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LOCAL PASTRY CHEF ON FOOD NETWORK SHOW



SCHOOL CHOICE APPLICATION OPEN



CROSS COUNTRY RUNNERS PRED FOR STATES

Photo link: Longwood Gardens



Community

TOWN SQUARE LIVE



FROM POLITICS TO PARTIES, THIS TRADITION DATES BACK TO 1812

BY KEN MAMMARELLA

This is the story of cockfighting and barbecued chicken, of oxcarts and ox roasts, of political parties and alcohol-fueled parties and of at least one death. This is the story of Delaware’s **Return Day**, an event considered unique in the United States.

Return Day is celebrated on the Thursday after Election Day, in which voters, politicians and other interested folks return to the center of Georgetown to hear voting returns from throughout Sussex County read out loud and certified. It dates back about two centuries, when it took days to count votes. Just as Delaware itself has changed since the event began, so has Return Day itself.

Today, it’s an official holiday in Sussex, with schools running only a half-day. Political rituals include speech-

es, burying a real hatchet and speculating on the election two years into the future. Nonpolitical rituals include parading and partying.

“It’s a lot of fun,” said Ronald F. Dodd, who, in 1964, started serving as the town crier who officially announced the results. “Just us, southern Delaware, Sussex County, Georgetown. It was something that nobody else had. It certainly got us together to be nice, after something so divisive as an election.”

HISTORY OF RETURN DAY

Return Day began in 1812, a year after Delaware passed a law that allowed more local polling places and set up a time and place (Thursday, the courthouse of each county seat) to announce returns.

That dating, which corrects earlier thinking, is the result of thorough research by Russ McCabe, the emeritus state archivist, said Jim Bowden, president of the Georgetown Historical Society and a Return Day spectator or participant for more than 50 years.

As Return Day grew in popularity, thousands poured into Georgetown on horseback and by foot, by oxcarts and carriages, and the event outgrew the short time it took to announce results—even with the predictable cheers for winners.

“While waiting for the results the crowd listened to band concerts, wagered on cockfights and engaged in other pastimes,” historian W. Emerson Wilson wrote in the 1974 Return Day program.

Early on, Democrats favored ox roasts (free beef sandwiches), and Republicans favored parades. “People turned it into a party of sorts,” Mr. Bowden said, noting that the 20th century embraced both features.

In 1860, a New York Tribune writer commented about all the food, liquor and trinkets being sold, and all the huckstering, courting and costuming going on. “Mirth rules,” the article concluded.

“Everyone endeavors to make ‘Return Day’ a hilarious one,” J. Thomas Scharf wrote in 1888, in his influential “History of Delaware.” “Often this crowd presents a motley appearance, some being dressed in costumes which were used in primitive times, and others purposely arraying themselves in an outlandish manner to give more zest to the spirit of the occasion.”

[CLICK HERE TO READ MORE](#)



UD REP STAGES 'ARSENIC AND OLD LACE'

BY KEN MAMMARELLA

Arsenic and Old Lace is a “bit of a love letter to the theater,” according to actor Mic Matarrese. “It does everything that’s nice and great about theater and is a good time.” The University of Delaware Resident Ensemble Players **presents** the 1941 comedy through Nov. 20.

Matarrese said that his character, Mortimer Brewster, is the “engine” of the Joseph Kesselring classic. “He’s the one who knits all the other characters together and aims them in a certain direction, either away from discovering the secret of the aunts, or trying to obviously escape from something.”

Mortimer is the Brewster with a normal job: drama critic. His brother, Teddy, believes he is Teddy Roosevelt, sometimes digging the Panama Canal. Another brother, Jonathan, is a criminal on the run with a spooky resemblance to horror legend Boris Karloff. And aunts Abby

and Martha have assigned themselves the job of poisoning lonely old men.

“Insanity runs in my family,” Mortimer tells his girlfriend, Elaine. “It practically gallops.”

A TIMELESS APPEAL

Steve Tague, named the REP’s interim producing artistic director following the retirement of **Sanford Robbins**, said he selected the show because of its timeless appeal.

“Most of the comedy we watch is stuck in time, and no one will find it funny in 10 years, let alone 80,” Tague said. “This play is about 80 years old and still funny. How is that possible? It must mean it’s making fun of something that will never get old or out of date: suffering from your family’s behavior.”

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NEW KID-DESIGNED PLAYGROUND OPENS IN WILMINGTON

BY JAREK RUTZ

A new playground—designed by kids, for kids—is now open in Wilmington. More than 150 volunteers helped install the playground at the **Neighborhood House** in Southbridge, with designs inspired by drawings and creative ideas that children submitted during a design day in September.

Discover, the **Delaware Community Foundation**, and the national non-profit **KABOOM!** partnered together to fund and help build the playground at the Neighborhood House.

