, scrunchy socks, and puffy scarves and treats dedicated to everything pumpkin spiced; I'm super excited because September is the first month of only three months in the year that my favorite gourd is in season. Move over zucchini, BUTTERNUT SQUASH is back in town!

Butternut squash, what most people think is a veggie, is actually a fruit because it contains seeds. These tan-skinned, orange-fleshed, hourglass-shaped beauties are power packed with phytonutrients and antioxidants, not to mention a powerhouse of health benefits.

## What's in this fat-bottomed beauty?

There are so many great benefits in butternut squash, but the

following are my favorites:

According to the USDA's National Nutrient Database, "One cup of butternut squash provides a whopping 437% percent of your vitamin-A needs for the day, as well as 52% of vitamin-C and 10% or more of vitamin-E, thiamin, niacin, vitamin B-6, folate, pantothenic acid, magnesium, and manganese." Holy bananas!

Speaking of bananas, butternut squash is an extremely delicious source of potassium. Potassium is great for helping to regulate blood pressure which in turn helps fight heart related diseases and stroke. Butternut squash comes packed with 582mg per 1 cup serving, compared to a banana with 422mg per banana. Take that you skinny, yellow thing!

Like most fruit, butternut squash contains fiber, 7 grams of fiber, helping to not only maintain a happy digestive tract but provide a longer feeling of satiety, the feeling of fullness for a period of time after eating, making it a great source for managing weight as well. Boom!

Butternut's orange color is not only something pretty to look at but packed with carotenoids, known to protect against heart disease and beta-

carotene, know to help fight against cancer and age-related macular degeneration.

Lastly, your eyes will also thank you for incorporating this gourd into your meals as beta-carotene is converted into vitamin-A by the body, packed with over 350% of your recommended daily allowance of vitamin-A in a 1 cup serving, vitamin-A is super important for healthy eyeballs and seeing through them. This gourd is also loaded with an excellent source of zeaxanthin and lutein, two powerhouse antioxidants that fight to protect your vision.

## How to Get The Most Delicious Fat-Bottomed Beauty

Farmer's markets and produce stands are my favorite places for the hookup on butternut squash; it's the cheapest price as well as the best way to know who, how, and where it's grown, but you can also get your butternuts at your local grocery store. Look for a gourd that is heavy, not dinged up too badly, and has a matte skin rather than a glossy skin. Beware, the glossy skin is a key indicator that your squash was picked way too early; it won't taste sweet, it'll have a starchy aftertaste, and it won't be packed with its full potential of health and nutrient benefits.

Keep your uncut butternut squash outside the refrigerator in a well ventilated, cool, dry place for up to three months. If you are meal planning and cut your squash up, store in the fridge in a tightly sealed container for up to a week.

As always, I can't leave you with information alone; here's two recipes for my most favorite gourd. Enjoy and make it a great September!

### Slow Cooker Butternut Squash Soup

Ingredients:

- 1 medium yellow onion, chopped
  - 3 medium carrots, peeled and chopped
  - 1 medium butternut squash, peeled, seeded and chopped into 1-inch cubes, about 5 cups
  - 1 large organic apple, peeled and chopped (I use an organic Granny Smith)
  - 1 14 oz cans/box organic low sodium vegetable broth
  - 14 oz unsweetened original coconut milk (I use the So Delicious brand)
  - 1/2 teaspoon ground cinnamon
  - 1/4 teaspoon ground nutmeg
  - 2 tablespoons maple syrup
  - Salt and freshly ground black pepper, to taste
- DIRECTIONS:

1. Add onions, carrots, butternut squash, and apple to the slow cooker. Pour in the vegetable broth and coconut milk. Cook on low for 6 hours or on high for 3 1/2 to 4 hours.
2. Once vegetables are cooked and soft, puree the soup using an immersion blender or high powered blender. Add cinnamon, nutmeg, and maple syrup. Season to taste with salt and pepper.

Note: If using a high powered blender, transfer the soup to a blender in batches and puree

until smooth. Pour the smooth batches back into the slow cooker and add spices and maple syrup at the end.

### Butternut Squash Chips

Ingredients:

- 1 butternut squash, peeled, halved, and seeded
- 3 Tbsp EVOO
- Himalayan pink salt and cracked pepper to taste

DIRECTIONS:

Preheat oven to 375. Line 2 baking sheets with parchment paper. Slice butternut squash thinly with a mandoline. Transfer slices into a large bowl. Drizzle with EVOO and sprinkle with salt and pepper to taste. Toss to coat evenly. Place squash on parchment paper lined baking sheets in a single layer. Roast for 20 minutes, then reduce your oven to 350 and roast an additional 30 minutes or so until chips begin to curl. Let cool, then break into smaller pieces. Store in an airtight container in the refrigerator for just about a week... if they last that long!

