Dr. R. Alberto Rosa shares facts about Atrial Fibrillation and the new generation of Blood Thinners

Dr. Richard J. McCann discusses Invisalign

Walk-in medical care

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Sussex County Breast Cancer Survivors

Photo by Gall Goladinski at Lavender Fields, Milford, DE

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FREE! Please Take One
With September around the corner and kids preparing to return to school buying clothes, backpacks, paper and pens, parents should consider vision as part of this preparation. Eye exams are routine for many children whose visual problems were caught early and corrected with eyeglasses or contact lenses depending on their age. Early in children's eye care frames are designed with safety, comfort and durability in mind. Preschool, kindergarten and grade school ages often find frames that are colorful, flexible and in shapes that fit the typically narrow pupillary distances as well having pads for the bridge of noses that are less developed.

Today’s children are more aware of style and brands they are exposed to at an early age such as Lego, Pez, Fisher Price, Adidas and Lilly Pulitzer to name a few. Even though parents are responsible for paying the bill and making sure their children receive proper medical care, in this case eye care, it is very important for the child to be part of the frame selection process. This will go a long way toward the child wearing and taking care of their new eyewear and overall success of improving the child’s quality of life.

The prescription is always the main consideration when choosing a child’s eyewear. When selecting frames the optician should be able to read the doctor’s prescription and have suggestions on frame styles that best fit the child but also lenses that provide safe, clear vision. Lenses, depending on the prescription, can be thicker either in the center (plus lenses) or the outer edge (minus lenses). Frame selection can cosmetically help children feel more comfortable in these cases. Frames with wider temples can hide some of the edge thickness on a minus prescription. Those with the plus lenses can benefit from having a frame where the pupil fits as close to the geometric center of the frame as possible. The lens with less decentration (moving optical center) creates less thickness and better peripheral vision.

There are many lens materials in the market place and each have different aspects from safety, to cosmetic, weight, clarity or specific applications that can be added. For children polycarbonate has been the standard for many years due to its characteristics of light weight, absorbing UV, thinness and primarily safety. It is a very durable impact resistant material long prescribed for children which had its origin in industrial eyewear. Trivex or Phoenix (Hoya’s brand) are more recent materials that qualifies for children 18 and under, we feel is better than polycarbonate. The two materials have similar characteristics but Trivex or Phoenix is more scratch resistant and has a higher abbe value so vision is slightly better. Obviously safety is primary for children’s eyewear along with the prescription and fashion. Eyewear today can help them through the early years when development is so critical.

Sports eyewear is critical for children involved in almost any sport. Polycarbonate and Trivex can provide impact resistance from balls or flying elbows on a basketball court for example. Liberty Optical provides an array of sport frames cushioned at the bridge and temples with wide sweeping lenses for great peripheral vision. This area of eyecare has grown and offers much more variety than in past years. Team colors, different shape designs and various temple concepts allow wearers to customize the sports eyewear depending on what they enjoy from biking, baseball, basketball, motocycling, shooting, to fishing and many others with eyewear that have both safety and performance in mind.

We begin fitting children with contact lenses around the age of 12 or 13 depending on the child’s personal habits and maturity. Parents are usually involved in the decision process for obvious reasons. Contact lenses require more discipline and responsibility on the child’s part due to the health implications if directions are not followed. For those who are able to wear them successfully they offer an alternative and can help those whose prescriptions are burdensome due to the lens power.

We offer many different alternatives from pre-school age all the way through college age for children looking for fashion or just function. Over the years we have observed an improvement through technology both in lenses and frames providing children vision on a par with adults and their needs. Obviously there are many areas within children’s eyecare I haven’t covered here but these are the basics. We would enjoy speaking with you about your child’s particular vision needs and the many alternatives available.

For more information or an appointment call 302-645-1800 in Rehoboth, 302-934-6620 in Millsboro and 302-678-3200 in Dover.
As the school year begins, this seems like a good time to review some basic information about children and their specific eye health issues.

Children should receive a series of age-appropriate screenings during visits with their pediatrician during childhood. New problems can arise throughout childhood and these may be detected at each visit. These exams are best done by pediatricians and school nurses, and do not need to be performed by an eye doctor. If any abnormalities are noted, then a comprehensive eye exam by an eye doctor is recommended. Any child with other high risks conditions, such as diabetes mellitus, certain metabolic or genetic diseases, family history of pediatric eye disease, or prematurity, should have regular evaluations by an eye specialist.

The most common eye disorders found in children are simple refractive errors, such as near-sightedness, far-sightedness, and astigmatism. Twenty-five percent of children between the ages of 6 and 18 would benefit from glasses, with improved performance in school and sports.

The most important goal of vision screening is to identify certain significant eye problems that may lead to permanent visual impairment unless treated early. These include amblyopia, strabismus, cataracts, glaucoma, ptosis, refractive errors, tumors, and neurologic diseases. We will review some of the more common conditions now.

Strabismus is a condition in which the eyes are misaligned, pointing in different directions rather than both at the same place at the same time. One eye is usually looking straight ahead while the other may be pointing up, down, in, or out. This misalignment may be constant or intermittent. The eye pointing straight ahead may always be the same one or they may alternate. There may be a family history of this, but often there is not. It occurs in about 4% of all children in the United States.

In children with strabismus, the brain learns to ignore the image it receives from the misaligned eye. This leads to a loss of normal depth perception. It may also lead to permanently decreased vision in one eye, a condition called amblyopia.

The reason why the eye muscles do not line the eyes properly is not fully known. Early treatment for strabismus gives the best chance for improvement. In some cases, treatment may only require glasses; however, surgery on the eye muscle is often necessary.

As stated earlier, amblyopia is a condition in which usually one eye has not developed normal sight. It is often referred to as ‘lazy eye’. It affects about three out of every hundred people in the United States. In amblyopia, the brain does not learn how to interpret the information from one of the eyes into a clear image. This is something the brain can learn only in childhood, usually up to age nine. If a child has not developed amblyopia by this age, he/she never will. But it cannot be fixed, either. There are three main causes of amblyopia. They are strabismus, juvenile cataracts, and a significantly unequal prescription between the two eyes.

Treatment requires glasses and forcing the weak eye to improve by patching or blurring the good eye, usually for weeks or months. In the case of strabismus, surgery may also be needed.

Finally, it is important to try to prevent eye injuries through the use of safe practices and protective eyewear. Thousands of children sustain eye damage each year through sports and other elective activities, 90% of which could have been avoided by using safety glasses. Eye gear made with polycarbonate lenses should be worn while playing baseball, basketball, racquet sports, soccer, hockey, and paintball.
Thank you for taking the time to read the County Women’s Newspapers. With over 30 plus years of experience and 300+ papers in publication or optioned to be published across the country, the Women’s Journal is the LEADING women’s educational paper in the United States. We are committed to providing our readers with educational, informative and objective articles not currently found in any other local publication. Make this year the beginning of a new you. Look into joining these women.

You can be your own boss, making your own hours of employment and have your own in home business. Give the County Women’s Newspaper and Journal a call and join us to start your own WOMEN’S COUNTY NEWSPAPER OR JOURNAL in your area at 1 800 993 3822. Limited investment required.

With the summer almost behind us, we can now take the time to bring our attention back to our own personal well being. Our goal is that the articles in the County Women’s Newspaper will assist in building a stronger, healthier, and more educated community.

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Sussex County Breast Cancer Survivors
To learn more, see pages 28-29.
The front cover photo was taken by Gail Golacinski. Hair & Makeup by Elena Sullivan.
Wondering what Invisalign treatment is really like, and what effect it will have on your day-to-day activities?

Will it slur your speech? Will people know you’re in treatment? You’re not alone in your concerns! Following are a list of questions and answers for anyone pondering Invisalign treatment.

How exactly does Invisalign work?
Using 3D computer imaging technology, Invisalign creates a series of custom made, clear aligners exclusively for your teeth, based on the treatment plan that we specify for you. Each aligner moves teeth incrementally and is worn for about two weeks, then replaced by the next in the series until the final position is achieved.

Will I experience pain during treatment?
Most people experience temporary discomfort for a few days after a new aligner is placed. This feeling of pressure is normal and is a sign that Invisalign is working by sequentially moving your teeth to their final destination.

Can other people see that I’m in treatment?
One of the benefits of Invisalign is that the aligners are clear. You can straighten your teeth without anyone knowing.

Can I smoke during treatment?
We discourage smoking while wearing the aligners as they may become discolored.

Are there any foods I cannot eat while in treatment?
You can eat normally during the entire course of treatment. One of the advantages of Invisalign is that the aligners are removable. Simply take the aligners out before each meal, brush when you’re finished eating, then reinsert the aligners afterward.

What about chewing gum?
We recommend removing your aligners for all meals and snacks, as gum and other chewy substances can stick to the aligners.

How often must I wear my aligners?
Aligners should be worn all day, except when eating, brushing, and flossing.

Will my speech be affected by the aligners?
As with any orthodontic treatment, aligners may temporarily affect your speech. If this does happen, your tongue will adjust within a day or two and your speech should return to normal.

How can I clean my aligners?
The best way to clean your aligners is by brushing and rinsing them in lukewarm water.

How often must I visit your office during treatment?
For most patients, visits every 4-6 weeks are frequent enough for us to determine that your treatment is progressing properly. We will provide you with a specific schedule that supports your individual treatment plan.

For more information or an appointment, please call 410-546-9940.

Invisalign has transformed over one million smiles – why not yours?

Invisalign® Special Event
Thursday, September 26th 3:00 pm - 7:00 pm

Dr. Richard McCann will be providing FREE consultations to answer your questions about Invisalign treatment, the clear way to straighten teeth. If you have wondered if Invisalign is right for you, make an appointment for this special event.

Complimentary whitening with Invisalign treatment
Complimentary records (x-rays, photos, impressions, etc.) - a $650 value
No down payment and 24 monthly payments at 0% interest for qualified patients.
Invisalign treatment is generally eligible for reimbursement under FSA plans.
Food, fun, and a chance to win a Kindle Reader! Make an appointment today!!!

Imagining your life with Invisalign

Presented by Richard J. McCann, D.M.D., P.A.

Richard J. McCann, D.M.D.
31413 Winterplace Parkway
Salisbury, MD 21804

410-546-9940
rjmccanndmd.com
A big part of what makes any medical practice successful is the people. And with people like Jennifer Hazzard and Amanda Moore, orthopaedic surgeon Dr. Wilson C. Choy’s patients are in good hands.

Jennifer and Amanda are the physician assistants who stand by Dr. Choy’s side during each surgery, assisting with numerous routine procedures, and ensuring the doctor has the time to give each patient his full attention.

These two tireless “PA’s” are there to help patients before and after the surgeries as well, helping gather information during the intake process and shortening the sometimes dreary wait times that all physician offices contend with. “I couldn’t hope to see as many people as I do without their help,” said Choy, a well-known orthopaedic surgeon in the area.

“‘They are my ‘right-hand men,’ he jokes. ‘Or, should I say, ‘right-hand women.’”

During the course of the week, Jennifer and Amanda’s duties might take them to all three of Dr. Choy’s offices. Amanda is usually in the operating room to help Dr. Choy on Mondays; and Jennifer is by his side on Thursdays.

But their commitment doesn’t stop with the doc. Both women devote time to helping other staffers, act as professional role models, are part of several committees, and even are there to assist in after-hours calls. On her own time, Amanda will stay with Dr. Choy on the weekends he is on-call for Beebe Medical Center, assisting with surgical cases.

Jennifer is also there whenever duty calls, helping Dr. Choy with an array of tasks – including paperwork, dictation, and the many other duties of physician assistants, who spend years in training to help assess, diagnose and render treatment of all orthopaedic conditions.

The love and passion that these professionals show for their work are a result of a lifetime of caring. Amanda, who was born and raised in Laurel with three siblings, went to Sussex Technical High School, then earned her associates degree as a physical therapist assistant from Delaware Tech. She worked at Beebe Medical Center for eight years as a physical therapist assistant while finishing her bachelor’s degree from Wilmington University.

Her love of helping people brought her back to school in 2007 at the University of Maryland Eastern Shore, where she became a certified physician assistant. When she is not working, she likes to take her jeep on the beach, spoil her niece and nephew, and she enjoys all that coastal Delaware has to offer.

Jennifer is also a native of Sussex, growing up in Georgetown and graduating from Sussex Central High School. After graduating from the University of Delaware in 2003 with a degree in Athletic Training and Exercise Science, she pursued a career as a Physician Assistant at Anne Arundel Community College. She also has a master’s degree in Medical Science from Saint Francis University in Pennsylvania.

Meet Jennifer Hazzard and Amanda Moore, the women who help make it all happen in Dr. Wilson C. Choy’s practice
The Right Time for an Orthodontic Check-Up

The American Association of Orthodontists recommends all children get a check-up with an orthodontic specialist no later than age 7.

**HERE’S WHY:**
- Orthodontists can spot subtle problems with jaw growth and emerging teeth while some baby teeth are still present.
- While your child’s teeth may appear to be straight, there could be a problem that only an orthodontist can detect.
- A check-up may reveal that your child’s bite is fine. Or, the orthodontist may identify a developing problem but recommend monitoring the child’s growth and development, and then, if indicated, begin treatment at the appropriate time for the child. In other cases, the orthodontist might find a problem that can benefit from early treatment.
- Early treatment may prevent or intercept more serious problems from developing and may make treatment at a later age shorter and less complicated. In some cases, the orthodontist will be able to achieve results that may not be possible once the face and jaws have finished growing.
- Early treatment may give your orthodontist the chance to:
  - Guide jaw growth
  - Lower the risk of trauma to protruded front teeth
  - Correct harmful oral habits
  - Improve appearance
  - Guide permanent teeth into a more favorable position
  - Create a more pleasing arrangement of teeth, lips and face
- Through an early orthodontic evaluation, you’ll be giving your child the best opportunity for a healthy, beautiful smile.

If your child is older than 7, it’s certainly not too late for a check-up. Because patients differ in both physiological development and treatment needs, the orthodontist’s goal is to provide each patient with the most appropriate treatment at the most appropriate time.

