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August 29, 2023
Vol. 13 • Issue 35

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photo link: Marcia Reed



Ladybug Music Festival Returns



Workshop Discusses Pallet Home Village



Bayhealth Community Wellness Programs

HEADLINES



photo link: Marcia Reed



BY TERRY ROGERS

At a recent meeting, the Milford School District Board of Education voted unanimously to submit a Certificate of Necessity for major renovations and expansion of the Milford Senior High School. Dr. Sara Hale, Chief Financial Officer, explained that this was a very preliminary discussion, but a required one in order to have conversations at the state level.

“So, each year there’s a process for Certificates of Necessity for all school districts in the state to submit projects that they may have for consideration in the bond bill in fiscal year 2025,” Dr. Hale said. “In this case, there are a number of projects statewide, which we are aware of and there’s a lag for being approved for these projects. So, we feel it’s important to start the conversation at the state level, knowing that our district is growing substantially.”

Dr. Hale explained that the district would maintain the current high school which has a capacity of 1,149 students. However, current enrollment at the school is 1,348, which is significantly over capacity for the building, making an addition necessary.

“The conceptual plan would remove the modular classrooms and do some restructuring in the back wing

CERTIFICATE OF NECESSITY SUBMITTED FOR MHS

for career and technical education courses, providing opportunities for new pathways here, and then potentially a major demolition on the front side of the building, restructuring the main entrance way and providing an addition that could secure us up to approximately 30,000 square feet of additional space here at Milford High School,” Dr. Hale said. “So again, this is a very preliminary conversation, one that we just need to go through the process of submitting and getting some final estimates and figures together. If we were approved, we would continue to come back to the board for our next steps. But again, just starting that conversation as we continue to grow and see that capacity here at Milford High School.”

School Board President Scott Fitzgerald clarified that this was a preliminary first step and that this process could be several years in the future. Hale confirmed that was true and that this process was only done on an annual basis.

“We felt like it was important to at least have a submission this year and get our project kind of in the queue of projects at the state level, knowing that the likelihood of us being approved this year is slim,” Dr. Hale said. “So we would have an opportunity to resubmit next year having them already familiar with the project and the intent as we go forward and refine.”

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from page 3

The board voted unanimously to submit a Certificate of Necessity for major renovations and expansion of Milford High School to the Department of Education.

“I feel like this is a vital step for the building and our future component of our strategic plan,” Dr. Hale said after the vote.



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CULTURE



photo link: [Second Street Players](#)

LADYBUG MUSIC FESTIVAL RETURNS FOR FOURTH YEAR

STAFF REPORT

The 2023 Ladybug Music Festival brings its 100% female-led lineup to Milford for the fourth time! Downtown Milford, Inc. and Wilmington, DE-based Gable Music Ventures are excited to announce the fourth annual Milford Ladybug Music Festival on Saturday, Sept. 30, with a scheduled rain date of Sunday, Oct. 1. The Milford Ladybug Music Festival is presented by DMI with the support of the city of Milford.

This continues to be the largest free celebration of women in music in the country, boasting a 100% female-led lineup, creating opportunities for women in both live music engineering and event production in Milford since 2018. This year's festival will be held in downtown Milford once again, with Walnut Street closed off to vehicle traffic from Southeast to Northeast Front Street, as well as a large portion of Park Avenue.

The Main Stage, located at the intersection of Walnut and Park Ave. will be headlined by Nitro Nitra, Delaware-based rock band featured on NBC's "American Song Contest", starting at 8 p.m.

Catch over 30 other local and regional live music performances at seven indoor and outdoor venues, with non-stop music from 4–9 p.m. There will be plenty of food trucks, adult libations and local vendors to explore along the way. A full lineup, schedule, and map will be available at www.theladybugfestival.com.

"We are excited to continue to be given the opportunity to bring this event to Milford. This city continues to engage with many creative events, becoming an example for other communities in how to harness the power of music in drawing tourism and re-invigorating the local economy," says Gayle Dillman, founder of The

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from page 6

Ladybug Music Festival and CEO of Gable Music Ventures.

The city of Milford, incorporated in 1807 and located in Kent and Sussex Counties along the Mispillion River, is home to 11,000+ year-round residents, 500+ retail businesses and nonprofits, local restaurants, parks, trails, small town events, major healthcare providers, an historic shipyard, and its own school district. Known throughout the state as River Town, Art Town, Home Town, the city celebrates the beauty of its natural resources, the ingenuity of its people and its commitment to quality of life.

Thanks, as always, to the sponsors who make this event possible, including the city of Milford; Downtown Milford, Inc.; Bayhealth; WSFS Bank; Delaware's Quaint Villages; The Parker Group; Eye Specialists of Delaware; La Hacienda; Gallery 37; North Pole Creamery; Beebe Healthcare; Dogfish Head Beer & Benevolence; John Mollura Photography; Mostly Film Stuff; Soundgirls; Interiorstate.