Looking for a health coach to stay well through the upcoming holiday season? Need help meal planning or learning to meal prep? Want to host a cooking demo for you and a few of your friends? Contact me today! [MindBodySpoon@gmail.com](mailto:MindBodySpoon@gmail.com) or 302-437-5262. Spaces are filling up quickly!

**Casey Lyn Goad**, owner of **MindBodySpoon**, 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.



# THE MIKE O'MEARA SHOW

## The Mike O'Meara Show

is a fun mash-up of real life, pop-culture, news of the day, dynamic audio clips, and three guys busting each others' balls. And now you can hear it every evening on 97.1 The Wave!

Bringing Mike back to Delmarva!



# DELAWARE HOSPICE: Reaching Out to Those Who are Grieving the Loss of a Loved One

Dear Editor,

August 30th is *National Grief Awareness Day*. This day is an opportunity to support those who are grieving by breaking the isolation. Grief should not be a taboo subject. Don't hesitate to reach out to someone who has experienced the loss of a loved one. They are aching for you to tell them its okay to grieve and share in their journey.

As a community partner in end-of-life, Delaware Hospice wants to reach out to those who are grieving the loss of a loved one. There is no right or wrong way to grieve. While grief is very personal, there are many common experiences that accompany the death of a loved one. Here are 6 tips you may find helpful when trying to deal with loss and grief:

### Helpful Tips:

- Give yourself the time to let grief run its course: The grieving process is personal to you and thus should go at your own speed. There isn't a deadline set to feel a certain way. Remember, grief is not a one-time event, but a process and goes through cycles. Don't put yourself on a timetable to be finished grieving. In reality, the grieving process may not end, but it will get easier over time.
- Seek help outside of family and friends: Grief can feel very lonely, even when you have loved ones around. Often sharing your sorrow with others who have experienced similar losses, who are not your family, can help.
- Continue to have a support system: Keep friends and family close, spending some time alone is fine, but long period of isolation may not be. Allow loved ones and friends to share in your sorrow or simply be there when you cry.
- Keep your life moving: There is comfort in routine, activities with friends and every day life. Do as much of this as you feel comfortable doing. When you are ready, consider trying a new activity. It can be a positive step forward in this new chapter in your life. You may also want to consider attending social events. If you feel like leaving early,

- you don't have to give a reason, do what feels right for you and others will understand.
- Allow yourself to be happy and let humor into your world: It's okay to allow yourself to enjoy moments of happiness. Don't feel like you need to be sad all of the time. You can allow moments of happiness and even laughter and still grieve your loved one. Laughter truly can be helpful in the healing process and is a healing and healthy release.
- Realize that what you may see as a "setback," is natural and is okay: Grief is a journey, even when you may feel you have begun to heal and re-engage in life, there will be times when your loss still hits you hard. Holidays, birthdays, or special dates can be difficult. Seeing a photo of your loved one, hearing stories about them, or visiting a place that was special to them can trigger grief to resurface. Don't be too hard on yourself when this happens, or let these emotions frustrate you. It's natural to still have grief resurface in these situations. Being compassionate with yourself is important.

No matter where you are in your grief journey, it is also important to know you are not alone. Delaware Hospice has both adult and children bereavement counselors available throughout the state. We're here to help individuals and families navigate through grief in a way that is focused on coping and healing.

**Delaware Hospice** also offers a variety of workshops and meetings to our families and community as space permits free of charge. As a trusted community partner in end of life education and support, Delaware Hospice strives to provide quality healthcare services to our community. To learn more about our Bereavement program, call 302-478-5707 or visit our website [www.delawarehospice.org](http://www.delawarehospice.org).

Sincerely,  
Sondra Satterfield, MSW, LCSW  
Manager of Family Support Services, Delaware Hospice  
Wyoming, Delaware



*My dad taught me to fly,  
to never fear tomorrow.*

**So I will teach my son to soar and not to accept limitations. That's why I chose Delaware Palliative.**

If you're coping with a serious illness Delaware Palliative can help alleviate symptoms and stress. Even if you're still receiving active, curative treatment.