In addition, if you notice any of the following in your child, check with your orthodontist:
- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Mouth breathing
- Jaws that shift or make sounds
- Speech difficulties
- Biting the cheek or the roof of the mouth
- Facial imbalance
- Grinding or clenching of the teeth

Final treatment decisions should be made among the parent, child’s dentist and orthodontist.

Dr. Stewart Perim of PENINSULA PERIODONTICS AND ORTHODONTICS is a member of the American Association of Orthodontics as well as a member of the American Academy of Periodontology. He has specialty training in Orthodontics (children and adults), Periodontics, Dental Implants, and T.M.J. Therapy. Together with Dr. Maria Perez-Mera, Dr. Perim and PENINSULA PERIODONTICS AND ORTHODONTICS is able to offer complete general dentistry as well as comprehensive specialty care for all their patients. Please call 410-742-8686 for an appointment at the South Salisbury Blvd location.

**Problems to Watch for in Growing Children**

Malocclusions (“bad bites”) like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.

- Crossbite of front teeth
- Crossbite of back teeth
- Crowding
- Open bite
- Protrusion
- Deep bite
- Underbite
- Spacing
- Oral habits (sucking on thumb, fingers)

Malocclusions (“bad bites”) like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.
PLASTIC and laser skin resurfacing, the board certified the dermal/epidermal layer of the skin. As laser utilizes laser light beam technology for laser or light for fractions of a second. This involve exposing the skin to intense bursts of lift surgery or for those with specific trouble to reveal a younger, fresher appearance. Laser resurfacing of the skin position and downward droop of aging to reach the deeper dermis layer of your skin. The light energy stimulates the production of collagen to smooth wrinkles and any skin imperfections. This type of fractional resurfacing seeks to only target certain zones within the selected area, thus only causing fractional damage through the heat of the light source. Since the laser treats only the affected areas of skin, it leaves healthy surrounding tissue untouched. Through the body’s natural healing process, new healthy skin replaces the damaged skin. Another benefit of the Fractional CO2 Laser treatment is that it can produce substantial skin tightening of the upper and lower eyelids and, in certain cases, may be a substitute for a laser eyelid lift. Skin resurfacing with Fractional CO2 Laser produces natural-looking results with minimal downtime and a low risk of side effects. It can improve a variety of skin conditions and remove years from your appearance in as little as 30 minutes. It will help to generate new collagen to provide firmer, more youthful looking skin. Fractional CO2 laser treatments are safe on almost all skin types and effective for the face, neck, chest, arms and hands. Generally, only one treatment is necessary for the vast majority of patients.

DOT Fractional CO2 Laser Skin Resurfacing

The DOT fractional Carbon Dioxide (CO2) laser utilizes laser light beam technology for the reduction or elimination of deep, pronounced lines and wrinkles. It is used to treat sun damaged skin, brown spots, skin discoloration and is effective for evening out the overall skin tone as well as for reducing the size of large pores. The Fractional CO2 Laser pierces through the superficial epidermis to reach the deeper dermis layer of your skin. The light energy stimulates the production of collagen to smooth wrinkles and any skin imperfections. This type of fractional resurfacing seeks to only target certain zones within the selected area, thus only causing fractional damage through the heat of the light source. Since the laser treats only the affected areas of skin, it leaves healthy surrounding tissue untouched. Through the body’s natural healing process, new healthy skin replaces the damaged skin. Another benefit of the Fractional CO2 Laser treatment is that it can produce substantial skin tightening of the upper and lower eyelids and, in certain cases, may be a substitute for a laser eyelid lift. Skin resurfacing with Fractional CO2 Laser produces natural-looking results with minimal downtime and a low risk of side effects. It can improve a variety of skin conditions and remove years from your appearance in as little as 30 minutes. It will help to generate new collagen to provide firmer, more youthful looking skin. Fractional CO2 laser treatments are safe on almost all skin types and effective for the face, neck, chest, arms and hands. Generally, only one treatment is necessary for the vast majority of patients.

Fraxel Laser

Fraxel lasers are CO2 lasers and deliver more heat to skin tissue which results in greater collagen stimulation, making Fraxel a better choice for patients seeking a more dramatic improvement. Fraxel treatments are usually a great choice for those looking to improve their skin texture, reduce stretch marks and to maintain the results of a face lift. Typical results are tighter, smoother, more youthful skin with uniform color. Before the procedure, anesthetic cream can be applied to the area of skin to be treated; no injections are necessary. With every treatment, the Fraxel laser produces thousands or even millions of microscopic wounds right underneath the top layers of skin. The spared skin in between the columns of treatment supplies the cells for rapid healing—within days. This treatment usually takes less than 30 minutes. The treated area remains red for several hours with mild swelling lasting for approximately 24 hours. Aside from days of redness, dry scaling and some swelling, there is virtually no downtime. Depending on the intensity of the treatment, recovery time may take one to 10 days following treatment. Patients are able to return to work in a day or two. Significant improvement in the tone and texture of the skin is gradual but a single Fraxel treatment will deliver more dramatic results than multiple Pixel treatments. For most patients, 5 to 7 treatments are necessary.

IPL and Pixel Laser...

New Treatment Coming this September!

The combination of IPL and Pixel Lasers is the ultimate in total skin rejuvenation. This advanced combined treatment can produce remarkable results and is used to reduce or eliminate fine lines, wrinkles and sun spots. It is also effective for rosacea and vascularities and can help to bring back the skin’s glow. The synergistic effect of the two combined laser treatments will achieve visible improvements all in one treatment. The benefits are smoother, tighter skin, and even skin tone and significant improvement in a variety of difficult skin imperfections such as acne pitting, enlarged pores, old sun damage, surgical scars, certain hormone-related skin pigmentation, rosacea and vascular issues.

As one of the most popular cosmetic treatments offered today, Intense Pulse Light (or IPL) Therapy is a process of photo-rejuvenation for the face and body that can improve the appearance of sun damaged or photo-aged skin to restore the skin’s once youthful appearance. This gentle, non-invasive treatment uses broad spectrum light to remove age spots, brown pigments and redness caused by broken capillaries. With no downtime and a low risk of side effects, IPL treatments are ideal for people with busy, active lifestyles. Patients can expect to see dramatic results within a very short time including an even, luminous complexion and younger looking skin.

The Pixel Laser, the next generation of laser, helps to improve skin texture, tone, and firmness, softens wrinkles, reduces pore size and scars and helps to eliminate deep pigmentation including age spots and dark circles under the eyes. Pixel lasers are state-of-the-art technology that fires a laser beam which then splits into many microscopic beams onto the skin. The laser pulse creates several tiny dots or “pixels” of treatment zones. This removes the epidermis and upper dermis, but leaves surrounding tissues untouched. The treated pixels trigger the body’s natural healing process stimulating the growth of new healthy skin tissue and increased collagen formation. Pixel lasers penetrate skin tissue less deeply than a Fraxel laser and therefore do require multiple treatments for optimal results. Recovery time for the pixel laser is from three to seven days. A significant advantage of the Pixel laser is that it has no topical anesthetic creams or gels are necessary for treatment. Most patients describe treatment as a mild heat sensation with no real pain. The skin will continue to improve for up to 6 months after treatment. Common areas treated include the face, neck, chest, thighs, hands and arms.

Laser skin resurfacing treatments can also be combined with other cosmetic surgical procedures to enhance the end result, including face lift, fat grafting, rhinoplasty, eyelid lift, brow lift, chemical peel, dermabrasion, chin enlargement, nose reshaping, fat suction, cheekbone enhancement, augmentation/enhancement of lips, reduction of earlobes, etc. Peninsula Plastic Surgery can customize all skin resurfacing treatments to fit your needs. If you would like to learn more about whether laser skin resurfacing is a good treatment for your skin, you can schedule a facial rejuvenation consultation with Doctors Perrotta and Pellegrino at Peninsula Plastic Surgery.

Peninsula Plastic Surgery, P.C.

As the largest organ of the body, our skin is continually in the process of rejuvenating itself.

However, as we get older and receive cumulative exposure to the sun, stress and even pollution, our skin can begin to appear wrinkled and blotchy. The signs of aging include lines, wrinkles, age spots and skin laxity of the face, neck, chest, arms and hands. While having surgery can help to correct the positioning and downward droop of aging facial tissue, it cannot restore the skin’s once youthful glow. Laser resurfacing of the skin can help to remarkably diminish the appearance of wrinkles, acne scars and sun damage to reveal a younger, fresher appearance. Laser skin resurfacing is an ideal treatment for those who do not want to undergo a full face lift surgery or for those with specific trouble spots. Laser skin resurfacing treatments are non-invasive, cosmetic procedures that only involve exposing the skin to intense bursts of laser or light for fractions of a second. This intense exposure encourages new growth in the dermal/epidermal layer of the skin. As recognized experts in facial rejuvenation and laser skin resurfacing, the board certified surgeons at Peninsula Plastic Surgery offer several different treatment options utilizing the latest advances in laser technology.

The Body Lift

For these more mature individuals, the only truly effective enhancement of lips, reduction of earlobes, etc. can be a substitute for a laser eyelid lift. Skin resurfacing with Fractional CO2 Laser produces natural-looking results with minimal downtime and a low risk of side effects. It can improve a variety of skin conditions and remove years from your appearance in as little as 30 minutes. It will help to generate new collagen to provide firmer, more youthful looking skin. Fractional CO2 laser treatments are safe on almost all skin types and effective for the face, neck, chest, arms and hands. Generally, only one treatment is necessary for the vast majority of patients.

Fraxel Laser

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Breast Cancer Awareness

From Left to Right in the back is Dr. Lee H. Eschbach, DO, Dr. Steven Beren, MD seated, Dr. Vincent B. Killeen, MD, A.C.O.G and Dr. Tabitha F. Perry seated

By Dr. Vincent B. Killeen M.D. F.A.C.O.G.

As National Breast Cancer Awareness Month, October 2012, approaches, we at Bayside Health Associates in Lewes and Georgetown Delaware felt it appropriate to review with our patients and readers the role of breast health in our day to day lives.

Nearly 10% of American women will develop breast cancer in their lifetime. This is staggering, and should present pause for each woman, no matter her age, race, body type or history to have a heightened index of suspicion for any and all breast tissue changes.

We as healthcare providers at Bayside Health impart to our patients risk factors each and every woman should be aware of in their lifetime. Patients and provider knowledge of risk factors may aid in the search for causes and treatment clues. Using these markers of “substantial excess risk” we are able to direct attention to women at high risk for breast cancer.

Identification of alterable risk factors such as elective of long term hormone use, smoking, excess alcohol consumption, physical activity and dietary composition that leads to many diseases including obesity promises the potential for prevention.

Coupled with the alterable risk factors, are the non-alterable risk factors. These are the risk factors we have no control over such as age, family history, menarche (start of menses), age of menopause (hormonal based change of life), personal history of breast cancer, no full term pregnancies, late age at first full term birth (>32), never breastfed.

Within the United States, the incidence of breast cancer is higher for whites than for backs. It is also higher for Jews in the United States. In general the incidence and the mortality (death from disease) from breast cancer are higher in the Western world than in the developing countries. The lowest rates are seen in Asia and Africa.

As with all diseases, age plays significant role. Most breast cancers occur in women over the age of 50.

A consistent observation is that women who have a first degree relative (mother or sister) with breast cancer, experience a twofold to threefold increase in their breast cancer risk. This also holds true for the women with first degree relatives with other gynecological cancers as it relates to personal breast cancer risks. Those with mothers or sisters who have had uterine, ovarian or colon cancer have a 2.5% increased risk for breast cancer.

Recently there has been quite a bit of attention paid to a genetic component, and gene testing in the high risk groups. This gene testing looks at the protective effect the BRCA1 and BRCA 2 genes provide. Should a woman inherit a defective BRCA1 or BRCA 2 gene, the may have up to an 80% chance of getting breast cancer during their lifetime. Talk to your doctor about these tests.

Another gene that being tested is the HER2 gene, a relative of human growth hormone. It is felt that “amplification or over-expression” of this gene occurs in approximately 30% of breast cancers, and is strongly associated with recurrence and or a worse prognosis.

Menstrual history is an important consideration when looking at the individual patients risk for breast cancer. Most studies show a 1.5 to 2 fold increased risk associated with early menarche as opposed to later menarche (start of periods). By the same token, later onset of menopause (after the age of 55) has been associated with an increased risk of breast cancer. Conversely, early menopause, whether naturally (premenopause failure) or surgically by removing the ovaries, decreases the risk by about 40% to 50%.

Childbearing and lactation have both consistently been observed to play a role in the risk ratio of breast cancer. Nulliparity (no children) and late age at time of first birth both are related to an increased risk of breast cancer. Similarly, multiple full term pregnancies are related to a lower risk ratio. The mechanism for this is unclear, but thought to be related to the fact that during pregnancy breast cells grow and reach full maturation quickly which renders them less sensitive to carcinogens. A longer period between first period and first pregnancy increase the time the breast mature, possibly providing an extended period of sensitivity to carcinogens. Breast feeding also shows a decrease in the risk of breast cancer.

Hormonal exposure while controversial must be considered a relative risk factor in the occurrence of breast cancer. This is based in the mere hormone exposure while controversial must be considered a relative risk factor in the occurrence of breast cancer. This is based in the mere fact that first, breast cancer is primarily a disease of women, and secondly, its age pattern reflects hormonal events (menarche, pregnancy, menopause). Hormonal exposure is noted to be produced one of two ways, endogenous (produced by the body in the body) and exogenous (produced outside the body but used by the body). The two prime examples of these exposures are obesity and hormone therapy.

Obesity increases the circulating estrogen of a woman, in that estrogen is stored and to some degree produced in fat tissue. The more the fat the more estrogen the body produces. In general the greater the circulating estrogen. Other examples would be tumors that produce estrogens.

Hormone therapy whether in the form of the birth control pill or menopausal hormone replacement therapy are examples of exogenous estrogens. We have all read the statement and subsequent retraction of the Women’s Health Initiative Study put out by the N.I.H. 4-5 years ago. Most studies suggest that any increase in risk is slight and declines rapidly after cessation of use.