KABOOM! chief executive officer Lysa Ratliff said that playgrounds are an iconic part of childhood.

“They’re not only where kids collect some of their best memories, but also where crucial skills are developed that nurture their physical, mental, and emotional well-being,” she said.

Discover’s partnership with KABOOM! has resulted in 415 playgrounds built across the nation and the three in Delaware.

“Throughout the community of Southbridge, we hear the echo of youth voices of all ages saying, ‘We need a safe place to be included and we need something to do!’” said Alison Windle, executive director of Neighborhood House, Inc. There are not enough supervised activities in the area or safe places for the youth to be engaged, she added. She hopes the playground will be utilized by a pre-school classroom, something that Neighborhood House is looking to add this year.

KABOOM! has published a guide to safely reopen playspaces in the aftermath of the COVID-19 pandemic, and for maintaining safety in those areas. The guide can be found **HERE**.



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'VOICE FROM ASSISI' CONCERT BENEFITS MINISTRY OF CARING

BY KEN MAMMARELLA

The first friar signed by a major recording label is giving a concert to benefit Wilmington's Ministry of Caring. Tenor Alessandro Brustenghi will performed Tuesday, Nov. 8 at the **Sacred Heart Oratory**, 917 N. Madison St., Wilmington.

Brustenghi signed his record deal in 2012, with his first CD called the "Voice From Assisi," for his Italian hometown. His **YouTube** channel includes audio and video from five albums, in multiple languages.

He maintains a vow of poverty, deferring payment for his gospel and faith concerts and recordings for the good works of the Order of Friars Minor. Proceeds from this concert will help feed the hungry, house the homeless, help the unemployed find work and support other programs of the ministry, which has been serving the poor since 1977.

Tickets were \$15 for students, \$25 for seniors (62 or older) and \$50 for general admission. \$150 VIP tickets included valet parking, reserved seating and a post-concert cocktails-and-buffet reception with Alessandro at the ministry's adjacent Francis X. Norton Center.

\$500 sponsor tickets included VIP benefits, plus a second VIP ticket and CD signed by Alessandro.

Free parking was provided for general admission, student and senior guests at the Delle Donne parking lot at 600 W. 11th St.

"We are honored to host Friar Alessandro and deeply appreciate his incredible support," said Brother Ronald Giannone, founder of the ministry.



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Food & Dining

TOWN SQUARE LIVE



DELAWARE PASTRY CHEF COMPETED MONDAY ON FOOD NETWORK

BY PAM GEORGE

Dru Tevis is typically a man with a plan. “When I was in school, I handed in term papers early,” explained the Rehoboth Beach resident. “I studied for all my tests—nothing was ever done at the last minute.”

But cooking show contestants rarely get to prepare. So, when Tevis—who oversees the dessert program for SoDel Concepts—landed a place on the Food Network’s “[Holiday Baking Championship](#),” he was understandably nervous.

“Some people thrive being last minute,” he noted. “I felt like I wasn’t going to do well on the show because I’m used to everything being planned.”

You could find out how he did on Monday, Nov. 7 when the first episode aired on the network. [SoDel Concepts](#) hosted a viewing party for the first episode at [Thompson Island Brewing Company](#) in Rehoboth, and Tevis prepared samples of his creations at the event.

FROM FILM TO PHYLLO

The Westminster, MD, native doesn’t lack discipline and drive. After graduating with a degree in communication from New York University, Tevis intended to attend American University’s film school. That changed between undergraduate and graduate school when he bartended at a Rehoboth Beach restaurant.

Tevis had fallen in love with pastry while studying in Italy, and he’d already baked his way through a pastry cookbook. During Rehoboth’s restaurant week, he asked the chef if he could make dessert.

The diners’ enthusiastic response to his confection led to more creations. Instead of attending film school, Tevis enrolled at the French Culinary Institute in New York (now the International Culinary Center and graduated as class valedictorian. While in the Big Apple, he worked under Chef Kierin Baldwin at The Dutch and Christina Tosi, the chef/owner of Milk Bar.

In Rehoboth, Tevis gained fame working for La Vida Hospitality and other restaurants before landing his current job at SoDel Concepts. It’s an important role, given the hospitality group has 17 restaurants.

THE RIGHT-AND SWEET-STUFF

Tevis tempts diners with frequent Instagram and Facebook posts of his artwork. His feeds are also peppered with shots of him at the gym. The fitness enthusiast proves that you can enjoy buttercream and still sport a buff physique.

He knows dessert is an indulgence that servers won’t push if they’re more interested in turning over a table.

“They don’t have to sell the dessert, at the end of the day,” he explains. “The server should see what you’re working on and understand the process so they get excited about it. If they are personally involved, they will tell your story.”