Sponsorships are still available with information available at the DMI office, located at 10 South Walnut Street in Milford. Visit <https://downtownmilford.org> or call 302-839-1180 to learn more. This event is created, produced and managed by Gable Music Ventures.



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"My days before PACE Your LIFE were terrible. I was home alone all day. Now I tell people there is nothing else like PACE." ~ Ronnie Armstrong



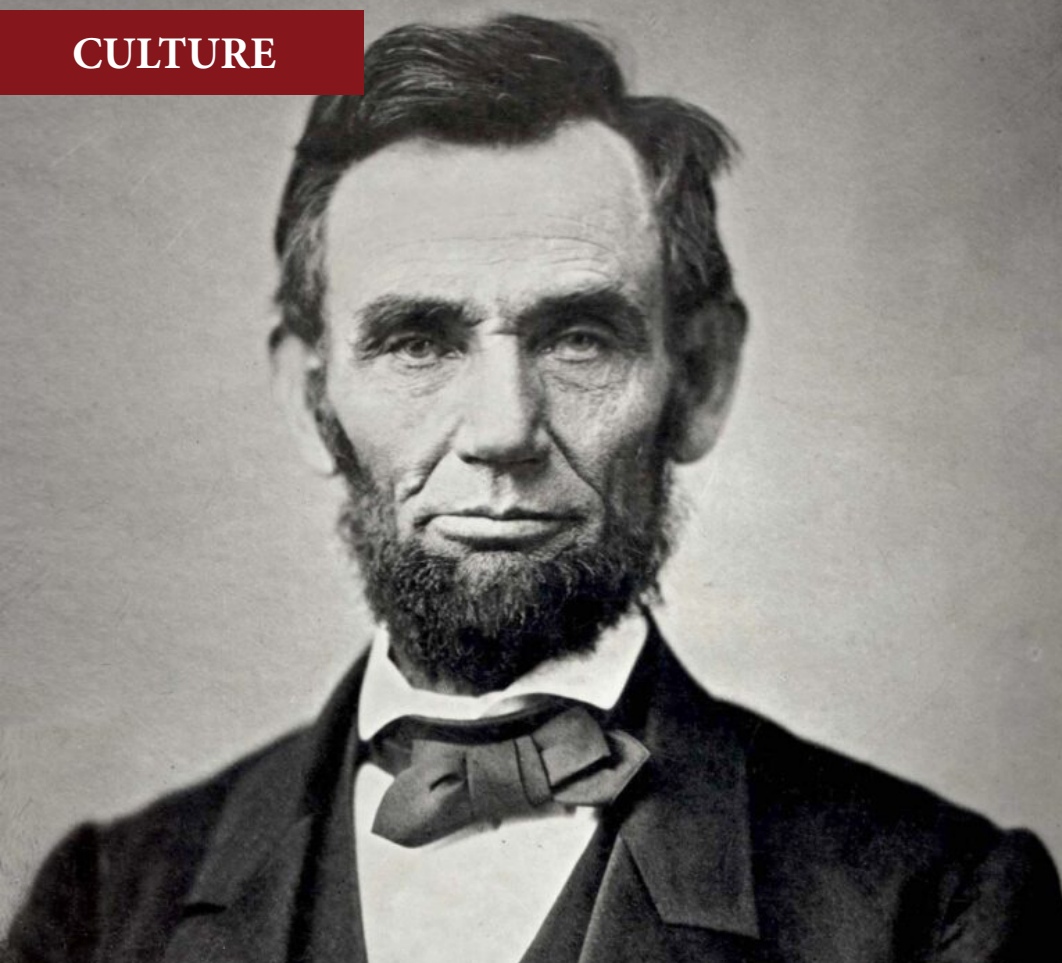
PACE Your LIFE is a comprehensive medical and social program for residents in Milford as well as surrounding towns, who are 55 and older and need assistance with activities of daily living but want to age in place and remain in their home. Learn more today by scanning the QR Code!



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STAFF REPORT

On Saturday, Sept. 9, 2023, at 1 p.m., the Milford Museum will continue its American History Series at the Milford Public Library with a program titled “Everybody’s Second Choice: The Story of How Abraham Lincoln Became President.” The presentation will focus on the election of Abraham Lincoln in November 1860. Lincoln’s election as president was the most consequential choice ever made by the American people, precipitating the bloodiest war in our nation’s history. Yet six months beforehand, few Americans had ever heard of him. In this program, local historian Lew Miller will discuss the sudden rise of Abraham Lincoln to the presidency.

