

MILFORD LIVE

photo link: Marcia Reed

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November 7, 2023
Vol. 13 • Issue 45

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Phases Medical Spa Opening



Drug Take Back Day



Cross Country Athletes Named to All-Conference

HEADLINES



photo link: Milford Police Department



BY TERRY ROGERS

With a focus on aesthetic services and products for skin care, beauty enhancement, wellness promotion and common skin concerns, Phases Medical Spa is the vision of Amber Sharp and her husband, Mark Hammel. The couple has a strong background in the medical field with Sharp holding an MSN degree from Wilmington University and Hammel a registered nurse.

“I earned my MSN with a family nurse practitioner focus,” Sharp said. “Since graduation, I have worked as a primary care provider at Atlantic Family Physicians. Before becoming a nurse practitioner, I was a registered nurse at the Delaware Hospice Center and the Bayhealth Sussex Campus.”

Last year, Sharp, who grew up in Milford, re-enrolled in Wilmington University to begin seeking a dual DNP/MBA degree. Hammel, who grew up in Coronado, CA, graduated from the Beebe School of Nursing. Although

PHASES MEDICAL SPA OPENING IN MILFORD

he has worked in almost every nursing specialty, Hammel has a calling for home hospice. Before he became an RN, Hammel was a histologist while serving in the United States Air Force and also as a civilian at the Mayo Clinic. The couple is expecting their first grandchild who they both say they cannot wait to spoil.

“Growing up, going to the beach always included a beach umbrella, a big beach hat and lots of sunblock because my grandmother had very sensitive skin and an allergy to the sun,” Sharp said. “Sometimes, even if she took all the precautions, she would still have a reaction, so she had to be extra careful and take special care of her skin. This is what sparked my interest in skin care and healthcare, ultimately leading to my pursuit of becoming a medical provider and opening a practice that combines the two.”

The new spa, which will be located at 1012 N. Walnut Street in the Walnut Street Professional Center, will offer cosmetic injections, skin rejuvenation therapies, IV infusions, vitamin shots as well as medical ear and nose piercing. They also plan to offer a line of retail products that include medical grade skin care products, prescriptions, supplements and more. Sharp explained they also plan to carry medical grade titanium and nickel-free jewelry.

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from page 3

“Time management has been challenging,” Sharp said. “Trying to juggle our careers while turning my dream into reality has not been easy.”

The challenges are worth it, though, Sharp explained.

“As nurses, we understand the impact of how a person feels can affect their wellbeing,” Sharp said. “We are looking forward to expanding our reach in improving lives and helping people feel good on the inside as well as the outside. As dedicated lifetime learners, we will stay up with new technologies and add new services based on client interests. Mark has expressed an interest in microblading so we may add permanent make-up in the future.”

The website for Phases Medical Spa will be activated in mid-November, then published on Google. Once the website is activated, the couple plans to release a Facebook page as well as an Instagram page that will be found @phasesmedspa. Appointments will begin in mid-November.



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MILFORD NATIVE INDUCTED INTO DE AVIATION HALL OF FAME

BY TERRY ROGERS

Al Burk, who graduated from Milford High School, was inducted into the Delaware Aviation Hall of Fame recently. Burk, who

attended the University of Delaware for over two years before joining the United States Army at the height of the Vietnam War, received the honor at a ceremony attended by his fellow running partners, including Lance Skinner, Tim Foster and Brad Dennehy.

“I’ve known Al for 10 or 15 years now, just through the running community because he and I run a lot of races together. A lot of marathons and 5ks,” Skinner said. “So, since then, we’ve kind of grown a close relationship with one another and we just share stories. And basically, Al was kind of an inspiration to us because of his age. I think he’s 77 years old now. He’s still running a few days a week, runs through town and it gives us encouragement, motivates us younger runners. on staying healthy and how therapeutic running is and it kind of goes into his background.”

Skinner explained that Burk does not talk much about his military experiences, but when he does it is clear there were some traumatic experiences involved. However, it was the death of Burk’s daughter in a car accident many years ago that led him to running. Skinner stated that Burk contributed running with helping him cope

with the loss of his daughter as well as the trauma he experienced in the Vietnam War.

“His helicopter was shot down,” Skinner said. “It took like 40 rounds, and he was shot as well.”

