

MILFORD LIVE

photo link: Dolce Bakery and Coffee Shop



MilfordLive

@Milfordlive

SUBSCRIBE

February 6, 2024
Vol. 14 • Issue 6

- Headlines2
- Culture.....5
- Business 11
- Government & Politics 14
- Education..... 17
- Health21
- Sports.....25
- Police & Fire.....27
- Stay Connected29



Milford Moves to Condemn Property for Bike Path



Black History Month: A Time to Focus on Breast Health



Polar Bear Plunge Record

HEADLINES



photo link: [Fur Baby Pet Resort](#)



MILFORD MOVES TO CONDEMN WIDOW'S PROPERTY FOR BIKE PATH

BY BETSY PRICE

This report has been updated.

The Milford City Council has voted to condemn eight acres of a widow's property and pay her \$20,000 for it, so the city can access the adjoining acres that it paid her brother more than \$500,000 for. Milford wants the property to build a new park in the southeast off South Rehoboth Boulevard and install bike and pedestrian paths that would help connect the town.

Annette Billings is seeking a lawyer to help her fight. She's due in court Feb. 13.

The city's move stunned her, she said. So did the price the city wants to pay her, she said, staring at legal documents about the property spread out over her farmhouse

kitchen table. A 2007 appraisal of the Sharp family farm's 38 acres — done when the family was thinking about selling lots — put its value at \$1.9 million, or \$50,000 per acre. Billings, 66, doubts her land's value went down as development in the area has soared.

She believes her brother was paid about \$25,000 per acre for landlocked property, which is why the city wanted to reach out to her. The property the city wants to take from her runs along one side of the brother's and then juts right along the water.

A 2021 appraisal done by the city in 2021 by W. R. McCain & Associates valued 17.02 acres at \$26,000 per acre for a total of \$445,520.

The May 2023 city appraisal, done by Dover Consulting Services Inc., puts the value of three pieces of her property at \$615,000, including the two pieces that lay along wetlands. The appraisal says the most likely use of the property is residential.

At one time, Billings had agreed to talk to Rob Pierce, director of Milford's Planning & Zoning, about a possible purchase and even told him he could have an appraisal done, as long as the city paid for it. Then she backed out, telling Pierce she was not interested and didn't want the appraisal after she saw the 2021 report and realized they wanted all the property.

Pierce and others called several times to talk to her, but she would not change her mind. When she got notice of the appraisal being done, she emailed Pierce to tell him she didn't want it. Efforts were not successful to reach Pierce for comment.

"So I was done with them then," she said.

Then she got a letter from David Rutt, the city attorney, saying her eight acres was only worth \$15,000, but the city would give her \$20,000.

Billings, who raises chickens for a living, said she's like many others: land rich and cash poor. She was not aware the city had decided to condemn the property so it could then use eminent domain to take it from her until she was served a notice of the lawsuit the city had filed against her by a woman she says is the city's police chief.

The Council discussed the move in executive session, as it does with real estate matters, but voted in public. City Councilmember Todd Cullota declined to com-

see page 4

from page 3

ment on the move, except to say he was the only one who did not vote for it.

“I was 100% against this,” he said. “I don’t believe that a government entity should take private land. If the owner wants to sell it, that’s fine. But if the owner does not want to sell it, I don’t think it’s fair for us to try to take it under the guise of it’s good for the greater public.” He said city officials had received an email Jan. 29 telling them to refer any calls about the matter to Rutt.

Focus on bike paths

Creating a city-wide trail is one of the focuses of the Milford Planning Department. On Tuesday, Feb. 6, it will hold a public hearing on plans to identify gaps in the pedestrian and bicycle network in the area, paying attention to the North Rehoboth Boulevard and North Walnut Street corridor.

Representatives from the city and the Dover/Kent County Metropolitan Planning Organization will be available during the two-hour period to review initial study findings and recommendations, a city press release said.

Billings said she can’t believe her wetlands are any place to pave a bike and pedestrian trail.

She and her neighbors also have been worrying — with no proof — that the city might try to put a proposed tiny house homeless village out there instead of on property near the old or new police stations.

[CLICK TO READ MORE](#)

Application Period Open: **NOW - MARCH 1, 2024!**

EDGE

GRANT COMPETITION

Compete for grant funding through our EDGE (Encouraging Development, Growth & Expansion) initiative. It’s a great way to help your small business start or grow!



 **Delaware**
DIVISION OF SMALL BUSINESS

[DE.GOV/EDGE](https://de.gov/edge)

CULTURE



photo link: [Second Street Players](#)

COMMUNITY CLEANUP SEEKING VOLUNTEERS AND SPONSORS

BY TERRY ROGERS

The Chamber of Commerce for Greater Milford (CCGM), Downtown Milford Inc. (DMI) and the city of Milford have partnered for the 4th Annual Community Clean-Up. The event is planned for April 13, from 8 to 10:30 a.m. and will be held rain or shine.

“About five years ago when the executive director of DMI along with the president of DMI, president of the Chamber and myself talked about having a retreat type meeting to discuss ways we could partner on events that would benefit Milford,” Jo Schmeiser, executive director of CCGM, said. “I asked Andy Stevens who runs ‘Andy is My Coach’ and is the pastor at the Milford Church of God, to mediate the retreat. We all met in Arena’s conference room to brainstorm ideas.”

