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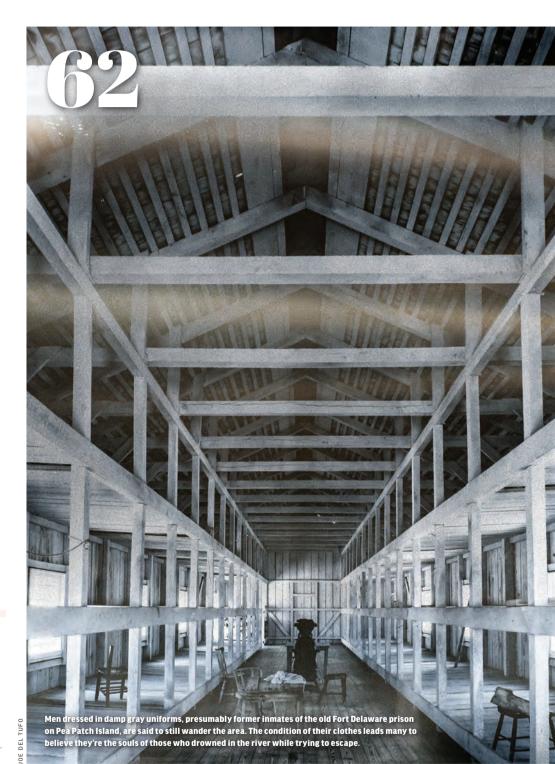
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## MIKIMOTC

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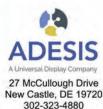
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### MIND, BODY– AND Spirits

orn skeptics are often only swayed by firsthand experience with the phenomenon in question, if at all.

A few years back, I accompanied a colleague to the remote town of Cerro Gordo, an old silver-mining village nestled some 900 feet up in California's Inyo Mountains, where he was photographing its ramshackle remains for a series. A spontaneous adventure, there was no time to research the town's deep history the way I would any other destination. (And if you'd told me at the time the place was haunted, I wouldn't have believed it.) It felt akin to other "ghost towns" I'd visited across the American Southwest, its depressed ruins juxtaposed by jaw-dropping vistas.

We bunked in the Belshaw House, the namesake home of the bullion king who resided there in the 1800s. Arriving in the late afternoon after tiring explorations, my friend ventured down the dirt road for a nightcap with our hosts (the pair of historians who ran Cerro Gordo, its only residents), while I decided on a nap. Little did I know



UIGI CIUFFETEL

sleep wouldn't be possible in this house. As I lay there admiring the room's odds and ends, the only sounds coming from my own lungs and a floor fan turning out a warm breeze, a high-pitched yet distant noise emerged unlike anything I'd heard before. My body froze, my arms tingling—*it sounds like children laughing...singing. Was the fan suddenly squeaking? No. Maybe I can hear a TV or radio all the way from our hosts' house...* 

The frequency faded, then returned for several minutes. It was *right there*. *Was I losing my mind? Suffering from heatstroke?* Later when my friend returned, I asked about the noise. There was no TV, no radio. Yes, I was going crazy, he concluded.

The next day, we had lunch with the couple on the property. While I debated whether to share my experience, the wife offered a bit of town history that would forever solidify my belief in spirits (energy, ghosts—whatever you want to call it): "There was a murder a week here in its heyday," she told me. "Two children were even murdered outside the Belshaw House, locked in the trunk of a car." Her own nieces and nephews, it turns out, would often see the children—a brother and sister— or hear their voices when they came to visit. They weren't afraid, but my arm hair stood on end so stiff I wouldn't enter the house again without company—and it still does to this day when I talk about it.

While I've never encountered "the other side" in Delaware, I now believe many who say they have. In "On the Haunt," page 62, writer Pam George and photographer Joe del Tufo explore seven locations throughout the state where unsettled spirits are said to roam. Not a believer? Why not look for the headless horseman or pour a glass of wine for Charles Hillyard III and see?

In our annual Top Doctors issue, we also honor the experts helping to keep the rest of us alive—in health and spirit through another pandemic surge ("The New House Call," page 70). On the following pages, learn how COVID-19 has changed the medical landscape for good, plus discover how new breast cancer technology might eliminate the need for repeat surgery; go behind the binding with a spiritual healer-turned-author; tour a soothing blue home in Chateaux Country; drink to your wellness at one of our local beer gardens; and much more.

Cheers!

Ashley Breeding Editor



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#### **BOOK CLUB**

**SHINE ON** 

A REHOBOTH BEACH HEALER HELPS OTHERS FIND THEIR LIGHT THROUGH A SERIES OF BOOKS.

**BY DEBRA WALLACE** 

Sarah Vie was a fearful and emotional child, which colored what was supposed to be a time of spirited play and innocence. She desperately wished there was a book or other resource to provide comfort and foster emotional healing.

The birth of her granddaughter, Lei Lei, a year ago, felt like the perfect time to create such a book for children (and adults) to help them see the irrepressible spirit and wonder in each of us.

Lei Lei, who loves to play along the shore at Vie's Rehoboth Beach home, enjoys when her Glammy (a combination of glamourous and granny) reads her the book.

Let Your Inner Golden Sparkle Shine: The Little Girl Who Never Stopped Believing in Herself is dedicated to all young readers and carries a wish that they discover their "golden light and keep shining, always." "I didn't know when I was growing up that the self-doubt and angst I was experiencing were normal," Vie explains. "Most of us go through some kind of trauma, so I wrote this for my granddaughter, and for the next generation to come, who are all so innocent and filled with love and life."

Also an energy healer, meditation guide and life coach, Vie spreads her positive energy and shares vital life lessons through the book, adorned with beautiful illustrations by Juliana Brykova.

"If I can show just one little person how to believe in themselves, my book has been a huge success," she explains. "The book truly represents what I wished I had known when I was very young."

When your friends leave you out, your teacher says your work is just not right, or when the lights go out at the end of the day and you are feeling afraid, the book tell us, "gently close your eyes, take a deep breath... feel your heartbeat, that is you, and feel your inner golden sparkle shine."

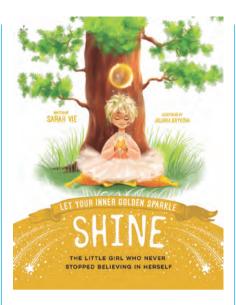
Vie's broader mission is to help adults clear generations of trauma and dysfunction, and heal themselves so that the next generation can live happy, confident and empowered lives.

What concerns the author is the abundance of societal judgment for people with differences, difficulties or disabilities of any kind.

"We kill our true selves in order to listen to judgment and comparison when people say you are this or that," she explains. "As children and adults, we become the labels that we are given."

For Vie, it all comes down to mindset. She says she truly believes that "we already have in our lives everything that we want," so her work revolves around helping people let go of their limitations and whatever is preventing them from attaining their goals.

"We have to remember that everything



In her new children's book, Vie takes young readers on a guided journey that offers lessons on how to meet the challenges of everyday life.

we want in our life is right there within our grasp, but what is blocking it is the beliefs we have held onto from our ancestors and the energy we are picking up from there," she says. "I relate it to taking out all the furniture to redecorate and making room for the new items. We have to be open in order to attract it."

Used for a decade as a retreat, Vie's Rehoboth home became her permanent residence two years ago.

In the fall, she will offer an "Embody Your Being Retreat" at her home to focus on meditation and inner-child healing. She's also working on two more books: a children's book that helps youngsters recognize emotions that her alter ego "Little Vie" offers from the tools in her "golden toolbox," and *Heal Yourself to Heal your Children: How to Transform Your Past to Change Your Future* for adults.

"I can't wait to share both of these and help the healing we all need to begin in earnest," she says. "I want everyone to believe in themselves and live a life of their own making."

Find the book at Browse About Books in Rehoboth and at sarahvie.com. **DT** 



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### FAMILY PRACTICE

THESE **TOP DOCTORS SHARE** MORE THAN BEING LEADING **SURGEONS** IN THEIR **SPECIALTIES**.

BY ROGER MORRIS

When Lauren was about 12, there was a 'Bring Your Daughter to Work Day,'" recalls Brian Galinat, M.D., a surgeon specializing in shoulders at Delaware Orthopaedic Specialists. "So, I took her to work with me."

For Galinat, work was the operating room at Wilmington Hospital, and although both father and daughter thought it was a great experience, "I subsequently got into a little bit of a problem with my management [for bringing her into the OR at her age]."

Today, Lauren Bogdan, M.D., has her own operating room, where she works mainly on noses as an ENT (ear, nose and throat) surgeon in joint practice at the Wilmington Otolaryngology Associates. She and her father were both voted by their peers as *Delaware Today* top doctors this year.

"I didn't decide to become a doctor until I was in college," Bogdan says. "Dad [had always] told me, 'Do whatever you want, kid,'" as he also told her two siblings, who pursued careers in law and advertising. Now in her first year of practice, Bogdan completed her undergraduate studies at Duke University—where she graduated magna cum laude before earning her medical degree from Sidney Kimmel Medical College in Philadelphia. For physicians Brian Galinat and daughter Lauren Bogdan, medicine is in their DNA. Both *Delaware Today* Top Doctors run successful specialty practices in sports medicine and ENT, respectively.

"I studied biomedical engineering at Duke because I like to solve problems, and it kept open the chance of going to medical school," Bogdan says. "But I decided I couldn't spend my life working in a lab every year. Besides, I like helping people."

Galinat says that once Lauren decided to become a surgeon, there was no pressure to follow him in his specialty or to attend his medical school, Virginia Commonwealth University School of Medicine. He later received an MBA from Wharton School at the University of Pennsylvania, which served him well as an administrator at ChristianaCare, first as section chief and then establishing an orthopedics department there.

" Dad [had always] told me, 'Do whatever you want, kid.'

-Lauren Bodaan. M.D.

He eventually decided to "back off administrative work" and return to the OR. "We all have our subspecialties here, and 'just shoulders' is what I do. We all stay in our own lane," he says. For many years, Galinat also had an outside lane—active sports medicine, serving as team doctor for the Blue Rocks professional baseball team and as team doctor for 13 years with the U.S. soccer team.

"Lauren played field hockey for a couple of years at Duke," he says. "I became very popular with some of her teammates" who had sports-medicine problems.

Do the two docs ever compare notes? "We share our frustrations with the medical system," Galinat says. "As surgeons, we want everything to be as good as possible for our patients, but things aren't always as pleasant as we would like." "He's been very helpful with me," Bogdan says, "especially in terms of running a business. I'm learning a lot from him about how to run a medical practice." DT

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### GONE BATTY

#### IN A **QUIET** WILMINGTON **NEIGHBORHOOD**, ONE **HOUSE** IS MAKING **NOISE**.

#### WORDS AND PHOTOGRAPHS BY JOE DEL TUFO

n an unassuming street in the Triangle Neighborhood of Wilmington, one house glows orange at night. Every night of the year.

The top windows blaze like giant eyes, massive spiders climb the home's brick walls and rain spouts, and an upside-down pentagram lights the door like glowing fangs.

And that's just the outside.

Step through the front door and you see thousands upon thousands of Halloween ornaments, curios and playful party favors festooning the large space like a demonic Magic Gardens.

With his wild, wispy, Luciferian beard and long curly hair, Halloweenhouse owner Dan Martelli can be a little imposing until he smiles. Behind the orange glow, he is an energized and benevolent spirit, trying to make his home a place for fun, friends and occasional revelry.

"My mom used to make all of our costumes when I was growing up," he says. "When I was 10, I decided to be an escaped maniac. We tied my arms in a straitjacket made out of bedsheets, blackened my eyes and made my hair stick straight out."





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Martelli has been interested in the occult from as far back as he can remember. He collected or inspired friends who had similar interests.

"The house has always had a lot of spirits in it," Martelli says. "We've seen orbs a number of times. One time there were eight of us who saw three orbs that centered in the coffee table and then just split."

One Halloween more than 15 years ago, he decided to make a statement. He decorated the house for a small Halloween party— and then continued to add to it every year.

With each holiday, the scale of the decorations—and the number of people attending the house party—have grown substantially.

"The last party we had, there were over 250 people," Martelli says. "And we always have many kids who come to the front to trick or treat before the party starts in the back. We have a band and food, and we do have security to make sure it's the same experience for everyone and no one underaged is there."

For Martelli, Halloween is Christmas, New Year's Day and his birthday all rolled into one. Perhaps the best party was Dan's own Halloween wedding: "Me and [my husband] Michael will have been married seven years come this Halloween," he says. "It was a Friday night, and there were 250 people here for an 8 p.m. wedding in our backyard. We had people dressed up like [*Night of*] the Living Dead handing out candy in the front while we were having a wedding in the back. I don't think it gets any better than that." **DT** 





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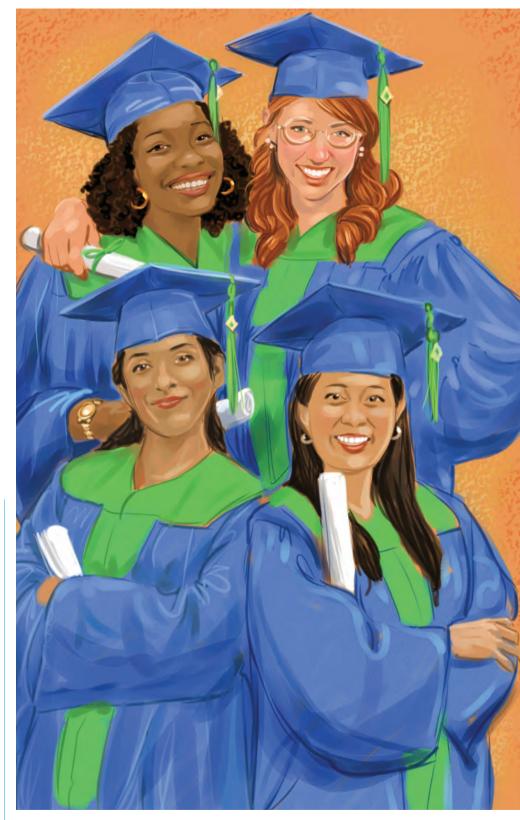
#### **BY LAURA KURZ**

Pelaware's Fresh Start Scholarship Foundation is offering women just what it says: a fresh start to pursue an education that will prepare them for personal and professional success.

Started in 1996 by then-president of the Wilmington Women in Business board of directors Mary Maloney, the foundation has distributed more than \$1.2 million in scholarship aid to more than 580 women in Delaware over the last 25 years. All of the program's scholars have faced personal, family or financial challenges. They come from upstate and downstate and different backgrounds.

"Each of our scholars are unique in terms of their goals, skills and dreams, but what they have in common is the determination to use an education as a strategic lever to transform their lives," Maloney says.

The scholarship program has also evolved into much more than financial support. Every scholar is paired with a mentor working in the student's desired field of study. This leader helps guide them through their time as a scholar and with employment networking upon graduation.



"It became obvious early on that although our scholars needed financial help, what they also needed was a mentoring relationship—someone to talk to, someone in their corner," Maloney explains. Since its inception in 1996, the state's Fresh Start Scholarship Foundation has provided more than \$1.2 million in college scholarship aid to almost 600 women with personal, family or financial challenges.



The scholar-mentor relationship lasts throughout a student's time in the program, and often for many years beyond that. Fresh Start scholars maintain an average 3.4 GPA, and 72 percent go on to graduate with degrees ranging from nursing and education to business.

Maloney recalls one woman she mentored—a single mother named Bonita—who was struggling to find the means to return to school. With Fresh Start's support, Bonita was able to get her degree in nursing, and then—on her own—earned a master's degree and became a nurse practitioner. During Bonita's studies, Maloney met her young son. A decade later, Bonita sent her former mentor a picture of that same son, now smiling in front of New York University, where they were making college visits.

"The importance of this story is the fact that we aren't just transforming women's lives," Maloney says, "but also positively impacting the lives of their children, family and the community."

Ralandre' Lacy, of Wilmington, is one of many Delaware women whose life was transformed by the program. "Receiving a scholarship [from Fresh Start] paved the way for me to be able to better myself and have a career that I am proud of, help people in their time of need and help support my family," she says.

Lacy earned a degree in elementary education from Wilmington University and is now a kindergarten teacher at Kuumba Academy Charter School downtown. She also serves as a Fresh Start mentor and is on the board of directors.

Fresh Start's success is dependent on community support. Entirely volunteer run, 92 cents of every dollar raised goes back into the scholarship program. "More than anything, Fresh Start needs champions in the community," explains board president Betty Sweeny. "Volunteer to be a mentor if you have the time and resources. Donate. Learn about us and talk about us in the community."

For more information, visit freshstartscholarship.org. **DT** 

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Source: The Forbes "Best-in-State Wealth Advisors" list, February 11, 2021. Data provided by SHOOK™ Research, LLC. Data as of June 30, 2020. The Forbes "Best-in-State Wealth Advisors" ranking was developed by SHOOK Research and is based on in-person and telephone due diligence meetings to evaluate each advisor qualitatively, a major component of a ranking algorithm that includes: client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC and not indicative of future performance or representative of any one client's experience. Rankings and recognition from *Forbes* are no guarantee of future investment success and do not ensure that a current or prospective client will experience a higher level of performance results, and such rankings should not be construed as an endorsement of the advisor. Neither *Forbes* nor SHOOK Research receives compensation in exchange for placement on the ranking. *Forbes* is a trademark of Forbes Media LLC. All rights reserved.

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#### WELLNESS

### TRANSFORMING TREATMENT

NEW, LESS INVASIVE OPTIONS BRING HOPE FOR DELAWAREANS LIVING WITH BREAST CANCER.

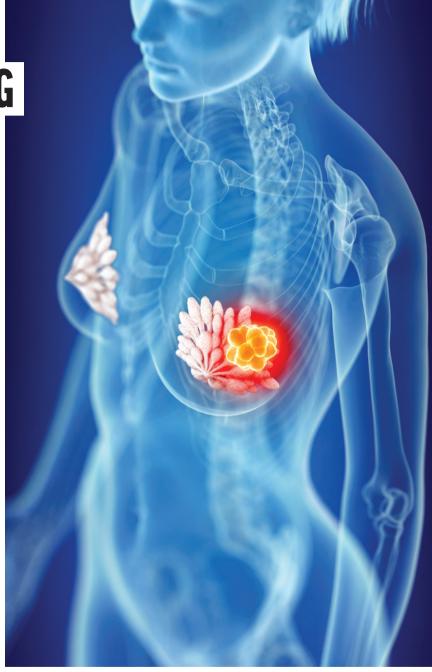
**BY MINDY TORAN** 

hereast cancer diagnosis can be devastating, but new technology and treatment options are helping to make the process more bearable. And for patients in Delaware, a revolutionary diagnostic tool is now available to help improve outcomes and the standard of care.

Dr. M. Lisa Attebery, FACOS, a fellowshiptrained, board-certified breast surgical oncologist at Bayhealth Hospital's Sussex Campus in Milford, says Bayhealth now offers technology designed to locate and remove cancerous tissue using a less invasive, more patient-friendly treatment method that also reduces the need for repeat surgeries.

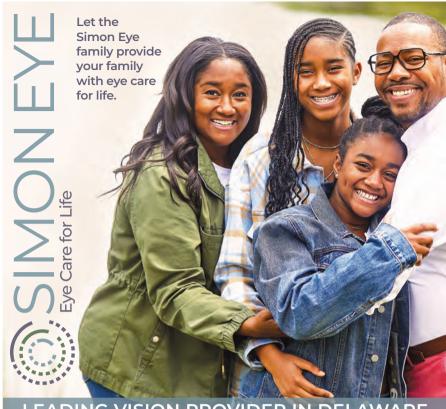
Attebery and Bayhealth have partnered with a company called Endomag to introduce the Sentimag system, which enables doctors to identify cancerous tissue without using an invasive guidewire placed into the patient's breast during surgery—the standard of care for more than 30 years.