Burk attended Warrant Officer Candidate School and Primary Flight Training in the Hughes TH-55 Osage at Fort Wolters, Texas. He completed Advanced Flight Training in the Bell UH-1 Iroquois/Huey, at Fort Rucker, AL, graduating as an Army Aviator with the rank of Warrant Officer First Class (W01). He then served in Bien Hoa, South Vietnam, flying 1,349 combat hours. It was during this tour of duty that his helicopter was shot down, earning him the Silver Star and Purple Heart. He also received a Combat Direct Commission to 1st Lieutenant.

After Vietnam, Burk served in the Army Southern European Theater in northeastern Italy. It was here he met, courted and married his wife Amanda and promoted to Captain. He also earned a Bachelor of Arts in History from the University of Maryland. Burk returned to Delaware, serving 28 years in the Army National Guard and qualifying to fly the Sikorsky UH-60 Blackhawk and Beech U-21. He also worked as a Bell UH-1 Iroquois Instructor Pilot. In addition to his flight training, Burk was trained in Aviation Life Support Equipment, Night Vision Flight, Arctic Survival and

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Medical Evacuation Flight. He flew critical missions supporting the United States Coast Guard and the U.S. Army Corps of Engineers.

“One thing I would definitely say about him is that he’s extremely humble,” Skinner said. “He does not talk about his accomplishments at all. I was shocked when we went up to that Aviation Hall of Fame ceremony and I read the story on why he was getting that award. He had never really talked about specifics. Other than he was a helicopter pilot, obviously, but he never bragged about himself. I didn’t know until then that he was a Silver Star recipient. I knew that he had a Purple Heart. He’s got an impressive resumé. So, I was kind of surprised that it took this long for him to get inducted into that Hall of Fame.”

Skinner also explained that Burk was a workhouse, especially for someone who is almost 80 years old.

“He never stops,” Sinner said. “He’s a stump grinder and he just does it for something to do. But he never can sit still. He’s out and about bowling or doing something all the time. He does not let his age hold him back in any way. Outside of running, that’s what he does. He just goes round and helps people out if they need stumps ground up and church. Al is at the church quite often; he attends St. John’s.”

The Delaware Aviation Hall of Fame was established to honor aviation greats while also creating public awareness of the role aviation specialists play, not only in support of Delaware, but in defense of the country.



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CULTURE



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



WREATH SALE TO BENEFIT SANTA HOUSE

BY TERRY ROGERS

Downtown Milford Inc (DMI) has partnered with Lynch Creek Farm, a company offering handcrafted and traditional wreaths, centerpieces and other holiday items, to raise money for the Santa House. Santa will arrive in Milford on Saturday, Nov. 25, around 11 a.m. and DMI wants to be sure his house is ready for his arrival.

“DMI is a nonprofit and we depend on the kindness of the community to keep us going,” Joey Phillips, chairman of the Design Committee, said. “Even though Christmas is just over a month away, many people are

already either putting up their decorations or planning what décor they intend to display this year. DMI, like we have in years past, have arranged a partnership with Lynch Creek Farm to help with that décor.”

By using the DMI link to access Lynch Creek Farms, the Milford community can find wreaths, centerpieces, tabletop trees, garland, swags and other gifts to help with their decorating needs. There are also fall-themed decorations and dried floral arrangements. Each order

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gives 15 percent cash back to the Santa House. Don't need a wreath or décor this year? There is also a button to simply donate to the DMI Santa House without making a purchase.

Lynch Creek Farms began as a hobby in 1980, designed as a way to keep three Hunter children out of trouble by keeping them employed while they attended school. Originally, they sold their items at local farmers' markets. The youngest son, Andrew, stayed with the business, continuing the tradition of creating stunning Christmas décor while also selling dahlias in the summer.

Flyers with a QR code are available at the DMI office or may be found in downtown businesses, located at 10 S. Walnut Street, or [HERE](#).

In addition to the wreath sale, DMI is also looking for elves to assist with the arrival of Santa. Simply register to be an elf in the Parade of Elves and meet at Bridging the Gap Thrift Store, located at 21 Southeast Front Street, at 10 a.m. on Saturday, Nov. 25. All elves will be entered into a drawing where they could win a gift certificate to a local business.