According to Schmeiser, many ideas were bounced around, but one that seemed to be the most beneficial was a community cleanup. The goal was to get volunteers from the Milford area to help clean up the community. The first year, CCGM took the lead and began to reach out to others who may want to partner.

“I reached out to Brad Dennehy with Milford Parks and Recreation who let me know that Parks and Rec were already doing an annual cleanup, but it was based along the river,” Schmeiser said. “I asked him if he would be interested in expanding the event and work with the Chamber and DMI. Of course, he said yes.”

Schmeiser also reached out to a friend who works for Delaware Solid Waste Authority who suggested other organizations along with state agencies that might want to partner on this event. A meeting date was scheduled, and the first cleanup was held in 2019.

“We had one event and then COVID hit so we didn’t do one in 2020,” Schmeiser said. “However, we have been at it ever since and this will be our fourth annual cleanup. Over the years, we’ve probably had more than 1,000 folks clean up tons and tons of litter in Milford.”

Over the years, members of City Council, Girl Scouts, Boy Scouts, school clubs, groups from businesses, families and organizations have participated. In addition, a group from Perdue arrives to help each year as well.

see page 7

deLAWARECAN

NATIONAL School Choice WEEK #schoolchoice

Celebrating National School Choice Week

DELAWARE FUTURE'S FEST
DISCOVER YOUR PATHWAY

Goldey Beacom College

📅 27 January, 2023

🕒 10am-2:30pm

[Click here for more information.](#)

from page 6

“We designed this not to be a fundraiser for either DMI or the Chamber,” Schmeiser said. “It was a community event, but we did incur some expenses. We asked chamber members primarily if they would like to sponsor the event to help pay for the costs, mostly t-shirts we provide to people who volunteer. Perdue was immediately on board and have continued to sponsor this important event every year.”

In addition to monetary support from sponsors, Milford Church of God provides water and snacks for all the volunteers. The city of Milford and Milford School District are also important partners in the event. Other than Perdue, sponsors over the years have included Hodges Accounting and Tax Services, Artisan’s Bank, Rhodes and Morrow, Attorneys at Law, PACE Your Life and Milford Housing Development Corporation. Local legislators Sen. Dave Wilson and Rep. Bryan Shupe have also supported the event.

“During the clean-up, Milford Parks and Recreation pick the areas in which cleanup is needed, making sure those who are picking up the litter are safe,” Schmeiser said. “The first 200 volunteers receive a brightly colored t-shirt, making them visible to the community as they clean.”

This year’s event is chaired by Michele Webb of Milford Housing Development Corporation. Registration is available the day of the event. Sponsorship information can be obtained by calling CCGM at 302-422-3344 or DMI by calling 302-839-1180.



CAREER FAIRS

HAPPENING SOON NEAR YOU

[LEARN MORE](#)



DELAWARE LIVE

OUR STATE. OUR NEWS. OUR HOME.



“
**With Delaware LIVE
we share our story,
not remain a static ad**”

- BOYS & GIRLS CLUB OF DELAWARE



**We
support
local
because
we are
local**



mountaire.com

DELAWARE LIVE

OUR STATE. OUR NEWS. OUR HOME.



“
**Our ads change
at the pace of our
business needs**”

- SOUTHERN STATES



STAFF REPORT

A classic “Who Did It?” mystery! Second Street Players is excited to announce its first Children’s Theater production in 2024, “The Long Red Herring.”

Professor Kleine, a creative literature instructor, has a rather unusual final exam. He sets up a murder in his own home and has his students try to solve it. Somewhere along the way, however, one of the students begins to wonder if it really is just an assignment or if a real murder has taken place. But when another student is killed, it really gets serious. Part of the final? Or actual homicides? Who is really dead? And who is the murderer? The surprising ending will simply kill you! Please take note that this show presents the topics of homicide and suicide and will use prop weapons in production. Parents and guardians are advised to consider the ages of children they bring to this show and to use their own discretion as some content is geared for more mature children.

WHO DID IT? SSP CHILDREN’S THEATER BRINGS MYSTERY TO THE STAGE

Directed by SaraKate and Scott Hammer, all performances will be at Riverfront Theater, 2 S. Walnut Street in Milford and are scheduled for Feb. 23, 24 and 25. Friday and Saturday shows begin at 7 p.m. and Sunday’s show begins at 2 p.m. Friday night’s performance is pay what you can at the door, donations only. Saturday and Sunday ticket prices are \$5/child and \$10/adult. To read more and to purchase tickets, visit www.secondstreetplayers.com. Patrons who need assistance with the ticketing website or with other questions may email info@secondstreetplayers.com or leave a message at 302-422-0220.

“The Long Red Herring” is written by Pat Cook. Special arrangements by Dramatic Publishing.

Second Street Players values diversity and inclusion in casting, and in all other areas of production. The show is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowments of the Arts. The Division promotes Delaware arts events on DelawareScene.com.




Goldey-Beacom
COLLEGE

NEW GRADUATE CERTIFICATE PROGRAMS

- Certificate in Marketing
- Certificate in Human Resource Management
- Certificate in Health Care Management
- Certificate in Entrepreneurship
- Certificate in Information Technology







LOCATION	CONTACT	WEBSITE
4701 Limestone Road Wilmington, DE 19808	302-225-6248 Admissions@gbc.edu	www.gbc.edu/

BARRATT'S CHAPEL HOLDS PRESENTATION ON FOUNDING OF METHODIST CHURCH

BY TERRY ROGERS

Please join us at Barratt's Chapel, an officially designated Heritage Landmark of the United Methodist Church on March 16 at 10 a.m. as we welcome David Worthington, director of Global Relationships of John Wesley's New Room in Bristol, England.