One in five women with breast cancer who undergoes surgery must go back under the knife because their cancer wasn't completely removed, according to various clinical studies. This is because the traditional method of marking tumors for surgery is to insert a long guidewire into the site of the cancer. This wire can sometimes move before



surgery, which means that surgeons risk missing cancerous tissue.

Attebery is one of the nation's first surgeons—and the only breast cancer surgeon in the First State—to pioneer this new option. The Sentimag system uses a tiny magnet called a Magseed marker, smaller While many breast cancer patients have had to undergo repeat surgeries, Bayhealth now offers an innovative, less invasive procedure to remove cancer tissue and reduce the need for subsequent surgeries.



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#### THE GOOD LIFE WELLNESS

than a grain of rice, which can be placed to mark a tumor weeks or months ahead of its removal. The magnetic seed is designed not to move, thus reducing the need to return for future surgery.

Another option is the use of an injectable liquid called Magtrace in the operating room prior to surgery, which avoids the use of radioactive material and blue dye traditionally used as a tracer. The Sentimag probe works like a metal detector that can spot the Magseed or Magtrace when placed near the skin's surface. This technology can help pinpoint the tumor stage or cancer spread and can be particularly beneficial in guiding a patient's treatment plan.

"The tracer is designed to follow the route cancer cells are most likely to take when they spread through the lymphatic system," Attebery explains. "This enables me to precisely pinpoint cancerous nodes and perform a more targeted dissection while preserving as much healthy tissue as possible. It also gives patients a more flexible and comfortable experience without radiation exposure. This is a transformational approach to treating breast cancer, and really should be the standard of care going forward."

Attebery, who also operates out of a surgical center in Dover and is head of the Comprehensive Breast & Surgical Center in Rehoboth Beach, knew at a young age that she wanted to become a physician. She often accompanied her mother, a pediatric nurse, to work and loved watching her and the doctor help patients get well. During medical school, she was fascinated by her general surgery rotation and decided to go into breast surgical oncology because of the connections she is able to build with her patients and the intellectual challenge that comes with treating cancer.

"It's a privilege to work with patients throughout their entire treatment process," she says. "I meet people at the worst time, but then I get to see them through the whole process, meet their family members, educate them and help them feel safe, comfortable and confident. ...I'm hoping we can change a lot of practices for the better with this technology and am proud to be the first surgeon in Delaware to offer this treatment to patients in our community." **DT** 



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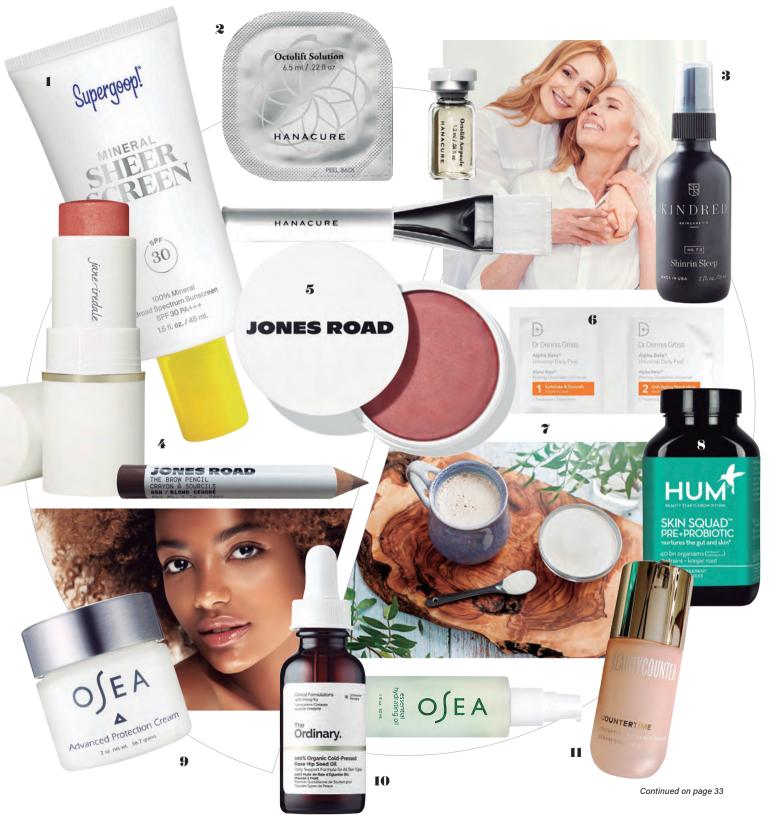
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#### Genie in a Bottle Continued from page 30

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2. Google "Drew Barrymore + Hanacure mask" for a preview. The images are scary, but the results? Visibly smoother skin that's baby soft to the touch. Hanacure All-in-One Facial Starter Set, \$29, at Neiman Marcus, King of Prussia.

**3.** They say age is a state of mind. Boost yours with **Kindred Shinrin Sleep Facial Mist**, \$34, at Kindred Skincare Co., Chadds Ford.

4. Pink, glowing cheeks and full brows are two of the most obvious signs of youth. Jane Iredale Glow Time Blush Stick, \$38, at Currie Hair, Skin & Nails, Wilmington, and The Brow Pencil crayon, \$22, at jonesroadbeauty.com.

**5.** This product from makeup artist Bobbi Brown's latest line has "miracle" in the name for a reason. Delivering deep hydration in a lightweight formula, **Jones Road Miracle Balm**, \$38, has just the right amount of dewiness in five great shades, at jonesroadbeauty.com.

6. Boost cell turnover in just two steps, with
Dr. Dennis Gross Alpha Beta Universal Daily
Peel facial wipes, \$88, at Sephora.

 Drink your way to better skin. Before you imbibe on resveratrol via your favorite vino, stir a couple scoops of collagen powder into a morning smoothie, oatmeal or even coffee. Vital Proteins Collagen Peptides, \$25, at Sprouts Farmers Market.

8. Skin health starts in the gut. In addition to a nutritious, high-fiber diet, add HUM Nutrition Gut Instinct, \$26, and Skin Squad Pre+Probiotic, \$40, to your beauty regimen. Available at humnutrition.com and Houppette, Greenville.

9. Vitamin sea is good for the soul, while seaweed is great for the epidermis. Plump, firm and lock in moisture without any harsh chemicals. **Osea Advanced Protection Cream**, \$108, at Terrain, Glen Mills, and oseamalibu.com

10. Thick foundation only accentuates fine lines.
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oil, like The Ordinary 100% Cold-Pressed Rose
Hip Seed Oil, \$9.50, or Osea Essential Hydrating
Oil, \$36, both at Ulta Beauty (now also in Target).

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**2.** Morgan Utility Denim Jacket, \$148, at Anthropologie.

**3.** Londontown Lakur in Poolside Dreams, \$16, at Avenue Apothecary & Spa, Rehoboth.

**4.** Butter London Nail Lacquer, \$18, at Macy's.

**5.** Pistola high-rise distressed denim, \$138, at Gypsy Myst, Lewes.

**6.** Veronica Beard Nilaja Denim-Trim Plaid Jacket, \$550, at Saks Fifth Avenue.

Lizzie Fortunato Cyprus Earrings,
\$160, and Wide Georgia Belt (Bone),
\$240, both at Peter Kate,
Wilmington.

8. Mother Scrapper Fray Ankle Jeans, \$258, at Bloomingdale's.

**9.** Rag & Bone Maya High-Rise Crop Flare Jeans, \$225, at Nordstrom.

**10.** Christian Dior 5 Couleurs Couture 279 Denim Palette, \$62, at Macy's.

**11.** Flying Tomato Bell Bottoms, \$50, at Apricot Lane, Middletown.

**12.** ASKK High-Rise Ultra Boot Cut Jeans, \$139.95, at Anthropologie.

**13.** R + Co Spiritualized Dry Shampoo Mist, \$28, at Zen Spa Fenwick, West Fenwick.

**14.** Arizona Birk-Flor Sandals, \$60, at Birkenstock, Rehoboth Beach.

**15.** Dr. Martens Croc-Embossed Patent Leather Boots, \$150, at Saks Fifth Avenue.

**16.** Slouchy Boyfriend Jean, \$148, at J.Crew.

17. Wagoneer Mini, \$40, at Arden+ James, Chadds Ford, and ardenandjames.com.

**18.** Dolce & Gabbana Patchwork Denim Sneakers, \$745, at Neiman Marcus.





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#### THE GOOD LIFE PETS



## CALL OF The Wild

THIS MONTH, DELAWARE SPCA OPERATIONS DIRECTOR LIZ PASHLEY ANSWERS A CURIOUS CAT QUESTION.

#### **Q.** I'd like to train my 1 1/2-year-old cat to walk outside on a leash. What's the best way to do this, and what vaccinations will she need?

**A**. It's never too late to harness train a cat! The first thing to consider, though, is, *is this something my cat would enjoy*? A cat that's been living exclusively indoors and is skittish may find venturing outside to be stressful. But if your cat is constantly at the windows or has an adventurous personality, they may be a great candidate for harness training.

Pick a harness that is designed for cats and fits well. Even the best harnesses aren't escapeproof, so make sure your cat also has a registered microchip as well as a cat-safe collar and tag.

Start by getting your cat used to the harness indoors. Feed them treats or give them lots of gentle pets while putting it on. You can also leave the harness by their food bowl so they start building a positive association with it. Many cats will refuse to move while wearing a harness at first and will flop over. Distract your cat with lots of play, then take it off. Do this once or twice a day for a week. Then add the leash and repeat. Once your cat is generally comfortable having the harness on, it's time to try going outside.

Pick a quiet area away from people, cars and other animals. Be aware of your surroundings and anything that may startle your cat. If your cat seems stressed, bring them back inside and try again another day. If they're comfortable, let them explore. Most cats won't go for a "walk"—they'll go where they want, and your job is to follow.

Many cats can safely enjoy the outdoors on a harness and leash with just a little work, and it can be a great enrichment activity to share.

Cats that go outside may need monthly flea/ tick preventatives. Also be aware of plants and chemicals outside that may be toxic to your cat. The American Animal Hospital Association (AAHA) recommends that all cats be vaccinated with feline core vaccines: Feline herpesvirus 1 (FHV1), Feline calicivirus (FCV) Feline panleukopenia virus (FPV, and Feline leukemia virus (FeLV). **DT** 

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# HOME & GARDEN

#### WHAT YOU GET 44 | HOME STYLE 46

#### SPOTLIGHT

## EMBRACING THE BLUES

A LOCAL INTERIOR DESIGNER EMPLOYS HER SIGNATURE COLOR FOR A LUXE HOME IN CHATEAUX COUNTRY.

WORDS BY DREW LIMSKY | PHOTOGRAPHS BY DANA HOFF

hen it was time for a Pennsylvania couple to downsize, they choose a four-bedroom home in Crooked Billet, a 55-and-over community in the Greenville area's Chateaux Country. "This was an old DuPont estate," explains the couple's interior designer Megan Gorelick. "What's happening a lot in Delaware is the heirs of DuPont—and there are so many heirs—are not able to maintain these estates, so they are selling them off and developers are swooping in."

Gorelick and the clients were an instant match. "We've become known for our blues—we do a lot of coastal work," the designer explains. "We get a lot of clients coming to us because of their love of blue, which happened in this case. The owner is a lovely, sophisticated woman and she wanted serenity. What I like to do is thread a color throughout the home so it's cohesive." Several of the ceilings are pale blue as well. "The house has a beautiful setting—you just see trees and sky everywhere," Gorelick says. "We brought the sky in with these ceilings."

"All blues play nicely together, so we did all these different versions of blues with this neutral champagne throughout the home," Gorelick







bedroom home in Chateaux Country, the living room announces the blue and champagne color scheme with a range of seating covered in velvet. **Designer Megan** Gorelick added builtin bookcases and lined the fireplace in bronzed mirrored tile. Inset: The dominant metallic, as seen in the dining room, is silver to add glamour.

Left: In a four-

DELAWARETODAY.COM 41

#### HOME & GARDEN SPOTLIGHT





continues. "She's a little bit [glamourous] so we used metallic accents, mostly silver." Nowhere is this color scheme more evident than in the living room, a vision in velvet anchored by a pair of champagne-colored sofas, and bolstered with a pale blue tufted ottoman, several cyan stools with fringe, and a beige grass-cloth wall covering for the inset bookcase. "We designed those custom built-ins and then we did a mirrored tile surround around the fireplace. The stools have a heavily jeweled trim, which exemplifies the glamour." The Kate Spade lighting sconces also evoke jewelry— Gorelick says they remind her of earrings, the type that Spade used to wear.

The couple may be "glammy," Gorelick says, but they are also practical-minded. Thinking ahead, they required two premier bedroom suites: one in use for them

#### "

All blues play nice together, so we did all these different versions of blues with this neutral champagne throughout the home.

From top: Gorelick believes that a focused color scheme makes room for a wide range of patterns within the palette; for example, the varied pillows contain everything from plush fringe to Greek key; a whimsical powder room's wall covering is offset by the delicacy of the fixtures and sconces.

upstairs and one downstairs in the event that stairs become challenging. "We made them both equally luxurious," Gorelick notes. One of the sweetest moments in the 3,500-square-foot home is in the upstairs premier bath: in the shower, a framed panel of contrasting, patterned tile—designed by Young Huh for Akdo—sits atop the blue-gray glass background tile (by Lunada Bay), creating a window-of-tile effect. (The Huh tile design is Essence Legacy Fog Carrara Bella with Fog art glass.) "The client fell in love with that tile, and we've used it a couple of times—it's beautiful," Gorelick says. "But it's really expensive, so we made the most of it, maximizing it."

AND MALLORC

The upstairs bedroom, which features angled walls wrapped in grass cloth, is dominated by a plush and somewhat elaborate customized headboard from Vanguard Furniture, which has a showroom in High Point, North Carolina. With a silvered wooden frame, a vertically channeled blue velvet headrest, and silver nail heads—for "extra bling," Gorelick says—it's a standout.

"The bedding is all custom and we teach them the tricks of how to make their beds—it's really simple," Gorelick says. "We're really into making luxurious bedrooms. We want our clients to feel like they're in the prettiest hotel room when they're in their own home." **DT** 





ADDRESS: 211 N. Cass St., Middletown BEDROOMS, BATHS: 6 bedrooms, 2 baths SQUARE FOOTAGE: 3,725 LOT SIZE: 0.22 acres



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BY EILEEN SMITH DALLABRIDA

#### **THIS OLD (GREEN) HOUSE** *\$469,000*

Built in 1884, this grand Victorian known as the Joseph Biggs House boasts such original features as stained glass, Eastlake brass hardware and oak fretwork, as well as 21st-century updates, including geothermal heating and solar panels. Crowned with a slate mansard roof, the house is constructed from red brick in the Second Empire style, with an elaborate wrought-iron fence edging the sidewalk. The curved, three-story staircase is crafted from walnut. Located in the heart of Middletown, it's a leisurely stroll to an ever-expanding roster of shops and restaurants. Or relax at home and enjoy the brick patio and koi pond.

Listed by Michael Kelczewski, Brandywine Fine Properties Sotheby's International Realty





ADDRESS: 29 S. Old Baltimore Pike, Newark BEDROOMS, BATHS: 2 bedrooms, 1.5 baths

SQUARE FOOTAGE: 2,750 LOT SIZE: 0.75 acres

## **GEORGE HILLIS FORTRESS** *\$425,000*

With brick walls more than 16 inches thick, it isn't surprising this house has survived since 1750. It's a history buff's dream, with abundant raised-panel walls, brass hardware and five fireplaces, including a mantel with beehive brick oven in the keeping room, which is visually warmed by heart-pine floors. The updated kitchen blends history and the present with raised-panel, Colonial-style cabinetry and newer appliances. A screened-in porch, ideal for entertaining, overlooks a spacious sylvan lot ensconced in mature trees. The cherry on top is a full third story that can be converted to additional bedrooms or an office.

Listed by Kevin Hensley, RE/MAX Premier Properties





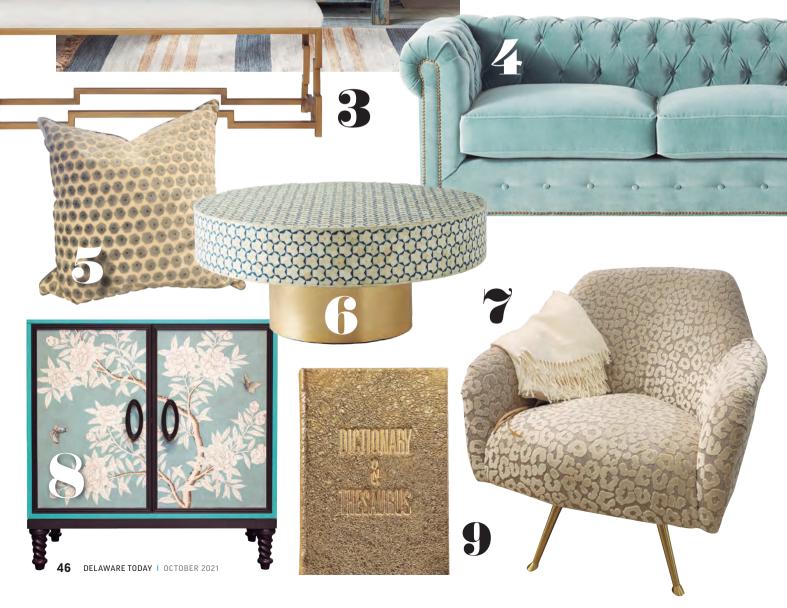
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Ryan Studio throw pillow, price upon request, at Somethings Unique, Greenville.

6

Targua Moroccan Coffee Table, \$1,198, at Anthropologie.



Ava Platinum chair, \$2,305, at Somethings Unique, Greenville.

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# FLYING High

## The Delaware Air National Guard celebrates 75 years.

By Debra Wallace | All photos are courtesy of the Delaware Military Museum

hen retired Brig. Gen. Kennard R. Wiggins Jr. talks about the evolution of the Delaware Air National Guard, now celebrating its golden anniversary, he lifts his chest with pride.

The 74-year-old Wiggins well recalls his personal journey with DE ANG when he enlisted in 1966 as an engine mechanic working on C-97 Stratofreighter airplanes.

This came quite naturally for Wiggins, a fourth-generation member. The family's legacy started with his great-grandfather and continued with his grandfather. His father and uncles were charter members, dating back to the 1940s. "I feel like I was born into the Guard because I enlisted when I was 19," explains Wiggins, now a grandfather himself.

One memory involves a former chaplain from the unit who retired to the Azores Islands, a place where the unit frequently flew to refuel and rest the crew on their way to Europe. "They would bring him Tastykakes and submarine sandwiches that he missed from home," Wiggins remembers.

"This chaplain worked with a local orphanage on Terceira Island, where Lajes air base is located, and requested clothes and toys for Christmas on



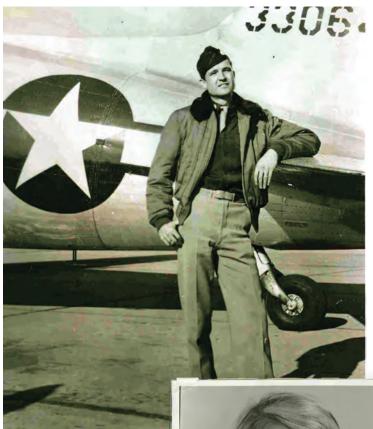


Opposite: Delaware aircrewmen confer on the flight line before a Delaware Air National Guard C-130A, in the 1970s. This page, clockwise from left: a Delaware Air National Guard T-6 Texan two-seat trainer—one of the first aircraft the unit received in 1947–flies over Delaware; a B-26 Invader light bomber is used as a target tow for training fighter pilots of the 142nd Fighter Squadron, circa 1948; a C-47 transport assigned to the Delaware Air Guard unit, circa 1956; an aircraft engine is loaded onto a C-97G Stratofreighter cargo plane of the 166th Military Airlift Group, Delaware Air Guard in the 1960s.