HOW ABRAHAM LINCOLN BECAME PRESIDENT

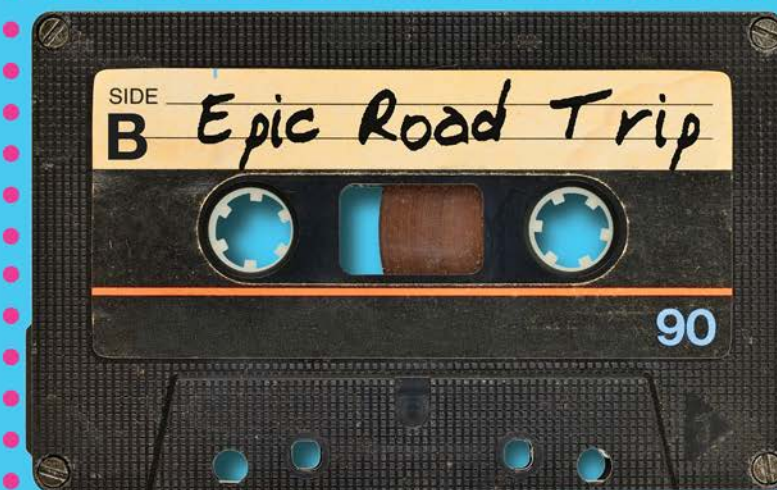
How did this unknown former congressman pull off such a great upset? What events led southerners to the brink of secession? Lincoln was a brilliant politician but his rise to the presidency could not have happened without mistakes by his rivals for the Republican nomination, and circumstances beyond his control. The story of how he became president involves powerful personalities, a nation in crisis and a few chance events.

Lew Miller worked in public education for 47 years. He taught United States and world history, then served as a district administrator, finishing as Caesar Rodney School District’s Director of Instruction. He has been a speaker at both state and national education conferences. He also co-founded a consulting business, Educationally Speaking, LLC. Today he helps with legal research for a law firm.

Sponsored by the Milford Museum, these monthly programs will focus on a variety of topics concerning local, state and national history. The presentations will be held on the second Saturday of each month, at 1 p.m., in the Milford Public Library, located at 11 SE Front St. in Milford. For more information, please contact the Museum at 302-424-1080, Tom@milforddemuseum.org. These programs are offered through a generous grant from The Delaware Heritage Commission.

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CASARETTIS NAMED AUGUST GARDEN OF THE MONTH

BY TERRY ROGERS

The Beautification Committee of the Milford Garden Club has selected the Casaretti property as its “August Garden of the Month.” Ed and Joanne stated that they retired to Milford two years ago to be near their daughter and her family who reside in a neighboring town. They immediately began to make the property their own by removing trees and establishing beautiful garden areas.

Their property at 6037 Griffith Lake Drive is now a most special and appealing one. It is comprised of a wide variety of different annuals and perennials which are perfectly placed to accentuate the beauty of each plant. Some of the plants displayed in their garden and hanging pots are: impatiens, black-eyed Susan, hibiscus, knockout roses, clematis, angel begonia, spirea,

petunia, scotch broom, potato vine, coneflower and lirioppe along with many others. They have truly created a beautiful, colorful summer garden!

Milford Garden Club was established in 1966 and became a member of the Delaware Federation of Garden Clubs and National Garden Clubs, Inc. in 1983. They meet on the first Wednesday of every month at the Parks and Recreation Building. The group maintain some gardens in the town and supports the interests of our members through speakers, workshops and field trips.

The group not only focuses on gardening but also preservation of habitats. This includes encouraging the planting of flowers that attract pollinators or those that are the natural habitat for other creatures. The club hopes



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that recognizing outstanding gardens in Milford will not only encourage others to plant beautiful gardens, but to learn how flowers and other plants help preserve the environment.

Any garden in the Milford area is eligible for recognition. The homeowner whose garden is selected will get recognition for their efforts and, of course, bragging rights. A sign is placed on the property for a month.

Recommendations can be submitted to the Milford Garden Club by email at milfordgardenclubdelaware@gmail.com. Anyone interested in joining the club can email the same address and the club will reach out.

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'AMERICAN IDOL' TO SEEK CONTESTANTS FROM DELAWARE

BY BETSY PRICE

Delawareans have a shot at auditioning for 'American Idol' on Wednesday, Sept. 6. The show, which just crowned Iam Tonga as the series' first winner from a Pacific Island, is seeking contestants for its 22nd season and the first step is a Zoom audition with producers.

To participate, hopefuls who will be 15 or older by Feb. 15, 2024, must [sign up](#) for a time slot from 1 p.m. to 6 p.m. That may allow that producers want to see more of who will be invited to sing face-to-face in front of producers via Zoom and receive real-time feedback for a chance at making Idol history.

The new season will begin taping in December, and for the fourth year, "Idol Across America," will offer audition days for all 50 states plus Washington, D.C. Here's more from the show's [Frequently Asked Questions](#):

- Auditions are free.
- Registration does not guarantee you an audition. All information concerning registration and Virtual Audition locations, dates and times is tentative. There will be updated information for each audition date as the date nears.
- If you are younger than 18, you must have a parent or guardian present during your Zoom audition.
- If you are a Delaware resident, you aren't restricted to signing up for a Delaware slot. You can sign up for any state.
- You may use Zoom on a phone, tablet, desktop or laptop.