"Be sure to wear your best elf uniform," Janne Collins, executive director of DMI, said. "At 10:15 a.m., the elves will walk along the Riverwalk to the grassy area outside of the Riverfront Theatre to await Santa's arrival."

Anyone interested in joining the Parade of Elves should call DMI at 302-839-1180 or stop by the office at 10 S. Walnut Street.



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BY TERRY ROGERS

Fall chrysanthemums, gourds and pumpkins intermixed with beautifully trimmed shrubs were all part of the reason the Beautification Committee of the Milford Garden Club selected the Addingtons yard as their “October Garden of the Month.” Richard and Dona reside at 16499 Retreat Circle in Milford.

Dona was a local girl and when she married Richard, they made their home in Virginia. Then, in 1989 they relocated back to Dona’s hometown where Richard is a business owner. After residing in several different locations in Milford, they finally bought their lovely home at the Retreat at Hazzard Hill.

Initially, the Addingtons had professional landscapers doing their yard work, but when COVID hit, they made the decision to do all their own landscaping and they have obviously been very successful in doing it. Some of the shrubs and bushes which are enhanced by the placement of the mums, pumpkins and gourds include weigela, variegated holly, junipers, azalea, hawthorn bushes and one stately pin oak tree.

OCTOBER GARDEN OF THE MONTH

Milford Garden Club was established in 1966 and became a member of the Delaware Federation of Garden Clubs and National Garden Clubs in 1983. The group meets the first Monday of each month at the Milford Parks and Recreation building, located at 207 Franklin Street in Milford.

The Milford Garden Club offers many educational opportunities, providing details on how to create sustainable gardens using plants that are native to Delaware while also promoting environmental practices and planting to attract pollinators. Some of the upcoming events they have planned include a presentation by Mark Brooks, ISA Certified Arborist and owner of SavaTree.

Brooks will discuss tree pruning, trimming, removal, disease control, shrub and hedge trimming as well as methods to control ticks. He will also talk about deer repellants to avoid damage. The program is planned for Nov. 9 as part of the General Membership meeting at 6:30 p.m. The meeting will be held at the Milford Parks and Recreation building.

The Milford Garden Club is open to anyone with an interest in gardening and beautification. For more information about membership, email milfordgardenclubmi@outlook.com. That same email can be used to nominate someone for the Garden of the Month designation.



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FUN AT FRIENDS OF KSI QUARTER AUCTION RESULTS IN \$5,000 DONATION

Angela Spishock, Kathy Bunting, Linda Eckert, Crystal Southard and Frannie McQuery lead the quarter auction charge to collect donated items so they could raise money for KSI programs and services, while also increasing awareness about KSI throughout the community. Held at the Farmington Fire House on Oct. 20, just over 80 guests nearly filled the room. They enjoyed buying refreshments, taking chances on raffle items and buying 50/50 tickets. Door prizes were generously given throughout the evening.

KSI is a private, not-for-profit agency providing vocational training, employment, community integration, transportation, day habilitation, life enrichment and nutritional services to individuals with disabilities in Kent and Sussex counties since 1962. KSI is committed to making all reasonable accommodations, in order to ensure that our programs and services are as accessible as possible, to as many people as possible.

For more information about KSI contact Alicia Hollis, KSI Director of Community Relations at hollisa@ksiinc.org or 302-422-4014 ext. 3015.



STAFF REPORT

The 11th Annual Friends of KSI Quarter Auction resulted in a \$5,000 donation to KSI. Members of this volunteer group have raised funds for KSI since 2013. They introduced an annual car show fundraiser in 2015 and their combined efforts have resulted in more than \$42,000 being donated to the agency.

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PREPARING YOUR GARDEN FOR WINTER

BY TERRY ROGERS

Although there have been a few cold spells in the area over the past few weeks, severe cold weather has not yet arrived in Milford. However, the bitter cold, wind, ice and snow will be here soon enough which is why now is the time to prepare your gardens and outdoor plants for the harsh weather.

“Delaware winter weather is no problem for plants rated for Zone 7 or cooler,” Marge Huntzinger, president of the Milford Garden Club, said. “The major damage we see are in evergreens that do not get sufficient water due to drying winds and frozen soil. Make sure your needle and broadleaf evergreens are well watered throughout the season, ones in containers especially.”

According to Huntzinger, broadleaf evergreens are the most likely to be damaged if not watered properly.