Worthington's presentation titled "Methodism Comes to America: The Bristol Connection" will highlight John Wesley, founder of Methodism's, arrival in Bristol in 1739. Wesley subsequently established the template for the Methodist movement which spread across England before coming to America.

In 1780, Phillip Barratt donated land to construct a "brick preaching house" across the road from his home, according to the Delaware State Archives. Barratt, who had recently converted to Methodism, wanted to con-

struct a center for the growing congregation in Delaware. The oldest surviving church building in the United States built for and by Methodists, Barratt's Chapel is also known as the "Cradle of Methodism" because of events that occurred in 1784.

Wesley sent Francis Asbury, James Dempster and several other Methodist preachers to the colonies, including Delaware. When the Revolutionary War broke out, Dempster left the area and moved to upstate New York while Asbury remained. Wesley sent Thomas Coke to Delaware, instructing him to find Asbury and prepare a plan for Methodism in America. Coke was speaking from the pulpit on Nov. 14, 1784, when Asbury arrived. Coke stepped down from the pulpit to embrace Asbury

see page 10

Give your Fur Baby
the BEST VACATION
of the Year.

FUR BABY PET RESORT
IN MILFORD, DE

SHERRY SHUPE
Fur Baby Pet Resort Owner,
Dog lover

FUR BABY
PET RESORT

from page 9

and a star on the floor of the chapel commemorates this meeting.

The Chapel, as it appears from the outside today, looks very much the way it did when Coke and Asbury met there. The inside of the Chapel has undergone several renovations. The present appearance dates from 1842.

Worthington will provide details on the historic impact of this meeting and how it still affects Methodism today.

“If you want to understand our Methodist DNA, what happened in Bristol runs all the way through it,” Worthington explains.


The Museum of Methodism, adjacent to the Chapel, will be available after the presentation.

Barratt’s Chapel and the Museum of Methodism are open to the public for tours and research on Wednesdays and Saturdays from 10 a.m. to 2 p.m. Visits at other times can be arranged by contacting the Chapel office. Groups wishing to schedule tours are asked to contact the office ahead of their visit. Also, people planning to do research will find that they can make the best use of their visit if they first contact the museum staff.

Barratt’s Chapel is located at 6362 Bay Road, Frederica. For more information, contact Barb Duffin at barratts@aol.com or call 302-2335-5544.



INDEPENDENTLY OWNED & OPERATED **meineke**



**MEINEKE
eINSPECTION:**

***If We See It,
You See It.***


***Seeing every step of the process
means you can prepare for what's
next. Skip the surprises and stay
ahead of your maintenance needs
with eInspection.***

Call Today (302) 491-7000


Why? Choose?

Del-One Federal Credit Union

Helping members reach their goals since 1960



www.Del-One.org | (302) 739-4496



BUSINESS



photo link: [Marcia Reed](#)



MAIN STREET AMERICA VISITS LOCAL AREA AS PART OF THRIVING COMMUNITIES

BY TERRY ROGERS

For two days in January, the town of Slaughter Beach along with the city of Milford hosted visitors from Main Street America (MSA) with a goal toward building safer passage between the two towns across Route 1 — the main thoroughfare to the beaches running north/south through the state and separating the two communities.

With a goal toward expanding safer passage for pedestrians, cyclists and mobility restricted riders, the town and city are working with the University of Delaware Grant Assistance Program (GAP) team to complete the application process, coordinate the site visit and

manage all the steps required by the grant issuer, the U.S. Department of Transportation.

“Knowing the goal and getting to completion will be a long task, but all parties are deeply invested in improving access to the beach with its park facilities,” Julia Geha, town manager of Slaughter Beach, said. “There is such potential for education and understanding of the environment in our town that blends perfectly with the commerce and employment opportunities in the city of Milford.”

This Milford/Slaughter Beach project would have a

big impact in promoting use of Milford as a shopping/eating destination. By improving a safer crossing on Route 1 between the two towns, Slaughter Beach would remain a quiet beach community working to preserve and protect the natural environment while having more opportunities to educate regional residents about the Marvel Salt Marsh, Delaware Bay and Primehook National Wildlife Refuge. Each of these natural habitats offers diverse eco-systems and wildlife sanctuaries.

Participants in the two-day event included representatives from the Department of Transportation Byways, Rails to Trails, Rural Community Assistance Partnership, DuPont Nature Center, Abbott’s Mill Nature Center, the Delaware Sea Grant, Delaware Greenways, University of Delaware Coastal Resilience Design Studio (CRDS), Sussex Cyclists, Southern Delaware Tourism, Dover/Kent Metropolitan Planning Organization (MPO) and Bike Delaware. The group traveled throughout the area, visiting locations like Slaughter Beach, Prime Hook, duPont Nature Center and took a walking tour of Milford.