434117





Clockwise from top: World War II veteran Lt. Col. Wallace A. Cameron, the first commanding officer of the Delaware Air National Guard, circa 1947; Linda Van Vechten, the first enlisted member of the Delaware Air Guard. She joined the unit in 1973 as an aeromedical evacuation technician; an aircrew of the Delaware Air National Guard C-97G Stratofreighter poses after a mission in the 1960s.



one of our overseas missions. I got together with the local service fraternities and sororities at the University of Delaware to get a truckload of donations to take to the orphanage," he says.

"We filled up the C-97 cargo plane and I was allowed to fly on the mission and deliver the donations. We had enough not just for the orphanage but for the entire village," Wiggins continues. "I love airplanes, I love to travel, it was for a good cause, and it took teamwork. This summarized all of the things that I like about my Air Guard career."

#### **LIFE LESSONS**

The valuable life lessons Wiggins learned center on leadership and self-discipline.

"A lot of people think that the military is about people barking orders and being told what to do, but I feel this is about a bunch of people with a goal trying to get things done," Wiggins says. "If you want to advance, the Air Force tells you what it expects of you, and all of that takes discipline. I did my duty, fulfilled my commitment and modestly advanced in rank. I was well-behaved and gave no thought whatsoever to giving up."

Wiggins, who went on to a career in advertising, says he never felt that his day job was as rewarding as his time in the Air Guard. His tenure included stints at the unit public affairs office and the National Guard Bureau in Washington, D.C., where he worked in recruiting, personnel and planning at the Pentagon and at Andrews Air Force Base.

#### **PRESERVING HISTORY**

As the unofficial historian of the Air Guard, Wiggins says he felt compelled to help plan DE ANG's 75th golden anniversary celebration earlier this fall at the headquarters in New Castle.

Because part of the unit was deployed at the time, the events were planned for about 900 Guardsmen and women, as well as a few hundred retirees, family members and dignitaries. The memorable day was filled with antique airplanes, a historical exhibit, old uniforms and artifacts, and a DE ANG community barbecue.

Although Wiggins has been retired for 15 years, he retains close contact with both current and other former members of the Guard. He's written seven local military history books and a 32-page commemorative booklet filled with artwork, and also curates materials for the museum for future generations. *Continued on page 55* 

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The celebration commemorates May 12, 1971, when DE ANG received the first of the C-130A Hercules aircraft. The Hercules was twice as powerful and far more capable than the previous transport aircraft and had an outstanding reputation as a workhorse airlifter during the Vietnam War.

The C-130A could climb faster and higher with a bigger payload and could transport anything that could fit into its fuselage, including trucks, buses, armored vehicles, passengers, cargo, helicopters and other aircraft. A few had seen service in the South Vietnamese Air Force; a little beat up, they were nevertheless a huge advance from the other aircraft.

Having flown hundreds of transport missions to Europe and Central and South America in those aircraft, Wiggins says the

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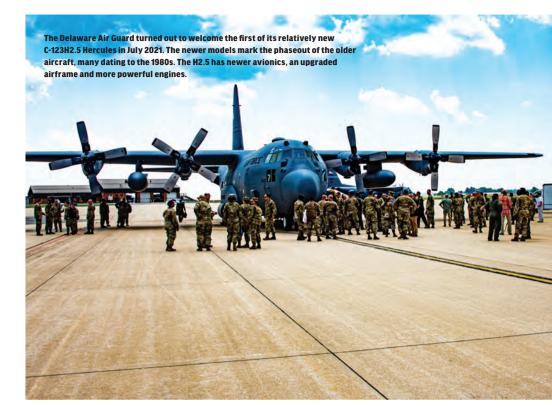


Air Guard's livery "became known around the world as we fulfilled the tactical airlift mission."

By the 1980s, the complaint was that "our weary old birds were older than many of the pilots who flew them," at 20 to 25 years old, so in 1985 the unit received the first of the "H" model C-130s that are still flown. "They were fresh from the Lockheed factory, and I was privileged to go there with our crews and bring our new airplanes home to New Castle," he says.

The impassioned historian explains that these are the airplanes that they went to war in Desert Shield/Desert Storm, and that the Air Guard flew hurricane, flood and disaster relief missions, as well as overseas humanitarian flights.

"The C-130H's from Delaware were vital in the Balkans, Afghanistan, Iraq and anywhere else the Air Force



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needed a reliable airlift team. That training and those skills were also applied right here at home during emergencies."

#### **AN AIR OF SUPPORT**

Wiggins says he appreciates support from fellow retirees, including Tom Lauppe and Ed Blackburn, who understand how the Air Guard has transformed the lives of so many military men and women, civilians and families in the last three-quarters of a century.

Former Delaware Assistant Adjutant General for Air Lauppe, who retired in June 2001, says the importance of history and this anniversary stems from the great numbers of people in the local communities who are involved in the Air Guard.

"We are all busy with our jobs and families, and it is quite an undertaking to be available and trained to be called up for military duty, for battle, a hurricane or disaster. It's not only about the person sworn to duty but their family members and friends."

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DelawareToday. Business Times **PRESENTED BY:** 

For Lauppe, 75, camaraderie is certainly a key to understanding the Air Guard. He was commissioned as a second lieutenant in January 1968, was active in the United States Air Force from 1968 to 1973, joined the Air Guard in 1974 and retired in June 2001.

"There is a strong sense of pride in our mission. There is a lot of pride in knowing that your specific contribution—and that of every member—makes a difference to safely carrying out the mission and to do it again and again," he says. "My work satisfaction was the highest, and I felt it was the most rewarding work when I was in the Guard."

Their friend Ed Blackburn, now 86, is a former crew chief and amateur historian who joined the Air Guard in September 1953 as a new graduate of William Penn High School. He was 17.

"To people who are not as familiar with the Guard, they need to understand that it supports the community, even more today than it did when I was in," Blackburn explains. "Today, there is a Civil Defense Unit, the Aeromedical Evacuation Squadron and evacuation flights—I am sure that they were involved in dispensing COVID-19 vaccines."

He wholeheartedly supports Wiggins' devotion to this history. "When I started, there were 400 people. Now, there are more than 1,000 involved in a bunch of different squadrons," he says. "I think it is very important to keep the history of the unit, the various aircraft and the traditions alive."

Wiggins sometimes fears DE ANG's rich history could get lost. He urges Delaware communities, whether they have a military background or not, to maintain support "so we can continue to fly for our country and our state. I hope everyone will stand with us to help ensure a bright future for this important institution," he says.

"We have a museum and an archive, and I am confident that one day in the future someone will dig through these materials and step forward to continue this legacy. ... It is important to me to be able to say that I contributed. Everything will change, but the mission will still be there, and when the Air Force looks at its units, we will need community support for a new airplane and new missions for the next 75 years."

# AFRO-AMERICAN IMAGES 1971





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This exhibition was organized by the Delaware Art Museum and Aesthetic Dynamics, Inc. Afro-American Images 1971: The Vision of Percy Ricks and its related programming is made possible by a grant from PNC Arts Alive. This exhibition is made possible through support from the Jessie Ball DuPont Fund. This exhibition is made possible by Corteva AgriceInce. This exhibition is made possible by the Johannes R. and Betty P. Krahmer American Art Exhibition Fund and the Emily DuPont Exhibition Fund. This project is supported in part by the National Endowment for the Arts. This organization is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on waw. DelawareScence.on. Images, top to bottom: **Pool Room Tith & Wainut**, 1971. Edward Loper Jr. (Jorn 1934). Oil on carvas, 24 × 36 inches. Delaware Art Museum, Louisa du Pont Copeland Memorial Fund, 2019. © Edward Loper Jr. | **Gurardin of the Image Mukers**, c. 1975. Percy Eugene Ricks (1923-2008). Screen print, composition: 23 3/8 × 17 3/8 inches, sheet: 35 × 23 inches. Courtesy of JENN and Associates. © Estate of Percy Eugene Ricks.



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# ON THE

#### RUMOR HAS IT THAT SPIRITS-MANYDISTURBED - STILL ROAM THESE 7 SPOTS IN DELAWARE.

#### WORDS BY PAM GEORGE | PHOTOGRAPHS BY JOE DEL TUFO

ased on books, national TV programs and the number of ghost tours this time of year, Delaware has no shortage of things that go bump in the night. Perhaps that's not surprising, considering that the state boasts historic properties, a grim Civil War prison and a treacherous, shipwreck-laden coastline. From north to south, here are seven places that are reportedly home to mischievous spirits.

Do you believe we coexist with the spirit world? Read on to discover seven iconic landmarks in Delaware where ghosts reportedly roam–and make themselves known to visitors.

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At Wilmington's English country-style Rockwood mansion-turned-museum, staff and visitors have reported changes in temperature, scents of lilac and even seeing apparitions of its late residents.

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#### ROCKWOOD MUSEUM: Mary and the Mysterious men

Built between 1851 and 1854, the Rockwood mansion was initially the retirement home of Joseph Shipley, a distinguished merchant banker who designed the house to resemble an English country estate. But as anyone who's seen it can attest, the ornate Gothic Revival architecture has all the makings of a classic haunted house complete with a pet cemetery.

Over the years, staff have seen the spirit of a man in a red smoking jacket and the ghost of Shipley's great-niece Mary Bringhurst, who was 100 when she died in the home in 1965. "Sometimes you'll smell lilacs, which was one of her favorite perfumes," Louis "Dr. Lou" DiMieri, a parapsychologist, told a CBS reporter in 2017. Her old bedroom occasionally dips in temperature, he added.

The basement is supposedly home to a spirit called The Shadowman, and some have seen the ghost of a dog. Other unexplained occurrences include floating orbs and the disturbing sound of shoes on the stairs.

News about the possible hauntings became so widespread that in addition to the CBS segment, the property appeared on the SyFy show *Ghost Hunters* in 2015. The museum plans to hold ghost tours this Halloween season, pending COVID-19 restrictions.

4651 Washington St. Ext., Wilmington; 761-4340, nccde.org/431/Rockwood-Park-Museum



Near the Cooch's Bridge battlefield in Newark, passersby have spotted a headless horseman on moonless nights, believed to be either an American or British soldier decapitated by enemy fire during the Revolutionary War.



#### COOCH'S BRIDGE: Delaware's grim battleground

By September 3, 1777, about 4,000 British and Hessian soldiers had marched from Maryland into Delaware. Unbeknownst to them, about 800 militia and Continental Army soldiers waited in ambush. The goal: Slow the British advance to Philadelphia and collect information.

Initially, the Americans were victorious. Then the British pushed back, driving their enemy from Aiken Town, now Glasgow, over Iron Hill to the Welsh Baptist Meeting House. There was severe fighting at Cooch's Bridge, a property along the Christina River named for the Cooch family.

Out of ammunition, the Americans retreated, and the British took Philadelphia on September 26, 1777. Many Delawareans who fought at Cooch's Bridge wintered with Gen. George Washington at Valley Forge.

Before the battle, American sentries reported seeing an ominous white spectral horseman. They fired, but the apparition was unharmed. Legend has it that he was a British soldier wearing armor underneath a white sheet. One sensible sergeant aimed high and put a shot in the rider's head. That, as they say, was the end of that.

The story of the specter appeared in a 1975 issue of *The Morning News*, but it is not the most famous ghost tale attached to the brutal battle, which took place along present-day Old Baltimore Pike.

On foggy, moonless nights, a headless British soldier is said to wander along the road near the battle site, looking for the head a cannonball struck from his shoulders. Since the Americans did not have cannons, he would have encountered friendly fire. (No wonder his spirit won't rest.) Others maintain that the ghost is American Charlie Miller, who was decapitated by a British cannonball.

Today, the Pencader Heritage Museum's collection includes the painting *The Ghost of Cooch's Bridge*. Visit the facility to learn more about the only Revolutionary War battle on Delaware soil.

2029 Sunset Lake Road, Newark; 584-4570; pencaderheritage.org



Above and right: More than one ghost is believed to linger at Lums Pond, a popular recreation site in New Castle. Some visitors have reported hearing screams, thought to come from a girl murdered here in the 1800s Others say they've seen the late John Lum himself. accompanied by his son, also a spirit

#### LUMS POND STATE PARK: A VICTIM'S LAST CRY

Lums Pond is a popular destination for campers, picnickers, paddlers, bikers and hikers. Few, however, know about its resident ghost. According to Delaware Public Archives, a runaway girl met her end in the 1870s when she encountered a murderer. So, if you hear high-pitched screams and muffled shouts near the Swamp Forest Hiking Trail, you might wish to turn the other way.

The woman's unfortunate demise isn't the only spooky campfire story you can tell in the park. Its namesake is John Lum, who ran a millhouse along the Chesapeake & Delaware Canal. Visitors have reported seeing the miller and his son roaming the grounds and hearing the phantom sounds of a water wheel.

1068 Howell School Road, Bear; 368-6989; destateparks.com/PondsRivers/LumsPond

#### WOODBURN, THE GOVERNOR'S RESIDENCE: A PERSISTENT HOMEOWNER

The Woodburn ghost is so well-known that Delaware.gov devotes an entire page to him. The old spirit's origins date back to Charles Hillyard III, who built the circa-1798 Georgian house. Son-in-law and daughter Dr. Martin W. and Mary Hillyard Bates purchased the home from his estate.

In 1815, the Bateses were entertaining a Methodist preacher at breakfast when the hostess asked him to lead them in prayer. He suggested they wait for the other guests. Puzzled, she told him there were none. The preacher, however, had passed a man in a powdered wig, knee britches and a ruffled shirt. He'd seen Charles Hillyard III.

Since then, others have also seen the ghost, who during his life loved his wine. If you leave him a glass at night, it will be gone by morning, many have vowed. Governor Sherman Tribbitt's wife, Jeanne, decided to test the theory by pouring a glass for Hillyard on several occasions. Alas, it was still full in the morning. At some point in the past 200 years, perhaps Woodburn's ghost discovered a 12-step program.

151 Kings Highway S.W., Dover; 739-5656; woodburn.delaware.gov



#### CRABBY DICK'S: The memorable maid

People who love blue crabs head to Crabby Dick's, which serves Delaware's favorite crustacean with a waterfront view. Paranormal enthusiasts, however, head to the building because it's reportedly haunted.

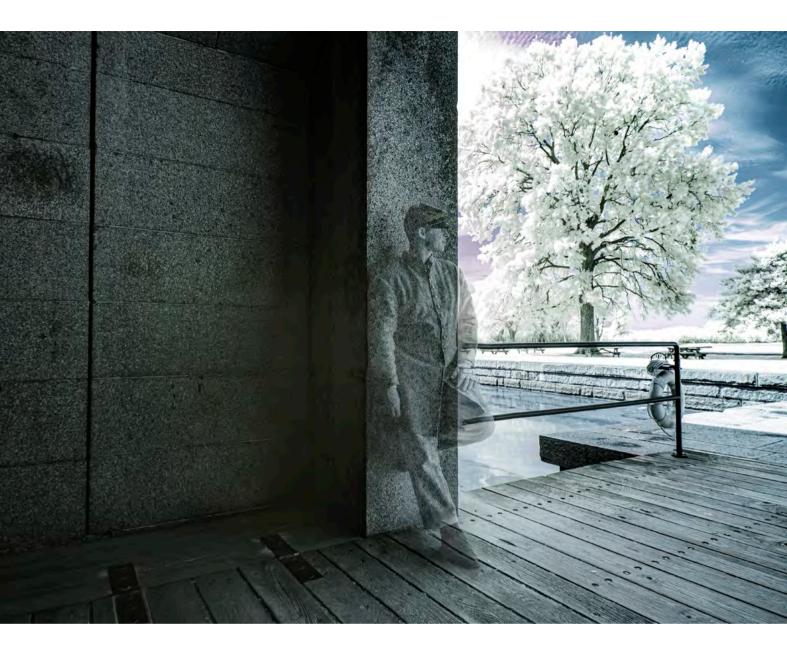
John Buchheit is a believer. In 2005, shortly after Buchheit and Dale Slotter purchased the old Delaware City Hotel for Crabby Dick's, Buchheit slept in one of the rooms and dreamed a chambermaid told him to leave. A year later, Nancy Myer of Court TV's *Psychic Detectives* channeled a spirit who said a former maid named Sandy was haunting the building. For more things that make you go "hmmm," a restaurant customer recalled that a maid had died in the hotel. The ghost is said to flick the lights on and off to keep people from the fourth floor.

If you see a face peering down at you from an upper story, relax. It might be one of the dummies Buchheit moves around the hotel during Halloween. But do take a second look. It might be Sandy.

30 Clinton St., Delaware City; 832-5100; crabby-dicks.com



At Crabby Dick's in Delaware City, the spirit of a maid named Sandy—who allegedly worked here back when the building was the town's namesake hotel—is the one in a crotchety mood.



#### FORT DELAWARE: MISERY LOVES COMPANY

As if Fort Delaware isn't a spooky enough presence on its own, visitors to Pea Patch Island, where the historic prison is housed, claim to see its former inmates idling about the grounds. The mere mention of the intimidating fortress on Pea Patch Island once instilled fear in Confederate soldiers' hearts. It was "spoken by all who have been confined there as a perfect hell on earth," wrote the Confederate prisoner who counted himself lucky to be interned in Ohio.

After battles in Gettysburg and Vicksburg, the prison population topped 12,000. In all, more than 2,650 people died here. Many fell victim to the 1864 smallpox epidemic, but prisoners also succumbed to poor living conditions.

There are so many ghost stories surrounding the fortress that local author Ed Okonowicz wrote the book *Civil War Ghosts at Fort Delaware*. He noted that some people have seen men in damp gray uniforms wandering around the coastline on misty nights. The lost souls are likely the escapees who drowned in the Delaware River's swift current. Okonowicz long led ghost tours on the island, and he reported that many participants heard strange noises and saw a man in a cloak carrying a lantern.

In 2014, park historian Laura Lee was camping on the island with a Boy Scouts of America troop when she heard steps approaching her quarters. When she went to investigate, she was alone. But in the meantime, someone had balled up the sleeping bag she'd carefully spread on a bed.