We help keep the focus where it needs to be, life lessons between a father and son.

See how palliative care can improve quality of life at [www.delawarepalliative.org](http://www.delawarepalliative.org) or call 800-838-9800.

**DELAWARE  
PALLIATIVE**

**NEW Listing:**  
**\$254,000**

Gorgeous 3 bedroom, 2 bath saltbox with attached, 2-car garage on oversized lot. Meticulously maintained and updated. Beautiful hardwood floors, fireplace and open floor plan gives this stunning home lightness and space. Modern kitchen sports granite countertops, a stainless, deep double sink and breakfast bar. Walk onto a spacious deck from the enclosed 3-season room in back, overlooking a spacious backyard. Bring your boat! This gated community has many amenities, including marina, launch ramp, large clubhouse and pool, tennis, basketball and bocce courts, wooded walking trails and playground. Great for primary residence, rental or vacation home!

22831 Angola Rd. W. MSL # 713020 Angola by the Bay

Looking to buy, sell or invest in Sussex County?  
**Give me a call!**

**Apryl Parcher**  
Email: [aprylparcher@gmail.com](mailto:aprylparcher@gmail.com)  
Office: **302-360-0300**

**kw**  
KELLERWILLIAMS

*We offer our clients a boutique shop-at-home service to select custom window fashions from the full line of HUNTER DOUGLAS products.*

**FREE at home consultation.**

houzz f p

Featuring Plantation Shutters

**WINDOW CREATIONS**

*Let our experts guide you today.*

**Mark P. Cieniewicz, Owner**  
[www.windowcreationsde.com](http://www.windowcreationsde.com)

**(302) 682-2999**  
[Mark@RBpros.com](mailto:Mark@RBpros.com)



# CHURCH DIRECTORY

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

## Antioch AME Church

302-732-1005  
194 Clayton Avenue  
Frankford, DE 19945

## BAYSIDE CHAPEL

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

## BEACON BAPTIST CHURCH

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

## BETHEL U.M.C.

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

## BLACKWATER FELLOWSHIP CHURCH

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

## CC DELAWARE COAST

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

## CALVARY BAPTIST CHURCH

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

## CHRIST THE SAVIOR ORTHODOX CHURCH

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

## COMMUNITY CHURCH OF OAK ORCHARD

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

## COMMUNITY CHURCH AT OCEAN PINES (UNITED METHODIST)

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

## COMMUNITY LUTHERAN CHURCH

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

## CORNERSTONE BIBLE CHURCH

302-542-7174 cornerstonechurchde.org  
32783 Longneck Rd  
Longneck, DE 19966

## DAGSBORO CHURCH OF GOD

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

## EPISCOPAL CHURCH OF ST. JOHN THE BAPTIST

302-226-9979 www.saintjohnsmilton.org  
307 Federal Street (P.O. Box 441)  
Milton DE 19968

## FENWICK ISLAND BAPTIST CHURCH

FenwickIslandBaptist.com  
36806 Lighthouse Road  
Selbyville, DE 19975

## FRANKFORD PRESBYTERIAN CHURCH

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

## GRACE OF GOD LUTHERAN CHURCH

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

## GROOME UNITED METHODIST CHURCH

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

## HEALING HEARTS MINISTRIES

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

## HIGH TIDE CHURCH

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

## HOLY TRINITY ANGLICAN

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

## LEWES PRESBYTERIAN CHURCH

302-645-5345  
133 Kings Highway  
Lewes, Delaware 19958

## LONG NECK U.M. CHURCH

32051 Long Neck Road  
302-945-9453.

## LUTHERAN CHURCH OF OUR SAVIOR

302-227-3066 20276 Bay Vista Road  
Rehoboth, DE 19971

## MARINER'S BETHEL

302-539-0713 MarinersBethel.org  
Rte. 26 & Central Ave.  
Ocean View, DE

## MIDWAY ASSEMBLY OF GOD

Route 1 and Old Postal Lane  
Lewes, DE 19958 302-645-9643  
www.MidwayAssemblyofGod.com

## MILLVILLE UNITED METHODIST CHURCH

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

## NEW COVENANT PRESBYTERIAN CHURCH

Between Route 1 & Cape HS - Kings Hwy.  
3072 Savannah East Drive  
Lewes, DE 19958 302-644-6800  
ncpchurchpca@gmail.com  
www.ncpchurch.com