So how do we at Bayside Health instruct our patients to increase their breast health awareness? First and foremost, self-breast exam. This should be done at the same time every month. If your patient is still having her menses, we tell them to only check their breasts after their menstrual period, not before or during. It is during this check they should compare their exam to the previous exam noting any changes in discomfort, texture, skin color, discharge, temperature, and difference in size or shape. For those women on the birth control pill, the first row is the best time to do the exam, with day 7-9 being the optimal days. This is when you are hormonally at the lowest point and the breasts are the easiest to examine. For those women without menses, pick a date, your birthday for instance. If you birthday is March 17, then try to do your exam the 17th of each month. It is this way that the comparison from month to month will have merit.

Most importantly, do a breast exam 6-8 times a year. Every day, every shower etc. is of no worth since your breasts are glands and change day to day. This is why we have you do the exam on a schedule. Don’t sweat it if you miss a couple of months, just try to get in 6 a year.

Yearly breast exams by your gynecologist or primary care physician is an absolute, if they do not examine your breast, demand it or ask for a referral to a specialist.

Mammograms done at age 40 – 5 years are noted to reduce breast cancer mortality by 25%. Women 65 and older whose life expectancy is not compromised by comorbid disease should continue to be screened and the benefits of regular mammography may increase with age.

Your physician may want to use other modes to accent the mammogram, they may come in the form of CT, MRI, PET scans, ultrasound guided biopsies, stereotactic biopsies, open biopsies or sentinel node biopsies.

Should your provider discover a cancer, many different treatment options are available and this field is growing rapidly. In general, the treatments include radiation therapy, chemotherapy, surgery or combination of these.

Surgery is usually in the form of lumpectomy or modified mastectomy or mastectomy.

Hormone therapy offers three arms of therapy. The first is chemotherapy to block the effects of estrogen. The mainstay of this arm is tamoxifen, which is for women with estrogen sensitive breast cancers. The second are the aromatase inhibitors. These therapies block estrogen from being made. Third are the biologic therapies for the HER2 positive patients. The chemotherapy used here is Herceptin.

The numbers of factors that are associated with the risk of breast cancer are indeed large. While none of these risk factor alone or together will absolutely tell who will have breast cancer and who will not. They serve as a reminder that this is a disease process that you DO have some control over through diet, life style choices, yearly checkups, low index of suspicion. Never take a chance with your breasts. We at Bayside Health always stress to our patients that any breast change no matter how inconsequential should be seen by a qualified healthcare provider within a short period of time.

Remember that the potential for prevention of breast cancer remains great, but it takes the willingness of the patient to not avoid changes to her breast, no matter how small.
Kay Meade, 20-Year Volunteer, made Delaware Hospice’s Camp New Hope her Breast Cancer Treatment Finish Line!

Kay Meade, 20-Year Volunteer, made Delaware Hospice’s Camp New Hope her Breast Cancer Treatment Finish Line!

Kay Meade’s two children, Andrew and Amanda, who benefited from Camp New Hope when they were young, have served as counselors and also provided music for several years at Kent and Sussex County’s Camp New Hope.

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The County Woman Newspaper
CoolSculpting Non-Surgical Fat Removal

Michelle Parsons, MD
is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery, and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons specializes in Bio-Identical Hormone Therapy and treatment of Thyroid disorders as well as Aesthetic Medicine and Laser Medicine.

The biggest trend in cosmetic surgery for 2013 is the expansion of non-invasive body contouring technology, the best of which is CoolSculpting, which is now available at Renove Medical in Rehoboth Beach. CoolSculpting is an FDA-approved, non-surgical device that uses precisely controlled cooling to destroy fat cells, thereby eliminating unwanted love handles, bra rolls, and stomach fat. Arms and legs can be treated as well. Unlike some other non-surgical technologies that release fat from fat cells, such as VaserShape and Lipo, CoolSculpting destroys the fat cells thereby eliminating treated fat permanently, as our body does not make new fat cells. CoolSculpting is a unique non-surgical treatment for removal of fat from localized pockets of excess fat. This non-invasive procedure represents an alternative to surgical liposuction by using a novel cooling technology that permanently removes fat cells from treated areas.

How does CoolSculpting Work?
The technology behind CoolSculpting was developed by Harvard scientists who noted that fat was destroyed by cold under certain conditions. CoolSculpting is a result of their efforts to harness and refine this application of cold to selectively remove unwanted fat deposits in a safe manner. During a treatment, your unwanted fatty area will be pressed and chilled to a temperature 12 degrees above freezing. At this temperature the fat within fat cells crystallizes. When the fat within the cells crystallizes, it damages and kills the fat cell. Skin and other tissue is not damaged as the water in other cells is not crystallized, only fat. The body will then eliminate the killed fat cells over time. The best news is that we do not make new fat cells. Fat cells merely get bigger or smaller as they store more fat or lose fat. So in essence the fat removal from CoolSculpting is permanent. And we have seen instances of patients who if they gain weight, the weight will not return to the treated areas.

What are the most common areas to be treated?
Many people on a weight loss program continue to have stubborn hard to lose areas, no matter how much dieting, sit ups or weight they lose. Such stubborn areas are typically around the abdomen, the love handles and inner thighs. Once you are over forty, losing fat in these areas is extremely difficult. These are the areas that CoolSculpt can address. Basi- cally if there is an area you can pinch several inches, that area can be treated and eliminated by CoolSculp. Most of our patients are interested in losing fatty areas in the upper and lower abdomen, the muffin top, waist, brat fat, back fat, love handles, and “mommy pooches.” We can also treat arms, thighs and saddle bags.

Are there any side effects from CoolSculpting?
The side effects from a CoolSculpting treatment are minimal. It is possible to have bruising after the treatment, which resolves in a week. It is common to have numbness or decreased sensitivity in the treated area lasting 1 to 2 weeks. In some instances patients will develop a burning tingling sensation 5 days after the treatment which can be controlled with a Lidoderm patch. There are virtually no long term negative side effects.

What does CoolSculpting feel like?
Our treatment room is very comfortable where you will relax on a padded recliner. When the CoolSculpting is applied to the fatty area to be treated there is a sensation of pulling that feels slightly uncomfortable for the first 5 to 10 minutes. Gradually this sensation lessens to the point during the treatment any uncomfortable sensation is minimal. There seems to be a natural endorphin release during the treatment so patients are very relaxed during the treatment, which takes an hour. Some people have fallen asleep during the treatment! A typical treatment session lasts between 1 and 3 hours, depending on how many areas are treated. During the treatment, we have Netflix available so you can watch a movie or catch up on your favorite television program. Busy moms find this time to themselves a real treat! We also have Wi-Fi.

How quickly do people see results?
After a CoolSculpting treatment, the fat cells are actually killed and will be eliminated by the body over time. Many report seeing changes in as little as 3 to 4 weeks. The full benefit will take as long as 60 to 90 days.

How long do results last?
Once the fat cells are frozen, killed and naturally eliminated by your body, the results are permanent. You can still gain weight in other areas if you over eat and don’t continue to try to remain fit.

If you are interested in learning more about CoolSculpting and would like to see if you are a good candidate for this effective treatment to lose unwanted fatty areas, please call us today to set up an appointment to meet with Dr. Michelle Parsons at Renove Medical, Health Rejuvenating Spa, in Rehoboth Beach, 302-227-1079. We will be offering an introductory Special this season, so please inquire.

Michelle Parsons, MD
Renove Med Spa
416 Rehoboth Avenue
Rehoboth, Delaware
For appointments please call
302.227.1079
www.RenoveMedSpa.org
Renove.Rehoboth@gmail.com
Dr. Tracy Hudson

Dr. Hudson is a ’95 Cape Henlopen High School graduate and continued her educational career at the University of North Carolina at Wilmington where she completed her Bachelor’s degree in Physical Education. While attending UNCW, Dr. Hudson suffered an injury playing softball and she sought treatment with a local chiropractor. After a few adjustments, Dr. Hudson was back on the field. Now being a true believer, she decided to further her education in the natural healing art. She attended Life University in Atlanta, GA for 3 years, and then transferred to Texas Chiropractic College in Houston. After graduating in 2004, she moved to Clearwater, FL, where she was in private practice for 8 years. During that time, she also became a Fellow of the International Academy of Medical Acupuncture. She has now moved back to her hometown to share her love of chiropractic with our community.

Dr. Tracy Hudson

As a chiropractor for nearly 10 years, I believe a health body begins with a healthy spine. This is how it works: the spinal column is made up of moveable vertebrae that encase and protect the spinal cord, the key communication pathway between the brain and every cell, tissue and organ in the body. When the spine is not aligned or moving correctly, this vital nervous system pathway can become compromised. Chiropractic doctors call this vertebral subluxation. Because spinal alignment and function can affect the nervous system, and since the nervous system directly communicates with the body’s other systems, including the immune response, the health of the spine can play a significant role in the ability of the body to be healthy.

As a chiropractor for nearly 10 years, I have witnessed profound health changes in patients who choose to try to correct abnormal alignment and function of their spines. Chiropractors call this Chiropractic Corrective Care. It involves a program of precise spinal adjustments combined with specific spinal rehabilitative exercises. The goal is to improve the actual structure of the spine through “remolding” its tissues to work correctly. The result of Chiropractic Corrective Care is the body is now provided an opportunity to regain a more optimum level of health. As proper spinal function is restored, patients may experience improvement in many areas of their health, not just headaches, neck and back pain, but digestive problems, energy, poor sleep, chronic colds and flu and so on. The effect this can have on their lives is enormous. Their work performance improves, they can get back to doing the things they love doing, and they are happy again and excited about life.

If you are interested in learning more about The Big Picture and corrective chiropractic care, call today to set up an appointment with Dr. Tracy Hudson at Henlopen Chiropractic Center in Lewes. Also, keep us in mind for your non-invasive diagnostic technique known as Digital Infrared Thermal Imaging (DITI), used to aid in early detection and monitoring of abnormal physiology in your breast tissue. DITI uses an infrared scanning device to visualize and quantify changes in skin surface temperature. This 15 minute procedure is designed to improve chances for detecting fast-growing, active tumors in the intervals between mammographic screenings or when mammography is not indicated by screening guidelines for women less than 50 years of age. We are offering this screening in our office beginning September 25, and will be done on a quarterly basis. Appointments are filling up fast, so call us today to schedule!

Beautiful bedside manner...

Dr. Tracy Hudson takes her time and listens to her patients! She is warm, intelligent, and highly skilled in her field. She has the perfect combination of strength and gentleness in her hands! I firmly believe that Dr. Hudson’s adjustments have not only improved my overall health, but have helped my lower back pain tremendously. I can now run 5ks and play 18 holes of golf with little to no discomfort! She has a delightful sense of humor and is wonderful with kids as well as adults. Dr. Hudson has a refreshing holistic approach to wellness and a beautiful bedside manner!

Judy H.
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STEVE HAYES VISITS THE BODY SHOP FITNESS CENTER

For over 25 years The Body Shop Fitness Center has provided a truly unique fitness environment in downtown Rehoboth. Most Rehoboth Beach residents and vacationers have had some type of fitness experience with the Body Shop. Whether you did a day pass in the summertime, or have been training with Adam for years, the Body Shop experience stays with you. One of our favorite customers, Steve Hayes, caught the Body Shop bug in the late 80s. In the early days, the Body Shop was a small facility directly on the Boardwalk and catered to lifeguards, bodybuilders, and was only open as a seasonal business. Today, Steve works as a fitness professional, and often times reminisces about the old days and describes how much the industry has changed in Rehoboth Beach. While promoting his “Hayes Way” brand, Steve recently asked the Body Shop crew to help him film one of his upcoming fitness segments on NBC 4. In this segment, Steve focused on utilizing the beach environment to help promote health and fitness. For more information on Steve Hayes or the “Hayes Way” fitness brand, please visit www.thehayesway.com. To schedule a fitness workout on the beach, or for membership options, contact Adam. Adamtrainz@aol.com (302) 745-4622
ROSEANN MCGEEHIN
“It’s never too late...”

Co-owner Roseann McGeehin is a testament to the notion that “it is never too late to start working out.” Having never exercised until she was in her 40’s, Roseann got interested in fitness while visiting Canyon Ranch in the Berkshires. This eventually led to her purchasing the Body Shop in late 2004 and partnering with Adam Howard to provide an attentive and professional atmosphere to fitness at the beach. Roseann is certified as a personal trainer, Zumba instructor, and is available for fitness consults. The Body Shop Fitness Center now offers a full service group fitness studio in their downtown Rehoboth location. If you are interested in our group fitness class schedule please visit www.bodyshoprehoboth.com. To learn more about Roseann’s story, and how you can achieve your health and fitness goals at any age, please contact Roseann at rmcgeehin@aol.com.

(302) 226-0920 • www.bodyshoprehoboth.com
Chronic pain is a multi-billion dollar problem that affects up to 30% of the adult population in the US and accounts for up to 9% of all health care expenditures annually. Of those pain conditions diagnosed, Lumbar Spinal Stenosis (LSS) is commonly diagnosed and physically characterized in patients by low back and leg pain resulting in an impaired ability to walk.

LSS is the most common indication for spinal surgery in patients older than 65 years and is the primary diagnosis in 30% of all steroid injection procedures. It is an age-related disease resulting from many variables such as the degeneration of the intervertebral discs and facet joints, bulging disc, herniated disc, scar tissue, excess ligament tissue or excess bone growth. These degenerated sections of the spine cause compression of nerve roots and narrowing of the spinal canal which symptomatically presents itself as pain from the lower back region that radiates into the buttocks and lower legs. The condition is aggravated after extended periods of walking or standing that can lead to leg cramps that may seem to be caused by poor circulation of blood in that region. This is not the result of poor blood circulation, but rather it is caused by nerve root compression or what is referred to in medical literature as lumbar spinal stenosis.