Anyone with pots of perennials may be able to keep them alive throughout the winter while deciduous trees and shrubs can survive years in large pots if checked regularly. Huntzinger explained that annuals and tropical plants, like hibiscus, only survive one growing season in Delaware.

“Containers that contain hardy plants should be moved to an unheated garage or shed, if possible,” Huntzinger said. “If not, move them to an area out of the wind and sun. You can surround the pots with leaves or straw to reduce rapid temperature fluctuations. Check them regularly and water as needed.”

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photo link: [Marcia Reed](#)

LOCAL RESTAURANT CELEBRATES EL DIA DE MUERTOS

BY TERRY ROGERS

Bibi's Restaurant, located in the Riverwalk Plaza in Milford, is owned by natives of Mexico. As a result, the restaurant established an altar to celebrate the Hispanic holiday El Dia de Muertos, also known as the Day of the Dead or All Souls Day. It is a day of celebration, unlike the American tradition of Halloween or a time to be mournful. On Nov. 1 and 2, the culture takes the time to celebrate those who have passed on before them in a wide variety of ways.

"It is a time for us to remember our loved ones who are gone," Danny Perez, owner of Riverlights Café, who is also of Hispanic heritage. "It isn't a sad day. Instead, we visit the graves of our loved ones and celebrate their lives."

Graciela Guavluve, owner of Bibi's Restaurant, explained that some Hispanic cultures celebrate on Oct. 31 while others celebrate Nov. 6, depending on the locality.

"It is widely observed in Mexico where it largely developed," Guavluve said. "It is also celebrated in other places, especially where there are a number of people of Hispanic heritage. Although it is related to Christian remembrances for Halloween, it has a much less solemn tone and is actually considered joyful rather than mourning."

According to Guavluve, it is not known how the holiday began, although many believe it has roots in indigenous Mexican or ancient Aztec celebrations. She explained it is a way to remember the forebearers of a family. The holiday is often a multi-day event, with family and friends gathering to pay respects while also remembering family and friends who have died.

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“The celebrations can take a humorous tone,” Guavluve said. “Celebrants often recall funny events and anecdotes about the departed.”

One of the most recognized figures during celebrations of El Dia de Muertos is La Catrina, a towering female skeleton with bright makeup and a flamboyant hat with feathers. Known as the Lady of Death, she protects the departed loved ones, guiding them through their final stages of life and death. In addition, toys may be offered to children who have passed on while bottles of alcohol or jars of aloe are offered to departed adults. Graves may be decorated with ofrendas which often include marigolds as it is believed that type of flower attracts the souls of the dead.



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GOVERNMENT & POLITICS



photo link: [Marcia Reed](#)



TIME TO TRASH EXPIRED MEDS AND REDUCE DRUG OVERDOSE DEATHS

BY KEN MAMMARELLA

With Delaware's 25th Prescription Drug Take-Back Day on Oct. 28, the state says it sees signs that discarding expired or unused medication is one arrow in its arsenal to reducing addiction and deaths from drug overdoses. Among other things, the Delaware Division of Public Health pointed to:

- Delaware has dropped in the ranking of overdose deaths per capita. The First State is now No. 5 in the nation. It had been No. 2.
- Each year, the division increases the number of places and ways that Narcan, a drug that reduces the effect of opioids, can be obtained. Recently, there's been a large increase in the number of mail-order requests.
- Because of the ready access of Narcan kits, a Jersey Mike's manager saved a person's life and a woman at

the Firefly Music Festival saved her boyfriend's life. Saturday's drug take-back efforts allowed Delaware residents to dispose of unused or expired medications at **locations** across the state.

Medications to be disposed of needed to be in a container such as a pill bottle, box, blister pack or zipped plastic bag with personal information removed. Liquid medications needed to be in original containers. Vape pens and e-cigarettes were collected if the batteries were removed.

Specialized help

In addition, there were four locations where needles could be disposed of and six where Narcan (an overdose

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reversal medication) and overdose response education was available.

Delaware residents could bring used needles to be disposed of properly to the Laurel, Milton, Middletown and Wilmington police departments. Individuals needed to sign a waiver stating that needles were from home use. The safest way to dispose of needles is with a Sharps disposal container, which is delivered to incinerators to avoid accidental exposure. The only confirmed location offering Sharps disposal was the Middletown Police Department, according to the [Southern New Castle County Coalition](#).