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- You may sing a cappella, with your own instrument or with one person in the room accompanying you.
- Those auditioning should be prepared to sing at least two songs, and maybe three. Those who are called back may be asked to sing two songs a cappella and the show will provide a list of possible choices.

Those auditioning should wear clothes without logos, designer names, corporate or sports team names, copyrighted images, cartoon characters, celebrity names or images, profanity or inappropriate messages. Tattoos should follow the same rules. If you are chosen, an “Idol” producer will notify you via email or phone.

You must not currently be a candidate for public office and must agree not to become a candidate for public office until one year after the initial exhibition of the final episode of the program in which you appear.

Those who will be auditioning virtually will be sent a virtual audition link to access.

All auditions are recorded and may be used in any manner, such as promoting ‘American Idol’ on the show website or social media.

Those auditioning should leave the whole day open and free of other commitments to allow for time overruns and equipment/connection problems.



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photo link: [Downtown Milford Inc.](#)

MILFORD MAN SHARES PERSONAL TRIALS TO INSPIRE POSITIVE CHANGE

STAFF REPORT

“I remember standing on stage almost 20 years ago, getting ready to receive a Letter of Commendation from the Department of Defense, and instead of feeling pride and joy for our team’s accomplishment, I was consumed with an intense fear that someone was going to say I was not truly deserving of this award.” This is a memory that John Mollura, who is now a Milford-based professional photographer, recalls as a low point in his life.

Feeling like a “fake” and undeserving of accolades or accomplishments affects up to 70% of people. It is called Imposter Syndrome. Mollura has decided to share what he has learned to help others who suffer from the negative voices that tell them they aren’t worthy of their successes.

Prior to his photography career, Mollura led test operations across the planet for NASA, the Department of Defense and Homeland Security. Despite an impressive track record of professional successes (some of his projects landed on Mars), he was all too familiar with gnawing feelings of self-doubt.

“Over the years, I have done a tremendous amount of work on myself,” Mollura said. He has enlisted counselors and coaches for personal development and researched on his own to learn more about Imposter Syndrome. Now he offers a motivational talk as well as both a self-paced and guided workshop about Imposter Syndrome.

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“I want to help others understand how Imposter Syndrome might be showing up in their lives, what it is costing them and teach them the skills to begin to turn down the self-doubt in their own lives,” Mollura said.

Lesley Logan, an author, business coach and world-wide Pilates entrepreneur, participated in Mollura’s Imposter Syndrome workshop and said, “John’s tools and tips for combating Imposter Syndrome allowed me to not just have the aha moment of ‘I’m not alone in my Imposter Syndrome’ and here’s how I can support myself through that.”

Mollura offers in-person and virtual motivational talks and workshops for organizations that are committed to empowering and educating their members and employees. To learn more, visit <https://johnmollura.com>.



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GOVERNMENT & POLITICS



photo link: City of Milford

WORKSHOP DISCUSSES PALLET HOME VILLAGE

BY TERRY ROGERS

At a recent workshop, Milford City Council heard from Judson Malone, executive director of Springboard Collaborative, about a pallet village constructed in Georgetown designed to address the homeless issue. Springboard Collaborative works in partnership with other agencies, including First State Community Action and others to not only provide housing for those who are experiencing homelessness, but also help them reach goals that could provide them a steady income, housing and a stable lifestyle.

“What would a city council meeting be that you talked about pallet homes and I didn’t have something to say?” Martha Gery, founder of Milford Advocacy for the Homeless said during the public comment portion of the workshop. “So, I’m here to just thank you again for continuing your efforts on helping us to solve some of our housing problem, whether it’s for the homeless or people who are low income and can’t afford the housing.

And so, your efforts are greatly appreciated. And we’ve been working, talking with Springboard and other organizations and we continue to look to having more and more movement in that area and we thank you for your continued support.”

During public comment, there was concern expressed by resident Lucius Webb about building a pallet village in Milford.

“My concern about pallet or whatever it is, is it’s very important for us to take care of our own, but do we need to take care of the mass migration that is coming into this area from other parts of the country and other countries. So how we look at this is very important. And we ought to look at how we do it,” Webb said. “An area that preserves values as in point five of the strategic plan and also in point two of the strategic plan, how we also ensure safety for the current residents. And when you

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design a program like this, it should be an area where there is transportation available for people who come to these areas so they can get jobs, which helps them restore dignity and a way they can contribute to the community. But we don't want to build something so large that people will just flood here and it will change the dynamics of the community."

Although public comment was accepted at the start of the meeting, Council was not able to answer questions or address statements made by the public. After the public comment portion, Malone provided details about the village that opened six months ago in Georgetown.