A New Treatment Option
Minimally invasive lumbar decompression (MILD) is an FDA cleared procedure that requires no general anesthesia, no implants, no stitches, and is on which patients can leave the office the same day the procedure is performed. Its results are outstanding with 79% of patients experiencing significant reductions in pain, increases in mobility, and a drastic decrease in the number of pain procedures necessary for LSS post-MILD treatment.

Thus, in addition to providing an effective, safe, noninvasive method to treat chronic back pain and impaired ambulation resulting from LSS, MILD decreases the consumption of limited health care resources.

A recent study conducted at the Loma Linda University Medical Center indicated that there was a 45% reduction in time spent in specialty care and a fourfold decrease in the number of interventional pain procedures performed on patients with LSS after they received the MILD procedure (Wang, 2013).

How Does it Work?
MILD uses an imaging machine and specialized tools to remove small pieces of excessive ligament tissue through a small incision the size of a baby aspirin. Only the areas of the spine in which the nerve is compressed are removed, freeing up space for the nerve roots and unpinching them. Most patients are able to resume everyday activities within a few days following the procedure and are able to enjoy the comfort of returning home the day their procedure is performed.

Dr. Alan Gonzalez-Cota graduated from the University of Michigan, completing his residency training in Anesthesiology and receiving the Peter J. Cohen award. Subsequently, he underwent subspecialty training in Pain Medicine. He is a board-certified physician who has received many national awards for his research in anesthesiology and pain medicine. His area of clinical interest is interventional pain medicine, including spinal cord stimulation, peripheral nerve stimulation, and MILD procedure. He has been performing the aforementioned MILD procedure at Beebe Hospital Outpatient Radiology Center for the last one year and has had an outstandingly high success rate in relieving pain.

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Dr. Alan Gonzalez-Cota M.D.
Dr. Ajit Shrestha M.D.

Dr. Manonmani Antony, Dr. Alan Gonzalez Cota. Back: Jennifer Rahn PA-C, Dr. Ajit Shrestha, Jack Byrd PA-C

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We all have those “moments.” You go to get something from another room, but then forget why you’re there. Or, you’re rushing to get out the door and you can’t find your keys. You quickly retrace your steps in your mind and eventually find them.

These scenarios are pretty common – but does it mean you have Alzheimer’s?

First, Alzheimer’s, the most common cause of dementia, is a fatal, degenerative brain disease that causes severe memory loss, behavioral, personality and other changes. It affects more than five million people in the United States, including an estimated 200,000 younger than age 65 – some as young as 30.

Alzheimer’s is also the nation’s sixth-leading cause of death – ahead of cancer and heart disease – and is the only leading cause of death without a way to prevent, cure, or even slow its progression.

According to the Alzheimer’s Association’s 2013 Alzheimer’s Disease Facts & Figures report, deaths from other major diseases, such as HIV/AIDS and stroke declined significantly between 2000 and 2010, while Alzheimer’s deaths increased 68 percent during the same time frame.

The report found one out of three seniors dies with Alzheimer’s or another dementia in the U.S. Meanwhile, every 68 seconds, across the country, someone else develops Alzheimer’s.

The Alzheimer’s Association Delaware Valley Chapter, which serves Delaware, South Jersey and Southeastern Pennsylvania, estimates as many as 26,000 Delaware residents have Alzheimer’s or related disorders such as Lewy body, Frontotemporal, and others.

The Alzheimer’s Association Delaware Valley Chapter, which serves Delaware, South Jersey and Southeastern Pennsylvania, estimates as many as 26,000 Delaware residents have Alzheimer’s or related disorders such as Lewy body, Frontotemporal, and others.

So, how can you tell if your forgetfulness is normal? Here are the Alzheimer’s Association’s 10 Warning Signs of Alzheimer’s:

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer’s is memory loss, especially forgetting recently learned information. What’s typical: Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to follow a familiar recipe or keep track of monthly bills, taking much longer to do them, and having difficulty concentrating. What’s typical: Making occasional errors when balancing a checkbook.

3. Difficulty completing familiar tasks at home, at work or at leisure. People with Alzheimer’s often find it hard to complete daily tasks. What’s typical: Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with time or place. People with Alzheimer’s can lose track of dates, seasons and the passage of time, or have trouble understanding something if it is not happening immediately. Sometimes they’ll forget where they are or how they got there. What’s typical: Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships. Some people might have difficulty reading, judging distance and determining color or contrast. They might pass a mirror and think someone else is in the room, or might even not realize they are the person in the mirror. What’s typical: Vision changes related to cataracts.

6. New problems with words in speaking or writing. People with Alzheimer’s may have trouble following, joining, or continuing a conversation. They might repeat themselves, struggle with vocabulary, or call things by the wrong name (e.g., calling a “watch” a “hand-clock”). What’s typical: Sometimes having trouble finding the right word.

7. Mislacing things and losing the ability to retraces steps. A person with Alzheimer’s disease might put things in unusual places, lose things and can’t go back over their steps to find them again. Sometimes, they’ll accuse others of stealing, which might occur more frequently over time. What’s typical: Misplacing things from time to time, such as a pair of glasses or the remote.

8. Decreased or poor judgment. People with Alzheimer’s can experience changes in judgment or decision-making when dealing with money, giving large amounts to telemarketers, for example. They might pay less attention to personal grooming/hygiene. What’s typical: Making a bad decision once in a while.

9. Withdrawal from work or social activities. Someone with Alzheimer’s might start to remove themselves from hobbies, social activities, work projects or sports because they can no longer keep up with a favorite sports team or remember how to complete a favorite hobby.

What’s typical: Developing specific ways of doing things and becoming irritable when a routine is disrupted.

To learn more about Alzheimer’s and/or resources, contact the Alzheimer’s Association’s 24/7 Helpline at 800.272.3900 or visit alz.org/desjsepa.
Atrial Fibrillation and the New Generation of Blood Thinners:
Some interesting facts and questions you might ask yourself and your doctor.

By R. Alberto Rosa, M.D., FACC

Dr. Ramon Alberto Rosa is a graduate of the University of Santo Domingo in his native Dominican Republic. He completed his post-graduate medical education at the University of Pennsylvania Graduate Hospital in Philadelphia with a residency in internal medicine (1991-1994), Chief Medical Resident (1994-1995), and cardiology fellowship (1995-1998).

Dr. Rosa has practiced cardiology in Sussex County since July 1998. He has served as Medical Director of the Cardiac Catheterization Laboratory and as Chief of the Department of Cardiology at Beebe Medical Center in Lewes, DE. Dr. Rosa is trained in non-invasive cardiology, Nuclear Transesophageal Echocardiograms, as well as invasive diagnostic procedures and pacemaker implantations. Dr. Rosa is board certified by the American Boards of Internal Medicine and Cardiology. He is also a Certified Aviation Medical Examiner and is Board Certified in Nuclear Medicine.

You might have heard a lot about Atrial Fibrillation lately. This most common abnormal heart rhythm is associated with high risk of stroke, especially in the aging population. The reason for this is the propensity of blood clots to form in the upper chambers of the heart, also known as atria when the heart rhythm is irregular, which is the hallmark of this disorder. Those tiny blood clots, called thrombus in the medical language often times leave the heart chambers and travel through the arterial circulation and frequently lodge in the brain arteries occluding the blood flow to a certain area of the brain and causing a “brain infarct” also known as a thrombotic stroke.

People with atrial fibrillation have a five fold increase risk of stroke, per year than the general public without this problem, and this is a cumulative risk. This is especially true after age 65, and even more so if the individual has high blood pressure, diabetes, a history of congestive heart failure, a prior stroke or mini stroke or other types of vascular disease. The strokes associated with atrial fibrillation tend to be more severe, that means, more frequently cause permanent disabilities or even death.

A very important component of treating patients with atrial fibrillation is the use of blood thinners, also called anticoagulants. For the past fifty plus years the only available medication for this purpose has been warfarin, popularly known as coumadin. This drug has proven to be highly effective in preventing strokes and other blood clots related problems. Medical studies have concluded that warfarin can reduce strokes by about 64% in patients with atrial fibrillation. However, in spite of this impressive statistics, this drug have been criticized and given derogatory names ("rat poison" is a common one) and blamed for complications such as bleeding, and particularly the cumbersome need for relatively frequent and rather permanent blood tests to monitor its efficacy. In addition, there are multiple interactions between warfarin and other medications and foods, especially green leafy vegetables.

For many years, medical researchers have been looking for effective alternative drugs to the, until recently, only available oral blood thinner. In the past two to three years at least three other medications have received FDA approval for use in the US in patients with this common irregular heart beat to prevent strokes. In order of arrival to the US market, these drugs are dabigatran (Pradaxa), rivaroxaban (Xarelto) and apixaban (Elquis). They belong in a category of truly revolutionary new medications in the field of cardiology and in medicine in general for the prevention of blood clotting disorders especially stroke prevention in atrial fibrillation, not related to a heart valve disorder.

With some subtle differences, these three medications have demonstrated at least equal efficacy as warfarin in comparative studies and in some cases they have shown to be superior drugs in preventing blood clots. In addition, there has been a demonstrated reduction of other complications such a brain bleeding with the use of these newer drugs.

One of the major advantages over warfarin is the no need to worry about those constant blood monitoring tests and the less interaction with other medications or foods.

Of course, they are no perfects drugs either. They are definitely more costly and they are not free from potential side effects, including bleeding, stomach upset or allergic reactions, among others.

Considering that atrial fibrillation continues to increase in prevalence, as our population ages, to the point of approaching 10% of people 80 years or older it is likely that many more Americans will be candidates to using these drugs. It is important to have a good conversation with your doctor if you or your love one has this common rhythm disorder about the importance of preventing a stroke or a blood clot related problem.
Walking in the path of the Shaman

Enrollment is now open for the Fall 2013 Shamanic Core Class

In ancient times, most people were unable to deal directly with the energies of the other worlds. Survival was difficult. Few others could be spared to explore the wisdoms of nature. Today we have evolved in our brains and in our environment to a place of mass communication and technologies that gives us freedom to learn. We can now turn our minds and hearts back to the messages of nature.

The path of the Shaman is the path of the self in its deepest connection to nature, allowing us to deal with the purest forms of nature’s energies and elements as we stand centered and balanced at their core.

Shamanism taps directly into the purest forms of nature’s energy dealing with the elemental forces of Air, Fire, Water and Earth. This allows the Shaman to become a channel of the energies of Earth, Nature and Spirit. The Shaman travels the Upper World of the Sky Journey, the Lower World of the Earth Journey and the Middle World of Human Kind Journey; all the while staying centered and balanced in all worlds, energies and vibrations as they all connect on the path of the Shaman. The quest of the Shaman is to achieve attunement with these Vibrations and to develop a familiarity with Spirit.

As Shamans we are mappers, charting our own path. Some of us will travel only for ourselves and that will be enough. Some of us will travel to heal and teach, hoping to catch sacred wisdom to share. We share our soul because the soul of the Shaman is the soul of nature. Shamanism has begun to reemerge in the world today. The Shaman revered in antiquity and ridiculed in an age of technology is being viewed with a new and renewed interest. The path of the Shaman arises to connect us back to mother earth and her healing abilities.

The Medicine Woman is pleased to offer the Fall 2013 Shamanic Core Classes

This class will cover:

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• Ancestor Work • Building and Walking your Medicine Wheel
• Shamanic Healing Techniques

Building a Working Relationship with Totems • Ceremonial Work

Cost: $550.00 one time fee or $200.00 a month for three months.

Please call 302-645-8369 or visit TerriPippinTheMedicineWoman.com for Information

Testimonials

Terri’s spring class was full of knowledge and hands-on training. Her class had a profound effect on me and has set me on a journey that I look forward to each and every day. I have grown as a person in mind, body and spirit and feel at peace with myself. Her expertise is outstanding and I am grateful for her powerful gifts as a teacher and healer.

Claudia A, Holistic Spa Owner in Rehoboth Beach, DE

I attended the Spring Shamanic Core Class, and loved every session. From start to finish, the intensive never failed to constantly bring growth opportunities where I personally needed them, while opening my eyes to realms I never knew existed. I can not say enough great things about how well-developed the training was as a whole, and how much we can all learn from both the extensive experience Terri brings as a Shamanic teacher & healer, as well as the knowledge we learn is inside of us waiting to be brought forth by such a wonderful program. I would recommend this training to anyone who is contemplating this journey.

T. Rece Marie, Owner ~ Beatrix Crow

The Shamanic Core Class opened my being to a new world. I continue to grow spiritually on many levels in ways that I could not have previously imagined. Terri is a wonderfully gifted Shaman and an equally fantastic guide for learning the Shaman way.

Nate Metz, Author, Artist
i-Lipo is the revolutionary laser system that incorporates low level laser technology (LLLT) to deliver targeted fat reduction and body contouring results in as little as 20 minutes, without pain and without dieting. i-Lipo stimulates fat cells to naturally break down their stored triglycerides, shrinking the fat cells to deliver immediate body contouring results. i-Lipo is the first direct skin contact laser device designed for fat reduction and body contouring to receive FDA approval for circumferential reduction.

The award winning i-Lipo laser from offers you a safe and effective means to achieve immediate and measurable inch loss. i-Lipo uses low-level laser technology (LLLT) to stimulate the body's natural process for releasing its stored energy from adipose tissue, shrinking those fat cells and delivering the body shaping results.

The human body stores excess calories from your diet in adipose tissue. When needed, those fat cells will break down their stored triglycerides (triglycerides are the way fat is stored inside the fat cells) into free fatty acids, glycero-ol and water, providing the body with energy during times of scarcity. That same metabolic process that is induced hormonally by the brain can also be triggered by low-level laser energy delivered by i-Lipo.

i-Lipo is a revolutionary, non-invasive body shaping and cellulite reduction technology offering convenient, safe and pain free body contouring in as little as 20 minutes, without surgery and without downtime.

Clinical studies have confirmed the efficacy of the LLLT and the i-Lipo laser to deliver body contouring results. Two treatments per week for four weeks are recommended. All parts of the body can be treated where fat is stored, including the waistline, thighs, arms, legs, and even under the chin. Patients typically report a 10% inch loss reduction following a treatment regimen.

i-Lipo is the first direct skin contact laser device designed for fat reduction and body contouring to receive FDA approval for circumferential reduction. Based on results from a recent double-blind, placebo-controlled, randomized study of 34 volunteers, the FDA found that over 70% of participants experienced significant inch loss.