All of this makes Tevis an attractive candidate for any cooking show, but did he crumble under pressure?

The panel includes Duff Goldman, a reality show veteran who owns Charm City Cakes in Baltimore and Los Angeles; Nancy Fuller, owner of Ginsberg Foods; and Carla Hall, a “Top Chef” alum. Jess Palmer is the host. Filmed in Knoxville, TN, the episodes have two cooking rounds and a theme. To prepare, Tevis watched episodes of past seasons.

Tevis follows in the footsteps of another talented pastry chef, Dana Herbert of Bear. The owner of Desserts by Dana competed on “Cake Boss,” a TLC program.



NATIONAL SANDWICH DAY: WHERE IS DELAWARE'S BEST REUBEN?

BY PAM GEORGE

Ask your Facebook friends to recommend a cheesesteak vendor, and the same shops pop up repeatedly. But if you request their favorite Reuben, the suggestions wildly differ. These posts elicit passionate responses, with some maintaining that you must go to Philly for a decent Reuben.

But since National Sandwich Day was Nov. 3, it's an excellent time to review the local options. Be prepared: Not all Reubens fit the classic mold.

WHAT'S IN A NAME?

Typically, a grilled Reuben consists of corned beef, Swiss cheese, sauerkraut and Thousand Island or Russian dressing on rye bread. While often linked to Jewish delis, this combo is clearly not kosher—it marries meat and cheese.

The origin is as messy as the sandwich. Many credit Reuben—or Reubin—Kulakofsky, a Lithuanian-born

Jewish grocer in Omaha who created the concoction in the 1920s for poker players. The game took place at the Blackstone Hotel, and the owner liked it so much that he put it on the hotel menu.

Others credit Arnold Reuben, the German-Jewish owner of Reuben's Delicatessen in New York. Reportedly, Broadway actress Marjorie Rambeau visited the deli late one night when supplies were low, and Reuben made do. (The pantry-raiding approach also inspired the Caesar salad in Tijuana.) Some say the inventor was the deli's chef, Alfred Scheuing, a chef at Reuben's.

Interestingly, Irish immigrants reportedly bought brisket from Jewish delis for corned beef, which explains why **Kid Shelleen's Charcoal House and Saloon** in Trolley Square—and now in north Wilmington—puts a Reuben on the menu near St. Patrick's Day.

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Government

TOWN SQUARE LIVE

Delaware Election Results

DELAWARE ELECTION RESULTS 2022

BY CHARLIE MEGGINSON

Republicans who predicted a red wave in Delaware's 2022 general election were sorely mistaken. None of the Republican candidates for statewide office were successful in the election that brought out about 43% of registered voters.

Lee Murphy, GOP candidate for Delaware's lone congressional seat, conceded in an emailed statement Tuesday night.

"The people of Delaware have spoken, and while I'm disappointed for myself and those who worked so hard on this race, I'm committed now to remaining involved as a voice for Delaware," Murphy said.

Democrats flipped retiring Republican Sen. Ernie Lopez's state Senate seat, with Democrat Russ Huxtable defeating Rep. Steve Smyk with about 52% of the vote.

Republicans picked up a House seat in Sussex County, with Republican Jeff Hilovsky beating Democrat Kee-gan Worley. That seat formerly belonged to Democratic Rep. Bud Freel, and before that, Rep. Gerald Brady. It was moved from Wilmington to Long Neck during last year's redistricting.

At the same time, Republicans lost the House seat formerly held by Smyk, who stepped down to unsuccessfully run for Senate. Democrat Stell Parker Selby won that House race with about 51% of the vote over Republican Dallas Wingate.

Some races are too close to call, such as the one between Rep. Mike Ramone and Dr. Frank Burns in Pike Creek, which Ramone is leading by some 35 votes.

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 DELAWARE TECH

KENT AND SUSSEX VOTE RED; NOT ENOUGH TO OVERCOME DEEP-BLUE NCC



BY CHARLIE MEGGINSON

Democratic candidates for U.S. House, attorney general, state treasurer and state auditor **swept** Delaware’s general election—and they did it without the help of Kent and Sussex counties.

Lisa Blunt Rochester, Kathy Jennings, Colleen Davis and Lydia York lost in Kent and Sussex, but the Democratic vote north of the canal was too much for Republicans to overcome. The balance of power in the state Senate will now lean even more to the left.

Rep. Steve Smyk, who was running to replace former Sen. Ernie Lopez, R-Rehoboth, lost his election to Democrat Russ Huxtable. That brings the Senate’s partisan makeup from 14 Democrats and seven Repub-

licans to 15 Democrats and six Republicans. The structure of the House of Representatives will remain the same, even as some seats flipped.