"So, these are manufactured by a company called Pallet. They're actually panelized sleeping cabins. They come shipped to the job site on massive pallets, hence the name. They're not made out of wooden pallets and we have 40 of these cabins in a village setting," Malone said, providing a photo of the homes used in the Georgetown village. "And I'll go into a little bit of detail about what that means. But the very basic thing that they do is they address a dignified place for someone to be that has formerly been chronically unsheltered in tent cities and encampments around Georgetown."

The Georgetown pallet village is located on the property of First State Community Action. The cabins have heat, air conditioning and electricity, but no bathroom or cooking facilities. There is a communal bathroom in the village and a temporary community kitchen. A permanent kitchen is planned in the future. Recently, the village held a "Paint the Town" event to paint the pallet homes bright colors which made a difference in

how the homes looked. Malone explained that the project had a three-prong approach.

"First attainable housing. Now, in a world that we wished we live in, that attainable housing would be a place that they could afford to rent, but we don't have that," Malone said. "So an interim solution is what we come up with a pallet village is something that can be constructed in under a year as opposed to a low-income housing development, that might take many years."

The second prong includes comprehensive care with Springboard focusing on helping those in the village navigate the system.

"We focus on every homeless person who comes into the village. We ask them what their plan is. We don't tell them what their plan should be. They tell us 'I want to work on my addictions.' 'I want to save money.' 'I want to get a job.' They choose from a set of goals and our navigators, depending on what their needs are, will connect them with LaRed, which is a federally qualified health center, with Beebe which is a major hospital network, with First State who provides case management services, with DelOne who comes out every week and helps people open up bank accounts, with Perdue and other employers who come on site and do job fairs," Malone said. "So, that's important and then also we want to connect them to education and employment opportunities because to be self-sufficient, you need income. And so, some people do have benefits coming in because of health conditions or whatever. But some people just need to get work, to have a job."

At the village, participants are provided three meals per day and there is a community garden on site. Those who have been provided a pallet home are required to clean the showers, take out garbage and keep the area clean. They help serve food and are able to volunteer in the community garden if they choose to do so. Malone explained that they are very proud of the village and very protective of the area. They also work with Brandywine SPCA and are considering a dog run to allow pets. They currently have nine cats as they are very comforting, with the SPCA providing all veterinary care. Delaware Substance Abuse and Mental Health (SAM) as well as Assertive Community Teams (ACT) work with those who need intensive support while the Georgetown Police Department imbedded clinicians also provide services in the village.

"We've had 11 people who found permanent housing in the space of six months. Another four, we had to send on to a more intensive care environment, it was not going to work for that particular population. The personal impacts, we've had a total of 73 people in six months have come through. Of those, 50 or 79% have not returned to unsheltered homelessness, 36 or 52% have received substance abuse or mental health treatment," Malone said. "This is a low barrier shelter, we take you regardless of your current user status. We just demand you don't use on site. But for a lot of people, it was very difficult to get through the night. And so, in some cases, we had to intervene and say look, you can't bring drugs in...."

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EDUCATION



photo link: [Milford School District](#)

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BACK TO SCHOOL TIPS

BY TERRY ROGERS

With school starting within the next week, the Milford School District offered tips to parents to help their children prepare for the new school year. According to Trish Gerken, MSD’s public information officer, there are several things parents can do to prepare students, regardless of the grade level they will be attending. This includes discussing strategies with their children regarding organization and how to manage their time as the school year approaches. They should also have discussions about extra-curricular activities the child will be involved in over the school year.

“We encourage our students and families to attend our various welcome events prior to the school year beginning,” Gerken said. “Students and families will have an opportunity to pick up their student schedule, receive school information and visit their classrooms to meet their teachers as they transition through their class schedule.”

Staff encourages parents to ask the student questions and reminds them that teachers, counselors and administrators are there to help. Informing staff of any concerns will help them assist your child.

“The more our students feel comfortable working with others, the more they will enjoy coming to school,” Gerken said. “Of course, talk positively about the start of the school year with your child. We are excited to have them coming back and have a ton of exciting things planned for them this year!”

Milford High School will hold an open house on Aug. 29 from 5 to 7 p.m. and ninth graders only will attend a transition day, which is a half day only on Aug. 29. Milford Central Academy held its open house on Aug. 24 while transition day for sixth graders, also a half day, is Aug. 29.

Morris will hold Kindergarten Orientation on Aug. 29 with time schedules sent to each individual family.

see page 20




New School Year.
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Banneker will hold its open house on Aug.29 with first grade and Mrs. Woods' class meeting from 8 to 9:30 a.m.; second and third grades along with Mrs. Wells' class meeting from 1 to 2 p.m.; fourth and fifth along with Mrs. Frost and Mrs. McDonald's classes meeting from 2 to 3 p.m.