MILFORD
LIVE

JOHN MOLLURA

- PHOTOGRAPHY -

BEAUTY PORTRAITS - HEAD SHOTS
- FAMILIES -

302.222.6308



GOVERNMENT & POLITICS



photo link: Marcia Reed

COST OF WEIGHT-LOSS DRUGS FOR STATE EMPLOYEES HITS TAXPAYERS



BY JACOB OWENS

When Gov. John Carney announced last week that his **Fiscal Year 2025 budget** proposal included more than \$93 million in additional spending for health care plan costs for state employees and retirees, he didn't mention that a significant portion of that is attributed to an exploding issue: weight-loss drugs.

Delaware officials budgeted about \$2 million in the current fiscal year to cover the cost of a new wave of injectable weight-loss drugs. So far, the state has been spending about \$2.5 million a month on the drugs — total health plan spending over the first six months is about \$15 million. That adds to higher health care claims overall for an aging covered population, and the state now faces a health plan fund deficit unless premiums are raised next fiscal year.

While covered workers contribute anywhere from 4% to 13% of plan cost under the state government's General Health Insurance Plan, the remainder of the plan funding is paid by state taxpayers via the state's General Fund. Comparatively, only about 25% of private employer's health insurance plans currently cover GLP-1 drugs at all, according to a survey last year by the health care company Accolade.

In 2021, the U.S. Food & Drug Administration approved a formulation of **Ozempic**, a drug made by the Danish manufacturer Novo Nordisk known as a GLP-1, or glucagon-like peptide-1 which have long treated type 2 diabetes, for use in weight loss. The drugs mimic a hormone that targets areas of the brain that regulate appetite and food intake, reducing a patient's perceived hunger and allowing them to lose weight.

Weight-loss facts

But GLP-1s require a patient to remain on the drug for at least four to five months to be most effective, according to the FDA, and the average monthly cost of the drugs runs around \$1,000 without insurance.

Ozempic, also known as Wegovy in its weight-loss form, is among the most prescribed medicines for state workers, according to data from the Delaware Department of Human Resources, which oversees the state's insurance plan. The number of GLP-1 prescriptions written for covered state workers or family members rose 28% in the five months from July to December. With additional drugs vying for FDA approval and increased available data on the drugs' impact, it's likely those numbers will continue to grow.

see page 16

IF YOU REMEMBER MAKING ONE OF THESE,

IT'S TIME TO MAKE ONE OF THESE: **Today**

LET'S MAKE COLORECTAL CANCER HISTORY **Colonoscopy**

Help us make colorectal cancer history by scheduling your colonoscopy today or by encouraging your 45+ friends and family to do so.

GET A TOTALLY AWESOME 'BOS T-SHIRT TO SUPPORT THE CAUSE

▶ LEARN MORE

Bayhealth
CANCER INSTITUTE

The increase in weight-loss drug usage has also spurred another expensive consequence: a rise in bariatric weight-loss surgeries. Over the first six months of the fiscal year, the state has seen an 18% increase in bariatric surgeries — that’s due in part because use of weight-loss drugs like Ozempic have allowed more patients to qualify for the procedure.

While health experts argue that use of the drugs to lower obesity rates and associated factors like high blood pressure, diabetes, cardiovascular disease and more will ultimately lower lifetime health care costs for affected patients, states are struggling to deal with an explosion of upfront costs. Other states like Connecticut, Tennessee and North Carolina are changing how they approach their coverage of them in lieu of the costs.

Last year, Connecticut changed its plan to require any GLP-1 prescriptions to be made through a specific telehealth service, reducing the ability of patient’s family doctors to prescribe a drug like Ozempic off-label. Tennessee chose to stop covering GLP-1 prescriptions unless a patient showed an existing diagnosis of diabetes. Meanwhile, North Carolina chose this month to drop coverage of GLP-1 drugs after being buried in more than \$100 million in costs last year

Delaware, which chose to cover the drugs last March, is now reassessing whether to make changes to its own coverage of GLP-1 drugs. The State Employee Benefits Committee, which oversees Delaware’s health care plans for state workers and retirees, is discussing the issue at upcoming meetings on Feb. 20, March 11 and 25 before making a recommendation to the state.

[CLICK TO READ MORE](#)

PACE Is The Place *For My Loved One!*

Hear what PACE Your LIFE Caregivers Are Saying!



"Before enrolling in PACE Your LIFE, my husband was living in an assisted living facility in another state. PACE Your LIFE allowed him to be able to safely come back home with me and still receive opportunities & socialization during the day."
—Mary



PACE YOUR LIFE

- ✓ Coordinated health care
- ✓ Medication management
- ✓ Social activities
- ✓ Transportation and more.



Your Life, Your Home, Your Way

PACE is a national program of coordinated care for adults age 55 and over who meet the criteria for nursing facility placement but want to stay in their homes for as long as possible. We can make it happen at

PACE — Program of All-Inclusive Care for the Elderly.

Contact us today.

