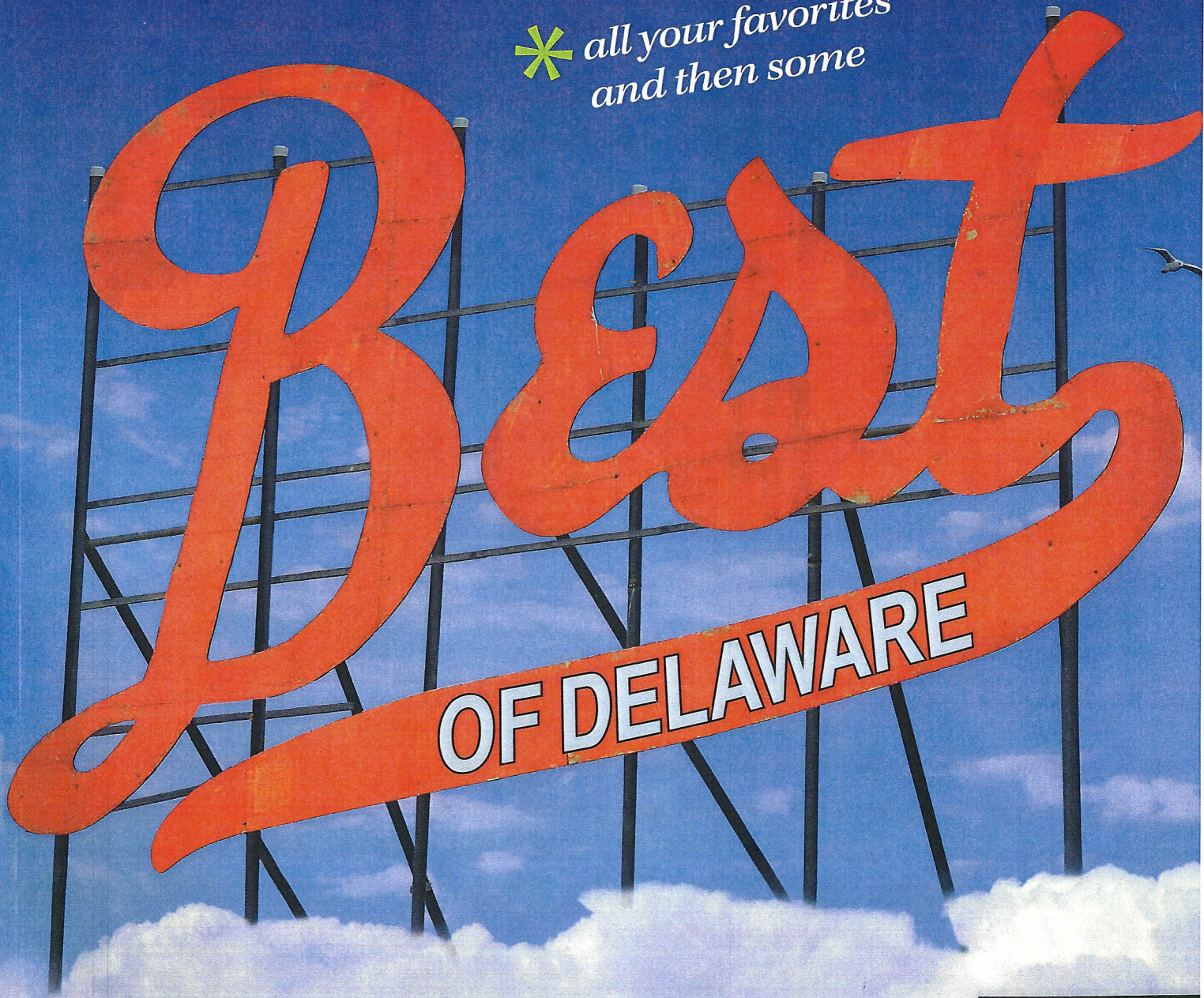


A Peek at the New Nemours

DELAWARE

TODAY®

* *all your favorites
and then some*



Will the Three Little
Bakers' Famous
Show Go On?

Inside the
Psychiatric
Center

New Asian
Dining at
the Beach

JULY 2009

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IPEOPLE + PLACES

Best Addition to its Repertoire

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C↑ The **DELAWARE SYMPHONY ORCHESTRA** and maestro David Amado are never anything short of marvelous. But the musicians' performances during two particular concerts this year—"The Music of Led Zeppelin" and "Bugs Bunny on Broadway"—demonstrated that they can let their hair down (and put their ears up) with the best. "Bugs" conductor George Daugherty, who has taken his show to dozens of cities around the world during the past 20 years, was highly complimentary of DSO's professionalism. But Daugherty let the audience at The Grand know that he was especially taken by the symphony members' friendliness. Now that's a whole lotta love. (Delaware Symphony Orchestra, 818 N. Market St., Wilmington, 656-7442)

Best Afternoon Drive Deejay

R↑ **CATEY HILL** of WJBR 99.5 FM, Wilmington

R↓ (tie) **JOE ALLEN** of WAFL 97.7 FM, Milford; **BILL BAKER** of WOCQ 103.9 FM, Georgetown

Best Nature Experience

C↓ "The best nature experience in Delaware—other than the Delaware

Museum of Natural History, of course—is **BOMBAY HOOK NATIONAL WILDLIFE REFUGE**," says Spruance. He favors its 16,000 acres, "all less than 10 feet above sea level." Spring and fall "are great times to see the mind-boggling migration of birds, and the Bear Swamp Trail is a fun and easy family hike." (2591 Whitehall Neck Road, Smyrna, 653-6872)

Best Band

C↑ When a musician goes to hear other musicians, they're usually pretty good. Former Bad Company member Paul Cullen plays his highest notes for **LOWER CASE BLUES**, a bluesy rock trio from Newark. Guitarist Jake Banaszak, vocalist-bassist B.J. Muntz and drummer Rick Webster "are great players dedicated to their craft, and they play a lot of originals," says Cullen. The band, whose influences include Buddy Guy, Big Joe Turner, Muddy Waters, Bootsy Collins, The Allman Brothers and Jimi Hendrix, play JD Shuckers in Lewes July 25. (The full show schedule is available at myspace.com/lowercaseblues.)

Best Bang for Your Entertainment Buck

C↑ "In this tough economy, going to a **WILMINGTON BLUE ROCKS** game ranks at the top of my list," says Spruance. "There's nothing quite like a Friday evening

in summer at Frawley Stadium. Tickets are very affordable, and your only worry is looking out for foul balls." Our minor league baseball team offers special discounted seats all the time, and themed events render bobbleheads, T-shirts and toys for the kids. Even if you miss the specials, tickets are only \$8. (801 S.

Linda and Harold Gray
rock their yoga at Matson
Run Creek in Wilmington.

Best Place to Do Yoga

C↑ The Grays practice at **MATSON RUN CREEK IN BRANDYWINE HILLS**. "It has a few large, flat, granite rocks nestled close to the stream," Harold says, as well as small waterfalls. Great blue herons glide over the creek, "much like dragons of Chinese lore that pass through places with good feng shui." Add dragonflies, wildflowers, songbirds and majestic trees. "This setting produces a harmonizing experience with nature."