The Wilmington, New Castle, Middletown, Dover, Milford and Laurel police departments offered overdose response training and Narcan distribution. For other community trainings and where to get free Narcan, go to [Help Is Here Delaware](#). Some locations accept medicines year-round.

The division and community partners also distributed Deterra bags, which deactivate medication with granular carbon. Organizations interested in distributing Deterra bags should contact the coalition at SN4Cprevention@gmail.com.

The state program is part of the national Drug Enforcement Administration's program, with take-back events in April and October. The goal is to reduce the chance of someone stealing medication for misuse. Delaware has collected 114,470 pounds of medication since 2010. A year ago, 4,200 pounds of unneeded medication were collected at 23 Delaware locations.



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MILFORD LIVE





DELAWARE MARIJUANA COMMISSIONER DESCRIBES CREATING NEW INDUSTRY

BY BETSY PRICE

As Delaware moves toward 2025 retail sale of recreational marijuana, lots of moving parts require decisions and implementation, the state's Marijuana Commissioner told a packed [New Castle County Chamber of Commerce](#) meeting Oct. 18.

Among those fine points are creating a digital infrastructure, formalizing regulations, and creating ways for people to apply for licenses, [Rob Coupe](#) said in a wide-ranging and detailed presentation. The state also must decide whether and how the medical marijuana industry will coexist with legal marijuana, he said.

One good thing about Delaware's timing, Coupe noted, is that the state can watch what New York, New Jersey, Maryland and other states have done and adopt their good ideas and try to avoid problems.

The new law

The new law allows people who are 21 or older to own one ounce of marijuana for personal use, but still prohibits consuming it in public or in a car. Instead of the ounce of flower buds to smoke, the law will allow 12 ounces of concentrated marijuana or 750 milligrams of TCH, the active ingredient in pot, which covers edibles, oils and other forms of marijuana. It prohibits growing marijuana for personal use or selling marijuana.

Four types of licenses related to the industry will be granted: growing, manufacturing, retail and testing. In every category, some licenses will be for social equity owners, who are people said to be unfairly impacted by drug laws that were not equally enforced, especially across racial lines.

Only about half the people who use marijuana smoke it, Coupe said. That's because the fire ends up consuming more of the weed than they want. So about half of Delaware retail offerings will be in other forms, he said.

Medical marijuana sales, which are not taxed, were \$49 million in 2022 with only 17,000 participants, Coupe said. Recreational sales will be taxed at 15% when sales begin in 2025 and the state expects to have between 100,000 to 180,000 users, Coupe said.

Members of the Delaware Economic and Finance Advisory Committee were told Monday that the tax on recreational marijuana is expected to generate about \$8 million in 2025, but that money would not go into the General Fund.

Coupe—who brought a notebook containing a print-out of the laws—noted that the tax money is required to be used to support the Office of the Marijuana Commissioner, the Marijuana Regulation Fund and the Justice Reinvestment Fund. But, he pointed out, the law also says that any remaining money may be appropriated by the General Assembly as it sees fit and he thought that meant it would go back to the General Fund.

Creating the system

The law authorized 14 jobs to create and oversee the recreational sales program. They included:

- Five for the Office of Marijuana Commissioner, including Coupe.
- 14 for Delaware Alcohol and Tobacco Enforcement.
- Seven for the Department of Revenue
- Two for the Department of Agriculture
- Six in Health Systems Protection for the Division of Public Health.

[CLICK TO READ MORE](#)

EDUCATION



photo link: [Milford High School Band](#)



MHS MARCHING BAND EARNS SILVER RANKING AT BAND COMPETITION

STAFF REPORT

On Saturday, the Milford High School Marching Buccaneers competed in the Delaware State Marching Band Championship hosted at Caesar Rodney High School in Camden. The championship was a Tournament of Bands competition. Tournament of Bands contests are held throughout the Mid-Atlantic region in nine different states. Saturday's competition saw competitors from Region 9, which is made up of Delaware and portions of Maryland.

Our own Milford High School Marching Buccaneers entered in the festival class. This provides the opportunity for feedback from judges and a stage to perform the

2023 show, "Be Afraid." Our band members showed no fear in performing the field routine: marching, playing and even dancing to share all that they had learned. They earned a silver ranking, which is great for our first competitive year in some time.