1-302-865-3565

www.paceyourlifemwv.com

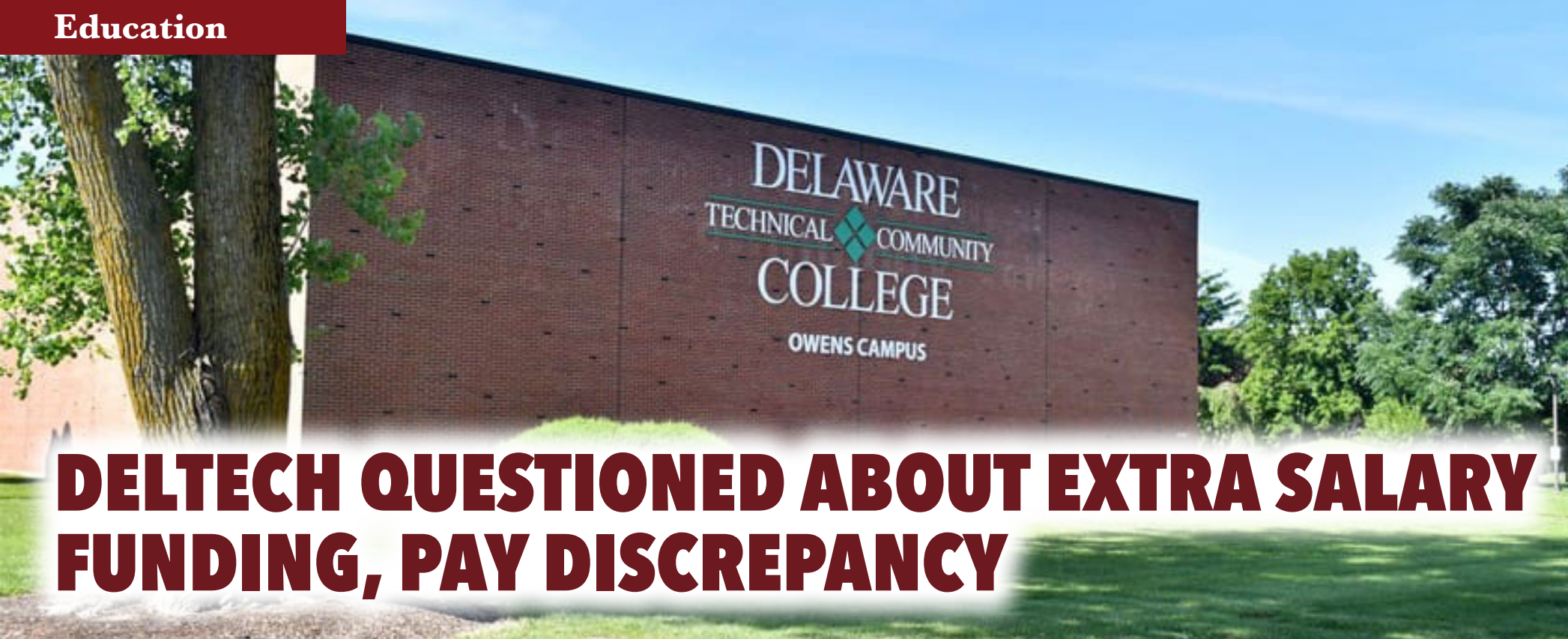


Our priority is to keep you living at home while providing essential services.

EDUCATION



photo link: [Milford School District](#)



DELTECH QUESTIONED ABOUT EXTRA SALARY FUNDING, PAY DISCREPANCY

BY JAREK RUTZ

It was higher education day in the Joint Finance Committee Feb. 2, in which the big three state institutions — **University of Delaware**, **Delaware State University** and **Delaware Technical Community College** — made their cases for millions in state funding.

DelTech, which has \$100,460,200 penciled in through the Governor’s Recommended Budget, is asking for additional \$525,000 for salary competitiveness, which the committee pushed back on. Just as in last year’s hearing, Sen. Dave Lawson, R-Marydel, pressed DelTech President Mark Brainard with his questioning. Prior to Brainard even taking a seat in the middle of the fish-bowl of the legislators, Lawson questioned why the top 12 employees at DelTech make \$1.2 million.

“I’ve got a problem with that, I’ve got a major problem with it,” he said. “It needs to go to the classroom, to go to the kids.”

His concern was in response to DelTech asking for about \$525,000 in state funding which was not included in Gov. John Carney’s recommended budget for fiscal year 2025, to raise salaries for faculty and administration, or Plan A and Plan D employees, respectively.

“Plan A is for faculty and that’s about 450 employees college-wide,” Brainard said. “Salary Plan D is for administrators and that’s 45 individuals college-wide —deans, directors, vice presidents.”

Rep. Kim Williams, D-Marshallton, and chair of the House Education Committee, also took exception to the request for funding to go to raises.

“What’s the point of having a stabilization plan if we’re going to now back fund it with a half a million?” she said. The stabilization plan, part of the governor’s rec-

see page 19



School Choice is Open!



The families of 18,455 students made the charter school choice for the 23/24 School Year! Next year's choice window is open through Jan 10, 2024.

Want to know what your choices are?
Or how to apply for School Choice?
Check out
www.DECharterNetwork.org/school-choice/




<p>OUR VISION</p> <p>Milford School District students will be prepared with the attributes, knowledge, and skills to fulfill their life pursuits.</p>	<p>OUR MISSION</p> <p>To provide all learners a comprehensive, individualized education in a safe, supportive, rigorous environment where learners are prepared to grow and thrive in a global society.</p>
--	--

	<p>CONTACT US</p> <p>milfordschooldistrict.org 302-422-1600 info@msd.k12.de.us 906 Lakeview Ave - Milford</p>	<p>LET'S GET SOCIAL!</p> <p> facebook.com/MilfordSchoolDistrict  instagram.com/milfordschooldistrict  @MSDBucs</p>
---	---	---

ommended budget, is funded at \$982,300 and is meant to increase and maintain faculty salary competitiveness.