Fort Delaware State Park plans to offer ghost tours in 2022. Check the website for details and up-to-date information, and to book ferry tickets for a visit during opening hours. 45 Clinton St., Delaware City; 834-7941; destateparks.com/History/FortDelaware

#### CANNONBALL HOUSE: The capricious Poltergeist

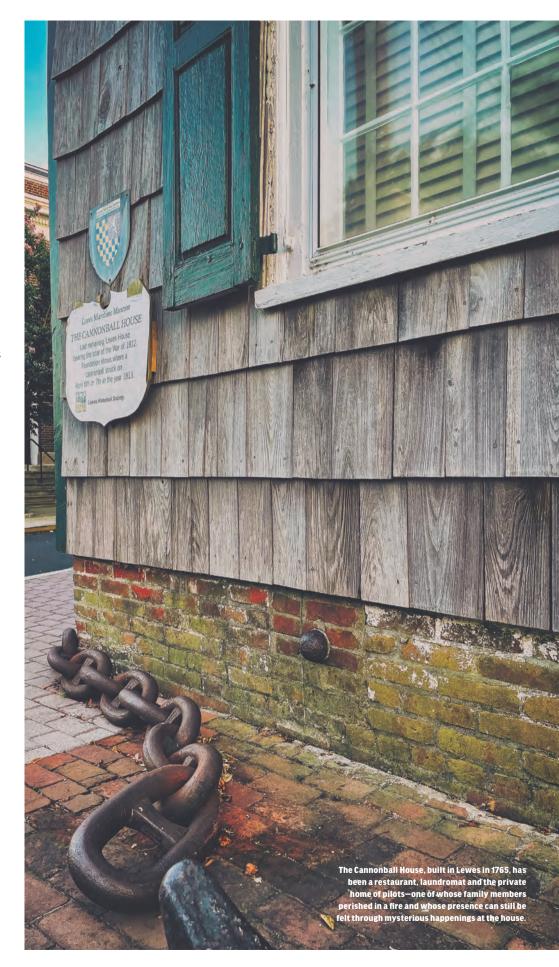
Owned by the Lewes Historical Society, the Cannonball House is named for the cannonball that struck the foundation in April 1913 when the British bombarded Lewes. Built around 1765, it's been a restaurant, laundromat and the private home of pilots, including Capt. David Rowland. Reportedly his family member Susan lost her life when her skirts brushed against the hearth and caught fire.

Since the society bought the property in 1963, there have been some mysterious happenings. One door won't stay shut, even when it's been nailed closed. In another incident, a worker left his tools on a bench at the day's end. The next morning, they were on the floor, as if someone had carefully placed them there.

A key once went missing from the lock of a displayed 16th-century Spanish chest. Since workers had accidently shut the lid, everyone assumed the key had fallen inside the chest, which had locked. While cleaning the property, a maintenance man stumbled upon a coiled rope no one had noticed before. The key was underneath.

Susan is a playful spirit, but a more aggressive specter might occupy the society's nearby Ryves Holt House. While investigating the structure's basement, the late Rick Coherd, founder of Delmarva Historic Haunts, felt something or someone—touch his arm. "Someone is up close and in your personal space," he said after the experience, "but you can't see anyone." He found the experience hard to forget.

Lewes Historical Society, 110 Shipcarpenter Square, Lewes; 645-7670; historiclewes.org **DT** 





While COVID-19 reshaped doctor visits in Delaware and made telehealth the way of the future, this modern mode of medicine has its limitations.

HOUSE CA

WORDS BY MATT AMIS | PHOTOGRAPHS BY LUIGI CUIFFETELLI



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Hicks, MD, MHP, F

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The COVID-19 pandemic continues to reshape the world, reconfiguring our economies, our governance and our daily lives. Perhaps nowhere are the shifts felt more acutely than in the healthcare industry.

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n the days following his regular meeting on emerging infectious diseases in December 2020, William Chasanov began hearing chatter of a respiratory illness that "seemed to be different." "Well, it was scary," he says. "They couldn't really identify it. People were getting really sick, and it wasn't from the traditional things that people get sick from."

Chasanov, who specializes in internal medicine and infectious disease as the director of clinical transformation at Beebe Healthcare, began planning with his colleagues for the worst. Meanwhile, researchers isolated the virus' genetic material, revealing it to be part of the familiar coronavirus family. Within weeks, nCoV-19, later renamed SARS-CoV-2, had touched down in the United States and altered history. Energy to refurbish hundreds of ventilators.

For rural-serving systems like Beebe, the pandemic catalyzed a new approach to community health. They armed local libraries and a bookmobile with vaccines. In July 2021, Chasanov and other leaders unveiled the state's first Hospital at Home program, which dispatches physicians and nurses to eligible patients' homes to provide hospital-level care.

"When I look at kind of the delivery of healthcare moving forward, these huge leaps and bounds may not have happened as quickly if the pandemic did not occur," Chasanov asserts.

By spring of 2020, Bayhealth and nearly every healthcare provider shifted nonemergency visits online. While telemedicine was already in use (for

**L** The underlying policies and outdated governmental structures that lead to income gaps are often the same that determine access to health care. **77** –LeRoi Hicks, M.D.

The COVID-19 pandemic continues to reshape the world, reconfiguring our economies, our governance and our daily lives. Perhaps nowhere are the shifts felt more acutely than in the healthcare industry.

While the virus was wreaking havoc globally, suffocating hospitals in Italy and in U.S. cities like Seattle, Delawareans got prepared. Local healthcare systems banded together with community centers, nonprofits, Gov. John Carney's office, private businesses and each other to deliver care where it was needed.

ChristianaCare, the state's largest health system, deepened relationships with places like the Latin American Community Center and Kingswood Community Center to provide testing and care for some of Wilmington's most impoverished neighbors. At Bayhealth, clinical engineers worked in tandem with their counterparts at Bloom at least a decade in some cases, like at ChristianaCare), the pandemic accelerated its spread and scale.

During calendar year 2019, ChristianaCare performed a total of 1,667 virtual visits. From March 19 to December 31, 2020 (after the pandemic struck Delaware), that number rose to 182,956 virtual visits.

Thanks to innovators like Sarah Schenck, the medical director of virtualist medicine for ChristianaCare's Center for Virtual Health, the local health giant was well ahead of the telemedicine curve. "Our vision has always been one of creating a digital health system, because we know that the future of healthcare is digital," she says.

Schenck's center launched a 100 percent virtual primary care practice in 2018, and the pandemic "accelerated our journey to digital health probably by two to four years, and we were able to bring up all of our ambulatory practices on telehealth, specifically video visits, in about three weeks back in March of 2020."

To ensure ChristianaCare's digital evolution didn't leave Luddites behind, the company created a new workforce called Patient Digital Ambassador, a personal concierge of sorts who can guide a patient through any online scenario.

Uday Jani, a Milton-based integrative medicine practitioner, was another early digital adopter. Jani was dismayed by the volumes of misinformation and viral rumors he saw online—so he began recording short videos of himself and emailing them to his patients.

In the videos, Jani quells panic over vaccines, gives masking guidelines and even demonstrates at-home workouts. In one clip, he limbers up inside his office using a foam roller.

"My patients said, 'Your video was good, but I like Jane Fonda better," he says.

Jani quickly realized he couldn't reach all his patients online. He made house calls with vaccines for patients without smartphones or those with limitations like Parkinson's disease.

And while telemedicine has its clear advantages, especially during an everchanging pandemic, Jani is quick to point out its drawbacks.

"Telemedicine is very impersonal," he says. "If the patient is present, he could remember three more things he wanted to ask you. If he's on telemedicine, he will forget. A lot of things are missed in between."

Live and in person, Jani contends, an observant doctor might recognize a dot on his patient's skin as melanoma. "Now, with this telemedicine, the patient doesn't even have to take his shirt off."

Plus, the more we convert our everyday interactions into digital ones, Jani argues, the further we insulate ourselves from real human connections—potentially leading to depression and loneliness. "If you look at the data of loneliness, it can be as bad as smoking 15 cigarettes a day."

The pandemic disproportionally impacted low-income and minority communities, widening the chasms that separate our affluent and our struggling working class. Economists now say COVID's recession has become "K-shaped": Those who held onto wealth and status before the pandemic are today thriving, while those who held low-wage jobs continue to face higher rates of unemployment.

These social inequities include access to health. Innovations like telehealth open a new door to access care but also lower a window on those without access to Wi-Fi or a device.

While inspiring partnerships and programmatic work have done wonders to serve high-need communities, the state's poor and minority neighborhoods continue to be hit hardest by the pandemic.

As LeRoi Hicks, M.D., explains: "The underlying policies and outdated governmental structures that lead to income gaps are often the same that determine access to health care."

Until we address the factors that contribute to differential outcomes in health, well-being and life expectancy based on race, ZIP code and income level, he says, "No technologic solution individually is going to result in a substantive change in closing the gap."

"At the risk of inappropriately quoting John Donne, no man is an island. Without borders surrounding you—as you don't have with a pandemic—community rates and transmissions go from one area to the next," explains Hicks, the chief medical officer of Wilmington Hospital and leader of the Institute for Research on Equity and Community Health, or iREACH.

"It is in our best interest societally when it comes to infectious disease, and when it comes to things that initially are an epidemic proportions, and then reach pandemic proportions, to actually focus on pouring all of our resources into those communities that have the highest risk of disease transmission, even if it's miles or hours away from you," he says, "because that is really the only way to contain these things."

While near-future health innovations like remote, real-time monitoring of a patient's weight or glucose levels can help providers bridge gaps, health leaders agree that the future is digital. "Everything that can be done virtually will be done virtually," says Schenck, "and home is the new venue for care."

# THE RESULTS ARE IN

Who are the top doctors in Delaware? We asked physicians to vote for their peers, using a secure online balloting system. In another year of extraordinary challenges posed by the COVID-19 pandemic, *Delaware Today* is honored to present the best of 2021.

The top vote-getters are in bold.

A \* symbol means a doctor retired after voting took place.

#### **COMPILED BY MELISSA JACOBS**

#### Top Doctors 2021 Adult Health Care

Addiction Medicine

Terry Horton ChristianaCare Behavioral Health Services Wilmington 733-6107, christianacare.org

Seth Ivins Seth Ivins, MD Newark, Wilmington 999-8830, sethivinsmd.com

#### Allergy + Asthma

Junfang Jiao, **Gregory Marcotte**, Quan Nguyen ENT & Allergy of Delaware Middletown, Newark, Wilmington 998-0300, entad.org

Curt Watkins Peninsula Allergy & Asthma Associates Georgetown; Salisbury, Md. 856-1773, theallergyexperts.com

Anesthesiology

Madeel Abdullah, Pablo Adler, Ashley Berry, Elias Chua, Sophia Cisler, Dmitry Gorelik, Matt Powell, Annie Santi Anesthesia Services Multiple Locations 733-2741, aspa-de.com

Jillian Dashiell, Stephen Fanto, Casey Savage Delaware Anesthesia Associates Multiple Locations 645-3580, beebehealthcare.org

Cardiology - Cardiac Surgery

**Edward Stephenson** Beebe Cardiothoracic Surgery Lewes 644-4282, beebehealthcare.org

Ray Blackwell, Paul Davis ChristianaCare Cardiac Surgery Newark 733-1980, christianacare.org

#### Cardiology - Electrophysiology

Raymond Miller Bayhealth Cardiology Consultants Dover 672-4600, bayhealth.org Hamid Deliri Bellevue Heart Group Wilmington 468-4500, bellevueheartgroup.com

Brian Sarter Cardiology Physicians Newark, Wilmington 366-8600, cardiocppa.com

Roger Kerzner ChristianaCare Wilmington 623-1929, christianacare.org

Henry Weiner ChristianaCare Cardiology Consultants Middletown, Newark 623-1929, christianacare.org

Joseph Pennington III Joseph Pennington, MD Newark 762-3585

#### Cardiology - General

Anthony Alfieri Alfieri Cardiology Newark, Wilmington 731-0001, alfiericardiology.com

Judith Rippert Bayhealth Heart & Vascular Dover bayhealth.org

Anthony Clay, Anthony Furey, John Kelly III Cardiology Physicians Newark, Wilmington 366-8600, cardiocppa.com

Ajith Kumar, Alberto Rosa, Kenneth Sunnergren Cardiovascular Consultants of Southern Delaware Lewes, Millville 645-1233, cvcde.com

Sourin Banerji, Ronald Lewis, Erik Marshall, Audrey Sernyak ChristianaCare Cardiology Consultants Middletown, Newark 623-1929, christianacare.org

Georges Dahr Clinic by the Sea Lewes, Millsboro 644-3099, clinicbythesea.org Rajinder Prasad, Yuanyuan Zhang Delaware Cardiovascular Associates Multiple Locations 661-7676, decardio.com

Vinay Hosmane Hosmane Cardiology Wilmington 292-3541, hosmanecardiology.com

Angel Alicea, Alvar Buenano, Richard Simons TidalHealth Cardiology Seaford 629-9099, tidalhealth.org

Cardiology - Interventional

Gilbert Leidig Jr. Cardiology Physicians Newark, Wilmington 366-8600, cardiocppa.com

G. Robert Myers Cardiovascular Consultants of Southern Delaware Lewes, Millville 645-1233, cvcde.com

Mouhanad Freih Cardiovascular Interventional Associates Lewes 703-9743, cardiacmd.com

James Hopkins ChristianaCare Cardiology Consultants Middletown, Newark 623-1929, christianacare.org

Ehtesham Qureshi, Wasif Qureshi Delaware Cardiovascular Associates Multiple Locations 644-7676, decardio.com

Ashish Parikh Heart & Vascular Clinic Newark, Wilmington 338-9444, heartandvascularclinic.com

Alfred Hurley TidalHealth Cardiology Seaford 629-9099, nanticokecardiology.com

Cardiology - Thoracic

#### Charles Mulligan ChristianaCare Thoracic Surgery and Interventional Pulmonology Newark 623-4530, christianacare.org Continued on page 76

# Welcoming Two



# **Dr. Nick Patel** Joint Replacement Specialist

Dr. Nick Patel is a native of North East, MD and graduated from Tower Hill School in Wilmington, DE. He completed a dual degree in Biology from Emory University and Biomedical Engineering from Georgia Institute of Technology, graduating with highest honors and a 4.0 GPA. He obtained his medical degree from Emory University School of Medicine in Atlanta, GA where he subsequently also completed his residency in Orthopaedic Surgery. Dr. Patel's training here included high volume elective surgeries at a dedicated Orthopaedic Hospital along with extensive trauma experience at one of the nation's busiest trauma centers. While in residency, he performed research on the anterior approach for hip replacement along with methods to reduce infection in joint replacement. Dr. Patel completed a fellowship in hip and knee reconstructive surgery at Harvard University's Brigham and Women's Hospital. He has extensive training in both primary and complex/revision joint replacement. Dr. Patel also has a particular interest in the anterior approach for hip replacement, partial knee replacement, and use of robotics in joint replacement surgery.

Dr. Patel is excited to return to the community and is now accepting new patients!

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# **New Specialists!**



# **Dr. Patrick Ward** Foot & Ankle Specialist

Dr. Patrick Ward attended Johns Hopkins University where he made Dean's List multiple semesters, played on the basketball team and graduated with a double major in economics and biochemistry. He went on to complete his residency at the University of Pittsburgh where he served as the administrative chief resident. Dr. Ward completed his training at OrthoCarolina were he received extensive training in cutting edge foot and ankle orthopedics, participated in the care of numerous professional and collegiate athletes. During this time, he also trained with developers of multiple widely used orthopedic systems including the Wright Medical total ankle replacement. Following this training, Dr. Ward practiced in the Allegheny Health Network in Pittsburgh Pennsylvania where he participated in the training of both residents and fellows. Dr. Ward is Board Certified in Orthopedics and treats all variety of foot and ankle conditions. He has special expertise in total ankle arthroplasty, treatment of sports related injuries and arthroscopy, percutaneous Achilles repair, minimally invasive techniques, trauma and treatment of complex deformities.

Dr. Ward is joining Delaware Orthopaedic Specialists and will begin seeing new patients in October 2021.



For a full list of locations, physicians and specialties, visit our website www.delortho.com

### Top Doctors 2021 Continued from page 73

Kurt Wehberg TidalHealth Cardiology Millsboro 297-2598, tidalhealth.org

#### **Critical Care**

Matthew Lawrence Barrett, Michael Benninghoff, Mithil Gajera, Vinay Maheshwari, Farid Moosavy, Alexander Swift, Michael Vest ChristianaCare Medical Critical Care Intensivists Newark 623-7600. christianacare.org

Richard Choi ChristianaCare Neurocritical Care Specialists Newark 733-5982, christianacare.org

Kendol Thomas Nanticoke Physician Network Pulmonary & Critical Care Seaford 990-3300, nanticoke.org

Dermatology

#### Daniel Cuozzo

Beebe Dermatology & Dermatologic Surgery Rehoboth Beach 645-4801, beebemedicalgroup.org

Thomas Burke Burke Dermatology Multiple Locations 230-3376, burkedermatology.com Dawn Hirokawa ChristianaCare Dermatology Newark 623-0100, christianacare.org

Matthew Hanson, Helen Mashek, Lori Spencer Premier Dermatology and Cosmetic Surgery Newark 633-7550, premierdermde.com

Guy Webster Webster Dermatology Hockessin 234-9305, websterdermatology.com

Emergency Medicine

Kelly Abbrescia Bayhealth Emergency Physicians Dover 744-6156, bayhealth.org

Angelo Grillo, John Powell, Thomas Sweeney ChristianaCare Newark 733-1840, christianacare.org

Christian Coletti, J. Daniel Hess, Brian Levine, Jason Nomura, Christopher Rogan, George Zlupko Doctors for Emergency Services Newark

733-1840, christianacare.org

Bruce Nisbet Saint Francis Hospital Wilmington 421-4333

Kevin Bristowe, Paul Cowan, Kevin Eanes, Eric Gallagher, Lindsay Grubish, Joydeep Haldar, Mackenzie Hay, Jonathan Hilton, Nicholas Perchiniak Sussex Emergency Associates Lewes 645-3554, beebehealthcare.org

Frederick Bauer, Sean Finnerty TidalHealth Nanticoke Seaford 629-6611, tidalhealth.org

#### Endocrinology

M. James Lenhard Jr. ChristianaCare Endocrinology Specialists Newark 661-3070, christianacare.org

**Ripudaman Hundal** First State Endocrinology Newark 444-8156

Francisco Padilla Nanticoke Center for Diabetes & Endocrinology Seaford 629-0452, nanticoke.org Blanca Ocampo-Lim Smyrna Medical Associates Smyrna 653-1669, bayhealth.org

Reetu Singh Sussex Pulmonary & Endocrine Consultants, PA Lewes 644-7201, sussexpec.com

#### **Family Medicine**

Arlen Stone Abby Family Practice Newark 999-0933

Alan Warrington Alan Warrington, DO Wilmington 239-9599

Katelin Haley Atlantic Adult & Pediatric Medicine Lewes 644-1300, atlanticapmed.com

Gina Facciolo Beebe Family Practice King Street Row Lewes 645-2833, beebehealthcare.org

Stephen Kushner ChristianaCare Primary Care at Hockessin Hockessin 623-5770, christianacare.org

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#### **Millsboro Offices**

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XIAOLI CHEN, M.D. TOP DOC 2018, 2019, 2020, 2021 LEWES, DE



DR. YONGLING BIAN TOP DOC 2021 LEWES, DE



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David Driban Christiana Care Primary Care New Castle New Castle 327-7630, christianacare.org

Galicano Inquito Ir. **Delaware Family Medicine** Newark 368-5003, delawarefamilymedicine.com

Ioannis Kehagias First State Family Practice Middletown 378-5494, fsfpde.com

Gregory Bahtiarian, Brian Caswell-Monack, Carmelo DiSalvo, Erin Lavin, Mark Sordi Mid-Atlantic Family Practice Lewes 644-6860, mafp.net

Sarah Mullins Stoney Batter Family Medicine Associates Wilmington 234-9109, stoneybatterfamilymedicine.com

Kunal Agarwal, Joseph Kim Tidal Health Laurel 875-2127, nanticoke.org

**Rhoneise Barnett-Smith** United Medical Clinic Bear (866) 862-2955, umclinic.net

#### Gastroenterology

Robert Deckman, Jon Brendon Wiggins, Mark Wilkinson Beebe Gastroenterology Associates Lewes 645-9325, beebehealthcare.org

loel Chodos **Digestive Health Center** Newark 455-1980, gispecialists.net

Warren Butt, Mark Corso, Fedele DePalma, Sarina Pasricha Gastroenterology Associates of Delaware Newark 738-5300, delawarecenterfordigestivecare.com