## NEW LIFE BIBLE FELLOWSHIP CHURCH OF DELMARVA

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

## OCEAN VIEW CHURCH OF CHRIST

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

## OCEAN VIEW PRESBYTERIAN CHURCH

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

## OUR LADY OF GUADALUPE

Rt. 17/Roxana Rd  
Office@stannsbethany.org

## PENINSULA COMMUNITY CHURCH

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

## ST. ANN'S CATHOLIC CHURCH

Office@stannsbethany.org

## ST. PETER'S EPISCOPAL CHURCH

302-645-8479  
2nd & Market St., Lewes, DE 19958

## ST. MARTHA'S EPISCOPAL CHURCH

302-539-7444 StMarthasBethany.org  
Maplewood & Pennsylvania Ave  
Bethany Beach, DE 19930

## SAINT JAMES ANGLICAN CHURCH

Rectory 302-238-7364  
23269 Park Avenue  
Georgetown, DE 19947

## SAINT MARK'S EPISCOPAL CHURCH

Stat & Ellis Millsboro, DE 19966  
302 430-8231

## SAINT MARTIN'S EPISCOPAL CHURCH

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

## ST. MATTHEWS BY-THE-SEA

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

## SALEM UNITED METHODIST CHURCH

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

## SONRISE CHURCH

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

## SOUND UNITED METHODIST CHURCH

37894 Lighthouse Road(Route 54)  
Selbyville, DE 19975  
pascft@gmail.com  
www.facebook.com/SoundUMC

## ST. GEORGE'S METHODIST CHURCH

Omar Road & Atlantic Avenue  
Ocean View, DE 19970  
302-539-7491

## THE ODYSSEY CHURCH

2 Discovery Lane (P.O. Box 492)  
Selbyville, DE 19975 (302) 519-3867  
Info@TheOdysseyChurch.com www.  
TheOdysseyChurch.com

## THE BIBLE CHURCH OF CHRIST, INC.

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

## THE FATHER'S HOUSE YOUR CHURCH FOR LIFE

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

## The Journey Wesleyan Church

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

## The Lewes Church of CHRIST at The CROSSING

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

## THE LIGHTHOUSE CHURCH

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

## THE RIVER

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

## UNITARIAN UNIVERSALISTS OF SOUTHERN DELAWARE

30486 Lewes Georgetown Hwy. (Rte. 9)  
Lewes, DE 19958  
(302) 313-5838 uussd.org

## UNITED FAITH CHURCH OF DELIVERANCE

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

## UNITY OF REHOBOTH BEACH

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

## WESTMINSTER PRESBYTERIAN CHURCH

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

## ZION ROXANA UNITED METHODIST CHURCH

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

Church news, events,  
and schedules are online at:  
[hightidenews.com/church.html](http://hightidenews.com/church.html)

Scan QR code on  
your mobile device  
for quick access to  
Church services times  
& Church events!



*Judith Davidson Interiors*  
Interior Design & Consulting



Furniture • Upholstery • Lighting • Accessories • Art  
Window Treatments • Painting (Classic & Faux)  
Custom Floors • House Staging  
Residential • Commercial  
Renovations

[judithdavidsoninteriors.com](http://judithdavidsoninteriors.com)

[judithdavidsoninteriors@yahoo.com](mailto:judithdavidsoninteriors@yahoo.com)


Phone: 302-841-5500

Fax: 302-752-7047

CREATIVE DESIGNS FOR YOUR LIFESTYLE  
Shop from Home... We Come to You!

BRING this NEWSPAPER to LIFE!

Download the free  app at [GET.LAYAR.COM](http://GET.LAYAR.COM)

Scan the entire article or ad with the  app on your mobile device  
wherever you see this yellow star with your mobile device &

ENJOY THE MAGIC OF VIDEO IN A NEWSPAPER!





Thank you for supporting *High Tide News*, Sussex County's Interactive Newspaper ... *bringing print to life!*

# Our Passion is Real Estate



**DelMarVa**  
RESORTS REALTY  
OUR PASSION IS REAL ESTATE

**Thinking of buying or selling a house? ...We'll make sure you get the best deal!**

Call today to schedule your no obligation buyer consultation or to obtain a free market analysis. From first time buyer to assisting with selling an estate home, we can help you with all of your real estate needs. Call us today, like us on facebook, & visit our website!