The Ross and Mispillion open houses will be held on Aug. 29 with first grade scheduled from 8 to 9:30 a.m.; second grade from 9:45 to 10:30 a.m.; third grade from 10:45 to 11:30 a.m.; fourth grade from 11:45 a.m. to 12:30 p.m.; and fifth grade from 12:45 to 1:30 p.m.

Gerken explained that students should have a bookbag for the first day of school, as well as a lunchbox if they plan to pack lunch. She reminded families that breakfast and lunch are free to all students in the district. Kindergarten through fifth grade schedules were sent home to families while MCA and MHS families can find their schedules on Home Access.

All students will begin school on Aug. 30 and start times can be found at [HERE](#). Gerken also stated that the dress code, which was relaxed somewhat last year, has not changed. Students must wear solid color khaki-style pants, jeans, walking shorts, capris, skorts, skirts without slits, jumpers or dresses. All bottoms must be knee length or longer and cut-offs or pants with holes are not permitted. Clothing must be worn at the natural waist while stretch apparel, leather or sheer material is not permitted. Chains and spiked jewelry are also not permitted.

Shirts must be solid color with a collar and may be either short or long sleeved. No sleeveless tops are permitted but button down shirts are allowed. Solid

color collared shirt may have a small logo on the chest or sleeve and any Milford-issued collared shirt are acceptable. Solid color crewneck sweatshirts or hood-less polar fleece jackets are permitted, as are pullover v-neck, crewneck, button down or zippered cardigan sweaters. Athletic gear associated with Milford School District, schools of the Milford School District or colleges/universities are acceptable on approved dress code tops. Turtlenecks (mock and regular) or t-shirts (short sleeve and long sleeve) solid in color may be worn underneath polo shirts.

Students may not wear anything that may be determined as an undergarment and no skin may show between the waistband of pants and the bottom of a shirt. Hats, visors, bandanas and combs may not be worn in the building. Head coverings related to religious practices and sunglasses worn for prescription purposes only are permitted. Scarves, ties and bow ties are permitted.

Students must wear appropriate footwear at all times. No shoes with wheels or slippers are permitted. Elementary students are not permitted to wear flip flops and need to have a closed toe shoe secured to the foot by a strap or shoelaces.

New students who have not been previously enrolled in the Milford School District shall have up to 10 school days to comply with the dress code policy. Parents who are having difficulty with the cost of dress code required clothing can reach out to their child's school for assistance.



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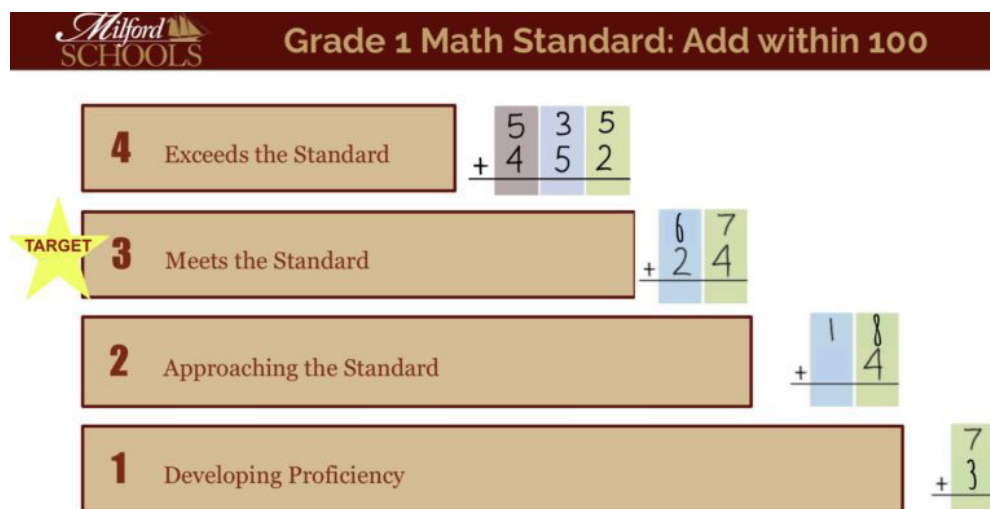
BY TERRY ROGERS

At a recent meeting, the Milford School District Board of Education discussed updates to their promotion policy. The changes are an extension of existing policy that will include new standards-based report cards used in the district for younger grades.

“This is merely an extension of our existing policy with a few grammatical updates as well as an expansion of our standards-based report card that has been rolling out and phased from kindergarten to first to second and now to third grade,” Dr. Bridget Amory, interim superintendent, said. “So it’s really just kind of a formality that we bring that here and then when we reviewed the policy, we did find a few grammatical errors that we wanted to clarify this evening.”

Board Vice-President Matt Bucher clarified that the updates to the policy would move grade two into the Early Childhood tier which was originally only kindergarten and grade one.