Michael Brooks GI Specialists Of Delaware Newark 832-1545, delawaregi.com

Christine Herdman, Christopher Ruffini Mid-Atlantic GI Consultants Newark 225-2380, midatlanticgi.com

Ismet Lukolic Nanticoke Physician Network Gastroenterology and Hepatology Seaford 990-3300, nanticoke.org

#### Geriatrics

Seema Dattani, Melissa Morgan-Gouveia ChristianaCare Primary Care at Home Wilmington 320-4411, christianacare.org

Jeffrev Guarino ChristianaCare Primary Care at Foulk Road Wilminaton 477-3300, christianacare.org

Debbie Zarek Progressive Health of Delaware Wilmington 543-5454, progressivehealthproject.com

Hospital Medicine

Arpine Avagyan Beebe Hospitalist Group Lewes 645-3525, beebehealthcare.org

Borislav Antonov, Karine Karapetyan, George Kluchnik, Kristie Zangari Beebe Healthcare Hospitalist Lewes 645-3525, beebehealthcare.org

Heather Ragozine-Bush, Stephen Frazier Wetherill ChristianaCare Hospitalist Partners Newark 623-0188, christianacare.org

Phillip Dobson . Tidal Health Seaford 629-6611, tidalhealth.org

Infectious Disease

Scott Olewiller Beebe Healthcare Medical Group Lewes 645-3232, beebehealthcare.org

Anubhay Kanwar **Beebe Infectious Diseases** Lewes 645-3232, beebehealthcare.org

William Chasanov II Beebe Infectious Disease and Travel Medicine Lewes 645-3232, beebehealthcare.org

Alfred Bacon III, David Cohen, Stephanie Lee, John Piper Infectious Disease Associates Newark 368-2883

Chad Duffalo, Wesley Emmons III Infectious Disease Consultants Newark 994-9692, infectious diseases delaware.com

John Reinhardt John Reinhardt, MD Newark 731-0800

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Middletown Office 272 Carter Drive, Suite 200 Middletown, DE 19709 BrandywineUC.com I 302-652-8990

### **Top Doctors 2021**

#### Integrative Medicine

Uday Jani Shore View Personalized Medical Care Milton 684-0990, udayianimd.com

**Internal Medicine** 

Bhaskar Palekar Beebe Internal Health Medicine Lewes 645-1805, beebehealthcare.org

Maria Haldar Beebe Internal Medicine Milton Milton 684-2033, beebehealthcare.org

Charles Stanislav Chas Medicine Lewes 644-5870, beebehealthcare.org

Shannon Pan, Vishal Patel ChristianaCare Center for Virtual Health Newark 623-0100, christianacare.org

Tony Alan Bianchetta ChristianaCare Primary Care at MAP 2 Newark 623-0100, christianacare.org Zehra Hussain ChristianaCare Primary Care at Wilmington Adult Medicine Wilmington 477-3300, christianacare.org

David Estock David S. Estock, MD Wilmington 479-0866

Vanita Jain, Philip Sholssman Delaware Center for Maternal and Fetal Medicine of Christiana Care Lewes, Newark 319-5680. dcmfm.com

Rufino Rosal Smyrna Medical Associates Smyrna 653-6174, bayhealth.org

Alexia Moutsatsos Total Care Physicians Newark 738-5500, totalcarephysicians.com

Carlo Valencia, Maria Valencia United Medical Clinic Wilmington 656-5334. umclinic.net

#### Maternal-Fetal Medicine

Garrett Colmorgen Bayhealth Maternal-Fetal Medicine Dover 744-6220, bayhealth.org

Nephrology

Dhruval Patel, Romil Patel Kidney Care Associates Wilmington 722-8800, kidneycarede.com

Janet Pedro, Shalini Verma Laurel Medical Group Seaford 337-9320, nanticoke.org

Stephanie Gilibert, Arun Malhotra, Gerald Milan, Theodore Saad, Prayus Tailor, Jean Ann Yaccino, Shalini Sehgal Nephrology Associates Multiple Locations 360-0142, delawarekidney.com

Neurology

Paul Melnick Chesapeake Neurology Service Elkton, Maryland (410) 392-7044, chesapeakeneurology.com

Jason, Silversteen ChristianaCare Neurology Specialists Newark 623-3017, christianacare.org Jonathan Raser-Schramm, **Waimei Amy Tai** ChristianaCare Neurology Stroke Clinic Newark 623-3450. christianacare.org

William Thomas Delaware Neurology Associates Lewes 644-8880, beebehealthcare.org

Paul Peet Peet Neurology Lewes 644-6960, beebehealthcare.org

Raid Kofahi Raid Kofahi, MD Milford 678-8100

Lee Dresser Saint Francis Sleep Center Wilmington 421-4548, stfrancishealthcare.org

William Sommers Wilmington Neurology Consultants Wilmington 892-9400

#### Neurosurgery

Leif-Erik Bohman, Matthew Eppley, **Pawan Rastogi**, Pulak Ray, Kennedy Yalamanchili Delaware Neurosurgical Group Multiple Locations 366-7671, delawareneurosurgicalgroup.com



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Sandra Palavecino Nanticoke Weight Loss & General Surgery Seaford 536-5395, nanticokeweightloss.org

Alexia Moutsatsos Total Care Physicians Newark 738-5500, totalcarephysicians.com

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William May Lee ChristianaCare Newark 731-7782, christianacare.org

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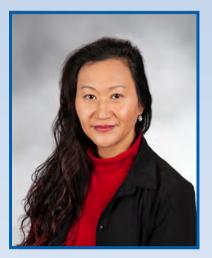
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J. Benjamin McIntire, John Roussalis, Paul Sabini Premier Dermatology and Cosmetic Surgery Newark

633-7550, premierdermde.com

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- Risk of dementia later in life

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For additional provider information and materials for patients, visit HelpIsHereDE.com/Benzos.

<sup>1</sup> Journal of Clinical Psychology, 2018 <sup>2</sup> Express Scripts<sup>\*</sup> America's State of Mind, 2020

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#### Radiology - General Radiology

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Christine Emery, Shoheb Farooqui, Mandip Gakhal, Denise Kohen, Parham Moftakhar ChristianaCare Radiology Newark 733-1806, christianacare.org

Muhammad Haq Delaware Diagnostic Imaging 633-6200, trinityhealthma.org

Anush Parikh Mid-Delaware Imaging Dover 734-9888. middelawareimaging.com

Andrew Dahlke, Michael Ramjattansingh Southern Delaware Imaging Associates Lewes 645-3636. beebehealthcare.org

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733-5625, christianacare.org

Mohammed Ali, Christopher Grilli, George Kimbiris, Daniel Leung, Randall Ryan ChristianaCare Vascular & Interventional Radiology Newark 733-5625, christianacare.org

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Barbara McGuirk, Adrianne Neithardt RAD Fertility Newark 602-8822, radfertility.com

#### Rheumotology

Eric Russell Brandywine Rheumatology Wilmington 866-0001, brandywinerheumatology.com

Jose Pando Delaware Arthritis Lewes 644-2633, beebehealthcare.org Lourdes Aponte Medicine & Rheumatology Associates Lewes 645-6644, beebehealthcare.org

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John Gould, Christina Lehane Brandywine Pediatrics Wilmington 478-2604, brandywinepediatrics.com

Kerry Kirifides Just Kids Pediatrics Newark 918-6400, justkidspediatrics.com

Osama Hussein Kids and Teens Pediatrics of Dover Dover 264-9386, kidsandteenspeds.com

Vibha Sanwal Rainbow Pediatrics Lewes 856-6967, rainbowpediatrics.org

#### Psychiatry

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Miles of rolling trails satisfy Pride's urge to cruise, while the community's social dog parks indulge Ribbon's love for playtime and connect Bets with like-minded friends. "There's so much for the three of us to explore and learn together," she said. "We are all living life forward!"

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#### DelawareToday. **DelawareToday DelawareToday Delawa**

# MEDICAL PROFILES



Pictured above: Dr. Rajinder Prasad Dr. Ehtasham Qureshi

Photo Credit: Maria DeForrest

### CARDIOVASCULAR

Dr. Rajinder Prasad is committed to providing the highest quality of care in all aspects of cardiovascular disease. For the past 18 years he has provided complex non-invasive and invasive cardiac care using the latest technology to treat patients. He completed his medical training at the Medical School Indira Gandhi Medical College, India and his residency and fellowship at Howard University Hospital in Washington, DC. In addition, he completed CT Cardiology training at John Hopkins University Hospital and is board certified in Cardiovascular Disease and Nuclear Cardiology. His expertise includes cardiac catheterization and pacemakers along with preventative cardiology, adult congenital heart disease, congestive heart failure, nuclear cardiology, echocardiography and vascular ultrasound. He is also the Medical Director of the prestigious Dr. Dean Ornish Program and the Medical Director of the Cardiac Rehabilitation program at Beebe Healthcare.

Dr. Ehtasham Qureshi has been providing exceptional cardiology services in Sussex county since 2007. Under his leadership, Beebe Healthcare has become a state of the art cardiology center where he is the Chief of Cardiology and medical director of interventional program.

He was instrumental in bringing structural heart services to Sussex county including TAVR and Watchman. He performs complex coronary interventions routinely. He is also credited with starting radial access, atherectomy, Sentinel stroke prevention device, and EKOS for pulmonary embolism programs - bringing these unique/advance services close to home.

Dr. Qureshi believes in a patient-centered approach where prevention and healing starts with healthy lifestyle choices. He is compassionate and dedicated to his profession. He lives in Lewes with his wife and two daughters and is an avid reader and traveler.

Dr. Qureshi completed his medical training at St. Luke's Roosevelt Hospital/Columbia University in New York City and cardiology training at Lankenau Hospital at Wynnewood, PA.



### DELAWARE CARDIOVASCULAR ASSOCIATES Dr. Rajinder Prasad Dr. Ehtasham Qureshi

Lewes: (302) 644-7676 Ocean View: (302) 537-7676

www.decardio.com



Pictured above: Dr. Wasif Qureshi

# CARDIOVASCULAR

Dr. Wasif Qureshi has always been committed to providing the highest quality of cardiovascular care to his patients in Delaware for the past 15 years. He is currently the President and Governor of the American College of Cardiology Delaware Chapter (March 2020-2023).

He finished his medical school from Aga Khan University Medical College in 1998 and then completed his Internal Medicine residency, Cardiology and Interventional Cardiology fellowship at West Virginia University School of Medicine.

He has Board Certifications in Internal Medicine, Cardiology and Interventional Cardiology. His expertise is in General Cardiology, Interventional Cardiology, Endovascular and Structural Heart Disease.

He was Associate Medical Director of the Cardiac Catheterization labs at Christiana Care from 2010 to 2012 and then Medical Director Structural Heart Disease at Christiana Care from 2012 to date.

Dr. Qureshi has a keen interest in new technologies that help patients. He has been part of the TAVR program (minimally invasive procedure to replace the aortic valve) since its inception and performing the first TAVR in Delaware in Feb 2012.

He launched the Watchman Left Atrial Appendage Occlusion (LAAO) program with the first implant in Delaware in Nov 2015.

He performed the first MitraClip implant in Delaware in Oct 2018.

Dr. Qureshi has been involved with training Cardiovascular Disease and Interventional Cardiology fellows at Christiana Care Hospital since 2007.

Dr. Qureshi is known as "the doctor who listens to his patients". He is passionate about maintaining excellent care for all of his patients in Delaware and Maryland.



# DELAWARE CARDIOVASCULAR ASSOCIATES

# WASIF A. QURESHI, MD, FACC, FSCAI,

President and Governor, Delaware Chapter, American College of Cardiology Medical Director, Structural Heart Disease Program, Section of Cardiology, Christiana Care, Interventional Cardiology, Endovascular Interventionalist, Delaware Cardiovascular Associates www.decardio.com P: (302)834-7676

# DOCTOR PROFILES 2021



Pictured: John L. Roussalis, M.D., F.A.C.S., Paul Sabini, M.D., F.A.C.S., J. Benjamin McIntire, M.D.

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Dr. John Roussalis specializes in a wide range of cosmetic and reconstructive services for the breast and body. His reputation as a talented and respected surgeon is second to none. He is committed to assisting his patients live a better quality of life through creating natural looking enhancements.

Dr. Sabini, Dr. Roussalis, and Dr. McIntire make their patients feel well taken care of, resulting in long-lasting relationships.



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# DOCTOR PROFILES 2021





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Pictured: Helen Mashek, M.D., Lori Spencer, M.D. Ph.D., Matthew Hanson, M.D.

# MEDICAL PROFILES



Pictured: Dr. Barnett

Photo Credit: Maria DeForrest

### GENERAL SURGERY

Thomas Barnett, MD, FACS came to Delaware in July, 1992, after completing his surgical training at Lankenau Hospital, to serve his commitment to The United States Air Force as a Surgeon at Dover Air Force Base. He graduated from Princeton University in 1983 and George Washington University Medical in 1987

After completing his commitment to the US Air Force in 1996, he went into private practice in Dover. In 2002, Dr. Barnett along with 14 other Doctors opened the Delaware Surgery Center. Shortly thereafter he led an effort to build The Eden Hill Medical Center. After touring a number of facilities around the country he became a believer in the "Medical Mall" concept. "I felt the quality of medical care could be improved in Dover if the burden of traveling from office to office was made easier," said Dr. Barnett.

Taking the Medical Mall concept a step further a traditional neighborhood design concept was created for the entire 270 acre Eden Hill farm. The idea being that the quality of life could be improved for all as they live on the property, visit the Medical Center, go to the grocery store, visit family members at a skilled nursing facility-all within walking distance.

In August of 2008, Dr. Barnett moved his practice to Eden Hill Medical Center and works closely with Nicole Fisher, P.A. and Barath Krishnan, M.D. to provide excellent care to patients in need of General Surgery services. Many patients can have their surgery right here in the same building at Delaware Surgery Center.

Dr. Barnett also has a strong interest in using local anesthesia during surgery to decrease post op pain and the need of significant narcotics. He enjoys being part of a surgical team which can provide many services including Varicose Veins, Hernias, Gallbladders, Colonoscopies, Skin Cancer and Breast Procedures.



# SURGICAL ASSOCIATES, P.A.

200 Banning St., Suite 200 Eden Hill Medical Center Dover, DE 19904 (302) 674-0600 www.surgicalassociatespa.com



# OPHTHALMOLOGIST

# DELAWARE EYE CLINICS

28322 Lewes-Georgetown Hwy (Rte 9) • Milton, DE (302) 684-2020

www.delawareeyeclinics.com

Dr. Edward Jaoude, a board-certified ophthalmologist and the only cornea specialist in Southern Delaware, is devoted to his patients' care, endeavoring to deliver a balance between a personal approach and the most current technological advancements in medicine. His philosophy and experience come from a well-traveled career that began with medical school at American University, followed by a fellowship at Johns Hopkins, an internship at Boston University, and Chief Residency in the department of Ophthalmology at the University of Kentucky. Following the completion of a prestigious fellowship training in Cataract Surgery, Corneal Transplantation and LASIK surgery at Emory University, Jaoude moved to Delaware. In 2003, he founded Delaware Eye Clinics and eighteen years later, the state-of-the-art, full service facility continues to provide excellence in eve care to patients in Sussex County and neighboring areas. As a cornea specialist, Dr. Jaoude performs corneal transplantation and DSEK (Deep Stromal Endothelial Keratoplasty) at the Lewes Surgery Center. He also performs laser vision-correction or LASIK and repeatedly hears the thrill his patients feel, following the procedure, as they wake each day to a new life in focus, without glasses or contact lenses. It takes only minutes and it is life changing. At the heart of his philosophy is the belief that despite all the differences in medical conditions, everyone deserves the best attention and care when it comes to something as precious as their vision, and that's exactly what he and his staff strive to deliver every single day.

Pictured: Dr Edward Jaoude





# URGENT CARE

### **ASPIRA HEALTH**

18068 Coastal Hwy • Lewes, DE 19958 (302) 567-1500 • aspirahealth.net

Dr. Albanese is certainly not your typical Walk-In care doctor. She goes above and beyond for every patient she and her team see at Aspira Health. She graduated magna cum laude from Duke University in 2008. She went to University of Maryland School of Medicine where she graduated in 2012. After graduation, she then moved on to Philadelphia where she completed her Emergency Medicine residency program at University of Pennsylvania in 2016. She is also Board Certified in Emergency Medicine through the American Board of Emergency Medicine. Through all of her training, she has had one goal in mind: bring excellent care to her community. She helped build Aspira from the ground up and now oversees the Walk-In care program. She and her Aspira Health team strive to help bring exceptional care to patients in their time of need.

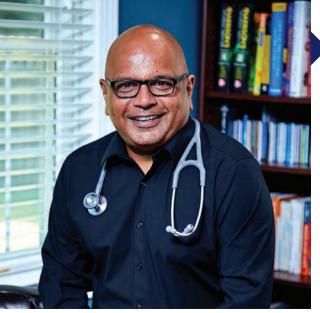
Pictured: Dr. Lindsay D. Albanese, MD



# MEDICAL PROFILES







### RADIOLOGIST

### **DELAWARE DIAGNOSTIC IMAGING**

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Dr. Haq has practiced Radiology for more than thirty years. He is a board-certified interventional Radiologist specializing in ultrasonography, mammography, body imaging, interventional, and special procedures. Dr. Haq is known for his expertise in biopsies particularly FNA Thyroid biopsies: he has developed an almost painless biopsy procedure.

Dr. Haq has had his medical training at Coney Island Hospital; Presbyterian-University of Pennsylvania Medical Center; Hospital of the University of Pennsylvania; Children's Hospital of Philadelphia; and Thomas Jefferson University Hospital.

Currently, Dr. Haq practices at Delaware Diagnostic Imaging – the only full-service outpatient Radiology office owned and operated by a Radiologist in Wilmington, Delaware – He established this office 8 years ago. It is located at the junction of Limestone Road and Kirkwood Hwy. The Radiology charges are kept low for patients with no medical insurance.

#### Pictured:

Dr. Muhammad I. Haq, MD

# GENERAL DENTISTRY

### MICHAEL T. ROSEN, DDS

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With over three decades of experience, Dr. Michael Rosen has helped thousands of patients throughout Wilmington, across Delaware, and across the country achieve and maintain healthy, naturally beautiful smiles. Dr. Rosen and his team artfully perform a variety of affordable treatments featuring everything from complete smile makeovers to routine preventive care — in the comfort of his state-of-the-art office.

"I like to think we're the place where people go to finally get their dentistry questions answered," he says. "One of the things that lights up my life is teaching, and it truly excites me to help people." Because of his extensive skill and knowledge, Dr. Rosen has been recognized by The News Journal as a Readers' Choice and Delaware Today as a "Best Dentist" for excellence in delivering both cosmetic and general dental care to patients of all ages. Call today!

Pictured: Michael T. Rosen

#### TOP Dentist 2021 DelawareToday

# INTEGRATIVE MEDICINE

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Uday Jani, MD, a board-certified internist, blends the best of traditional, integrative and functional medicine at his Milton-based concierge practice, Shore View Personalized Medical Care. He believes in treating the whole person - body, mind, spirit and community - utilizing an evidence-based integrative approach to best facilitate each patient's innate healing response. Dr. Jani completed his residency at North Shore University Hospital N.Y., followed by a two-year Integrative Medicine fellowship at the University of Arizona, the leading integrative medicine program in the world, and later trained at The Institute for Functional Medicine in Minneapolis. He previously served as the Director of Integrative Health and chairman of the Medical Department at Beebe Medical Center. Dr. Jani was named one of the Top Doctors in Concierge Medicine for 2020-2021, reagging for eventserved.

recognized for excellence in personalized patient care and his dedicated support of community wellness.