Both Williams and Sen. Eric Buckson, R-Dover, who are former educators in Delaware public schools, said additional raises on top of the stabilization plan are not fair because of the requirements of kindergarten through 12th grade educators as opposed to the DelTech instructors.

“They don’t have the same requirements as our educators have to go through to be able to teach in a higher ed,” she said. “I mean, we have many of our representatives and senators who work at some of these places, and so you can’t compare the two. So if we have a stabilization plan in place, I don’t know why we’re now backfilling it with something else.”

Buckson, who’s on the Senate Education Committee, said the legislators and DelTech need to understand what Williams is saying without thinking that their work isn’t appreciated or important.

“Public school teachers and what they’re dealing with every single day is different,” he said. “Their requirements are definitely different and that has to matter if funds are limited.”

Brainard said the investments the General Assembly has made in the past few years has helped combat the shortage of instructors and he pointed out that DelTech monitors the average salaries of teachers in the 19 school districts. In the past, their instructors have been on par with the lowest-paying districts, and now, he said, DelTech educators earn about the middle of the pack, which is about \$45,000.

[CLICK TO READ MORE](#)

FIRST STATE EDUCATE
EXPECT EXCELLENCE · ACT TOGETHER

Make a difference in Delaware public schools.

! Run for school board.
Email loie@firststateeducate.org.

The advertisement features a red top section with the organization's name and tagline. Below is a blue section with a call to action. At the bottom, an illustration shows a person with a backpack and a large pencil standing on a cliff edge, symbolizing education and progress.

Yes2Health
A free community health outreach program

- Health Education Classes
- Live in the Kitchen Cooking Classes
- One-on-one Nutrition Counseling
- Active Cooking Series (Cookbook club)
- Health & Movement Retreats

db DELAWARE BREAST CANCER COALITION

Register for free today >

The advertisement has a green and yellow background. It lists various health and nutrition programs. At the bottom, it features the Delaware Breast Cancer Coalition logo and a call to action button.

DON'T WAIT. APPLY FOR FREE TUITION.

Cost doesn't have to keep you from going to college. Delaware's Student Excellence Equals Degree (SEED) Scholarship provides FREE tuition for Delaware high school graduates of any age to attend Delaware Tech.* The scholarship applies to associate degree, credit diploma, credit certificate, and workforce training programs.

SEED SCHOLARSHIP
dtcc.edu/SEED

DELAWARE TECH

*Students must meet eligibility requirements. Course fees and books are not covered by the SEED Scholarship.

The advertisement features a background image of a man in safety gear working on a large engine. The text is overlaid on a dark grey background. It includes the Delaware Tech logo and a disclaimer at the bottom.

MSD TO HOLD SPECIAL EDUCATION PARENT CLINIC WORKSHOP

BY TERRY ROGERS

In a series of workshops designed to help students with special needs, Milford School District will hold a session on Thursday, Feb. 8, at 6 p.m. designed to help parents manage common issues that face those children.

“This clinic, entitled ‘Fussy Feeders and Stubborn Snackers: Understanding Restricted Preferences,’ is designed to help parents whose children may have strict food restrictions or who deal with food refusal at home,” Trish Gerken, public information officer with Milford School District said.”

The workshop is designed to provide parents with the tools they need to support better mealtime behavior. The workshop is offered virtually using a Zoom link. The meeting ID and passcode can be found on the district [website](#). A final clinic is planned for April 18 with a subject to be announced.

For more information, contact the district at 302-422-1600 or visit its website.



HOME of the BUCCANEERS



AquacarePT

@AquacarePhysicalTherapy

www.AQUACAREPHYSICALTHERAPY.com

IN YOUR NEIGHBORHOOD!

Let us get you moving again at Aquacare - Milford.

We offer gym-based physical therapy at the Milford Wellness Village and aquatic therapy at the Boys and Girls Club pool.

We also offer a medically supervised gym membership!



Learn more and schedule your **FREE 30-minute consultation today:**

Call us at **302-491-4196** or visit us online at www.aquacarephysicaltherapy.com



HEALTH



photo link: Bayhealth



BLACK HISTORY MONTH: A TIME TO FOCUS ON BREAST HEALTH

BY TERRY ROGERS

Black History Month, celebrated the entire month of February, is a time to reflect, celebrate and acknowledge the contributions, achievements, and experiences of African Americans throughout history. Delaware Breast Cancer Coalition is taking this month to recognize the many African American men and women who have overcome one of the toughest battles of their lives — surviving breast cancer.

“Unfortunately, Black/African American women have a higher rate of Triple Negative Breast Cancer (TNBC), which can be aggressive and accounts for 10 to 15 percent of all breast cancers,” Francesca Vogel, CEO of DBCC, said. “Although it is true that TNBC can affect

people of all races, black women are at particular risk and, as of March 2, 2023, Black/African American women in Delaware have the highest rate of TNBC in the country.”

The good news is that TNBC is treatable and, like most breast cancers, the earlier it is detected, the more treatment options are available.

“Our Patient Navigation Program, in partnership with the state of Delaware, provides centralized navigation services for screenings,” Vogel said. “Through these partnerships, we are expanding accessibility to mammography sites plus other screening locations. We are

see page 23

Slow Down or Move Over for Utility Employees!

It's Not Just the Right Thing To Do — It's The Law!