Office: 302-644-3687 Fax: 855-811-6121 office@delmarvaresortsrealty.com  
www.delmarvaresortsrealty.com 1632 Savannah Rd, Suite 2 Lewes, DE 19958

**Neil Dickerson**  
Realtor

Phone: 302-604-3756  
nsdickerson@verizon.net



**Debra Dickerson**  
Realtor

Phone: 302-604-3620  
Neildebra.dickerson@gmail.com



**Emma Payne**  
Broker/Owner  
Mobile: 302-530-4374  
delmarvaemma@gmail.com

**Beth Foster**  
Realtor  
Mobile: 302-562-6909  
Delmarvabeth@gmail.com

**Terry Harris**  
Realtor  
Mobile: 703-403-1156  
Delmarvaterry@gmail.com  
*Proud to be a Veteran*

Like us on **facebook** at: facebook/dmvr  
Access the MLS on our facebook page to look for more details and other listings. To see other properties visit delmarvaresortsrealty.com



**Hunters Mill Estates**  
9 W Circle Drive  
Milton, DE 19968  
\$237,000



**Bethany Bay**  
37116 Pinehurst  
Ocean View, DE 19970  
\$339,444



**Angola Neck Park**  
22859 Pine  
Lewes, DE 19958  
\$144,900



**Bay City**  
25983 S Cedar  
Millsboro, DE 19966  
\$44,444



**Lewes**  
33223 Jolyns Way  
Lewes, DE 19958  
\$439,000



**Potnets Bayside**  
34067 Village Way  
Millsboro, DE 19966  
\$36,500



**Angola by the Bay**  
23390 W Marina Dr.  
Lewes, DE 19958  
\$215,000



**Five Points**  
17400 N. Village Main Blvd.  
Unit#12, Lewes, DE 19958  
\$200,000



**Villages At Red Mill Pond**  
17559 Cloud Nine  
Lewes, DE 19958  
\$420,513



**Wharton's Bluff**  
10018 Bog Iron  
Millsboro, DE 19966  
\$269,444



**Dagsboro**  
31182 Dogwood Acres Rd.  
Dagsboro, DE 19939  
\$224,900



**Potnets Bayside**  
26383 Wind's Way  
Millsboro, DE 19966  
\$49,000



**Creekside**  
7 Cannon Court  
Millville, DE 19966  
\$279,000



**Plantation Lakes**  
24840 Magnolia Circle  
Millsboro, DE 19966  
\$302,990

## Real Estate Pre-Licensing Class

Starting September 13, 2016  
Tuesday, Thursday, & Fridays  
Class times: 6-10 pm 8 weeks

**Call Emma at 302-530-4374**

**new penn FINANCIAL**  
PREFERRED  
Brag about your mortgage\*

**Call today to get pre-approved!**  
We do second home financing.



614 N. DuPont Hwy • Dover, DE 19901 Military Certified • Licensed in DE • NMLS #860743

**Wade Wyatt**  
Mortgage Loan Officer  
Mob: 302.531.6342

newpennfinancial.com/wwyatt  
wwyatt@newpennfinancial.com



**VINYL PANEL WINDOW PROFESSIONALS**

**JUST VINYL**  
CLEANING AND REPLACEMENT OF VINYL PANEL WINDOWS

**24 HOUR EMERGENCY PANEL REPLACEMENT SERVICE**

**FREE ESTIMATES**

**Vinyl Tech WINDOWS**

**PGI Eze-Breeze**  
Visibly Better

**LOCALLY OWNED & OPERATED**

**WE TAKE THE CLOUDS AWAY & LET THE SUNSHINE IN!**

**410-221-0700**

**SERVICING THE DE & MD AREA! 10% DISCOUNT FOR VETERANS, POLICE, & FIREFIGHTERS**

## Aging in Place SPECIALISTS

Physical Therapy and Home Design with *Your Future in Mind.*

- In-Home & Community-Based Physical Therapy
- Home Accessibility Consulting & Implementation

Work with licensed medical professionals that can evaluate your needs and develop a plan to unlock your full potential.

Need Physical Therapy? We bring the clinic to you. One on One personalized care in the privacy of your home or out in your community.

Not sure if you need Physical Therapy or Home Accessibility Consulting? Visit our website to complete a needs assessment - or just give us a ring!

**We are here to help.**  
302-444-8318  
aginginplacelife.com

Serving Sussex County & currently taking new clients. Aging In Place Specialists is a Credentialed Medicare Provider.