The Milford High School Marching Buccaneers will be attending the University of Delaware Band Day this upcoming weekend. You can check out their show, "Be Afraid" throughout the upcoming football season! The band would like to thank the community for all the support that they have been given over this season.



more photos on page 23



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HEALTH



photo link: [Bayhealth Medical Center](#)

RSV, COVID, A COLD OR THE FLU?

BY TERRY ROGERS

As the weather turns colder, thoughts turn to what has always been known as cold and flu season. Sniffles, aches, cough and a general feeling of malaise are signs that you may be coming down with something. After coming out of a pandemic, however, those symptoms are harder to ignore than they were pre-COVID as people now realize how easy it is to infect others with illnesses. But how do you know whether what you have is a common cold or something more serious.

“Because COVID, the flu, RSV, allergies and the common cold often have the same symptoms, it is harder to pinpoint exactly what is wrong,” John Fink, MD, vice president of Quality and Medical Affairs for Bayhealth, said. “There are a few key differences to look for, however, that may help you identify what is wrong so you can take the proper steps.”

Both the flu and COVID-19 symptoms can come on fast, with flu symptoms developing within four days of exposure and COVID-19 between one and 10 days. Allergies don’t cause fever or body aches, although they make you feel more tired than usual and you may have a sore throat. The symptoms remain the same and don’t seem to worsen over time like they can with COVID, the flu or RSV. Itchy eyes, nose and throat are often caused by seasonal allergies.

If you suspect you have COVID-19, consider visiting a clinic, wearing a mask, to take a COVID-Flu PCR test which provides results in 20 minutes. This test looks for both flu and COVID-19 so treatment can begin quickly.

“Flu season officially started Oct. 2 and it is possible this could be a severe flu season,” Dr. Fink said. “A flu

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vaccine as well as a COVID vaccine are your best protections against getting a severe case of either illness. All our primary care offices offer vaccines for adults while some of them also offer vaccines for children.”

Respiratory Syncytial Virus, or RSV, is commonly found in children, but it is possible for adults to contract it as well. The symptoms are cold-like and most healthy people recover within a week or two. Those with compromised immune systems and older adults are more at risk for severe illness. There is no vaccine for RSV.

“If you have any symptoms of a contagious illness, stay home from work or school and isolate from other family members,” Dr. Fink said. “This is true of all contagious illnesses, not just COVID. Don’t share drinking glasses or utensils with others, practice really good handwashing and make sure you are disinfecting surfaces. If you must leave the house, wear a mask. Call ahead before going to your doctor if you suspect you have RSV, the flu or COVID.”

Even if you have had vaccines against illnesses, including COVID, flu or pneumonia, Dr. Fink reminds everyone to continue using caution.

“While vaccines are extremely effective in preventing hospitalization and death, they do not completely eliminate the chance of getting the illness,” Dr. Fink said. “People who are vaccinated, especially those who have not had boosters, need to be on the lookout for symptoms and to isolate and get tested if they become ill. Many of those cases will have mild symptoms which are very similar to seasonal colds.”

Mild symptoms include nasal congestion, sneezing and a low-grade fever. Kelly Gardner, RN, CIC, Senior Manager of Infection Control, offered suggestions to help spread not only the thread of COVID-19 but also other contagious illnesses as well.

“No matter what variant is out there, we need to do the same things we’ve been doing during the pandemic,” Gardner said. “It’s all about breaking the chain of infection like the flu, which also has different strains and can mutate.”

Gardner, like Dr. Fink, suggested that vaccination and updated boosters are the best way to protect yourself. Hand washing, face coverings in public, social distancing, cleaning and disinfecting surfaces regularly while also staying home if you are sick are the best ways to prevent spreading any illness.

To learn more about vaccinations, visit [Coronavirus-Delaware.gov](https://www.coronavirus-delaware.gov). To learn more about other contagious illnesses, visit the [Delaware Division of Public Health](https://www.delaware.gov/public-health).



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REINDEER STAMPEDE PLANNED FOR NOVEMBER 25

BY TERRY ROGERS

Milford High School Cross Country has opened registrations for the 25th Annual Reindeer Stampede, planned for Saturday, Nov. 25. The 5K benefits the cross country team, according to coach Lance Skinner.