**BA-DA-BA-BA-BA
BIG OPPORTUNITY.**

JOIN OUR TEAM

also working to remove cultural and economic barriers that prevent women and men from getting the screenings they need for early detection. These barriers may include lack of transportation, lack of a primary care provider or lack of insurance.”

Natalie Belcher knows all too well how important early diagnosis is in treating TNBC. A Survivorship Specialist with DBCC, Belcher was diagnosed with TNBC in 2015.

“My first comment to my surgeon was ‘What are we going to do about it?’ My thought here was for my daughter and my granddaughter to come,” Belcher said. “My surgeon was not surprised by the question because she had known me for some time and knew that I was a fighter and believed that with courage and hope (my faith), I was not going to let this thing become my history!”

Vogel explained that the best thing women can do, regardless of race, is to get screened. Screening is quick and easy, but those simple screenings could be a lifesaver. DBCC can help anyone navigate through any barriers that prevent them from getting screened. Through their Screening for Life program, they can also assist with insurance issues, such as lack of insurance or policies that don’t cover the testing needed.

It is also important to talk to family and friends about TNBC as well as other breast cancers, sharing information about signs and symptoms, especially among those with increased risks. It is also important to speak out when racial disparities are recognized in healthcare so that everyone can get the care they need.

“We offer the My Sister’s Keeper program,” Vogel said. “This is a free program that provides knowledge, understanding and support to people of color at any stage of their breast cancer journey. This is a great program to learn from those who have walked this path before you and what to expect as you walk your own path.”

DBCC’s mission is to empower its community by raising awareness of breast health issues and increase access to care through outreach, education and support services while also facilitating early detection and treatment of breast cancer.

“DBCC stands resolutely with the Black/African American community, offering crucial screenings and support programs to dismantle barriers and ensure everyone has access to the resources they need,” Vogel said. “Together, we can help change the history and future for black women in Delaware.”

For more information on the programs offered by DBCC, visit www.debreastcancer.org or call 1-888-672-9647.



FEEL BETTER SOONER.

WITH BAYHEALTH VIRTUAL URGENT CARE, YOU CAN SEE A BOARD-CERTIFIED DOCTOR IN AS FEW AS 10 MINUTES, 24/7.

Allergies, rashes, infections, sore throat, cold and flu, gout, UTIs. Whatever the symptoms, get the care you need sooner. Download the app and enroll today. Bayhealth.org/Virtual-Urgent-Care

BAYHEALTH@HOME





PHYSICAL THERAPY, MOVEMENT HELPS SENIORS THRIVE IN RETIREMENT

BY KATIE KAZIMIR

Keep it moving — that’s the top tip for longevity from local experts to Delaware’s aging population.

“As we get older, we get lazy,” said 71-year-old Rick Stetler. Stetler was wrapping up a session at Milford’s **Aquacare Physical Therapy** last week. He is one of the hundreds of retirees pouring into Delaware yearly and expected to dramatically increase the size of the state’s older population in the next 25 years, as the younger population is expected to shrink.

Keeping retirees as healthy and mobile as possible will be important to Delaware and its booming retiree segment. Aquacare and **Pace Your Life** are two of the

organizations focusing on that in Milford, which is one of the Delaware’s magnets for out-of-state retirees.

“Honestly, movement is the key,” said Occupational Therapist Alicia Adkins, who works at PACE Your Life and Polaris Healthcare Rehabilitation Center, both located in the Milford Wellness Center building by Silver Lake, where Aquacare can also be found.

Mobility is Stetler’s goal and he began therapy because of a suggestion from his rheumatologist four years ago.

“I was bent forward and not walking very well,” Stetler said. He said not keeping his core strong caused it. “If you don’t keep your core strong you’re going to fold over like a tree,” Stetler said.

He said his rheumatologist told him he saw a 60% improvement in Stetler’s mobility after only two sessions with Aquacare. “I want to get to 90 percent,” he said.

While Stetler has had back issues since his 20s, it was when others began to notice that he took it seriously.

“I was walking very bent over. I kept getting remarks (about his bent back) from people I know that I only see occasionally,” he said. After trying other therapy locations, Stetler found Aquacare to be the right fit for him.

The physical therapy business has been around for 25 years and Aquacare physical therapist Amanda Petner said about 60% of patients are retired people or have Medicare, the government insurance for older people.

Therapy after COVID

Pace for Life’s Adkins has seen an uptick in the Boomer population where she works.

“I think COVID impacted a lot of them,” she said. “It took the movement factor away, with the aging population affected most,” she said. Several years later, therapists are still seeing the effects of it.

Petner said Aquacare’s one-on-one therapy is one of the business’s specialties. “We are with the patient the whole time,” Petner said.

“She watches everything I do. She pays attention,” Stetler said.

By doing that, Petner and fellow therapists can catch even the slightest changes in mobility, which can be a critical observation. One therapist will tell another if they see anything in any of the patients or have a recommendation or suggestion that could aid in their therapy, Petner said.

[CLICK TO READ MORE](#)

SPORTS



photo link: [Special Olympics Delaware](#)



POLAR BEAR PLUNGE RAISES \$1.5 MILLION FOR SPECIAL OLYMPICS DELAWARE

plunge has been dedicated to the organization, becoming one of the most significant and successful fundraisers in the state. According to Special Olympics Delaware, there were just 78 participants at the first event in 1992, raising \$7,000. By 1995, the number had grown to 339 in a year where the temperature hovered around zero with a wind chill of -25 degrees. The following year, 1996, Cape Henlopen State Park was closed due to a nor'easter, so the plunge was postponed until March. In 1998, another nor'easter damaged the park, requiring organizers to move the plunge to Rehoboth where it has remained.