*Dedicated to improving homes and enhancing lives.*



# SERVICE DIRECTORY

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

## AGING IN PLACE SPECIALISTS

Serving Sussex County. Currently taking new clients. kathryn@aginginplacede.com  
Kathryn Cieniewicz, MSPT CAPS  
302-444-8318

## MORGAN STANLEY

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

## DELMARVA RESORTS REALTY

Our Passion is Real Estate  
Emma Payne, Broker/Owner  
1632 Savannah Rd Suite 2, Lewes, De. 19958  
Office: 302-644-3687 Mobile: 302-530-4374  
office@delmarvaresortsrealty.com  
www.delmarvaresortsrealty.com

## JUDITH DAVIDSON INTERIORS

Interior Design & Consulting 302-841-5500  
judithdavidsoninteriors@yahoo.com

## DISCOVER BANK (Use offer code: TIDE16P)

Open an account in minutes at  
MyDiscoverBank.com or visit  
502 E. Market St., Greenwood DE 19950

## DELAWARE PALLIATIVE

See how palliative care can improve quality of life at [www.delawarepalliative.org](http://www.delawarepalliative.org) or call 800-838-9800

## SENIORS HELPING SENIORS

Seniors Helping Seniors®  
...a way to give and to receive  
Contact Seniors Helping Seniors for a free consultation: 302.858.7330  
[www.seniorshelpingseniors.com](http://www.seniorshelpingseniors.com)

## JUST VINYL

Cleaning & Replacement of Vinyl Panel Windows  
Call today for a FREE estimate.  
410-227-0768

## WINDOW CREATIONS OF DELAWARE

blinds | smart shades | plantation shutters  
\$ave hundred\$ when you shop-at-home  
HUNTER DOUGLAS Priority Dealer  
Boutique shop-at-home service  
Mark P. Cieniewicz, owner (302) 682-2999  
Mark@RBpros.com  
[www.windowcreationsde.com](http://www.windowcreationsde.com)

## THE ELEGANT PLATE

Personal Chef Services  
Chef Jay D. Allen, owner  
443-955-4927 [theelegantplate.com](http://theelegantplate.com)

## SEASIDE PLUMBING INC.

Fully Insured & licensed in Maryland & Delaware  
• MD Master License #67879  
• DE Master License # 2321  
Joshua Martin, owner  
410-641-1368  
10545 Friendship Rd. Unit 2  
Berlin, MD 21811

## APRYL PARCHER, REALTOR

Keller Williams  
Email: [aprylparcher@gmail.com](mailto:aprylparcher@gmail.com)  
Office: 302-360-0300

## HEATHER'S HOME WORKS, INC.

Residential & Commercial Cleaning Company  
We Can Do It! 302-249-7660  
[www.HeathersHomeWorks.com](http://www.HeathersHomeWorks.com)

## LULAROE

Jennifer Bland - Owner/Fashion Consultant  
302.745.3439  
[facebook.com/lularoejenniferbland](https://facebook.com/lularoejenniferbland)  
Instagram: @lularoejenniferbland

## NEW PENN FINANCIAL

Wade Wyatt, Mortgage Loan Officer  
[newpennfinancial.com/wwyatt](http://newpennfinancial.com/wwyatt)  
[wwyatt@newpennfinancial.com](mailto:wwyatt@newpennfinancial.com)  
Military Certified • Licensed in DE

Save for  
sunny days, too.

Open your high-yield savings account today.

No matter why you're socking away a little extra cash, make it worth more faster. The interest on our Discover Savings Account is more than 5X the National Savings Average,<sup>2</sup> and there are no monthly fees or minimum monthly balance requirements. So, stop in and visit with a Banking Specialist, or go online and open an account. Either way, it's time to turn your rainy day fund into a sunny day fund, too.

**DISCOVER**  
BANK

Open an account in minutes at  
[MyDiscoverBank.com](http://MyDiscoverBank.com) or visit  
502 E. Market St., Greenwood, DE 19950.  
Use offer code: TIDE16P.

0.95%  
APY<sup>1</sup>  
for all balances

<sup>1</sup> Annual Percentage Yield (APY) is accurate as of 6/21/2016. This offer applies to personal accounts only. Fees could reduce the earnings on the account. Rates may change at any time without prior notice, before or after the account is opened.

<sup>2</sup> The APY for the Online Savings Account as of 6/21/2016 is more than five times the national average APY for interest-bearing savings account with balances over \$500 as reported by Informa Research Services, Inc. as of 6/21/2016. Rates are subject to change at any time. Although the information provided by Informa Research Services has been obtained from the various institutions, accuracy can not be guaranteed.