“The funds are used to purchase gear we may need, like we sometimes buy shoes for team members,” Skinner said. “We also do an annual scholarship that pays for invitationals. It basically funds the cross

country team with everything we do. This year will be special because it is the 25th year.”

The Reindeer Stampede has become a fall holiday tradition for many. The event takes place at Killens Pond State Park and pre-registration costs \$20 while the day of the race, registration is \$25. Attendees must pay the \$4 park entrance fee as well.

Friends and family of the cross country team formed a Booster’s Club in 1998 and set out to create a fundraising race. The Reindeer Stampede was the result of a vision to help raise funds for the team in keeping with the “running” aspect. Over the years, funds have been used to purchase shirts, running sweats, state championship jackets and a display clock for the running teams at Milford High School.

Those who register before Nov. 19 are guaranteed a long-sleeve t-shirt to commemorate the event, something Skinner says have been very popular over the years.

“Although we do sometimes have shirts for those who register the day of, we can’t guarantee them,” Skinner said. “To guarantee a shirt, we highly suggest you register in advance. We also do unique reindeer trophies for the top three in each age group. They get a wooden reindeer trophy that is actually made in the high school woodshop.”

Sponsorships are also available and range from \$100 to \$500. A sponsorship form can be downloaded [HERE](#). Registration for the race is being handled by [Races-2Run.com](#). Those who prefer to mail their registration can do so by [printing](#) the form and mailing it to Coach Lance Skinner, Milford High School Cross Country, 1019 North Walnut Street, Milford DE 19963. Any questions can be directed to Skinner at lnbskinner@comcast.net.

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MILFORD CROSS COUNTRY ATHLETES NAMED TO ALL-CONFERENCE

BY TERRY ROGERS

Six members of the Milford High School Cross Country team were named to the All-Conference Team at Killens Pond. In addition, Coach Lance Skinner was named Henlopen Conference Girls' Coach of the Year.

Faith Mitchell and Nate Waydelis earned first team honors while Aviana Shaw and Joria Willey earned second team honors. Austin Neal-Dickerson and Kayla Ashton received an honorable mention. The Milford girls' cross country team finished third overall while the boys were fourth out of 15 schools.

Receiving the honor after a vote of fellow Henlopen Conference coaches, Skinner received his certificate at the race as well.

"This man works tirelessly and spends countless hours

helping Milford XC runners achieve their very best," the team posted on social media. "We watch him go above and beyond again and again in his devotion to the runners, team and community to make this recognition well deserved."

This is Skinner's 10th year as a coach and his fourth as head coach of both the boys' and girls' cross country teams. In 2022, the girls' team finished with a record of 7-3 under his direction. As a coach, Skinner has led the team to five division titles and one conference title.

A Milford native, Skinner graduated from Milford in 1996 and is listed as 13th on the top 20 all-time fastest 5K time. He was also named MVP for indoor track while running cross country and outdoor track all four



years of high school. Skinner continues to run and has completed several half and full distance marathons, including Boston twice, in 2015 and 2018.

Skinner lives in Milford with his wife and two sons. He serves as a lieutenant with the Delaware State Police in Dover. Skinner also enjoys fishing and watching his boys play baseball. He serves on the Special Olympics Torch Run and is a member of the Milford Little League Board of Directors.

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BUCS FALL AT DELMAR 29-22

BY KEVIN EICKMAN

About as far south you can get in Delaware is a little town called Delmar, a town that loves its Friday night football and offers an intimate setting to play in with a very supportive crowd. While it is hard enough to win there when you play your best, it is almost impossible to do when you commit mistakes. Last Friday, Milford made those mistakes at crucial times and it cost the Bucs dearly. It wasn't that the Buccaneers played poorly, they just were not the better team in a crucial 29-22 loss.

The game ended with Milford needing a crucial defensive stop, but unable to provide it as the Wildcats ran out the clock to win the game. As a result, Milford is facing a must-win at home against Lake Forest Thursday and some help to secure a state tournament berth.

The problems for Milford began on the game's opening play, when a squib kick towards the right side of the

Buccaneers' return team bounced off a Milford player and was eagerly gathered up by the Wildcats. From there, it became clear that an in-sync Delmar offense marched right down the field in just four plays to record the game's first points and jump to a 7-0 lead just 46 seconds into the game.