“We’re providing them with a standards-based report card which those students have had since they entered K,” Dr. Bobbie Kilgore, principal of Benjamin Banneker Elementary School, said. “So, now those standards will



continue on with that same report card system as they enter second grade.”

Bucher commented that these policies were already in place, but that the actual board policy was playing “catch-up.” Dr. Kilgore stated that the changes were mostly just “tweaks” to the policy and that the families of children in kindergarten and first grade had been getting that type of reporting since their child entered school.

“The only question I have is, this was a reservation that I had initially,” Dr. Adam Brownstein said. “My question is what the end game is. I mean, I understand we’re kind of doing this year-to-year, but I’m thinking 10 years into the future is the idea that the class who are now second and third graders, as they move forward is the endgame of this to do away with traditional ABCD and move towards this sort of 1234 system or is the existing idea of where we would like to see this be in 10 years that there would still be a transition at some point during their school career, where they would go from a 1234 to a more, we’ll call traditional ABCD, etc.”

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BACK TO SCHOOL TRANSPORTATION TIPS FOR MSD FAMILIES

BY TERRY ROGERS

Every day, the Milford School District transports 7,000 students daily to and from school, completing 200+ routes daily covering over 5,000 miles. The mission of the Transportation Department is to provide safe transportation to Milford’s students and support the educational functions and school activities of the Milford School District. All drivers go through hours of training every year to keep our kids safe. Parents can also do their part in helping transportation run smoothly as children return back to school next week.

“For 11th and 12th graders planning to drive to school, a Google form will be sent out via the 11th and 12th grade Schoology pages for students to fill out,” Patricia Gerken, MSD’s public information officer said. “After the first day of school, student drivers who filled out the form will be called down to the Main Office where they will be asked to provide their license, vehicle registration and proof of car insurance. Copies of these items will be made for our records and the student will be is-

sued a numbered parking pass. Seniors are given priority and parking passes are issued on a first-come, first-served basis. There will be no parking fee collected this year. Students will have until Friday, Sept. 16, to obtain their MHS student parking permits.”

Jon LoBiondo, transportation supervisor, explained that the district was using a new transportation system.

“Please note that we have implemented a new routing system and the Transportation Department is making every effort to ensure the accuracy of the routes,” LoBiondo said. “Please be at your stop 15 minutes early for the first two weeks. If you have any issues, you can call 302-424-8820 or email transportation@msd.k12.de.us. Children need to be at the stop and visible to the driver, regardless of the weather. As the year progresses the timing becomes more accurate.”

Changes to pick up or drop off locations should be made immediately, although at this late date parents

see page 23



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may need to make alternative arrangements on the first few days of school as contractors and drivers may have already set up the route for the upcoming school year. The district tries to provide them with student information in mid-August so they have the necessary time to prepare for the routes and safe transportation for all students. Bus route information can be found at [HERE](#).

Bus changes must be made in person at the Milford School District Administrative Office at 906 Lakeview Ave. A printable form is available at [HERE](#) and proper identification is required of anyone making a change to a child's transportation information. The form can be mailed but proper identification must be attached as well. Changes made to a student's pick-up or drop-off point take approximately three full business days to complete. If you must change your child's pick-up or drop-off point, please allow adequate time for the change to be implemented. If it is an event that occurs suddenly, please make arrangements to take your student to and from school until transportation changes have been confirmed.

"We ask that families please be patient with pick-up and drop-off times during the first week of school as times may vary some as traffic patterns and students becoming more familiar with their route are sorted out," Gerken said. "If your student misses the bus, please contact your child's school. If they miss the bus more than two days, please contact the Transportation Office, providing the spelling of your child's name, the school where they are enrolled, assigned bus number and any other details."

Transportation is provided for students in grades one to six who live one mile or more from their school. Students in grades seven to 12 who live two miles or more from their school are also eligible to ride the bus. Distance is measured between the home and the school along the most direct route on a public road or walkway. In some areas of Milford, streets are marked as no-cross and no-walk which means there are some students who receive public transportation to and from school within the one- and two-mile boundary as they are not permitted to cross or walk along streets deemed by the state of Delaware to be dangerous due to traffic or other factors.

In addition, Delaware Department of Education governs the distance that a student receiving transportation benefits may be required to walk to the bus stop. According to state regulations, a child can be required to walk up to one-half mile to a bus stop, even on rural roads. The regulation considers a route where a bus leaves the main route to travel less than a half mile as a "spur route" which are not permitted under state regulations. State regulations also state that a child can have one bus stop in the morning and one in the afternoon. Although the morning stop may be different than the afternoon stop, they must be the same each day.

Parents can find bus guidelines on the district website [HERE](#). LoBiondo provided some simple rules children need to follow on the bus.