Pictured: Uday Jani, MD



# PULMONOLOGY

# KENT PULMONARY ASSOCIATES

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Dr. David Jawahar completed his training in Internal Medicine and Pulmonary at the New York-Presbyterian Brooklyn Methodist Hospital and Critical Care Medicine at the Mayo Clinic in Rochester, Minnesota. Affiliated with Bayheath Medical Hospital, he noticed an immense influx of Asthma, COPD and Lung cancer patients and the need for Intensive Care Specialists and founded Kent Pulmonary Associates. His special interests are Allergic Asthma, Smoking related Lung diseases and Sleep Disorders. Dr. Jawahar is known for his compassionate bedside manner and diligent care. He is a Fellow of the American College of Chest Physicians and American Academy of Sleep Medicine. He is Board Certified in Internal Medicine, Pulmonary Medicine, Critical Care Medicine and Sleep Medicine. He says success is humbling. He is grateful to the community, medical colleagues, hospital administration, office staff and practice managers for his growth. He is especially well supported by his wife Sarah and four beautiful and kind children Naomi, Abby, Becca and Dari. He spends all his free time with his two dogs Kipper and Celine.

Pictured: Dr. David Jawahar





# FOOD & DRINK SIDE DISH **108** | IN OUR GLASS **116** | RESTAURANT LISTINGS **118**

HOKY

**Chef Gerald Allen**, pictured here at G & R **Recreation Campground** in Houston, Delaware, learned from his grandparents how to cook at an early age. Now he prepares creative dishes at a variety of local pop-up events.

MAIN DISH



ON FIRE A WILMINGTON CHEF BRINGS HIS BARBECUE SKILLS TO POP-UPS ACROSS THE BRANDYWINE VALLEY.

BY MEG RYAN | PHOTOGRAPHS BY ANDRE' WRIGHT JR.

Fresh produce is a constant for Allen. Here, tomatoes, onions and basil complement rich and creamy burrata cheese.

#### FOOD & DRINK MAIN DISH



hef Gerald Allen is always on the hunt for delicious fare.

"My first epic food adventure took place seven years ago when I traveled across the country on a barbecue tour," he says.

Since then, Allen's travels have mostly revolved around food. This past summer, he and a cousin road-tripped to the Carolinas to sample barbecue at more than 10 different places, where he plans to return "for more barbecue" before heading to Maine for its famous lobster rolls.

Miles on the odometer and a full stomach are part of the chef's creative process.



The goal is to consistently stay creative while building relationships with others.

-Chef Gerald Allen

Culinary instinct was instilled in Allen from a young age, when he'd watch his grandparents cook homemade dishes in their family kitchens.

"Both of my amazing grandmothers gave me many food experiences as a kid," he remembers. "My grandma Lucinda made amazing pancakes at her home in Lewes, and my grandmother Ruth made delicious cucumber and tomato salad for me in the summertime at her house in Wilmington. My grandfather also grew vegetables that were really good. I remember picking and eating them as a kid."

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Today, Allen and his wife, Natalie Egüez—also a chef—continue the legacy. Allen serves his own recipes at a variety of pop-up events across the Brandywine Valley and teaches aspiring chefs at Hodgson Vocational Technical High School in Newark.

"The more I was in the industry, the more I wanted to coach and teach individuals I was working with," he says.

The couple built a following with their Sunday Supper meals at SIW Farms in Chadds Ford, where their menu—dishes like smoked half-chicken, meatloaf and thick-cut pork loin with a variety of fresh vegetables from the farm—is available for preorder a few days before the pickup weekend.

Allen is also becoming a dedicated student of the smoker, utilizing it to create a depth of flavor in meats. Classically trained at Johnson and Wales in Rhode Island, he remembers the late Matt Haley of SoDel Concepts commenting during his exit interview that Allen would one day return to Delaware and the barbecue.

He didn't believe it at the time.

"[But] he nailed it right on the head," Allen concedes. "To come back to [something] so easy, so simple...that's not progressive, that's not edgy, that's not forward-thinking. But...every restaurant that I've worked at had something smoked on the menu."

As for what's next, Allen has a lot in his recipe book.

In December, he'll participate in a food art exhibition in Wilmington, where he'll host weekend tasting dinners. The Noodle Boys pop-up event in Wilmington is also on Allen's agenda, among others possibly to come.

"The goal is to consistently stay creative while building relationships with others," he says.

Stay up to date on Allen's culinary events via Instagram @gravyboatjones. **DT** 



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## GET Hopping

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**BY MEG RYAN** 

mbibe with the season's best craft beer selections before the warm breeze turns into a bitter chill. Each of these eight beer gardens offers its own flavor, whether you're looking for live entertainment, artistic elements or proximity to the beach.

#### **Constitution Yards**

At the heart of the Wilmington Riverfront, Constitution Yards is where adult beverages meet childhood fun. Inside the configuration of old shipping containers are picnic tables, lounge chairs and a sandpit for little ones to play. For entertainment, enjoy live music (Fridays and Saturdays); sporting events on a massive projection screen; ax-throwing, provided by Wilmo Axe; and an ice skating rink in the winter. The garden offers rotating selection of craft beers, as well as specialty cocktails and wine. Also, check out 10th Street Barbecue, an on-site eatery serving up sandwiches, barbecue platters and other small plates. 308 Justison St., Wilmington; 407-5192; constitutionyards.com

#### **The Creamery of Kennett Square**

What was once the Eastern Condensed Milk Company is now a pop-up beer garden and community gathering space with a name that pays homage to its past. The space exudes a garden vibe situated between historic stone buildings. A back lot caters to tots with games and ample space to run around, while the old barn features a full bar and event space. Enjoy a robust menu, including flatbreads, salads and sandwiches, plus a variety of beers, cocktails and wine.

401 Birch St., Kennett Square, Pennsylvania; 732-7040; kennettcreamery.com

#### **Crooked Hammock Brewery**

This backyard spaces at both the Lewes and Middletown locations provide a place for adults to enjoy house-made brews while the kids explore the jungle gym. The creative



beers are brewed for easy sipping and to put patrons in the "hammock state of mind." Bring your appetite for the popular Pineapple Express wings, plus a variety of salads and handhelds.

316 Auto Park Drive, Middletown; 601-7837; 36707 Crooked Hammock Way, Lewes; 644-7837; crookedhammockbrewery.com

#### **Dew Point Brewing Co.**

This family-owned brewery is operated by true beer lovers. Located in Yorklyn in an old Garrett Snuff Mill building, the industrial space was transformed into a taproom and microbrewery, with an outdoor garden for socializing and listening to live music. On the green, patrons can gather around picnic tables or lounge on blankets. Mainstays include a traditional Belgium witbier called the Nit Wit, and the Hopworts Express, a West Coast IPA. 2878 Creek Road, Yorklyn; 235-8429; dewpointbrewing.com Bring your lawn chair to Yorklyn's Dew Point Brewing Co., where you can enjoy seasonal brews, live music and fresh air throughout the fall.



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#### **Makers Alley**

This indoor/outdoor restaurant and beer garden is tucked away from noise of downtown. Industrial elements like an Airstream kitchen, brick walls and metal accents create a cool yet cozy vibe. The drink menu features an expansive list of craft beers (on tap and in cans), as well as a few wines and specialty cocktails. Elevated pub fare features dishes like chicken ranch nachos, tacos and crab fries.

804 N. Orange St., Wilmington; 482-1299; makersalleyde.com

### Purple Parrot Grill Beach Haus & Biergarten

A hot spot for boozy drinks and live entertainment, this colorful spot is a great place to party any night of the week. Out back, its Biergarten is fenced in with plants, a separate bar and live music. An expansive libations menu of beers, cocktails and wines is sure to please all.

134 Rehoboth Ave., Rehoboth Beach; 226-1139; ppgrill.com



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#### Revelation Craft Brewing Hudson Fields Beer Garden

This seasonal beer garden is operated by the Rehoboth Beach brewery and features a green space, picnic tables and an open airplane hangar with additional seating. Choose from rotating food trucks, which pair well with the brewery's on-tap IPAs, lagers and more. All sales benefit the Beebe Medical Foundation.

29763 Eagle Crest Road, Milton; 212-5674; revbeer.com

#### **Thompson Island Brewing Company**

Nestled in Rehoboth Beach, this SoDel Concepts beer garden is front and center. Find plenty of outdoor seating, fire pits and games, plus house-made brews and Southerninspired dishes like pimento cheese dip and fried chicken.

30133 Veterans Way, Rehoboth Beach; 226-4677; thompsonislandbrewing.com **DT** 





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Joseph Ciampoli, DPM First State Foot & Ankle

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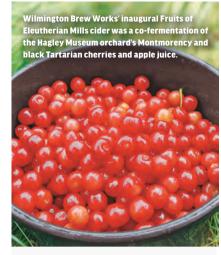
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#### FOOD & DRINK | SIDE DISH



## A Taste of History

agley Museum and Wilmington Brew Works join forces on a line of homegrown ciders. When Wilmington Brew Works cider maker Ryan Rice was looking for inspiration for his next batch, he didn't know the fruits of his labor would be right in his backyard.

The brewery announced a new line of ciders this summer in collaboration with Hagley Museum and Library. Aptly named the Fruits of Eleutherian Mills, the beverage is made from fruits grown in Hagley's Eleutherian Mills garden and orchard.

Also the brewery's production assistant, Rice first experimented with Montmorency and black Tartarian cherries, and Oldmixon and Jones peach varieties. Now they're brewing a third installment crafted with King and Calville Blanc apples, two historic cider-apple varieties originally grown at the orchard.

The use of these particular apples is special, as many orchards don't grow these types.

"The fruits in Hagley's orchard are unique," explains Lucas Clawson, the museum's historian. "They are heritage varieties, exactly the same as E.I. du Pont planted here in the early 19th century. E.I. du Pont kept amazing records on the types of plants and trees in his gardens and orchards, and even drew a map of where all these plants were planted. These records helped Hagley's horticulturalists know exactly what E.I. du Pont planted here, and from there they located the exact varieties when restoring the garden and orchard."

Being able to repeat history in a new way is also meaningful for Rice.

"To take what they were growing from that same ground, and to kind of do what they were doing back in the early 1800s with our little spin on it, that's really cool," he adds.

Rice says he discovered Hagley's orchard while chatting with Clawson and learned it was originally used to create alcoholic drinks. After a tour through the trees, he returned to work with a handful of cherries and a ripe new idea.

"The current iteration of Hagley's orchard was planted in the 1970s as part of a larger restoration plan for the Eleutherian Mills garden and orchard," Clawson shares. "It replicates the garden and orchard as E.I. du Pont, DuPont Company founder, planted them in the early 19th century."

Paul Orpello, the director of gardens and horticulture, is leading Hagley's mission to reestablish the orchard, where 50 of du Pont's historic varieties still grow. Until now, the fruit of these trees was not regularly harvested but was picked exclusively by employees of the museum.

For his cherry installment, Rice cofermented the fruit with apple juice from a Pennsylvania orchard the brewery regularly works with. The result was a light cider with a subtle, tasty cherry flavor.

He began harvesting the peaches in late summer and will start on the apples in the fall. Being able to work with a Delaware-based orchard with so much history is meaningful, Rice says, since he has typically sourced ingredients from orchards in neighboring states.

"The more control I can have on the product that we make, the happier I feel," Rice says.

Clawson was equally excited to see a collaboration come together.

"It means working with a fantastic local business and with people who love local history," he says. Promoting both establishments will "hopefully get people out to both places to enjoy some beverages and visit the museum," Clawson adds.

While Rice doesn't want to rush the process, he still hopes to see the cider in 22-ounce bottles and on tap by November.

Wilmington Brew Works, 3129 Miller Road, Wilmington; 722-4828; wilmingtonbrewworks.com

## Tickets on Sale at www.womenofhospitality.com

MRM

## November 10th, 2021 HE QUEEN THEATRE, WILMINGTON, DE, 9AM-4PM

Sue Crystal Monsour National Restaurant Association Educational Foundation

Kendra Johnson Delaware House of Representatives

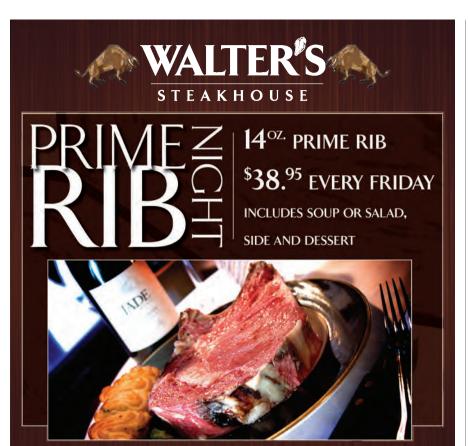
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Feed Tast

#### Morning Keynote Speaker: Senator Sarah McBride

Join us for the all-day in-person Women of Hospitality Conference, designed by women, for women of our industry & beyond! Tickets include access to epic keynotes, graphic facilitation lifestyle labs, breakout sessions, boxed lunches and crafted coffees, a day of networking, professional and personal development, swag from regional vendors +more!





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#### FOOD & DRINK

## **In Our Glass**

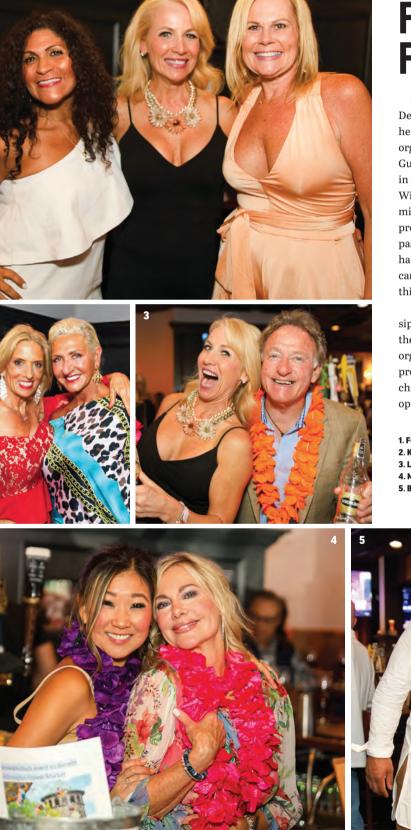
Each month, *Delaware Today* sips local libations. Our favorites make a splash here.



LIBATION OF THE MONTH: Michy's Violet Margarita

WHERE TO FIND IT: Michy's Relaxed Dining 19287 Miller Road, Rehoboth Beach; 227-0999; michysrelaxeddining.com

Perhaps it's the distinctive hue. Or maybe it's the fairy-like dusting of sugar, salt and curry powder. Whatever the reason, diners at Michv's in Rehoboth Beach stop and turn when the Violet Margarita comes through the room. The elegant drink with the curry rim has been on the menu since Michy's opened in 2018. Those who love the libation can't do without it. The cocktail's recipe is as follows: 2 ounces Hornitos Plata Teguila, 1 ounce fresh-squeezed lime juice, 0.5 ounce of The Bitter Truth Violet Liqueur, 0.5 ounce of Clément Créole Shrubb Orange Liqueur and 0.5 ounce of agave nectar The curry rim is a 2.2.1 ratio of sugar salt and curry powder. When restaurants were limited to carryout in 2020, the Violet Margarita was the most popular to-go cocktail, says bartender Alan Watterson. He credits the contrast of flavorssweet floral from The Bitter Truth Violet Liqueur and the agave-forward citrusy notes from Hornitos Plata Tequila. Then, of course, there's the color. "People always ask: 'What is that?" Watterson says. We can answer that one: It's fabulous. -Pam Georae



## **Flower Market Fundraiser**

Over the summer, Chuck Hall—known as Delaware Chuck, named after the organization he created to raise money for charitable organizations throughout the state—hosted a Guest Bartender Event at BBC Tavern & Grille in Greenville. The evening raised funds for the Wilmington Flower Market nonprofit, whose mission is to financially support local programs providing critical services for children. For the past century, the annual festival at Rockford Park has taken place Mother's Day weekend, but it was canceled in 2020 and postponed until October this year because of the COVID-19 pandemic.

Drawing dozens of Delawareans to a night of sipping, savoring, mingling and a silent auction, the BBC soirée raised over \$5,000 for WFM. The organization will distribute 100 percent of the proceeds to its beneficiaries, who help enrich children's lives by opening doors to educational opportunities.

- 1. Felina Garcia Findley, Laura Carpenter and Bethann Salemi
- 2. Kathryn Peoples and Helen Petruccelli
- **3. Laura Carpenter and Chuck Hall**
- 4. Megan Boyd and Susan Case
- 5. Brandon Wilson and Diana Duffy



2

## **DINING LISTINGS**

#### BEST 2021 BEST OF DELAWARE WINNER

\$ UNDER \$15 \$\$ MOST \$15-\$22 \$\$\$ MOST OVER \$22

HTH DINE INDOORS

TAKEOUT

🛱 CURBSIDE PICKUP

SOME OF THE RESTAURANTS LISTED ARE DELAWARE TODAY ADVERTISERS.