How can we make weight loss easier?
If we need to focus on 1 or 2 things to make your weight loss efforts more successful, that would be Insulin and Leptin.

Insulin is a hormone produced by the pancreas, and is central to regulate carbohydrate and fat metabolism in the body. Most importantly, insulin is one of the main factors that decide whether fat will be stored or burned. When insulin levels are high or when its effects are strong in the fat cells, we not only tend to store fat, but also, it makes it more difficult to release the fat from the adipocytes (fat cells). One of the main problems we see in obese people is “Insulin Resistance”. Many obese people have selective resistance to the effects of insulin in the liver and muscle, but not in the fat cells. In response to this resistance, the pancreas tries to overcompensate by producing more insulin. Unfortunately, more insulin means more fat storage and less fat burning.

Leptin (Greek leptos, meaning thin) is a hormone produced in the adipose tissue that plays a key role in regulating energy intake and energy expenditure, including appetite/hunger and metabolism. Leptin works in our brains (hypothalamus area) to control appetite, food reward/pleasure, and metabolism. As long as Leptin works well, we should not have aberrant eating behaviors. The problem is that, most obese people have “Leptin Resistance”, meaning, Leptin cannot do its job in the brain. The consequences of Leptin resistance are higher appetite, abnormal food reward, slower metabolism, and higher risk to develop and addiction to food.

Leptin resistance can be caused by hyperinsulinemia (high insulin levels), hyperglycemia (high triglyceride levels), systemic inflammation (high CRP), high levels of TNFalpha, high fat diets, and high sugar (fructose) diets.

So, that’s weight loss 101. At Healthy Outcomes Weigh Loss Center we analyze all these factors and many more (hormone testing, medication use, physical activity level body composition analysis, metabolic rate testing, etc). We look at every possible factor that can contribute to Insulin/Lep- tin resistance, abnormal metabolism, fat storage/growth etc. Once we identify all the factors that are making you store fat, or blocking your ability to burn fat, we fix them with the proper nutrients that will correct the problem. The good news is that most these problems can be fixed with the proper dietary intervention. This will not only increase your chances of success, but also lower your chances of regaining your weight after you lose it.

Losing weight is personal
Because every body is unique
Healthy Outcomes provides you with a...  
- Physician-directed weight loss plan  
- Comprehensive assessment of your metabolism  
- Intensive plan tailored to your body and current medical conditions  
- Personalized plan to help you lose weight safely and give you an overall healthy outcomes for life

Dr. Habibollahi Alavossan is Board Certified in Bariatric Obesity Medicine having certified in the nation in top 10% for his bariatric medicine board exam.
According to the U.S. Environmental Protection Agency, we are currently being exposed to over 85,000 commercially used chemicals. These chemicals come in the form of air pollution, chemically-treated drinking water, high processed food, food additives that the body cannot digest, preservatives, pesticides, herbicides, fungicides, heavy metals, beauty products, and various other products we buy. These chemicals find their way into the environment and our bodies. The Center for Disease Control now reports that up to 95% of all chronic illnesses are caused by toxins and pollutants that are in our bodies. When there are excess toxins in our bodies, it is very hard to maintain adequate energy. Energy starts with our cells. Cells, when imbalanced, hinder the body’s functions that facilitate the healing process. Some symptoms of toxic overload include: frequent colds, sinus congestion, excess mucous, sore throat, fatigue, skin rashes, hives, headaches, diarrhea, constipation, inflammation, aches and pains, and depression.

The human body has the unique capability to heal itself; and, although the human body was designed to handle toxins, our modern environment is contaminated to the point of saturation. Due to the high concentration of contaminants, most people need assistance in getting rid of these toxins from their body. One method of doing such is the Ionizing Footbath, a process that utilizes osmosis to remove impurities from the body.

During an Ionic Footbath, you soak your feet in warm, relaxing water with a small amount of Himalayan salt crystals for approximately 30 minutes. After turning the machine on, millions of ions enter your body, which begins the neutralization of tissue acid waste. A device, known as an array, is placed into the foot bath. The current in the array creates ionization through a method which is called electrolysis. Electrolysis breaks down the water molecules and produces a negative hydrogen ion, which is then absorbed through the feet by osmosis. The feet serve as an excellent conduit for the whole body. Once the negative ions are introduced to the body, they basically act as an antioxidant, penetrating your cells, which oxygenate and energize them. This will allow your cells to perform their functions properly and release waste. The waste is carried through the vascular system where part of the waste is removed through the feet. It can be moved out through the feet because the foot bath water is denser than your body’s water. Over the next 24 to 48 hours, ionization will take place to stimulate the body’s own natural detoxification where the rest of the waste is removed through natural elimination. After the footbath, you will see a combination of waste and fatty deposits that were released by the cells into the lymphatic system, which were drawn through the tissue into the footbath. Each and every footbath will effect the body differently. The footbath sessions will help you to feel lighter, more energetic, and maintain a greater sense of well-being. The Ionic cleanse detox machine has the same effect as a walk along the beach, but is more effective. When you walk along the beach, your body absorbs millions of negatively charged ions, which alkalize the blood and tissue.

It has been found that repeated detox footbaths help eliminate built-up toxins, increase cellular absorption through the effects of cellular cleansing, boost the immune system, activate the body’s elimination system, and hydrate and oxygenate the cells. Results may include: better circulation; clearer skin; better sleep patterns; more energy; reduced joint pain, stiffness and inflammation; weight loss; and reduced stress and fatigue.

Testimonial

I was feeling sluggish and my joints were hurting. After a session of Healing Touch with Claudia, I felt like a new man. I do not know how she did it, but I felt great.

- C.J., Rehoboth Beach, DE

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Soon to open
What is permanent make-up? How is the procedure performed? Will I look like myself? Does it hurt?

By Elena Sullivan

Permanent make-up, also called permanent cosmetics, cosmetic tattooing or micro pigmentation is the art of implanting color pigments into the skin. It is the deposit of pigment in the right place, into the skin. This pigment deposit can make you look better naturally, and also provide a way to simplify your everyday make-up routine to enhance your natural beauty.

How is the procedure performed? Special instruments allow the permanent cosmetics professional to deposit pigments into the layer of the skin known as “dermis”. Because the outermost layer of the skin, the “epidermis” is always shedding and renewing itself you will be looking at the color implanted through a thin veil of skin. When the procedure is completed the color would appear darker than the final result. This is because the color is in both skin layers- epidermis and dermis. During the healing process the color at the top layer “epidermis” will flake off normally with other skin cells lightening the overall effect.

Will I look like myself? Before the procedure, there should be a consultation. During the consultation we would discuss about your concerns, about your activities, what bothers you, if the procedure hurts, what you want to achieve. You will be able to see before and after pictures of prior clients and we would talk about care during the healing process, among other considerations. This is an invasive permanent cosmetic procedure and I need you to understand that it would carry some risks like in any others procedures you may have had. Some risks involve some inflammation, swell, tenderness and in rare cases infections.

In this consultation I would take the time to answer your questions. I would take pictures of you, before and after any procedure. If you are coming for eyebrows, we would talk about your eyebrows shape, I would draw eyebrows on you taking in consideration your features, adding arch or lift, giving you balance when it’s necessary. You will take active part, in the process, you will have a pencil, too. We would discuss your needs and desires for a better lifestyle. When all this happens then we do a color selection, base on your skin color and tone. And only when you and I agree on the best course of action, will I then proceed with the advanced permanent cosmetic techniques.

Does it hurt? There are some good anesthetics for the permanent cosmetic industry. Every person have a different pain perception. While someone may feel pain, others may feel what they say is a “tingling” or vibration. I do use topical anesthetics, that numbs the skin, before I begin the procedures and during the procedures. During procedures I try by best to offer my clients comfort. These anesthetics allow my clients to go through the procedures with much less of discomfort.

The most common procedures are eyebrows that are perfectly shaped and in place all the time; eyeliners, for definition of the eyes that remains perfect from morning to night; lip liners or full lip color for shape enhancement and color that always stays in place. Being an invasive procedure, sometimes you would have to have more than one session to complete your procedure. Permanent cosmetics, restores color, add definition, accent features and add a finished appearance every time. Permanent make up, helps to give back what time has taken away from you. We devote up to 20 minutes, and sometimes more, every morning trying and practicing the art of make up before we head out to work or face the world. It is a talent that some people have and others may not be blessed with. You can save countless hours in a single year that were formally spent struggling to draw eyebrows evenly or eyeliners half way straight, that’s a lot of extra time!!! Imagine the money you will save not buying expensive cosmetics that rubs off, smears, smudges and disappear during your day. Permanent make up is not intended to replace over the counter cosmetics, the color is “in” your skin, not on. That’s why a more natural, softer look results. So, when you are ready for a night out or you want a different look you can always apply as much additional make up as you wish.

You may have special needs for permanent make up or simply put health problems. Those special needs may range from short sight, allergies (environmental or to cosmetics products), you may be using contact eye lenses, aging, arthritis, Parkinson’s disease, unsteady hands, breast cancer scars, alopecia, among others struggles that prevents you from performing at full capacity. Then consider permanent make up, it is for you. Permanent cosmetic is for you and for those who are conscious of their time, appearance and simply want to look their best every time with little effort. Permanent cosmetic is for the person on the go, the professional with not too much time to spend but needs her makeup impeccable all day long, the athlete, the lady golfer, the swimmer, the runner that wants to look good during their performances, the mothers on the go that want to look good and put all day for herself. Even men can benefit from a youthful look and no one would ever notice that they have work done. Men can cover scars in their head with permanent cosmetics hair strokes.

After all makeup make us look younger, healthier, sexier and more dressed up. The only problem is putting on and then taking it off every day, it is very tedious!! And it doesn’t stays on right. A lot of smudges run into your eyes irritating and ruining your looks. But imagine permanent make up that stays put and doesn’t smudge or irritate you. Makeup that stays beautiful, comfortable, every day even when you first wake up. It stays beautiful and subtle every day, you will look your best always. Let me show how the permanent cosmetics will help you achieve and restore your natural beauty. Let me show you how permanent cosmetics will help you return to an active normal lifestyle. I can help you achieve your goals by applying my talents and experience to maximize the benefit results of your procedure. I believe that you deserve the best life has to offer. Together we can achieve better right here, make my studio your destination for your permanent cosmetics needs. When you look good, you will feel better. Permanent make up makes possible to look better around the clock and to be less self conscious.

ES Permanent Cosmetics, LLC

Elena Sullivan
Certified Permanent Cosmetic Professional

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We are now a full service salon. Call now for a free consultation.
What is Ultherapy?

Ultherapy is a non-invasive procedure that uses focused ultrasound energy to lift and tighten sagging skin. No scalpel or anesthesia is needed. Ultherapy is great for people who would like tightening and lifting of facial skin without having a surgical facelift. The Ulthera sound energy passes right through the skin and targets the areas you want lifted. During a typical 30-60 minute Ultherapy treatment session, an ultrasound applicator is passed over each region of the face. The sound waves emit deliver small, controlled amounts of energy into the deep layers of skin and soft tissue. The beauty of Ultherapy ‘uplifting ultrasound’ is that it is a face and neck treatment that improves skin laxity in a meaningful way but completely—surgically.

Jowls
Ultherapy works great for sagging jowls, where the skin is fatty, heavy and drooping. Ultherapy is able to reduce this fatty heaviness, tapering the jaw line, for a more youthful look. Ultherapy can restore a more youthful shape to the face from a square to the inverted triangle.

Nasolabial Folds
Ultherapy also works well to minimize the drooping of excess skin that we get along each side of the nose, or lower cheeks. You may think that you need to fill in these areas with a filler, but the real problem may be that fat and loose skin is just falling down due to the effects of gravity. With ultherapy we can target this area and minimize the fatness and tighten up that skin. Again this will restore the more youthful balance of the face with the center of gravity higher in the cheek areas.

Neck
Ultherapy can tighten up that loose skin underneath our necks as well. The area that Ultherapy works the best is that area just underneath the chin and extending into that curve of the neck. Ultherapy won’t duplicate the results of a surgical neck lift. But if you have somewhat loose and fatty skin in your upper neck, hanging just beneath your chin, Ultherapy can improve this area, and improve your profile.

Eyelids and Brow Lift
Perhaps one of the most dramatic areas that Ultherapy can improve on without surgery is the eye area and creating a brow lift, helping to lift heavy drooping eyelids. Ultherapy can make the eyes appear more open, more awake, rested and more youthful. This may be subtle change but this small difference can have a significant effect! Our clients really love this part of the Ultherapy results.

Overall Ultherapy works wonders to taper, redefine your facial contours, while eliminating fatty, droopy areas, and lift and tightening skin around the eyes and underneath the chin, for a more youthful sculpted look. The stars in Hollywood do this treatment, and now you have access to this age-defying procedure right here in Delaware at the beach.

What is Ultherapy?

Michelle Parsons, MD
ReNove Med Spa
416 Rehoboth Avenue
Rehoboth, Delaware
For appointments please call
302.227.1079
www.ReновeMedSpa.org
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Here at ReNove Medical, Dr. Parsons offers Ultherapy, a state of the art medical procedure utilizing focused ultrasound energy to lift and tighten sagging skin. No scalpel or anesthesia is needed. Ultherapy is great for people who would like tightening and lifting of facial skin without having a surgical facelift. The Ulthera sound energy passes right through the skin and targets the areas you want lifted. During a typical 30-60 minute Ultherapy treatment session, an ultrasound applicator is passed over each region of the face. The sound waves emitted deliver small, controlled amounts of energy into the deep layers of skin and soft tissue. The beauty of Ultherapy ‘uplifting ultrasound’ is that it is a face and neck treatment that improves skin laxity in a meaningful way but completely—surgically.