Smyk’s former seat was claimed by Democrat Stell Parker Selby, who defeated Republican Dallas Wingate. Compensating for that loss, Republicans picked up one seat in Long Neck with Republican Dr. Jeff Hilovsky defeating Democrat Keegan Worley.

Rep. Mike Ramone, R-Pike Creek, has claimed victory over Dr. Frank Burns, who appears to have lost by 35 votes. Burns has not conceded the race, writing in a social media post that he is awaiting a recount of the ballots.

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Local breast cancer survivor and warrior Taylor Urban shares how DBCC has impacted her journey of healing.

db DELAWARE BREAST CANCER COALITION [Read More >](#)

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Government

NO CAP ON NEXT YEAR'S SURF FISHING TAGS

The department initiated a comprehensive review of the program last spring in response to unprecedented permit sales for the 2022 season, including the opening day for sales when the online permitting system was temporarily overwhelmed and surf fishing permits sold out in just a few hours.

The historic sales volume peaked at 742 permits being issued per minute, with the sales cap of 17,000 permits reached in under four hours.

In a press release, Clark Evans, president of the Delaware Mobile Surf-Fishermen Club, said the club participated in DNREC's "productive" stakeholder discussions, but voiced its opposition to the new reservation fee system.

"We also shared concerns about enforcement issues and permit holder understanding and acceptance of the reservation system. Our strenuous objection to the reservation system and many other concerns were again communicated to Parks staff at our monthly membership meeting in October 2022," Evans said.

[CLICK HERE TO READ MORE](#)

BY CHARLIE MEGGINSON

There will be no cap on the number of surf fishing tags sold next summer, but drive-on beachgoers will have to pay a fee on weekends.

The **Delaware Department of Natural Resources and Environmental Control** announced the change Nov. 2. The agency said the change will be piloted for the 2023 surf fishing permit program after record interest in the program in 2022.

Rather than issuing a limited number of surf tags, the DNREC Division of Parks and Recreation will use a technology-based reservation system for managing capacity on summer weekends, when the state's surf fishing beaches are in highest demand. Reservations will cost \$4 per day and reserve access from 8 a.m. to 4 p.m.

"Removal of the cap will eliminate the rush that has occurred in recent years while allowing everyone equal access to purchase a surf fishing permit over a prolonged period," said Sen. Gerald Hocker, R-Ocean View.



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CARNEY ADMIN HIT WITH ANOTHER LAWSUIT OVER NEW GUN BANS

BY CHARLIE MEGGINSON

Delaware’s top Second Amendment advocacy group has filed a lawsuit challenging **new legislation** that forbids 18-, 19- and 20-year-olds from purchasing and owning most firearms. The law is one of several **passed** by the General Assembly at the end of the last legislative session—and one of many being **challenged** in courts due to questions surrounding their constitutionality. Other new laws **ban** the possession of AR-15s and other semi-automatic firearms and **limit** magazine capacities.

“Discrimination in any form or for any reason is deplorable and unacceptable in this modern day and age. Discrimination against a class of individuals, depriving them of God-given and constitutionally protected rights for political gain is downright despicable,” said Jeff Hague, president of the Delaware State Sportsmen’s Association in a press release accompanying the Chancery Court filing.

Hague believes the law discriminates against young adults who, in the eyes of the U.S. and Delaware constitutions, are entitled to the same rights as other citizens of majority age.

Current 18- 19- and 20-year-olds are grandfathered in, meaning they’ll be able to keep their guns while those who turn 18 after the governor signed the law will not be afforded the same right.

“DSSA has been protecting and defending the rights of Delaware’s hunters, sportsmen and women, and law-abiding gun owners since 1968. This is not the first time we have challenged unconstitutional and illegal actions of government officials in court, and it will not be the last,” Hague said.

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STATE SENATE CANDIDATE SAYS SHE RECEIVED DEATH THREATS ONLINE

this race traitor and woman hater to get the f*ck gone before I used my 2nd ammendment [sic] rights against her.”

Mennella said she has never met anybody named Carmen Green or Tom Powers. Delaware LIVE News was not able to verify the authenticity of either account or of the screenshots provided.

Cpl. Michel McNasby, public information officer with the New Castle County Police Department, confirmed that the department received a complaint and is investigating the matter. On Nov. 3, the case was referred to the Delaware Department of Justice’s Division of Civil Rights and Public Trust.

McNasby was not able to comment on the specifics of the investigation, but said allegations of terroristic threats have been on the rise alongside the proliferation of social media.

In an Aug. 15 blog post by the Brookings Institution, vice president and director of governance studies Darrell West wrote that all threats of political violence must be taken seriously.

[CLICK HERE TO READ MORE](#)

BY CHARLIE MEGGINSON

A Republican Delaware state Senate candidate has filed reports with the New Castle County Police Department and Federal Bureau of Investigation alleging that she received death threats on Facebook.