#### New Castle County

#### AMERICAN/CONTINENTAL

best AT THE RAIL WINE BAR & GRILLE Delicious beef and seafood with an unparalleled view of the White Clay Creek Country Club golf course. **\$\$\$** 777 Delaware Park Blvd., Wilmington; 994-6700; whiteclaycreekgolfcourse.com

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AUTUMN ARCH BEER PROJECT Daring brew list, BYOB(ites) and food trucks. \$ 810 Pencader Dr., Suite C, Newark; 294-1126; autumnarch.com

best BANKS SEAFOOD KITCHEN & RAW BAR Globally influenced seafood with a local twist. Enjoy wines, craft beers and cocktails on the waterfront. \$\$\$ 101 S. Market St., Wilmington; 777-1500; banksseafoodkitchen.com

best BBC TAVERN & GRILL Soft pretzels, loaded nachos and corn-and-crab chowder are brew-pub favorites. \$\$ 4019 Kennett Pike, Greenville; 655-3785; bbctavernandgrill.com

#### best BIG FISH GRILL ON THE RIVERFRONT Dive into fresh seafood, hand-cut steaks, savory pasta dishes and crisp salads, all at reasonable prices. \$\$ 720 Justison St., Wilmington; 652-3474; bigfishriverfront.com

**best BREW HAHA!** Quality coffee and espresso drinks, gourmet sandwiches and fresh-baked pastries. **\$** Multiple locations; *Brew-haha.com* 

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best BUCKLEY'S TAVERN Chef Tom Hannum turns traditional pub grub upscale. Find proof in Buckley's Burger and the foie gras. **\$\$\$** 5812 Kennett Pike, Centreville; 656-9776; *buckleystavern.com* 

BUFFALO WILD WINGS Tasty wings and TVs for watching the big games. \$\$ Multiple locations; buffalowildwings.com hTrl, m, ♠, ♠

**best CAFFÉ GELATO** A 1,500-bottle wine cellar and homemade gelato. Perfect for date night and events. **\$\$\$** 90 E. Main St., Newark; 738-5811; caffegelato.net \ा, ≜, क

best CAPRIOTTI'S SANDWICH SHOP Classics include The Bobby, loaded with turkey, stuffing and cranberry sauce. \$ 510 N. Union St., Wilmington; 571-8929; capriottis.com \□TH, à, ∰

best CHELSEA TAVERN Pub fare, plus a robust beer, wine and cocktails menu. \$\$ 821 N. Market St., Wilmington; 482-3333; chelseatavern.com

best Ciro Forty Acres This neighborhood café offers coffee, brunch/lunch in an indoor or outdoor setting. \$\$ 1836 Lovering Ave., Wilmington; 543-8948; *cirofoodanddrink.com* 

best CLAYMONT STEAK SHOP Traditional delicious cheesesteaks, subs and made-from-scratch pizza for more than 50 years. \$ Multiple locations; claymontsteakshop.com

best COLUMBUS INN Cozy atmosphere with American fare, classic cocktails, craft beers and fine wines. \$\$ 2216 Pennsylvania Ave., Wilmington; 571-1492; columbusinn.net

best CORNER BISTRO Cozy corner restaurant featuring light, Frenchinspired cuisine and wines. \$\$ 3604 Silverside Rd., Wilmington; 477-1778; mybistro.com

#### best COURTYARD CAFÉ-COURTYARD

NEWARK Located inside the Courtyard by Marriott Newark-University of Delaware, features the area's "best" crab cakes, plus other light bites and hearty entrées. \$\$ 400 David Hollowell Drive, Newark; 737-0900; marriott. com/hotels/travel/ilgud-courtyardnewark-university-of-delaware

best DE.CO A food hall downtown with a variety of options, including sushi, pizza, coffee and smoothies. \$ 111 W. 10th St., Wilmington; 300-4955; decowilmington.com

DEERFIELD Icy drinks, hot sandwiches and burgers. \$ 507 Thompson Station Rd., Newark; 368-6640; deerfieldgolfclub.com best Drop Squad Kitchen The spot for vegan dishes with a Southern flair. Also offers smoothies and desserts. \$\$ 928 Justison St., Wilmington; 984-2773; dropsquadkitchen.com

best THE DOG HOUSE An Americana-style spot for hot dogs and burgers. \$ 1200 N. DuPont Hwy., New Castle; 328-5380; facebook.com/pages/The-Dog-House/117466471605189

**best DORCEA** Inviting American bistro with an extensive draft list, craft cocktails and a 900-bottle wine cellar. **\$\$** 1314 N. Washington St. Wilmington; 691-7447; *dorcea.com* 

#### best EGGSPECTATION Brunch and lunch dishes including French toast, Belgian waffles and their famous eggs Benedict. \$\$ 507 Stanton Christiana Rd., Newark; 842-2515; eggspectation.com

**best FEBY'S FISHERY** Feby's has served fresh, seasonal seafood in a comfortable, casual setting for more than 40 years. Its seafood market next door allows Feby's to offer 15 varieties of fin fish, all shellfish and daily fresh selections. **\$\$** 3701 Lancaster Pike, Wilmington; 998-9501; *febysfishery. com* 

#### best GEORGE & SONS' SEAFOOD MARKET

AND OYSTER HOUSE George & Sons' raw bar features oysters from around the world. The menu includes lob- ster rolls, roasted fish, jumbo lump crab cakes and more, as well as a nice selection of wines and beer. \$\$\$ 1216 Old Lancaster Pike, Hockessin, 239-7204, georgeandsonsseafood. com

#### best GRAIN CRAFT BAR + KITCHEN $\boldsymbol{A}$

thoughtful menu raises the bar on pub grub. Family friendly, it offers a range of artisan beers on tap or in bottles and cans. **\$\$** 270 E. Main St., Newark, 737-2931, grainonmain.com

best GRAIN H20 Gastropub offering a variety of brunch, lunch and dinner options. \$\$ 3006 Summit Harbour Place, Bear; 440-4404; meetatgrain.com **best GREEN BOX KITCHEN** Freshly made vegan breakfast and lunch, plus smoothies. **\$** 400 N. Market St., Wilmington; 274-2195; geenboxkitchen.com

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best HARRY'S SAVOY GRILL This steakhouse is known for its prime rib. Plus, it offers a variety of steaks, seafood and more. \$\$\$ 2020 Naamans Rd, Wilmington; 475-9990; harryshospitalitygroup.com/harrys-savoy-grill/

best HOLLYWOOD GRILL Classic American diner serving staples like omelets, salads and sandwiches. \$\$ 1811 Concord Pike, Wilmington; 655-1348; hollywoodgrilldelaware.com

best HOME GROWN CAFÉ Fresh, local and healthy dishes. Plus, vegetarian and vegan options. \$\$ 126 E. Main St., Newark; 266-6993; homegrowncafe.com

**best HOUSE OF WILLIAM AND MERRY** Enjoy Chef Bill Hoffman's approach to food—comfort cooking at its finest. Leaning on slow braises, butter poaches and copious amounts of duck fat. **\$\$\$** 1336 Old Lancaster Pike, Hockessin; 234-2255; *williamandmerry.com* 

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best IRON HILL BREWERY & RESTAURANT Enjoy awardwinning handcrafted brews with a creative sandwich, specialty pizza or delicious entrée. \$\$ Various locations; *ironhillbrewery.com* 

best JANSSEN'S MARKET Visit J's Café for soups, sandwiches, paninis, pizza, platters and the coffee bar. \$ 3801Kennett Pike, Greenville, 654-9941, *janssensmarket.com* 

**best JESSOP'S TAVERN AND RESTAURANT** Colonial American, English and Swedish influences, the cozy tavern is known for fish and chips, shepherd's pie and a great selection of beer. **\$\$** 114 Delaware St., New Castle; 322-6111; *jessops-tavern.com* 

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best THE JUICE JOINT Fresh-pressed juices, smoothies, bowls and more. \$ 323 Justison St., Wilmington; 803-6886; *thejuicejoint.de* 

best KID SHELLEEN'S CHARCOAL HOUSE AND SALOON Enjoy fairly priced entrées and pasta dishes, as well as your favorite pub grub. \$\$ 1801 W. 14th St., Wilmington; 658-4600; harryshospitalitygroup.com

best LETTIE'S KITCHEN Enjoy fried chicken, soups, sandwiches, salads and comfort sides all

prepared in-house. **\$** 1318 Old Lancaster Pike, Hockessin; 239-7816; *lettieskitchen.com* 

best LIMESTONE BBQ & BOURBON Authentic, Southern-style barbecue to Delaware. Over 50 bourbons in house. \$\$ 2062 Limestone Rd., Wilmington; 274-2085; *limestonebbqandbourbon.com* 

best MAKER'S ALLEY Specialty cocktails and more than 20 beers on tap, plus innovative pub fare prepared in an Airstream kitchen. \$\$ 804 N. Orange St., Wilmington; 482-1299; makersalleyde.com

**best MARKET KITCHEN & BAR** Nestled in the Hilton Wilmington/Christiana, serves up elevated pub fare and a full bar menu. **\$\$** 100 Continental Drive, Newark; 781-7000; *hiltonchristiana.com* 

best MILK AND HONEY Coffee, breakfast and lunch in a creative space downtown. \$ 807 N. Union St., Wilmington; 654-3738; 239 N. Market St., Wilmington; 384-8494; Facebook.com/ milkandhoneycoffeehouse

best OPA! OPA! Authentic Greek offerings including platters, gyros and small bites. \$ 7A Trolley Square, Wilmington; 654-4500; opaopagyros.com

**best PARK CAFÉ** Offers seasonal lunch and dinner, plus wine, beer and craft cocktails. Indoor and outdoor seating. **\$** 2510 W. 5th St., Wilmington; 543-2233; *parkcafede.com* 

best PIZZA BY ELIZABETHS Create your own gourmet pizza. Soups and desserts are top-notch. Salad combos are endless. \$\$ 3801 Kennett Pike, Greenville; 654-4478; pizzabyelizabeths.com

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best RIVERFRONT BAKERY European-style pastries, breakfast and lunch, plus coffee beverages. \$ 311 Justison St., Wilmington; 521-0550; riverfrontbakery.com

best STANLEY'S TAVERN A longtime favorite for burgers, seafood, steaks, ribs—a house specialty—and a game. \$\$ 2038 Foulk Rd., Wilmington; 475-1887; *stanleys-tavern.com* 

best STITCH HOUSE BREWERY Gastropub fare including sandwiches and skillets, plus a variety of beer. \$\$ 829 N. Market St., Wilmington; 250-4280; stitchhousebrewery.com **best STONE BALLOON ALE HOUSE** Built on the sign of the original Stone Balloon Tavern and Concert Hall. Today, enjoy an updated list of craft food, beer and cocktails, all with a touch of nostalgia. **\$\$** 115 E. Main St., Newark; 250-4280; *stoneballoon.com* 

#### भ्रानस, क्रेस, 🗎 , 😂

best SWEET DREAMS Confections Company An artisan chocolate shop for all occasions. \$\$ 1 Shallcross Place, Middletown; 696-2506; sweetdreamsconfectionsco.com

best SWEET MELISSA BAKERY Specializing in cookies, cupcakes and cake pops. Place custom orders in advance. \$\$ 5407 Peterson Rd., Middletown; 376-5049; sweetmelissade.com ♠

best TONIC SEAFOOD & STEAK A great spot for happy hour. The restaurant's menu offers American cuisine with a creative twist. \$\$, 111 W. 11th St., Wilmington; 777-2040; *tonicsns.com* 

best TORBERT STREET SOCIAL A speakeasy-style cocktail lounge with delicious shareable bites and creatively crafted drinks. \$\$ 305 Torbert St., Wilmington; 407-6627; torbertsocial.com

best TWO STONES PUB Gastropub fare, plus extensive craft brews in bottles and rotating taps. \$ Various locations; twostonespub.com

best UNCLE JOHN'S BBQ STAND Smoked barbecue, homemade sauces and sandwiches. \$ 405 Silverside Rd., Wilmington; 333-6760; unclejohnsbbqstand.com

best WALTER'S STEAKHOUSE A landmark specializing in slow-roasted prime rib and steaks, with delicious seafood and a raw bar. \$\$\$ 802 N. Union St., Wilmington; 652-6780; walters-steakhouse.com

**best WALT'S FLAVOR CRISP** Fried chicken offered in a variety of box meals. **\$\$** Multiple locations; *waltsexpress.com* 

best WILMINGTON BREW WORKS Enjoy a variety of innovative beers. Food from nearby local spots is recommended to bring along. \$ 3129 Miller Rd., Wilmington; 722-4828; wilmingtonbrewworks.com

**best WOODSIDE FARM CREAMERY** In-house ice cream. **\$** 1310 Little Baltimore Rd., Hockessin; 239-9847; woodsidefarmcreamery.com

#### ASIAN/INDIAN

best CURRY & COCKTAILS Indian comfort food in a fine dining atmosphere. Plus, a variety of tandoori entrées. \$\$ 422 E. Main St., Middletown; 524-4308; curryandcocktails.com

best MIKIMOTOS ASIAN GRILL & SUSHI BAR A favorite date night spot. The menu includes a variety of Asian fusion dishes. \$\$\$ 1212 N. Washington St., Wilmington; 656-TOFU; mikimotos.com

best POTSTICKERS ASIAN GRILL & SUSHI BAR A mix of Japanese, Chinese, Thai and other culinary influences. **\$\$\$** 1247 New Churchmans Rd., Newark; 731-0188; *potstickersasiangrill.com* 

best UBON This Thai eatery offers all the traditional favorites like Pad Thai, Pad See Ew and Tom Yum Soup. \$\$ 936 Justison St., Wilmington; 656-1706; ubonthaicuisine.squarespace.com

#### **ETHNIC**

best D&H JAMAICAN CUISINE Enjoy favorites like jerk chicken, oxtails, curry goat, red snapper and more. \$ 748 E. Chestnut Hill Rd., Newark; 369-8826; *dandhjamaican.com* 

best LA FIA BISTRO Sophisticated dining in a historic building downtown. Fare leans French. \$\$\$ 421 N. Market St., Wilmington; 543-5574; lafawilmington.com

#### भ्रान्स, क्रि, 🗎

best LE CAVALIER A French brasserie located in the Hotel du Pont offering classic-meetsinnovative fine dining. Seasonal Sunday brunch from 9 a.m. to 1 p.m. **\$\$\$** 42 W. 11th St., Wilmington; 594-3154; *lecavalierde.com* 

#### ITALIAN

best BARDEA FOOD & DRINK Enjoy chef Antimo DiMeo's culinary artistry. Dine on pastas, pizzas and small plates. \$\$\$ 620 N. Market St., Wilmington; 426-2069, bardeawilmington.com

**best CAPERS & LEMONS ITALIAN RESTAURANT & MARKET** Enjoy grilled meats, seafood and pasta dishes with noodles made by hand. **\$\$\$** 301 Little Falls Dr., Wilmington; 256-0524; *capersandlemons.com* 

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best GROTTO PIZZA Pizzas made with a unique blend of cheeses. Plus pastas, subs. \$ 45 E. Main St., Newark, 369-0600;1819 Pennsylvania Ave., Wilmington, 777-3278; 2015 Concord Pike, Wilmington, 888-2222; 315 Autopark Drive, Mid- dletown, 314-9500; grottopizza.com ₩TT, â. ∰

best LA BANCA Upscale Italian. Popular for brick oven pizzas and homemade pasta. \$\$ 1 W. Main St., Middletown; 464-3005; *labancamiddletown.com*  best LA CASA PASTA Classic dishes include lasagna and Melanzane Parmigiana. \$\$\$ 120 Four Seasons Shopping Plaza, Del. 896, Newark; 738-9935; lacasapasta.com

best PICCOLINA TOSCANA Enjoy Italian tapas and entrées. Plus, catering and takeout services from Toscana to Go. \$\$\$, 1412 N. Dupont St., Wilmington; 654-8001; *piccolinatoscana.com* 

best MRS. ROBINO'S RESTAURANT Enjoy Italian classics in a circa-1940 renovated row house. \$ 520 N. Union St., Wilmington; 652-9223; mrsrobinos.com ₩₩₩, Â

best TAVERNA A warm, welcoming place with rustic brick walls and an open kitchen. Food includes pasta dishes, meats, seafood and pizzas. \$\$ Multiple locations; tavernamainstreet.com

best V&M ITALIAN AMERICAN BISTRO Traditional and contemporary Italian dishes, including fresh pasta and pizzas. \$\$ 1717 Marsh Rd., Wilmington; 479-7999; *vmbistro.com* 

#### MEXICAN

best EL CAMINO MEXICAN Kitchen Innovative Mexican fare with an extensive cocktail list. \$\$ 3559 Silverside Road, Wilmington; 543-4245; elcaminokitchen.com

**best EL DIABLO'S BURRITOS** The Tex-Mex cuisine is made from scratch and consistently good, using antibiotic-free chicken and antibioticfree, grass-fed proteins. **\$** Multiple locations; *eldiabloburritos.com* 

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**best LA TONALTECA** Authentic Mexican fare, plus cocktails, beer and wine. **\$\$** Various locations; *latonalteca.com* 

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**best MEXICAN POST** Dine on Tex-Mex staples including enchiladas, quesadillas and burritos. Plus, combo entrées and margaritas. **\$\$** 3100 Naamans Rd., Wilmington; 478-3939; mexicanpost.com

best SANTA FE MEXICAN GRILL Traditional Mexican fare and tasty margaritas. \$\$ 2000 Pennsylvania Ave., Wilmington; 482-1954; 190 E. Main St., Newark; 369-2500; santafemexicangrill.com

#### **Kent County**

#### AMERICAN/CONTINENTAL

BUFFALO WILD WINGS Known for great wings dressed in a variety of sauces. It's a great place to watch the big game. \$\$ Multiple locations; buffalowildwings.com best COOL SPRINGS FISH BAR & RESTAURANT A go-to place for seafood, from the traditional to the trending. \$\$ 2463 S. State St., Dover; 698-1955; coolspringsfishbar.com

**best RESTAURANT 55** Innovative gourmet burgers made with fresh ground beef and local turkey. Plus, 12 beers on tap. **\$\$** 2461 S. State St., Dover; 535-8102; myrestaurant55.com

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**best LA BAGUETTE** This French bakery offers traditional pastries and other specialty items, including the cruffin (a cross between a croissant and a muffin). **\$** 323 S. Governors Ave., Dover; 741-0180; *labaguettede.com* 

#### ITALIAN

best GROTTO PIZZA Pizzas made with a unique blend of cheeses. Plus, pastas, subs. \$\$ 1159 N. Dupont Hwy., Dover, 678-3278; 102 Silicato Way, Milford; 725-5111; grottopizza.com

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#### MEXICAN

LA TONALTECA More than 200 authentic favorites such as chimichangas, enchiladas and grilled meats, plus delicious margaritas. **\$\$** 245 S. DuPont Hwy., Dover, 735-1572; 654 N. Dupont Blvd., Milford, 422-2111; *authenticmex.com* 

#### **Sussex County**

#### AMERICAN/CONTINENTAL

**14 GLOBAL** Inspired cocktails and cuisine from around the world. **\$\$\$** 14 N. Pennsylvania Ave., Bethany Beach, 616-1035, *14global.com* 

best 1776 STEAKHOUSE A classic Colonial steakhouse known for juicy, tender beef dishes. \$\$\$ 18585 Coastal Hwy., Rehoboth; 645-9355; 1776steakhouse.net

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ABBOTT'S ON BROAD CREEK This casual place offers American fare with a distinctive twist. \$\$ 300 Delaware Ave., Laurel; 280-6172; abbottsgrillde.com ₩₩₩, ₩₩, ₩₩, ₩₩

AL CASAPULLA'S SUBS, STEAKS & PIZZA Fabulous subs, cheesesteaks, sandwiches, salads and pizza. Beer and wine served. Closed Sundays. \$ 535 Atlantic Ave., Millville, 539-5488, *alcasapullas.com* 

best ARENA'S DELI AND BAR Hearty sandwiches and a large selection of beers. \$ 149 Rehoboth Ave., Rehoboth; 227-1272; arenasdeli.com

best BETHANY BLUES BBQ Southern barbecue, seafood, steaks and St. Louis-style ribs. \$\$ 18385 Coastal Hwy., Lewes, 644-2500; 6 N. Pennsylvania Ave., Bethany, 537-1500; bethanyblues.com

Best BIG CHILL BEACH CLUB Belly up to the octagonal bar under the state's largest outdoor umbrella and try the Latin-inspired fare from Taco Reho, the popular food truck. \$\$ 27099 Coastal Hwy., Bethany Beach; 402-5300; bigchillbeachclub.com

**best BIG FISH GRILL** Crab cakes served with imperial sauce, grilled salmon, pecan-crusted halibut, linguine with shrimp, scallops, and clams and mussels in lobster sauce make this a popular place. **\$\$** 20298 Coastal Hwy., Rehoboth; 227-FISH; *bigfishgrill.com* 

**best BLUECOAST SEAFOOD GRILL** Waterfront sunsets complement modern seafood dishes, comfort classics with contemporary twists and a good selection of wines. **\$\$\$** 1111 Hwy. One, Bethany, 539-7111; 30115 Veterans Way, Rehoboth Beach; 278-7395; *bluecoastseafoodgrill.com* 

BLACKWALL HITCH Specializes in new American cuisine: oysters, crab cakes, burgers and steak. \$\$ 52 Rehoboth Ave., Rehoboth Beach; 226-0550, blackwallhitch.com

**THE BLUE CRAB** Family place specializes in crab dishes and all-you-can-eat crabs. **\$\$\$** 

210 Garfield Pkwy., Bethany; 537-4700, bethanybluecrab.com

**BLUE MOON** A great place for those looking for an elegant experience, it remains one of the most cutting-edge places in the state. **\$\$\$** 35 Baltimore Ave., Rehoboth Beach; 227-6515, *bluemoonrehoboth.com* 

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BLUE WATER GRILL Fresh fish, hand-cut steaks and homemade selections in a relaxing atmosphere. Children and large parties welcome. \$\$ 226 Main St., Millsboro, 934-5160, bluewatergrillmillsboro.com ₩TH, Â, ∰

**BON APPETIT** Gilded mirrors, white linens, candlelight and fresh flowers set the mood for enjoying classic continental fare: pickled herring in sour cream with onions, New York steak and veal piccata. **\$\$\$** 312 High St., Seaford, 629-3700; *bonappetitseaford.net* 

BUFFALO WILD WINGS Known for great wings dressed in a variety of sauces. It's a great place to watch the big game. \$\$, Multiple locations; buffalowildwings.com

**best CANDY KITCHEN** Offering taffy, chocolates, truffles, gummies and much more. Some locations seasonal. **\$** 1 South Boardwalk, Rehoboth Beach; 227-9200; 102 Rehoboth Ave., Rehoboth Beach; 227-7195; 18627 Route 1, Rehoboth Beach; 645-4769; Route 1 Westway Drive, Bethany Beach; 537-7655; 123 Garfield Parkway, Bethany Beach; 539-8525; 100 Garfield Parkway, Bethany Beach; 537-1733; 37075 Coastal Highway, Fenwick Island; 539-6805; candykitchen.com

best CATCH 54 Poised on the edge of the salt marsh, this two-story eatery serves up classic coastal views. Try the soft-shell crabs, crispy Southern fried chicken or shrimp-and-grits. \$\$\$ 38931 Madison Ave., Selbyville; 436-8600; catch54.com

THE CLUBHOUSE AT BAYWOOD Enjoy cocktails or dinner in the dining room, lounge or on the veranda, all overlooking the 18th green. \$\$ 32267 Clubhouse Way, Long Neck; 947-9225; baywoodclubhouse.com

THE CRAB HOUSE Family-friendly restaurant with a raw bar and seafood specialties. \$\$ 19598 Coastal Hwy., Rehoboth Beach; 227-2019; crabhouserehoboth.com

**best CROOKED HAMMOCK BREWERY** The brewerymeets-restaurants offers a variety of beers and food items for the whole family. **\$\$** 36707 Crooked Hammock Way, Lewes; 644-7837;



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BiggsMuseum.org

of American



THURSDAY, OCTOBER 28, 2021

THE GROVE AT DELAWARE PARK

## TAILGATE BITES · CRAFT BREWSLOCAL RESTAURANTS · BREW MASTERS AUCTIONCRAFT BREWS CURATED BY 2SP

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#### Tickets at MealsOnWheelsDE.org



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Plastic film carryout bags will no longer be available at checkouts starting July 1, 2022.