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What Kind of Results Can I Expect from Ultherapy?
After just one treatment with no downtime, your skin will gradually shift back into a more youthful position. Improvements include a sleeker, more defined jawline and tighter skin on the neck under the chin. Sagging skin on the cheeks can be tightened and lifted, which in turn can improve folds from the nose to mouth, folds from the mouth to jaw, and drooping corners of the mouth. Tightening of skin on the forehead can reduce the sagging skin on the eyelids and promote a more open, refreshed look in general. The results of Ultherapy are permanent, just as the results of a face-lift are permanent. Of course, your skin will continue its natural aging process. While Ultherapy is not a replacement for surgery, it is an inviting alternative for those who are not ready for surgery but looking for meaningful results.

TESTIMONIAL
One week after my Ultherapy Treatment, my husband, after being out of town for a couple of days asked me “what’s different about you.” he was staring at my face! Not having told him about my treatment I innocently said “what do you mean?” His response was “I am not sure but your face looks different.” I asked “different good or different bad?” He replied “different good, looks stretched.” I was surprised that the results were noticed that quickly. I found the treatment to be bearable, certainly wasn’t pain free, but tolerable. I was very happy when it was over! For the past 2 weeks following the treatment my face has been tender which is a reminder that the treatment is continuing to work! I would highly recommend it to all!

K.M. – Ocean City, MD.
The Power of Yoga

enhanced balance, injury-free muscles and spine

Spiritually: improve and deepen your relationship with the world itself, mindfulness & an appreciation of your life for what it is right now, connect to your true self, find that place of stillness within yourself, closer to Spirit

Emotionally: balancing hormones leads to emotional stability & more balanced moods, relieve depression & anxiety, reduced cortisol (cortisol is known as the “stress hormone” because it is activated when you are stressed”, create a sense of calm & peace

Anyone who has exercised knows that simply exercising will aid in physical & emotional balance, but when layered with proper yogic breath, intention, & energetic control, exercise, and everything else in your life is transformed into the sacred art of yoga.

Washing the dishes, running, doing laundry; all of these have the potential to be yoga.

So experience yoga in a spiritual space and learn the sacred art of yoga so that you can carry this off of your mat and transform all of the areas of your life. This attitude of learning, enjoying and growing from every experience that life throws at you translates to an amazing outlook in everyday life outside of the Yoga studio. It allows you to handle just about anything life brings with a sense of calmness, confidence and true inner peace.

Let go of your conditioning that a workout has to be painful to be effective to ensure that you are not diminishing the full potential of your yoga practice.

Kaya is dedicated to creating a sacred space to encourage students to find their True Self. Join us in-studio for classes or private sessions in yoga or aerial yoga, and on the beach for daily Beach Yoga (Memorial Day-Labor Day).

*This article does not serve as medical advice or diagnosis. Please seek the advice of a medical professional before beginning any new routine. Statements herein have not been evaluated by the FDA & are from the author’s personal & student experience.
Carol Hopkins

Carol is a resident of Laurel, DE. She is an ordained Evangelist and the Founder of SOUL SAVERS MINISTRIES INTERNATIONAL and Founder and Pastor of VICTORY IN GRACE TABERNACLE in Laurel, Delaware. She has been in ministry for 22 years. Previously she worked in higher education and business for twenty-nine years. She has a Bachelor Degree in Bible Studies from Exodus School of the Bible, Cleveland, MS.

Carol is a Chaplain at Nanticoke Memorial Hospital, Seaford, DE, a member Laurel (DE) Ministerial; and a motivational speaker. She is a member of the Nanticoke Memorial Hospital Ethics Committee, chairperson of the Sussex County Action Prevention Coalition and a member and mentor of the Delaware Breast Cancer Coalition. She is also on the Board of Directors for Lord’s Servant Christian Helps Ministries, Hurlock, MD.

Carol has thirty seven years volunteer experience, including but not limited to the Chesapeake Bay Girl Scouts; the Delaware Commission for Women (an advisory commission to the Governor of the State of Delaware, the Veteran’s Administration in Elsmere, DE; Director of Pastoral Care Services at Kent and Queen Anne Hospital, Chestertown, MD; member of the Ethics Committee, Kent and Queen Anne Hospital, Kent County Hospice Foundation; Chester Valley Ministers’ Association; member Kent County (MD) Drug and Alcohol Prevention Council and Citizens Against Tobacco Smoke, Kent County (MD) Health Department; member Kent County (MD) Board of Habitat for Humanity (one year).

At age 62 Carol was diagnosed with an aggressive form of breast cancer. She had a mastectomy and eight aggressive chemotherapy treatments followed by six years of oral post-chemo treatments. She has come through six months being incapacitated and five years of chemo-fog.

“No I can be there for others. I am six years cancer free. I am blessed that God kept me. What a testament to the love and faithfulness of our God. Thank you to everyone who prayed for me faithfully.”

Michele Hogsett

Michele was diagnosed in October at the age of 34, after finding a lump in her left breast. She underwent chemotherapy and radiation. In July, 2011, she was diagnosed with metastasis of her pelvis and spine. She is currently taking Xeloda.

Michele lives with her husband, Jim and their three dogs and eight cats. She loves beach life, animals, art, and music. She is a singer and DJ in a local band. Michele also organizes the BreastFest multi-band benefit show during Ocean City Bike Week. All proceeds go to the Delaware Breast Cancer Coalition.

Michele was a mentee of DBCC. After she finished her primary Treatments, she came back to train as a Peer Mentor, so she can help other women like herself.

Katherine R. Gordy

I was born and raised in Georgetown, graduated from Georgetown High School (Now Sussex Central), and attended Delaware Hospital School of Nursing in Wilmington. After graduation, I married Frank Gordy and we raised a daughter and two sons.

In 2007, at the age of 77, I was diagnosed with grade 3 carcinoma of the left breast.

A small lumpectomy was done. After much debate, I agreed to a year of chemo and radiation by the caring staff at the Tunnell Cancer Treatment Center.

As a cancer survivor, now at age 83, I still play golf, most of the time, it is just 9 holes. I am also active in a monthly reading club. I have traveled many places over the world. Since my treatment, my husband and I have traveled to Maine, Florida, Hawaii, and the Western National Parks. I exercise regularly by walking, gardening and at classes.

I think my background as a nurse helped me accept the treatment. Since my recovery, I have mentored other ladies through the Breast Cancer Coalition, my church and friends. I know it is very helpful as you go through treatment to talk with someone who is a survivor.

DeAnna Williams

It all began in March, 2005. DeAnna had an itch on her right breast and felt a lump. She compared it to her left breast and became concerned. She already had an appointment scheduled, so she waited until then to discuss this with her family doctor.

A mammogram determined the need to see a specialist. A biopsy showed cancer and DeAnna was immediately scheduled to have the lump removed in May. She needed to schedule chemotherapy and radiation, but postponed it until after her daughter’s graduation. She did not want to take a chance on side effects making her miss this special day.

When DeAnna found out she was to be a grandmother, she knew she had to see her first grandchild. That motivated her to complete my treatments and keep a detailed scrapbook of her healing process.

DeAnna says “Eight years later, I am still here and have two granddaughters, ages 5 and 7. I am a survivor!”

She has been a friendly teller at PNC Bank in Georgetown for over 18 years and is very active in her church.
Women in Profile

Lona Elliott

Lona has been a practicing Registered Nurse since 1985. Her nursing experience includes: Operating, Recovery and Emergency rooms as well as Hospice and Case Management.

Lona’s journey with breast cancer began in 2007, when she discovered a lump while applying lotion. She was nine months late for her annual mammogram. Initially, she had a lumpectomy, then a bilateral mastectomy with reconstruction.

While receiving chemotherapy, Lona continued to work 12 hour shifts as an ER nurse, never missing a day of work! During this time, she was also caregiver for her mother and grandfather. Lona shares her faith in God is what gave her strength to endure this journey.

Lona is passionate about sharing her story and encouraging every woman she meets on the importance of getting their yearly mammogram on time and self breast examination. She has completed her Peer Mentor training with the Delaware Breast Cancer Coalition, and is looking forward to walking alongside other women with breast cancer.

Lona resides with her children who are furry and have four paws, which includes two Vizslas- Darby and Riley and three rescued cats – Izzy, Mandy and Lucy Boo. She is most proud of showing Riley and finishing him as a champion during her breast cancer treatment. She also enjoys golf, spending time with her pets, and working with the After Shock youth group at Gethsemane United Methodist Church.

Valerie Powell

Valerie has experience in business management, retail, accounting, customer service and has worked with special needs children. She is currently retired and loves walking, swimming, the beach, cooking, and finding ways to help others, especially older adults.

Valerie was diagnosed with cancer of the left breast in March, 1999. She had a lumpectomy, chemotherapy and radiation.

Genetic testing did not show breast cancer mutated gene. Ten years later had a double mastectomy and reconstruction after being diagnosed with cancer of the right breast.

She found a wonderful friend in Sue Ryan (DBCC) who has given her some helpful tips on making her feel better about herself with newer bra inserts and helping with a great bathing suit.

Valerie recommends staying on top of your mammograms as a way to live a healthy life. “Early detection can make all the difference in the world. My husband and family have been so supportive. If I could help in a positive way, it would mean the world to me. Research and knowledge are so important. If you can learn to laugh in spite of the circumstances that surround you, you will enrich yourself and others and more than that, you will LAST!”

Diane Savage

In November 2009, at 58 years old, I was diagnosed with stage three invasive ductal carcinoma of the left breast. Prior to this diagnosis, life was good and I felt I had everything I wanted.

First, I had a solid relationship with God and an active membership in my church. I had graduated from UD; survived the loss of my husband; retired from the State of Delaware after 26 years; obtained an RN degree, and was working as a part-time nurse at Stockley Center. I had a close family relationship, my church family and many friends. Life was good.

This diagnosis was devastating to us. No one in my family had been diagnosed with breast cancer prior to this. I feared that the good life was going to end soon. The treatment regime was intense – mastectomy in 2009; chemotherapy every three weeks for five months; and radiation therapy for five and a half weeks.

I am thankful to God for taking me through this experience. I am grateful for family, friends, and medical staff for their role in assisting me. No one wants to become ill; and everyone needs others to help face life’s challenges. I try to be more perceptive regarding others’ feelings and to assist however I can.

In addition to my work as a nurse, I assist others in through community service, directed by our church, as a volunteer mentor for DBCC, and by volunteering to assist ill persons in my community. I am thankful that I have had few lasting side effects, so that I can continue to help others. LIFE IS GOOD!

Debbie Dyer

After I was diagnosed in January 2012 from a suspicious lesion found at my yearly mammogram, I decided to handle my cancer with courage, grace, and a positive attitude. I used the three “Fs” Faith, Family and Friends. My spiritual strength made a tremendous difference.

There were two things I could control while going through treatment: My attitude and my choice of doctors. This small realization made a big journey seem much easier.

Cancer changes your attitude towards life. You deal with things differently, appreciate more, become more adventurous, don’t sweat the little things, forgive, laugh more, do not anger as quickly, make the famous “Bucket List”, look at things in a new light, and the list goes on.

This was just a bump in the road, a blip on the radar that I had to deal with like any other life event. Nothing more, nothing less. The past is behind me and the future lies ahead.

Mother of three sons and their wives: Trip and Lindsay, Mason and Deanna, Madison and Summer. Hobbies: Walking, Hiking, Reading, Gardening, Traveling, and going to the beach.
Restoring Sight in Ethiopia through Cataract Surgery

Kefalyew first began work he was seeing only five patients per day," said Dr. Robinson. "Today he averages 80-90 per day. The need in Ethiopia is almost limitless."

Cataract surgery is the most common Medicare-funded procedure performed in the United States, with almost 3 million procedures done annually. In Ethiopia, however, things are dramatically different. With a population of 75 million, Ethiopia has over a million blinded by cataracts alone. Although for many their sight could be restored through an efficient, low-cost operation, most will never have the opportunity.

"It's a problem of resources and access," said Dr. Robinson. "There are so few ophthalmologists in Ethiopia and only a small subset of them have the supplies or equipment to perform surgery. For many patients, the best they can hope for is to be treated by one of visiting mission trips that occasionally pass through the country."

In establishing the Sinskey Eye Institute, Dr. Robinson and the foundation team chose to build a permanent facility that would be open every day. "Dr. Kefalyew and his staff have been trained by some of the leading cataract surgeons in the United States, but they live in the community and they speak the language of their countrymen." said Dr. Robinson.

"As an Ethiopian and an ophthalmologist I feel a responsibility for my country and its citizens," says Dr. Kefalyew. "Making a difference in their lives is tremendously satisfying to me."

Funding for the Robert Sinskey Eye Institute comes from ophthalmologists and grateful patients who understand and appreciate the life-changing nature of cataract surgery. As patient volume increases each year, so does the need for supplies and equipment. "Even a small donation goes a long way in a country as poor as Ethiopia," says ASCRS Foundation Director, Donald Bell. "As millions of Americans can attest, no other medical operation makes such a dramatic and immediate change in a person's life. To be led in blind and to walk out seeing is one of modern medicine's greatest achievements."

David Robinson, MD, is the Medical Director at the Delaware Eye Institute, 18791 John J. Williams Highway, Rehoboth Beach, DE, 19971.

For more information about the ASCRS Foundation’s Robert Sinskey Eye Institute in Addis Ababa, Ethiopia, contact Donald Bell, ASCRS Foundation, 4000 Legato Road, Suite 700, Fairfax, VA 22033, 703-591-2220, dbell@ascrs.org.

To learn more or to contribute to Sinskey Eye Institute’s ongoing mission to provide sight-restoring cataract surgery in Ethiopia, visit www.ascrsfoundation.org.

Help change the life of an Ethiopian cataract patient through a tax-deductible contribution.

100% of donations to the ASCRS Foundation’s Robert Sinskey Eye Institute go directly to patient care.

www.eyedonate.org

ASCRS Foundation, 4000 Legato Road, Suite 700, Fairfax, VA 22033, 703-591-2220, www.ascrsfoundation.org

The ASCRS Foundation is a charitable organization providing humanitarian eye care in Ethiopia. All contributions to the ASCRS Foundation are tax-deductible.
The American Cancer Society invests in groundbreaking breast cancer research and helps women in every community. In fact, one in two women newly diagnosed with breast cancer turns to us for everything from information about clinical trials to getting rides to treatments. Together, we can create a world with less breast cancer and more birthdays. Join Making Strides Against Breast Cancer, and let's finish the fight.