Brenda Mennella, a U.S. Army veteran and elementary school teacher running for the 9th Senate District, said she was shocked and upset that someone would threaten harm against her.

In screenshots provided by Mennella, a Facebook user named Carmen Green wrote on the campaign page, “You’ll do nothing once you get in just like the rest (cowboy emoji) Blue (heart emoji) o I forgot you might get killed sorry ass trumper.”

Another comment by someone identifying as Tom Powers said, “This thing came to my door and I told



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Education

TOWN SQUARE LIVE



CAB CALLOWAY TEACHER'S ART EXHIBIT 'MAKES THE INVISIBLE VISIBLE'

BY JAREK RUTZ

Maia Palmer, a visual arts teacher at [Cab Calloway School of the Arts](#), wanted to bring awareness to how chronic migraines can affect people. So, she combined her artistic talent with her passion for social awareness and created the “Making the Invisible, Visible” exhibit, which will be on display until Nov. 25 at the [Mezzanine Gallery](#) on the second floor of the Carvel Building in downtown Wilmington.

Palmer, who suffers from migraines and says she’s faced backlash at work and social groups for her condition, opted to create an exhibit of self-portraits, all representing feelings and experiences she’s had while dealing with migraines.

“Migraine is typically considered an invisible illness since there are no visible symptoms versus having the flu or illness that is readily apparent,” Palmer told Del-

aware LIVE News. “[Millions](#) of Americans suffer from chronic migraines, yet there is little research around it and there’s a lot of discrimination that goes with people who suffer from migraines,” Palmer said.

Her exhibit includes 10 large-scale self-portraits, each 38 by 50 inches, and five smaller self-portraits. There is also a video component that tells her history with migraines. Some pieces have QR codes that patrons can scan to bring them to an audio file sharing different experiences Palmer has had with her disease.

For the exhibit, Palmer primarily used charcoal because of its gritty, hands-on qualities.

“A migraine is such a bodily experience that affects every aspect of the body, from the ability to speak properly to overwhelming fatigue,” she said, “so I wanted to work with something hands-on to create large-scale

pieces that can’t be ignored like the condition often is.”

She added that the push-and-pull motions of the hands when creating with charcoal is similar to the recovery and relapse cycle of migraines.

Women are disproportionately diagnosed with migraine disease, and Palmer said bringing awareness to the severity of the illness can help dispel any backlash they receive.

“Women often suffer from migraines and it’s very much ‘Oh, she’s overreacting’ or ‘Oh, she’s just hormonal and stressed’ or ‘Oh, she’s just emotional,’” Palmer said, “We typically get dismissed right away.”

SOME ART IN THE EXHIBITION

Some pieces include sewing threads, which Palmer says demonstrates the relationship between migraines and sewing—both are repetitive and arduous. Like the sewing needle is to a fabric, a migraine is sharp, piercing and a continuous pounding pressure, Palmer said.

Several of the portraits show Palmer in obvious distress, with her hands pulling on her hair, her face in a frown, her hands squeezing the sides of her ears, a red mesh hole in the middle of her forehead or other aesthetic indicators that she is suffering a migraine.

Palmer includes small text that blends in with the backdrop of the portraits to describe her emotions more in depth. One portrait lists different types of medication she has tried to alleviate the pain; another faintly shows entries of her migraine journal which she uses to track her episodes. Another says to “turn off the lights and shut the damn door.”

[CLICK HERE TO READ MORE](#)

School

Choice

PUBLIC, CHARTER SCHOOL CHOICE APPLICATIONS NOW OPEN

BY JAREK RUTZ

Delaware's school choice applications for the 2023-2024 academic year open this week. The First State is **one of 13** in the country that allows families to send their child to any district or charter school in the state.

Students may submit applications to multiple school districts. Applications must be in by Jan. 11, 2023, at 11:59 p.m. After reviewing school choice applications, districts and schools have until Tuesday, Feb. 28, 2023, to notify families of admissions decisions. Families have until Friday, March 17, 2023, to accept a school's enrollment invitation.

"School choice allows families and students to decide which school best meets their needs," said Laurisa Schutt, executive director at **First State Educate**, a local organi-

zation advocating for improved education outcomes.

Parents and students can apply online by clicking **HERE**. The online application portal lists each traditional public school and indicates if there's open seats, if the school is at capacity, nearing capacity, or if a waitlist is expected.

"Examining Department of Education **data** to assess the social and learning culture, academic rigor, course offerings and vision of each school helps families make informed decisions," Schutt said.

If a student is placed on a waiting list, the list will be maintained until the first day of the 2023-2024 school year, even if they accept an invitation to another school. Once a student accepts an invitation for a school, parents are encouraged to decline any outstanding invitations so that schools can keep updated data on their enrollment pool.