DNREC encourages customers to choose to reuse and bring back their own bags. Stores may have reusable bags available at checkout.



de.gov/recycling

#### FOOD & DRINK | LISTINGS

crookedhammockbrewery.com

best DOGFISH HEAD BREWINGS & EATS Beer rules, with 15 of Dogfish's critically acclaimed brews on tap. Plus, mid-priced entrées. \$\$ 320 Rehoboth Ave., Rehoboth; 226-BREW; dogfish.com

best FINS FISH HOUSE & RAW BAR Enjoy fresh fish, a raw bar with oysters and a robust beer selection. \$\$ 19269 Coastal Hwy., Rehoboth Beach; 227-3467; *finsrawbar.com* 

best FISH ON Fresh seafood in a casual, cool atmosphere. Find an array of refreshing cocktails \$\$ 17300 N. Village Main Blvd., Lewes; 645-9790; fishonlewes.com

best FORK + FLASK Warm, comfortable dining around daily specials and local seafood and vegetables. The bar offers proper cocktails, small batch spirits, craft beers and unique wines. \$\$\$ 19730 Coastal Hwy., Rehoboth, 226-2037. forkandflask.com

best GRAIN ON THE ROCKS American fare and specialty cocktails with water views. Located at the Cape May-Lewes Ferry terminal. Lewes Coffee Co. is also on site. \$\$ 43 Cape Henlopen Dr.; 291-3900; meetatgrain.com

**best HEIRLOOM** American food inspired by the seasons, serving hand-crafted cocktails, local beers and sustainable wines. **\$\$\$** 212 Savannah Rd., Lewes; 313-4065; *heirloomdelaware.com* 

**best HOPKINS FARM CREAMERY** Locally made ice cream with a view of the farm on-site. 18186 Dairy Farm Road, Lewes; 645-7163; *hopkinsfarmcreamery.com* 

best KICK N' CHICKEN Fresh fried chicken, wings, wraps and sandwiches, plus daily specials.
\$\$ 907 N. Dupont Blvd., #101, Milford; 424-1110; 1551 Savannah Road, Lewes; 644-4151; kicknchickende.com

best KRISTINA'S KITCHEN Breakfast and lunch café offering a variety of options for vegetarians and meat lovers, plus delicious baked goods.
\$ 35581 Atlantic Ave., Millville; 500-2249; kristinaskitchen19.com

best LEFTY'S ALLEY & EATS Bowling alley with a wide array of pub grub and alcoholic beverages. \$\$ 36450 Plaza Drive, Lewes; 864-6000; iloveleftys.com

best MUG & SPOON CO. From waffle-cone shakes and ice cream doughnuts to lilac-colored lattes, you'll brighten up your taste buds at this shop.
\$ 18 Rehoboth Ave., Rehoboth Beach; 858-6280; mugandspoonco.com

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best ONE COASTAL Owners Carlie and Scott Carey use locally grown produce, including herbs and veggies from their farm, to create innovative dishes and cocktails. \$\$ 101 Coastal Hwy., Fenwick Island; 537-4790; *onecoastal.com* HTT, TT, ♠, ♠

best REHOBOTH DINER Classic American diner serving breakfast, lunch and dinner 24 hours a day. \$ 19219 Coastal Hwy., Rehoboth Beach; 227-0908; rehobothdiner.com

**best RISE UP COFFEE ROASTERS** This beachside coffee shop offers up tasty espresso drinks, breakfast and lunch options. Plus, this location houses a full bar and dinner menu. **\$** 502 Rehoboth Ave., Rehoboth Beach; 567-2588; *riseupcoffee.com* 

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best ROSENFELD'S JEWISH DELICATESSEN Serving Jewish staples for breakfast and lunch. \$ 18949 Coastal Hwy., Rehoboth Beach; 645-1700; rosenfeldsjewishdeli.com

#### भ⊓न, 🗎, 🚔

**best SEED EATERY** Healthy eatery with signature and make-your-own bowls. **\$** 18979 Coastal Highway, Unit 105, Rehoboth Beach; 313-5981; seedeatery.com

#### \i⊤i{, ≜

**best SMASHMOUTH BURGERS** Sussex County food truck offering a variety of burgers from traditional to specialty, plus bangin' fries. **\$** 236-1092; *Facebook.com/smashmouthburgers* 

best THE SURFING CRAB RESTAURANT AND BAR Seafood eatery specializing in fresh crab varieties. \$\$ 16723 Coastal Highway, Lewes; 644-4448; thesurfingerab.com

best TACO REHO Food truck serving up tacos any way. \$ 19406 Coastal Highway, Rehoboth Beach; 226-TACO; *tacoreho.com* 

best VICTORIA'S RESTAURANT Oceanfront dining in a Victorian setting features classic fare. The Sunday brunch is legendary. \$\$\$ Boardwalk Plaza Hotel, 2 Olive Ave., and the boardwalk, Rehoboth; 227-0615; boardwalkplaza.com ₩₩, ♠, ♠, ♠

**best WOODY'S DEWEY BEACH BAR & GRILL** A "locals bar" that offers specialties like Maryland crab cakes, pit beef, burgers, salads and more. **\$** 1904 Hwy. 1, Dewey Beach; 260-9945; *deweybeachbar.com* 

#### ASIAN/INDIAN

BANGKOK THAI CUISINE Family-owned restaurant crafting authentic Thai cuisine. \$\$ 17644 Coastal Hwy., Lewes; 644-2223; bangkokthaicuisinedelaware.com MARTUSCELLI RESTAURANT GROUP





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### **THURSDAY, NOVEMBER 18, 2021**

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#### best CONFUCIUS CHINESE CUISINE Enjoy

Hunan-style dishes and seafood, plus all the traditional Chinese dishes. \$\$ 57 Wilmington Ave., Rehoboth Beach; 227-3848; confuciusrb.com ਮਾਮ 🗎

best THE CULTURED PEARL Japanese and American classics include great sushi. The rooftop deck features beautiful lagoons full of koi. \$\$\$ 301 Rehoboth Ave., Rehoboth; 227-8493; cultured pearl.us ਮਰ ਜਿ

best RAAS Indian food with Pan Asian influences. Located in a Victorian building in downtown Lewes. Also find a full cocktail menu. \$\$ 210 Savannah Road, Lewes: 644-1747: raaslewes.com ਮਰ ਜਿ

best STICKY RICE Thai Style Tapas Authentic Thai for one or to share. \$ 1604 Savannah Road, Lewes; 703-2673; stickyricede.com ਮ⊓ਮ, 🛍

#### **ETHNIC**

best CAFÉ AZAFRAN Espresso and coffee in the morning, Mediterranean salads and sandwiches at lunch, then tapas on summer evenings. \$\$ 18 Baltimore Ave., Rehoboth; 227-8100; cafeazafran.com ਮਾਮ, 료 🗎

IRISH EYES PUB & RESTAURANT The diverse tavern-style menu ranges from blackened fish tacos to bangers and mash. \$\$ 213 Anglers Rd., Lewes, 645-6888; 105 Union St., Milton; 684-8889; irisheyespub.com भागत क्रि 🗎

best LA FABLE Enjoy French cuisine crafted with seasonal ingredients in a bistro setting. Plus, cocktails and wine. \$\$ 26 Baltimore Ave., Rehoboth Beach; 227-8510; bonjourfable.com ਮਾਜ, 🛍

best MY SISTER'S FAULT Authentic Puerto Rican bakery offering traditional breakfast, lunch and sweets. \$ 10 Front St., Milford; 503-7446; mysistersfault-milford.com â

PO' BOYS CREOLE RESTAURANT Enjoy Southern Louisiana fare, paired with Hurricane or Abita beer. \$\$ 900 Palmer St., Milton; 684-0890; poboyscreole.com ê. 🛱

best ZOGG'S RAW BAR AND GRILL Key Weststyle raw bar and grill offering Jamaican dishes. Plus, a large rum selection. \$\$ 1 Wilmington Ave.; Rehoboth Beach; 227-7660; zoggsbar.com ਮਾਜ, क्रि. 🗎

#### ITALIAN

best CRUST & CRAFT Artisanal wood-fired pizza in a casual atmosphere. **\$\$** 18701 Coastal Highway, Rehoboth Beach; 313-5029; crustandcraftrehoboth.com

DIFEBO'S Modern Italian seafood, meats, pasta and more served in a place where you're treated like family. Full bar and wine list. **\$\$** 789 Garfield Pkwy., Bethany; 539-4550; 12 N. 1st St, Rehoboth Beach; 226-4550; *difebos.com* 

best GROTTO PIZZA Pizzas made with a unique blend of cheeses. Plus pastas, subs and more. \$\$ 8-10 York Beach Mall, Highway One, Bethany, 537-3289; 98 Garfield Pkwy., Bethany, 537-3298; 793 Garfield Pkwy., Bethany, 537-3278; Del.1and Read St., Dewey, 227-3407; 17467 Shady Road, Lewes, 645-4900; 26090 Shoppes at Long Neck, Millsboro, 945-6000; 36 Rehoboth Ave., 227-3278; 15 Boardwalk at Baltimore Ave., 227-4588;17 Surf Ave., Rehoboth, 227-3601; 22925 Sussex Hwy., Sea- ford, 628-2800, *grottopizza.com* 

#### भ्रान्स, 🗎, 🚘

best NICOLA PIZZA Family operated for more than 40 years, Nicola serves fine food, homemade daily, including the famous Nic-o-boli. The pizza's great, too. \$ 8 N. First St., Rehoboth, 227-6211; 71 Rehoboth Ave., Rehoboth, 226-1393; *nicolapizza.com* 

best TOUCH OF ITALY Find classic cheeses and cured meats, antipasto items and delicious baked goods. \$\$ 19724 Coastal Hwy., Rehoboth; 227-3900; 101 Second St., Lewes; 827-2730; touchofitaly.com

#### MEXICAN

**best AGAVE** This popular spot features authentic, regional flavors of Mexico, plus a dizzying array of tequila. **\$\$** 137 Second St., Lewes; 645-1232; *agavelewes.com* 

BAJA BEACH HOUSE GRILL Faves at this casual place include taco salads and burritos enchiladas. \$\$ 109 Garfield Pkwy., Bethany; 537-9993, bajabeachhouse.com

LA TONALTECA Famous margaritas, pork, chicken, beef and seafood. \$ 4578 Del. 1, Rehoboth Beach; 644-3994, *authenticmex. com* 

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PAPA GRANDE'S COASTAL TAQUERIA This cool spot offers a wide-ranging menu of Latino cuisine. And there's tequila of all kinds. \$\$ 38929 Madison Ave., Fenwick Island; 436-PAPA; papagrandes.com

For all listings, visit DelawareToday.com

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# ARTS & CULTURE

## About Town

AT **PRESS TIME**, THESE LOCAL EVENTS WERE STILL **SCHEDULED**. CHECK THE EVENTS' **WEBSITE TO** STAY UP TO DATE AND TO REVIEW **COVID-19** PRECAUTIONS.

#### **COMPILED BY JOHN EUSTICE**

October 1–31: The Rehoboth Art League presents Interpretations of Nature, showcasing works by landscape painter William Patterson. Rehoboth Beach, rehobothartleague.org

October 6-17: Delaware Theatre Company's 2021-22 season kicks off with *Tommy and Me*, a show based on Philadelphia sports commentator Ray Didinger's life that tells the story of Philadelphia Eagle Tommy McDonald, the Hall of Famer who helped take the birds to the 1960 NFL Championship game. *Wilmington, delawaretheatre.org* 

October 7, 14, 21, 28: Quayside @ Nite features four live music events at the Milton Theatre. The month kicks off the series with Trent and the Trainwreck. *Milton, miltonthreatre.com* 

October 9: The Fordham & Dominion Brewery brings Cheesetobertfest back to the capital city. Feast with Fordham & Dominion crafted beers and food trucks, plus enjoy live music, a keg toss and cornhole competitions. *Dover, cheesetoberfest.com* 

October 8-9: The Apple-Scrapple Festival celebrates Delaware's agricultural communities with tasty



Shop the wares of various mid-Atlantic artists at the Hagley Craft Fair in Wilmington.



food and a classic car show. Bridgeville, applescrapple.com

October 9: Healthy Foods for Healthy Kids, an organization promoting food wellness, hosts Farm Fest, an evening of barbecue, bluegrass and garden tours at Penn Farm. All proceeds benefit the nonprofit and help fund its sciencebased school garden program. New Castle, healthyfoodsforhealthykids.org

October 13: Gain business savvy at the **Delaware** Entrepreneurial Summit, an in-person event with interactive workshops, TEDx-style talks and more. All attendees will have exclusive access to a postevent virtual experience for additional content, vendors and participants. *Wilmington, eecincubator.com* 

Through October 16: The Biggs Museum of American Art features Winslow Homer From Poetry to Fiction: The Engraved Works. The exhibition presents over 200 engravings from the 1800s depicting Homer's life in New England before and following the Civil War. Dover, biggsmuseum.org

October 16–17: Buy works from mid-Atlantic artists at the Hagley Craft Fair, a two-day event filled with fine art, crafts, woodworks, pottery, jewelry, fibers, metal and more. Also enjoy a specialty food market. *Wilmington, hagley.org* 

**Opens October 23:** Delaware Art Museum hosts an exhibition that it rejected 50 years ago. In collaboration with Aesthetic Dynamics Inc., *Afro-American Images 1971: The Vision of Percy Ricks* revisits the original 1971 show and includes most of the artists who participated. Both organizations aim to examine the exhibition's role in the Black Arts Movement and question why the original exhibition was largely forgotten in the decades to come. Wilmington, delart.org

Through January 2: The Delaware Art Museum unveils *Fantasy and the Medieval Past*, which features fantasy medieval realms from well-known young adult books such as *The Ironwood Tree* (*The Spiderwick Chronicles*) and *Bitterblue* (*Graceling Realm*). Wilmington, delart.org

**Ongoing:** Revisit inventions from the 1700s and beyond with Hagley Museum and Library's **Nation of Inventors** exhibition. Various patent models are on display, from the Ball Mason jar to the Rubik's Cube, showcasing inventions used in over 100 products from around the world. *Wilmington*, hagley.org



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Thursday, November 4 • 5:00-9:00 pm Celebrate the opening of the show with cocktails, hors d'oeuvres, and exclusive early shopping!

Opening Night Party requires a separate ticket, which includes admission for all three days of the show and at Winterthur.

#### **Exhibitors**

Arader Galleries Barbara Israel Garden Antiques Bernard and S. Dean Levy, Inc. A Bird in Hand Antiques **Charles Clark** Christopher H. Jones American Antiques Colette Donovan Diana H. Bittel Antiques **Dixon-Hall Fine Art** Dolan / Maxwell Earle D. Vandekar of Knightsbridge, Inc. Elle Shushan Elliott and Grace Snyder Federalist Antiques. Inc. Francis J. Purcell, Inc. Gratz Gallery and Conservation Studio

Greg K. Kramer & Co. The Hanebergs Antiques Hilarv and Paulette Nolan H. L. Chalfant Fine Art and Antiques Ita J. Howe James L. Price James M. Kilvington, Inc. James Robinson, Inc. Jeffrey Tillou Antiques Jewett-Berdan Johanna Antiques John Chaski, Inc. Jonathan Trace Kelly Kinzle Leatherwood Antiques Leo Kaplan, Ltd.

Lillian Nassau, LLC Marcy Burns American Indian Arts, LLC Maria and Peter Warren Antiques Nathan Liverant and Son. LLC The Norwoods' Spirit of America Olde Hope Peter H. Eaton The Philadelphia Print Shop West Polly Latham Asian Art Ralph M. Chait Galleries, Inc. Red Fox Fine Art R. M. Worth Antiques **Roberto Freitas American Antiques** Ruth Van Tassel Baumann Schillay Fine Art, Inc. Schoonover Studios, Ltd.

Schwarz Gallery Scott Bassoff, Sandy Jacobs Antiques Shaia Oriental Rugs of Williamsburg Sheridan Loyd American Antiques Silver Art by D & R S. J. Shrubsole Corp. Somerville Manning Gallery Spencer Marks, Ltd. **Stephen-Douglas Antiques** Steven F. Still Antiques Sumpter Priddy III. Inc. Thistlethwaite Americana William R. and Teresa F. Kurau

Show managed by Diana Bittel Dealer list as of 8/24/21





**PARTING SHOT** 



### ADAM BROCKETT WASHINGTON, D.C.

"Since I was about 5, my family has stayed at the Henlopen Condominiums, where we love watching storms from the balcony as they come in. This shot was of a recent storm that passed through Rehoboth just before midnight."

Ingle 25s exposure taken on a Nikon Z5 with a Nikon Z-Mount 24-200mm lens at 24mm. Aperture f 8.0, ISO 100.

We want to see how you experience life in Delaware! Send us your captures and one might appear in a future issue of DT mag. Submissions can be emailed to editorial@delawaretoday.com; include your name, city, photo and a brief description of your image.

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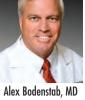
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