Sign up at MakingStridesWalk.org.

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Community

All About Pink, Inc.

All About Pink, Inc. is a support based non-profit breast cancer health and wellness organization, founded by Survivor Antionette Wright-Johnson, Certified Holistic Health Counselor (CHHC). Our mission is to educate, empower, counsel and support those affected by breast cancer.

All About Pink, Inc. is based on the belief that support is essential in helping survivors achieve wholeness and that wholeness is a healthy balance of our minds, bodies and spirits. The programs are designed to encourage survivors to live and think positively. All About Pink, Inc. offers a holistic approach to aid survivors and their loved ones on the ways to support their physical and emotional well-being.

All About Pink Inc. provides support groups, a lending library, health and nutritional education and counseling, exercise programs and retreat services. Additionally, pink ribbon items and breast cancer awareness gift baskets are available for purchase.

All About Pink Inc. is proud to announce its latest project!

All About Pink Inc. partnered with the Delaware Division of Motor Vehicles (DMV) to launch a Delaware Breast Cancer Awareness License Plate; the first of its kind in Delaware. About Pink, Inc. is very proud of this effort, and has received an overwhelming response. Thanks to all who have supported the cause! If anyone is interested in obtaining the license plate, contact Antionette Wright-Johnson at 302-947-0309 or email: allaboutpinkdelaware@yahoo.com.

All About Pink Inc. is a 501(c)(3) non-profit organization. All donations are tax deductible. Federal Tax ID No.: 90-0346363.
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These days, our lives are immensely busy — roles as spouses, co-workers, parents, friends — but some in our community have shown us that there is great value in carving out time for just for you — to follow your passions, your dreams, even something you’ve always wanted to try.

The faculty and staff of The Music School of Delaware in Milford are connecting with people to help make the most of their “me time” and discover (or re-discover) some inner creativity through music.

From a first-timer taking private lessons in voice to a retired adult returning to piano lessons, students in our area can absolutely find something of interest at the Music School to fuel their inner creative fire, says Layne Thompson-Payne, director of the Music School’s Milford Branch.

Rosemary Connelly, a Milford-based artist with a studio across the street from the Music School, started taking lessons ‘just for fun’. “I’m a newbie to the school,” she emphatically shares. “I began voice lessons just for the fun of it. I always wanted to be a better singer, and I’m starting to see that it’s possible.” Her voice teacher, Jerry Polman (pictured above), has helped her reach that goal.

“The Music School is such a welcoming place to study and learn with knowledgeable, experienced professionals,” Connelly says. “One of my favorite aspects [of the school] is that the faculty and staff are extremely skilled and at the same time very accessible.”

Lou Cox also chose to study at The Music School of Delaware in Milford for its reputation for excellent programs, courses and instructors. “It offers one of the best, if not the best, opportunities for musical study in Delaware,” he notes. “My singing is vastly improved. I now know how to sing — even if I can’t always apply the knowledge successfully.”

But the Music School is not only for singers! “There is a great variety of musical choices and programs, with really great teachers. If you want to become a better musician, the Music School will help you reach your goals,” Cox offers.

Some of our most passionate and dedicated students are adults, observes Thompson-Payne. “They truly immerse themselves in the opportunity to develop their creative ‘voice’ — whatever that may be — and it’s a joy to see our adult students fulfill their musical goals.”

Why not visit The Music School of Delaware and find your creative voice? Follow the advice of Rosemary Connelly: “Do it! It’s not too late to learn — especially if you have the desire!” Or that of Lou Cox: “Don’t dither. You’re not getting any younger. Enroll as soon as you can!”

To learn more about the Music School’s lessons, classes and ensembles for adults (and all ages), call the Milford location at 302.422.2043 or visit them at their location at 10 S. Walnut Street in downtown Milford. You can also visit the website and join the eNewsletter at www.musicschoolofdelaware.org, like the Facebook page at facebook.com/MusicSchoolofDE and follow activity on Twitter @MusicSchoolofDE.

School Brings Out the Musicality in All Ages — Even Adults!

Photos courtesy of The Music School of Delaware
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Did you know that the EPA ranks indoor air pollution among the top five risks to public health and reports that airborne pollutants may be 25 to 100 times worse inside than outside? With the type of cleaning products, manmade goods and activities undertaken within homes and buildings, indoor environments can become very uncomfortable.

There are, however, measures that can be taken to lessen the effects of indoor air pollutants. Since the home is essentially an enclosed air system, we are able to tackle pollution head-on. By moving indoor air through a high efficiency air cleaner, we can remove many of the pollutants that cause discomfort and exacerbate allergies.

At a basic level, an air cleaner should filter out particles that cause irritation such as pollen, spores, dust and other contaminants that circulate in our homes everyday. In order for any air cleaner to work correctly, the particles need to pass through it. Hence, if the particles are not in the airstream (i.e., dust on furniture), it is unreasonable to assume that these particles will be removed.

However, a good air cleaner will:
1. Remove allergy-causing particles that pass through it.
2. Perform well consistently.
3. Be economical to maintain.
4. Handle a large volume of air efficiently.

There are basically two types of air cleaners: a furnace-mounted, whole-house unit and portable single-room unit. Both types of cleaners have different models with varying methods of cleaning the air and capacities for doing so. And, each cleaner type has its pros and cons, which may differ depending on your air cleaning requirements. Take a look at what your needs are based on your dwelling and choose the best unit to maximize the benefits. For example...

Media Air Cleaners use high efficiency pleated media to remove larger particles with over 99% efficiency, including many allergens. With irritants in the spore and pollen range, they are as effective as HEPA filters. Where they differ is in their capability to filter out the super small particulate such as bacteria, viruses and respirable dust. Media air cleaners are cost effective compared to HEPA filters because the media is usually less expensive and generally needs to be replaced only once every one or two years.

Electronic Air Cleaners electrically charge particles and attract them to a collection material. Most electronic cleaners can obtain 95% efficiency or more on various particles when the collection plates and ionizing wires are clean, but they can lose some efficiency as they collect dirt. Electronic air cleaners generally have warranties of one to five years.

As always, at Custom Mechanical we are happy to answer any questions you may have about electrical, heating, air conditioning and plumbing related issues - on the phone, in person, via e-mail or even on Facebook! Our Retail Store offers heating, air conditioning, electrical and plumbing parts and supplies as well as answers to your product or pricing queries. Our Comfort Advisors are available for free estimates and information about financing and manufacturer rebates. Finally, our website offers more homeowner tips like these as well as on-line scheduling and more detailed information about Custom Mechanical, the people that make us great and the services we offer. Contact us anytime! Locally, 302-539-5177. Toll free, 800-233-5177. Or on the web, www.custommechanical.com. So, keep in touch and take comfort, CUSTOM is here to help!
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Visit one of our showrooms in Wilmington, Newark or Harbeson, Delaware and see for yourself why we’re known as the region’s premier remodeling company. As you browse installed bathroom vanities and showers, custom countertops and complete kitchens, you’ll quickly see that we have everything you need to create the home of your dreams – including expert designers and professional installers.

Our Remodeling Services
As a full service design build company, our in-house staff provides everything you need for a remodel, addition or commercial project from start to finish, including installation, electrical, lighting, dry wall, painting and more.

Our services include:
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- Commercial Remodeling
- Wholesale Product Sales
- Custom Cabinetry
- Flooring
- Plumbing & Electrical
- Lighting

Our Showrooms
Whether you are interested in remodeling your kitchen or bathroom, redesigning your office or constructing an entirely new addition, our showrooms will make it easier for you to decide what you want to include in your new room. Many homeowners come to us with a general idea of what they want, but do not know exactly what features to include in their room, especially since they are not aware of all the options currently available.

Our beautifully appointed showrooms, the largest of their kind in the area, include an ever-changing, wide array of kitchen and bathroom displays. These displays help you discover your design preferences and give you the ideas that will bring your imagination to life. They also feature the finest quality products by top-of-the-line manufacturers to give you the best selection available. You’ll find everything you need, including cabinetry, countertops, vanities, plumbing fixtures, whirlpool tubs, appliances, tile, accessories and more. Furthermore, we feature customized furniture for the home and office to add a one-of-a-kind feel to every room.

Unlike a catalog, a showroom allows you to stand in a kitchen with the cabinets you’ve had your eye on, to touch and feel the countertops, to walk into a shower and to truly experience different product options. Our showroom helps you pick and choose all the little details you will want to include your room, from towel bars and toilet paper holders to drawer pulls and spice racks. Even if you’re set on the ideas in your head, our showrooms have such a large selection of products that you might even find something that you like more than your original choice! So call us TODAY and make an appointment for one of our award winning designers to walk you through the remodeling process!

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“We recently had our bathroom remodeled by your Harbeson office. The management of the project by Mark Gandy was excellent, as was the quality of work by all your subcontractors. Mark was always present when a subcontractor arrived for the first time to ensure the scope of work was well understood. Subsequently the workers always showed up when they were supposed to and left the work area neat and clean clean when they were finished. We would be happy to use Bath, Kitchen and Tile Center South for our next project.” - Robert and Vicki H., Lewes, DE

“My wife and I own a residence in Lewes, Delaware and decided upon a major renovation of our master bedroom. After inquiries with and proposals from several companies, we decided to contract with Bath, Kitchen and Tile due in large part to the professional manner in which we were handled by Mark Gandy and the sense of knowledge that he projected. Throughout the entire project, Mark kept us well informed and consistently demonstrated honesty. Of course his professional opinion and expertise were invaluable...Based on our experience, we will not hesitate to recommend your company and your valued employee to our friends and neighbors.” - Joseph C., Lewes, DE

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Unlike a catalog, a showroom allows you to stand in a kitchen with the cabinets you’ve had your eye on, to touch and feel the countertops, to walk into a shower and to truly experience different product options. Our showroom helps you pick and choose all the little details you will want to include your room, from towel bars and toilet paper holders to drawer pulls and spice racks. Even if you’re set on the ideas in your head, our showrooms have such a large selection of products that you might even find something that you like more than your original choice! So call us TODAY and make an appointment for one of our award winning designers to walk you through the remodeling process!

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Help from those who’ve been there

Chances are if you’ve attended a community event or health fair in Sussex County, you’ve seen the Delaware Breast Cancer Coalition’s bright pink table. Even more likely, behind that table was Cheryl Doucette, Connie Holdridge, Sue Ryan or one of our dedicated volunteers. Reaching women with information about breast cancer and mammography screening can be difficult, even more so when they are trying to walk quickly past your table trying to avoid hearing what you have to say. But Cheryl, Connie and Sue know how to reach women with the lifesaving message of regular screening and early detection because they are all breast cancer survivors. Cheryl was diagnosed in 2004, Connie in 2010, and Sue nearly 30 years ago! While each of them had very different experiences on their breast cancer journey, it is that experience that makes them vital to DBCC’s outreach efforts to women across Delaware.

When women who have just been diagnosed with breast cancer call one of the three DBCC offices, they will speak to one of our experienced Survivorship and Mentoring team members, all of whom are breast cancer survivors. Connie, Cheryl, Sue, Cathy and Lois will answer their immediate questions, offer support and direct them to local resources. They will also pair them with a peer mentor – another trained breast cancer survivor volunteer – who shares the same or similar diagnosis, treatment regime and other qualities. More often than not, they share their own journey with the caller to help ease the way.

If you or someone you know has been diagnosed with breast cancer, call the DBCC nearest you:
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At Clean Cut, it is our mission to make sure your new Leisure pool is installed by trained professionals, with no headaches or hassles for the homeowner. Our swimming pool packages are all-inclusive, which means the homeowner only has one contractor to deal with. When you sign with us, we take care of every phase of installation, including plumbing & electrical hook-ups. Since most people don’t have the time or patience to coordinate several different contractors, our swim-ready and turn-key packages are very popular.

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Bio & Company History

Richard “Rich” Bell, III started Road Site Construction, Inc. in 1995, when he was just 12 years old. Rich had big dreams of becoming the biggest and BEST road construction company on the Delmarva Peninsula! Since it was hard for him to build highways at such a young age, he found his niche in landscaping. Clean Cut Lawn & Garden LLC was created in 1999 to more accurately reflect the direction he wanted to take. As a 10th grader, he had several employees working for him before he even had his driver’s license. After school, one of his employees would pick him up and take him to his first job of the day.

In November 2000, one of his loyal customers asked him if he could install a paver driveway. Because Rich had proven himself to be so meticulous & conscientious on his landscaping job, this customer had faith that Rich would do an outstanding job, even though he had never installed pavers before. The paver driveway turned out beautiful, the customer was extremely happy, and Rich found a new passion. He became a Certified Paver Installer in February of 2001 and invested in the necessary tools & equipment to complete a job. In 2005 Clean Cut Interlocking Pavers LLC was formed and the business has grown every year since.

In late 2010 Rich decided to expand his business once again by offering Leisure inground fiberglass swimming pools. Over the years, he had heard countless complaints about what a hassle it was to have a swimming pool installed. He took all of those complaints into consideration and decided to offer all-inclusive swimming pool packages so homeowners could have one contractor take care of it all. Offering the best fiberglass swimming pool on the market and providing a hassle-free experience for the homeowner has been a winning combination!

Always on the look-out for new opportunities, Rich has been an inspiration to those who know him. He currently resides in Georgetown with his wife Jennifer, and 3 children, Maile, Richie & Olivia.

Testimonial:

“Clean Cut did an amazing job installing our beautiful pool into a landscaped yard with little access. Richard Bell, the owner and Doug Arcos, the sales manager, resolved any concerns, were onsite almost daily, and made sure we had their cell phones for any questions! On a daily basis, we were impressed with the quality of the workers and the fact that they cleaned up each day. It’s been a year since our pool was completed, and we are still getting fantastic service from Clean Cut. They are truly standing behind their work. We have recommended them to many friends & neighbors, and will continue to do so. It was the perfect addition to our home at the beach!” (photo below)

~ S. & F. Mauck, Lewes, DE

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Humidity problems in the Crawlspace?