BY TERRY ROGERS

On Sunday, Feb. 4, over 4,000 people ran into the Atlantic Ocean from the beach in Rehoboth as part of the Polar Bear Plunge to benefit Special Olympics. The event raised a record \$1.5 million for the organization, with a record number of participants joining the plunge from across the state.

“The water temperature was 41 degrees and the air temperature was also 41 degrees at 1 p.m. when the plunge began,” Jon Buzby of Special Olympics Delaware said. “This was our largest, most successful event.”

The benefit for Special Olympics got its start with the Lewes Polar Bears Club, created by Dave “Da Bear” Frederick, who gathered friends and family to plunge into the ocean at Cape Henlopen State Park starting in 1982. The club still continues to plunge on the first Sunday of the month from November until March with the exception of January when they plunge on New Year’s Day.

In 1991, Special Olympics Delaware approached the club with an idea to partner with one of the plunges as a fund raising event. In 1992, the club agreed to dedicate the February plunge to Special Olympics Delaware. Since that time, the February

As the Polar Bear Plunge for Special Olympics grew, it was decided to create an entire weekend dedicated to the fundraiser. In 2009, the first Polar Bear Weekend Festival attracted what was then a record 2,923 plungers who raised \$490,000. The following year, another nor'easter dumped over two feet of snow across the state, again postponing the event to March. At that event, over \$500,000 was raised by 2,683 Polar Bears.

The event continued to grow and, in 2011, the Polar Bear Cake-Off celebrated the 20th anniversary of the Polar Bear Plunge with 3,094 plungers who raised over \$550,000. At the 25th anniversary celebration in 2016, over \$780,000 was raised by the 3,325 Polar Bears, bringing the total amount raised over the 25-year history to more than \$8.3 million.

The first million dollar year of the plunge was in 2020, when 3,733 Polar Bears participated with an event that occurred just prior to the COVID-19 shutdowns. In 2021, the event was held virtually due to the pandemic. Despite being unable to gather to plunge into the ocean, 2,298 Polar Bears raised more than \$700,000 and created a virtual option that remains today.

**MILFORD
LIVE**

POLICE & FIRE



photo credit: Milford Police Department



MILFORD MAN CHARGED SIXTH DUI OFFENSE

STAFF REPORT

Delaware State Police arrested 53-year-old Robert Fanning of Milford, in Lewes for his sixth offense

DUI. On Feb. 1, 2024, at approximately 9:31 p.m., troopers were dispatched to the intersection of Conleys Chapel Road and Beaver Dam Road in Lewes for a report of a driver who was asleep at the wheel in the intersection. The troopers arrived and saw a blue Ford Escape in the intersection and contacted the driver, identified as Robert Fanning. Troopers observed signs of impairment during their interaction and conducted Standardized Field Sobriety tests. After tests were completed, Fanning was taken into custody for DUI and troopers located heroin and drug paraphernalia on his person. A computer check revealed that he had been convicted of DUI on five prior occasions.

Fanning was transported to Troop 7 where he was charged, arraigned by Justice of the Peace Court 3 and committed to Sussex Correctional Institution on a \$12,401 cash bond.



SOUTHERN STATES
Farmer owned since 1923.

Mon-Fri 7am-5pm
Sat 7am-Noon



302-422-8066
info@milfordsouthernstates.com

25% off
in stock clothing

Boots & belts excluded



STAY CONNECTED

MILFORD LIVE IS YOUR SOURCE FOR NEWS AND INFORMATION IN THE GREATER MILFORD, DELAWARE AREA. STAY CONNECTED WITH US BY PHONE, EMAIL OR ON SOCIAL MEDIA BY CLICKING ON THE LINKS.



PHONE: 302-542-9231



**For News & Information: news@delawarelive.com
To Advertise With Us: shupe@delawarelive.com**



[instagram.com/milford_live/](https://www.instagram.com/milford_live/)



twitter.com/live_delaware



[facebook.com/delawarelivenews/](https://www.facebook.com/delawarelivenews/)





Watch Delaware Live on YouTube!



[linkedin.com/company/delaware-live-news](https://www.linkedin.com/company/delaware-live-news)

MILFORD LIVE

 [MilfordLive](#)  [@Milfordlive](#)

Without these collaborators,
this outlet would not be
possible:

Bryan Shupe, CEO

Betsy Price, Editor

Sonja M. Frey, Publisher

John Mollura Photography

Design your 2024 through Intentional Business and Marketing Planning

As a locally-owned company, Delaware LIVE News takes pride in working alongside regional businesses to develop digital marketing campaigns, through our daily news platforms.

From large corporations like Christiana Care, Delaware Tech Community College, and Delaware Department of Health to small shops like Fur Baby Pet Resort, Dolce Coffee Shop, and Benvenuto Tuscan Restaurant, we customize each plan to optimize the needs of each of our marketing partners.

I would love the opportunity to meet with you for 10-15 minutes to see how we can help. You can click the link to set up a meeting with me in our virtual office: <https://meetings.hubspot.com/shupe1>

CEO, Bryan Shupe / 302-542-9231 / shupe@delawarelive.com