Most districts have a "choice" or "admissions" page that can provide its specific policies surrounding school choice. Students accepting an invitation to a charter school will be required to sign a "certification of intent to enroll" document which requires at least one year of enrollment at the charter.



What does a vibrant preschool-12 learning community look like?

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SIGNING DAY: FOUR URSULINE RAIDERS COMMIT TO COLLEGIATE PLAY

BY JAREK RUTZ

Four Ursuline Academy seniors are hanging up their Raiders uniforms in exchange for collegiate garb. The students signed letters of intent with their chosen colleges and universities at a signing event Wednesday.

“The early mornings, the late nights, overcoming injuries and pain, and staying motivated to get to this point requires hard work, requires discipline, passion, and above all, resilience,” said Upper School Principal Jeffrey Danilak.

“Let’s not forget about your academics,” Danilak said. “Balancing athletics with academics is no easy task, and all of you have done that exceptionally well.”

The athletes include:

Sophia Filipowski: Filipowski committed to play soccer at **St. Francis University**, a Division I school in

Loretto, PA. Last year, Filipowski was the only junior captain on the varsity soccer team.

“And that was for a reason,” said soccer coach Brittany Quinn, who retired after last season. “She is a leader on and off the field and is incredible to coach and incredible just to get to know and be around.”

On top of the technical elements of playing, Quinn said Filipowski taught her teammates how to be a great teammate and friend.

Maddy Cherry: Cherry signed on to play field hockey at the Division I **Merrimack College** in North Andover, MA. “The day that Maddy came in and walked on the field, she was a very different kid than the strong woman who sits at this table today,” said varsity field hockey coach Lindsay Russell.



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“It’s been amazing to see her grow into the young woman that she is today and I think today is a big cherry on top of a really long and grueling process to find your home and find your college that you’re really excited to go play for,” Russell said.

She said Cherry would often excitedly approach her to share new things she’s learned on the field and in the classroom, exemplifying her passion for growing and learning.

Gabriella Paoella: Paoella signed a letter of intent to compete in track and field at the Division I **College of the Holy Cross**, located in Worcester, MA.

[CLICK HERE TO READ MORE](#)

\$675,000 AWARDED TO EDUCATE PATIENTS WITH CHRONIC DISEASES

BY JAREK RUTZ

A \$675,000 grant from the Administration for Community Living will go toward educating older homebound Delawareans who struggle to find ways to manage conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke and osteoporosis. The grant was awarded to Education Health Research International (EHRI), the non-profit arm of the **Milford Wellness Village**.

“This is a quality of life and a preventative measure through education, and possibly more importantly, through getting access to healthcare in our present and future world,” said Lon Kieffer, executive director of the Milford Wellness Village. “An ounce of prevention is worth a pound of cure,” Kieffer said.

Over the next three years, the non-profit will train 100 volunteers on how to provide virtual educational

programs on self-management of chronic diseases to up to 1,000 homebound individuals.

The **Centers for Disease Control and Prevention** lists heart disease as the second-leading cause of death for Delawareans. Chronic lower respiratory diseases ranks fifth and diabetes seventh.

Some of the content in the courses, Kieffer said, addresses managing portion sizes and tracking sugars and salts in meals. Kieffer said the courses will also help bridge the digital divide that many of the country’s elderly experience.

“It’s more and more taking the angle of pre-registration online or pre-screening on your phone before you go into the appointment, or waiting on your prescription until you get a text,” he said.

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COLONIAL AWARDED FOUR ECO-FRIENDLY BUSES

BY JAREK RUTZ

Colonial School District is adding three electric buses and one propane-powered bus to its fleet, courtesy of an \$809,000 federal grant awarded to the state's **Department of Education**.

In addition to a quieter ride, electric and propane-powered buses are said to be more environmentally friendly than gasoline-powered ones because they release less carbon dioxide into the atmosphere. Colonial Superintendent Jeff Menzer said that while the buses will improve Colonial's transportation services for students and families, bus drivers will benefit, too.

"We believe electric school buses not only run cleaner than the typical diesel school bus, but they also run more quietly," Menzer said. "This quieter environment may be more appealing to bus drivers, giving them

peace of mind to more clearly hear things inside and outside of their bus without having to listen to the roar of the louder engine."

The Department of Education won the money after applying for a grant from the U.S. Environmental Protection Agency's **Clean School Bus Rebate program**. The program will provide \$5 billion nationally over the next five years to help school districts replace their gas guzzlers with buses that are more fuel-efficient, quieter and better for the environment. According to the Department of Education, 108 buses in the state are already propane-powered.