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HEALTH



photo link: Bayhealth Medical Center

BAYHEALTH PLANS COMMUNITY WELLNESS PROGRAMS

BY TERRY ROGERS

Bayhealth strives to provide programs designed to promote a healthy community. One of the ways they achieve this goal is through their Community Wellness Programs in the area. The Bayhealth Community Wellness Programs are for anyone who wants to live a healthier life.

On Sept. 7, from 11:30 a.m. to 1:30 p.m., Bayhealth will offer free blood pressure screenings at Avenue Methodist Church, located at 20 N. Church St. in Milford. Another screening will be held Sept. 20 from 9 to 11 a.m. at Slaughter Neck Community Center, located at 22942 Slaughter Neck Road in Lincoln.

One important aspect of living a healthier lifestyle is consistent blood pressure monitoring as high blood pressure, also known as hypertension, may be linked to

heart disease and other chronic illnesses. Those who attend the free health screening will have their blood pressure checked by a registered nurse and receive individualized counseling based on the results, their medications and other health issues. Registration is not required for these events.

In addition to community health screenings, Bayhealth will offer Cancer Support Groups in partnership with the Cancer Support Community of Delaware every other Thursday from 6–7 p.m. at Bayhealth Hospital Sussex Campus, Community Room 1001, located at 100 Wellness Way in Milford.

The support groups are designed for cancer patients to meet and connect with others on the same journey. Group discussions are led by a licensed mental health



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professional who will provide valuable information that can help those dealing with a cancer diagnosis navigate the journey. There is evidence that support groups can help cancer patients cope with the feelings of isolation, hopelessness and loss of control that are common during and after treatment.

The support groups are held both in person or virtually through Zoom. The next support group is planned for Aug. 31 and registration is required. Visit [Cancer Support Community of Delaware](#) to register.

For more information about the various community health programs offered at Bayhealth, visit its [Community Health and Wellness](#) page.

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photo link: [Milford Bucs](#)

TOP 10 FOOTBALL GAMES YOU SHOULD WATCH LIVE THIS FALL

BY BENNY MITCHELL

We will have 35 high school football games on our Delaware Live Sports livestream schedule this fall. Here is a look at the top 10 games you can watch from the comfort of your home. All of our regular season games are free to watch on our [YouTube channel](#). These games happen to fall on Friday night, but our full schedule will also feature some Thursday night and Saturday games.

No. 10 Delaware Military Academy at Caravel Academy, Friday, Nov. 3–7 p.m.

A game that already will peak fans interest between two New Castle County powers. This game is more important this year as Caravel moves to Class AA District 1. A District championship could be on the line in week 9.

No. 9 Archmere Academy at Caravel Academy, Friday, Sept. 29, 7 p.m.

The Auks and the Bucs met in the state tournament two years ago with Archmere going on to win a Class

AA state title. The Bucs bounced back last year to play in the title game. This is an interesting inter-district match up that will have state tournament implications.

No. 8 Wilmington Charter at Delcastle, Friday, Oct. 20, 7 p.m.

Last season it was the Force of Wilmington Charter that was on the rise, but talk around Wilmington, watch out for the Delcastle Cougars in 2023. The day and time is not a typo, it will be Friday Night Lights at Delcastle on this night. Portable lights will be brought in for this contest between former Diamond State Conference foes.

No. 7 Lake Forest at Milford, Friday, Nov. 10, 7 p.m.

The Battle of the Bell is back where it belongs on week 10. A rivalry for over 50 years, this game features two downstate communities where possession of the bell in mid-November sets the tone for the year.

No. 6 Salesianum at St. Mark's, Friday, Nov. 10, 7 p.m.
The Holy War is back as the Spartans move up to Class

AAA. The two largest Catholic schools in the state last played in 2019, but was one of the most anticipated games of the season. The rivalry has more meaning now as realignment has placed the Sals and the Spartans in the same district.

No. 5 Sussex Central at Dover, Friday, Oct. 27, 7 p.m.

Historically one of the most unpredictable games yet always hard hitting and well played. The two met twice last year with different results. While the 21-0 score was the same the Golden Knights took the regular season game, but the Senators went into The Castle to win the Class AAA playoff game enroute to the state finals. When these two meet anything can happen.

No. 4 Lake Forest at Laurel, Friday, Nov. 3, 7 p.m.

This is an old Henney South game now back on the schedule as two-time Class A state champion Laurel moves up to Class AA this season. Both teams look early on to be favorites in Class AA District 3 this fall. The Spartans return quite a bit of talent from their state tournament team last year, but will have to travel into western Sussex County where the Bulldogs are a tough out at home.

No. 3 Dover at Smyrna, Friday, Oct. 20, 7 p.m.

A rematch of last year's Class AAA state championship game, how can this game not make the list. Smyrna is the defending Class AAA state champion and has some key players to replace, but the Eagles always find a way to reload. The Senators return all of their skill position athletes and those guys just happen to have track speed. It will be a short bus ride for Dover, but they will have to find a way to block out the loud red wave of Smyrna fans.

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