"We were expecting that kick, but you never know how it is going to bounce. On that play, Delmar got the bounce and our defense did not respond, that is not the way you want to start a football game," coach Jed Bell said.

Milford would be quick to respond on offense as it got another big play from senior DenNare Horsey, who would bust a run right up the middle from 37 yards out for a touchdown. Milford would attempt a two-point conversion which was stuffed by Delmar as the Wildcats maintained their lead at 7-6 with 10:44 remaining

in the first quarter. With both teams scoring so quickly, the possibility of a high-scoring game might be forthcoming. However, both defenses would settle down as a battle of running games developed.

Milford would stop Delmar on the ensuing possession. Starting at 40, the Buccaneers would work their way deep into Delmar territory, where the Wildcat defense would stiffen. At the Delmar 18, the Bucs would attempt a quarterback sneak and a running play trying for the first down. Neither would work and Milford would turn the ball over on downs. This would be the first of a few Milford opportunities that the Bucs would be left to reflect on.

"When you play a team like Delmar, you have to take advantage when those opportunities present themselves, tonight we didn't. You have to tip your hat to Delmar, that is a hell of a football team over there," Bell said.

Milford would force a punt attempt on Delmar's next possession and what should have been a routine punt turned into an adventure as an errant snap was chased down by the Wildcat punter who somehow made a pass attempt from his own 20. The ball would bounce off the chest of a Milford defender, but the Bucs would still have good field possession on their 40.

The Milford offense finally found its footing and was moving the ball well down the field, mixing in a pass here and there as it looked poised to take the lead. Disaster would strike as Milford would fumble on the Delmar two, ending the drive in demoralizing fashion. Delmar would move the ball quickly down the field but would fail to cash in as the Buccaneers defense would hold strong at their 25, with the teams entering the locker

see page 31

room with Delmar still holding on to the 7-6 lead.

Delmar would get the ball to start the second half and the offense would demonstrate just how potent it can be, running the ball inside and outside, Milford could do little to stop them. It would culminate in a six-yard Delmar touchdown run and successful two-point conversion, extending its lead to 14-6 with 7:48 remaining in the third quarter.

Milford would respond quickly as Horsey would take a handoff right up the gut, blazing 46 yards for a touchdown. With a successful two-point conversion, Milford and Delmar found themselves all-square at 14, with 5:13 remaining in the third quarter.

Delmar would be quick to respond however, after gaining possession on its 46. The Wildcats would move the ball down to the Buccaneers' 29, with the Milford defense forcing the Wildcats into a third and 10 situation. It was there that Delmar would toss a dagger at Milford as a wide-open junior Khalid Schoolfield would gather the ball in for the touchdown and a huge momentum shift with Delmar now on top 21-14, the situation for Milford was now becoming urgent.

Things would go from bad to worse for the Buccaneers as they were forced to start their next possession at their three. Unable to move the ball, a Milford punt would be returned to the Buccaneers' 25. The Wildcats would take advantage of the miscue as the Milford defense could not stop the running attack as Delmar would extend its advantage to 29-14 on a two-point conversion with time rapidly becoming a factor.

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POLICE & FIRE



photo link: Vincent J. Deskiewicz Sr.



PAIGE'S KINDNESS PROJECT DONATES FUNDS FOR MPD

BY TERRY ROGERS

What began as a way for Paige Frey to help the homeless in the Milford area has grown to a non-profit that assists multiple organizations throughout the town. One of the groups that Paige's Kindness Project has supported is the Milford Police Department. Recently, with the help of Verizon Wireless, the police department received two wireless microphone systems.

"These are for our K-9 units to use during demonstrations throughout the community," MPD reported on its

social media. "These microphones will make it easier for both the K-9 handlers to address the crowd as well as for the crowd to be able to hear what the handlers are saying."

Frey was thrilled to support the police as they work to keep the community safe. "We are always happy to support our local police force," Frey said.

Paige's Kindness Project is not the only group who has supported MPD over the past month. The Knight's

of Columbus from St. John the Apostle and St. Bernadette Church presented Chief Cecilia "CC" Ashe with a Saint Michael's medal and prayer cards for the officers. Chief Ashe was at a meeting to talk about crime in Milford and introduce herself to the group.

After a recent football game, members of the Milford High School Varsity Club dropped off dinner for the officers.

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