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STATE GRAPPLES OVER FREEZE ON EQUALIZATION FORMULA

BY JAREK RUTZ

Delaware's **Equalization Committee** has agreed to not make any decisions on whether to freeze or change the state's equalization formula, which affects school funding, until next year. The purpose of the equalization formula is to allocate state resources to districts inversely based on their ability to raise revenues through their local property tax base.

"It's to try to help those districts that did not have the same property wealth as others," said Sara Croce, chief financial officer at **Milford School District** and a member of the Equalization Committee.

"If they didn't have the ability to raise as much money through current expense referendums, and so forth to support student needs, the equalization formula adjusts for that," Croce said.

Delaware funds schools based on the number of student "units" in the state's districts each year. Every unit is supposed to cover the financial needs of schooling one student, whether that be hiring teachers or installing a repairing HVAC systems.

Once the amount of units are determined the equalization formula adjusts the amount of funding by a percentage that is indicative of the district's ability to raise funds through referendums. This helps ensure that each district has the same level of resources to educate each student. The formula has been frozen since 2009 due in part to outdated property values, which is a factor in the formula.

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APPO'S BOARD APPROVES TWO CLASS SIZE WAIVERS; FEWEST IN YEARS

BY JAREK RUTZ

Appoquinimink School District's board of education approved a request for two class size waivers Nov. 1, by far the fewest amount of waivers approved in the past five years. The waivers allow class sizes to be expanded to accommodate additional students.

Delaware code requires a maximum student-to-teacher ratio of 22:1 in kindergarten through third grade classrooms in the core subject areas of math and English language arts. If there are more than 22 students in a classroom, a school is required to submit a request for a waiver to allow more students in the room.

"We are up to 12,804 students, which is 26 above our official Sept. 30 count for this year," said Stanley Spoor, the district's human resources director.

"We have 12 schools with students in (kindergarten through third grade), which is a total of 204 classrooms. So we're requesting a waiver for two classrooms out of 204," he said.

The district used eight waivers last year, 12 in 2020, 19 in 2019, 16 in 2018, and 25 in 2017. And in every one of those years, except 2021, the number of total classrooms was less than 204, so the ratio of class size waivers to classrooms is undoubtedly trending downward.

However, the number of waivers will likely never be this few again, Spoor said, stressing that the district had a confluence of factors contributing to the number this year.

"It has been a concerted effort on the part of the team to get this as low as possible for a number of years now," he said.

The first approved class size waiver is for a second grade class with 23 students at Bunker Hill Elementary School. The second one is for a third grade class at Lorewood Grove Elementary School, which again has 23 students—one student over the threshold.

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Health

TOWN SQUARE LIVE



BY TERRY ROGERS

Delaware Breast Cancer Coalition (DBCC) offers many different services designed to help those who have survived breast cancer but also for those who are newly diagnosed. One of the key factors to understand when someone is diagnosed is that there is no right or wrong way to be a survivor as Taylor Urban explains.

“I was diagnosed with breast cancer when I was 45 years old. I underwent a bilateral mastectomy with reconstruction. My cancer was identified in a routine mammogram and I had no symptoms or family history,” Urban said.

After her diagnosis, Urban joined Young Survivors in Action, a support group sponsored by DBCC.

“As far as Young Survivors in Action in terms of just helping me heal, it’s connected me with a group of amazing women. I get to do fun things and they understand what I’ve been through more than a lot of other people who haven’t experienced breast cancer can. So that’s been really a supportive and helpful thing for me. But we also do a lot of fun stuff.”

THERE IS NO RIGHT OR WRONG WAY TO BE A BREAST CANCER SURVIVOR

One of Urban’s favorite Young Survivors in Action activities was a wreath making event that was held in November. It was her first October as a breast cancer survivor, so having an event that was fun helped.

“Having gone through my first October as a breast cancer survivor was just a lot. And that event came in November, and it was for the holidays,” Urban said. “It was really great. There were all these beautiful materials for us to work with. And I just connected with a great group of women, and we laughed, and we had fun, and everybody created these beautiful wreaths and I just really enjoyed that event.”

When asked what breast cancer has taught her, Urban replied that it was a tough question to answer.

“I think I’m still learning. I think breast cancer slows you down. You think that you’re young and you’re healthy and these things don’t happen, but they do,” Urban said. “And for me, it really forced me to look at am I doing the things that are the most important for me in my life? Is this the legacy that I want to leave and that’s a heavy thing to think about. But the flip side of it is that it’s helped me reconnect with a lot of things that bring me joy and things that interests me and it’s just kind of helped realign me a little bit. So, I think breast cancer has taught me to just appreciate and value my time now.”

For anyone who has just been diagnosed with breast cancer, Urban’s first piece of advice is just to breathe.

“You know when you first hear those words, it’s a lot and there’s a lot of emotions and everything that come with that. So, I would say just breathe,” Urban said. “Find what fills you up and what recharges you. Practice self-care like it’s your job. Whether it’s music, nature or journaling find what helps. Stay off the internet, for sure. Ignore the stupid things that people say I’m sorry, but sometimes people do say stupid things.”

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Photo by Donnell Henriquez



Sports

TOWN SQUARE LIVE

DELAWARE'S CROSS COUNTRY RUNNERS PREPARE FOR STATES

BY GLENN FRAZER

It was “unseasonable” Autumn weather for the New Castle County and Henlopen cross country meets over the weekend. The New Castle County meet was held at Winterthur while the Henlopen race took place at Killens Pond, the site for the upcoming state championship meet on Saturday.

Johnathon Drew won the boys’ race at Winterthur in a time of 16:09.44, followed by Ethan Walther from Delaware Military. Walther was just 13 seconds behind Drew. The Cavaliers finished in second place with Salesianum winning the team title, and DMA rounding out the top three.

Jonas Rush and Walter Samuels finished fourth and fifth, respectively, for Middletown. The Sals were paced by Matt Miller (third), Colin Small (seventh), James Kennedy (eighth) and Matthew Bradley (ninth) as they totalled 45 points. Middletown scored 72 and DMA gathered 119 points. The Seahawks second and third runners were Troy Hedrick and Ethan Barnett. Lathan Love-Brown (A-I duPont) and Camerin Williams (Hodgson) rounded out the top 10.



In the girls’ race, Carlita Kaliher led two of her Tatnall teammates to the finish line with a time of 19:12.07. Katie Payne was second in 19:24.43 and Katrina Endres was just two seconds behind her. The Hornets as a team took eighth place as the #4 and #5 runners were unable to crack the top 100.

Saint Andrews won the girls’ team title with 55 points. Padua finished in second with 67 and Archmere took third with 153 points. The private school in Middletown had three girls finish in the top 10, led by Lily Murphy (five), Leah Horgan (six) and Lia Miller (eight). The Auks’ top three runners were Taylor Costa, Maddie Priest and Ryan Vitola.

The Henlopen Conference race winners were Ryan Baker from Cape and Brynn Crandell of Indian River.

Baker won the boys race by nearly 30 seconds over Chase Sims of Indian River. His time was 16:26.9 to lead the Vikings to the team title. Max Gillen of Cape was fifth, Liam O’Donnell came in seventh, just ahead of Joey DeGregory who took eighth. Cape’s team score of 37 was just six points better than Caesar Rodney’s 43. The Riders were led by Ian Cain (four), Maddox Downs (six) and Griffin Spana (10).

Crandell won the girls’ event in a time of 19:02.5, finishing just over a minute ahead of second place Katie Kuhlman of Cape. She will certainly be one of the favorites in Saturday’s D-2 title race at Killens Pond.

Sussex Academy won the team title with a score of 52. Caesar Rodney came in second with a total of 66, while Cape was third scoring 84 points. The Seahawks were paced by Katya Geyer (third), Lily Bowe (fifth) and Kasi Showers (10th). The Riders took seventh, eighth and ninth, with Bree Talley, Dreux Lail and Mary Villareal leading their team on the day.

The state championship event should be awesome as Baker (Cape), Drew (Middletown) and Miller (Salesianum) should be favored in the D1 event, and in D2 look for Etan Walther (DMA) and Chase Sims (IR) to be the front runners (no pun intended). The Sals will be favored to win the D1 team title with good competition from Middletown, CR and Cape. In D2, we’ll keep an eye on DMA and see which other team can challenge for the championship.

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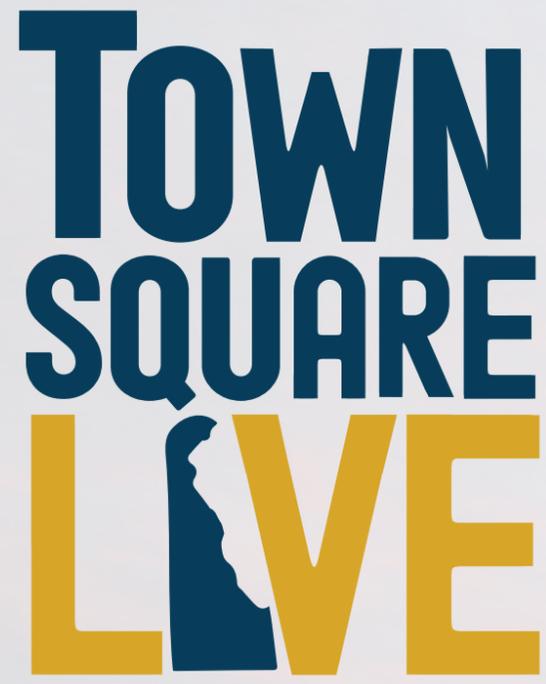


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