Excess moisture, introduced by way of unsealed, vented crawlspaces, contributes to wood rot, mold growth and increased pest activity. Moisture in crawlspaces often migrates to the upper levels of the home through a “stack effect.” In essence, whatever air is below the house is also in the house. As warm air rises and escapes through the upper levels of the home, intake air comes in at the lower levels through unsealed crawlspace vents. In the summer, this may lead to costly problems such as cupping of hardwood floors, mold growth, increased air conditioner loads, and swelling of millwork/cabinetry. Air infiltration from the crawlspace often carries odors and may contribute to poor indoor air quality and uncomfortable humidity levels.

Excess moisture in crawlspaces has also been associated with contributing to increased energy consumption. Wintertime ventilation cools the crawlspace contributing to heat loss from the home. In the summer, introducing warm outside air under the home contributes to heat gains, increasing cooling loads. Ventilation of a crawlspace to control relative humidity only works consistently in an arid climate. In most climates, ventilation can actually add significant quantities of moisture during humid times.

Why Vented Crawlspace Can Make Humidity Worse.

Venting a crawlspace will either add moisture to, or remove moisture from, a crawlspace depending on the moisture content of the ventilation air compared to the desired conditions of the crawlspace. Venting with dry air reduces moisture levels in the space, while venting with moist air contributes moisture. It is false to assume that venting will automatically bring in “good” air and push out the “bad” air. If the outside air is humid and the crawlspace air is humid, you’re not making any improvements by venting. Since venting either wets or dries the space depending on outside conditions, there is no way to guarantee a specific moisture level in a vented crawlspace.

A Better Solution.

The solution to this dilemma is to close the crawlspace. One of the objectives of closing crawlspaces is to reduce sources of moisture entering the space. Even when done meticulously, closing a crawlspace will significantly reduce the moisture but not eliminate it. Active conditioning of the space may be necessary to maintain proper humidity levels. A dehumidifier can provide long term, active moisture control and ensure humidity levels are maintained at a specific level which is adjustable by the homeowner.

It is important to note the areas of concern when taking steps to responsibly convert your vented crawlspace to a sealed and conditioned space. Those include, but are not limited to: assuring proper water drainage, installing vapor barriers, consideration for combustion and carbon monoxide and sealing outside vents and controlling moisture with a Santa Fe crawlspace dehumidifier.

Call Mike Benson at Accurate Termite and Pest Control for any questions or an evaluation at 302-226-1156.

Testimonial:

“I had extremely high humidity and mold in my crawlspace. Within three days relative humidity dropped to 60% from 86%-taking out 10+ gallons of water in the first 24 hours! After two weeks the relative humidity is down to 50-53%.”

“We have used accurate for the last
Whether you look forward to fall and winter or lament the spring and summer, the seasons are changing. Teachers and pupils are heading back to classrooms and before we know it, we will be getting ready for tricks, treats, turkeys, and sleigh bells.

The cool nights are great for sleeping but the cold mornings followed by warm sunny days means jackets left at work and sweaters left at school. With all the transition, hustle and bustle, it’s easy to let little things get through your wickets. Setting your window coverings so that they help make your home as energy efficient as possible is one of those little things.

Even with today’s windows getting more energy efficient all the time, you still lose the majority of your heating and cooling through the glass in your windows. Some coverings can reduce that loss by as much as 50%. Honeycomb shades and plantation shutters are some of the best when it comes to that. The type of treatment is important but as with many things, how you use them is just as important.

Here is a handy chart that shows you how to set your window coverings so that they will do their best to save you energy and keep your home comfortable.

Adhering to the chart while throwing in a little common sense to handle the unusually hot or cold days is best but many of us can’t be near our windows during some of those times for a whole host of reasons. My advice is not to sweat it. Just try your best. The closer you come to following the chart the more energy efficient your home will be.

Our goal is to make your home more beautiful, practical and energy efficient. Stop by our showroom on Lewes Georgetown Hwy, check out our website, or call to set an appointment for your complimentary in-home consultation. We would love an opportunity to serve you.
Where the Stories of a Lifetime Begin

The forty-four graduates of the Class of 2013 were offered over $5.3 million in scholarships and are attending 36 different colleges in 16 different states. They were accepted into 106 different colleges and universities.

Come to our Open House - November 19th, 9 a.m., Guerrieri Library, Worcester Preparatory School • 508 South Main Street • Historic Berlin 410-641-3575 • www.worcesterprep.org

A Few Members of the Class of 2025—Like their classmates—their stories have begun.
Lessard Builders, in business for 4 generations, is proud to call itself a “green” or “energy efficient” builder.

The word “green” has been used for nearly everything. It’s certainly been used in the building industry but it can be confusing, even to builders.

Being green has its advantage. But as Kermit the Frog knows, sometimes it’s not easy being green.

That’s why I’m using this issue to explain terms associated with the green building movement. In its simplest terms the idea is to build homes that are frugal with energy yet maintain a healthy environment for its occupants while being family friendly.

If we could insulate a home like an ice house or an oven, we’d have great energy efficiency. A home, however, and its occupants must breathe.

Most people are familiar with R-values, which have to do with the amount of thermal resistance of a material as an insulator. The higher the number, the greater the effectiveness. That’s why a 6-inch batt of insulation has an R-value of 19, while a 4-inch batt rates an R-value of as little as 10.

The green energy movement, however, involves much more than insulation. It has to do with building materials, design, and even durability. It requires builders to continually update their knowledge and skills and evaluate new materials for effectiveness, cost and reliability.

Understanding the dynamics of the building profession can be a full time job of its own. Experienced builders understand the need for investing in knowledge as well as in physical resources, in training as well as labor, and in research as well as equipment.

There are four building programs that qualify builders as “green” or “energy efficient.”

- LEED (Leadership in Energy and Environmental Design)
- NGBS (National Green Building Standard)
- Energy Star Builder
- HERS (Home Energy Rating System)

So what is the difference between each program?

- LEED and NGBS focus on the entire home efficiency as well as the total impact of the home on the environment.
- Energy Star Builders and HERS measure return on investment. For example, investments in efficiency result in lower heating and cooling costs.
- 100% Commitment Builders under the NGBS are required to make a 100% commitment for all of their homes. In contrast, an Energy Star Builder or the HERS system doesn’t require all of a builder’s homes to meet the same standards.

The inspections to make ensure each home reaches the “green” standard are rigorous.

- For LEED and NGBS a third party not associated with the builder reviews the house and determines the standard the home meets.
- For Energy Star Builders and HERS the builder can hire a current subcontractor that has done some of the work in the home to rate it and decide what standard it meets.

Some question this because the person inspecting has an interest in making sure the house passes.

What is a good HERS rating? A 74 is the required standard. If a homeowner upgrades the insulation, hot water heater, HVAC system and seals the house, it should be in the mid to high 50’s.

So what should the buyer do?

- Ask your builder about the average rating for their homes and where yours is or will be.
- Ask about the Green for Green program, also known as the Sustainable Energy Utility or SEU rating. This program provides a $4,500 cash in hand benefit to the buyer – not a tax rebate.

Make certain to ask your builder about these standards. If Lessard Builders builds your dream home, we will tell you without being asked.

Until next time!

Christina Lessard

cml@lessardbuilders.com

Lessard Builders Testimonials

- Ernest and Monica Trampusch “Lessard Builders was fantastic to work with. They walked us through every step of the way. The quality of the materials and making sure the functionality of the room worked with our lifestyle and not having to pay a substantial amount were the things that pushed us over the edge.”
- Manny and Christine Perry “You can get any upgrade you desire and know that it’s going to be the best quality from start to finish.”
- Dennis and Marjean Storey “Lessard Builders made the experience pleasant and comfortable. Something about the quality of their work makes me happy to recommend them to anyone.”
By Mike Baker - C.M.Baker Photography

Most people see things with their feet planted firmly on the ground. Maybe even see things from a building a few stories higher. Few people get a view from above as I do unless you are a frequent flyer of part of our local Dover Air Force Base. I see them hundreds of feet (or a thousand or two) higher. I have one problem with that though. I am acrophobic! I have a fear of heights. There is something about going up in a plane or helicopter that feels different and looks different. I cannot stand on my 2 story house roof or even look out on the edge of the Dover International Speedway bleachers as easily as hanging out the window of a Cessna plane. I must say that I am a fair weather aerial photographer. Two reasons- one is that it makes for better photographs when the view is clear and you’re not bouncing around. Secondly, if it is rough flying around, my acrophobia kicks into high gear.

In the 15 years that I have been doing aerial photography, we seem to attract a wide variety of clientele. The work that we do for developers and contractors is usually from start to finish. Usually the construction site is photographed and then incremental photo shoots are done at the specified time periods. This usually comes to an end after all construction is completed and in use.

In Kent County alone, I have seen many changes from the air. With Route 1 being put in place, our Dover streets being upgraded, the Dover Downs site’s many changes, along with the major additions to the Bayhealth Hospital’s KGH site. Whatever the subject is, an aerial photograph is perfect for the “hard to shop for” person. If your situation shows a need for an aerial, call us to discuss what we can do for you.

Although most of our aerials are done in Kent & Sussex counties, we do cover all of Delaware and eastern shore Maryland. Most of our aerials are done by airplane. We do use helicopters occasionally but not often. The cost of using a helicopter is much more expensive to operate which reflects a higher cost to use. Most helicopters are not in the area, hence even more expense incurred. During race week in Dover, we usually have an available helicopter sitting on their property. They actually have a helipad behind the facility during race weekend. No I do not operate a plane. I leave that to someone else. I am too busy getting my shots. When looking for an airplane, I have access to one within ¼ mile down the road from my home which makes it very easy.

Aerial photographs are also great gifts. Individuals may have their homes photographed and given as birthday gifts, anniversary gifts or Christmas presents. Some companies even give their work sites as part of their retirement gifts. Businesses can promote themselves by projecting their sites, whether it is a hotel, retail area, or a golf course. Some schools even like to show off their campuses. Real estate companies can always show off their properties to display for sale. With the internet as it is now, it makes it a huge marketing tool. Some real estate companies have even used these as “closing” gifts for the buyers.

A View From Above
674-8118 • cmbaker.com
Beauty is all around us and we are very fortunate to be able to capture beauty simply by pushing a button.

The high school senior is one form of beauty. This time of their lives is an important one not only for them but for the parents and guardians. For some it could mean taking leaps and bounds and leaving home. For others maybe just smaller steps into their future. Either way, it’s good to have those memories to cherish for a lifetime.

Let us know if we can help make this time as beautiful as possible. Enjoy your senior year…

Photography is no longer a profession but a passion. You gotta love it!
HAPPY NEW YEAR to all...

With all the cold weather surrounding us, heavy coats, scarves and gloves are the main essentials in our wardrobe this time of year. Still, swimwear is very much on the minds of many women, whether it is because of the trip planned to warmer weather down south, physical therapy ordered by their doctor or maybe for a water exercise class to stay in shape over the winter months. Therefore, here at Pineapple Princess Swim and Resortwear we are open seven days a week throughout the year to provide women an opportunity to find swim and resortwear during the winter months.

During this time we reduce the prices of all of our collections left over from the previous summer season. All 2010 inventory is now seventy-five percent off. Our 2011 collections are now arriving throughout the next few months. It is always an exciting time for us as we start filling the Pineapple Princess with all the new fresh color and patterns. We take pride in being able to offer gals of any age or size one of the largest selections of swimwear at the beach. With over twenty-three years of experience fitting women in swimwear, we try to give our customer a friendly, comfortable atmosphere to find that perfect suit among the extensive selections that we bring in.

Over the two plus decades that I have spent in retail, I never tire of working with women and taking on the challenge of making each and everyone of them feel good in a swimsuit. I have always felt that is what has set us apart from the competition with the big retail department stores. Personal service is huge, especially when you are dealing with such the sensitive issue as a women’s body being exposed to the general population, not fully clothed. This past Thanksgiving I had received a card in the mail. I would like to share it with you all because it sums up why I love what I do and why I love my all my royal customers and truly appreciate each and everyone of them. I know Miss Carol won’t mind me sharing...

Dear Donna,
This note is extremely belated, but since this is the season for giving thanks I really wanted to write you. Thank you so much for the time you took with Susan and me back in the beginning oft the summer. Buying a bathing suit was almost impossible for both of us, and for the first time, you made it both productive and fun. Then you added alterations and door-to-door delivery, we couldn’t have asked for more. In addition to the service, it was so nice to have such a selection of suits. We have recommended your shop to a number of people from this area who vacation at the Delaware beaches. Thanks again for your help, Happy Thanksgiving!
-Carol

Our goal at Pineapple Princess is to make every customer feel the way Carol and her daughter did when they left our store that day. So, if you haven’t visited our store, please do it so and spread the word. With winter vacations upon us and summer just around the corner, come in and view all the beautiful swimwear and accessories pieces the industry has to offer. We carry over thirty different brands and designers, from Tommy Bahama, Gottex, Betsy Johnson, Roxanne, Anne Cole, Tara Grinna, Kenneth Cole, Lucky Brand and many more. As you can see we carry a wide variety of lines to cater to a wide variety of age groups and personal styles.

Please call us at 302-227-8705 for more information and store hours.
Beautiful and spacious home on top of a mountain in Lackawaxen Township, Pike County on 3.4 secluded acres. Park-like setting. Includes 4,100 sq. feet of living space, 5 bedrooms, 3.5 baths, indoor exercise room, sauna and Jacuzzi. Open floor plan, 1,500 sq. ft. rear deck overlooks huge Koi Pond with water fall. Home lends itself for all-inclusive entertaining.

Located 1.2 miles from the confluence of the Delaware/Lackawaxen Rivers, trout stream fishing abounds on the Lackawaxen. White water rafting and canoeing is a favorite of many. Lake Wallenpaupak is a short 20 minute drive and winter skiing at Big Bear (Mast Hope) Ski Resort is almost right at your door. Offered at $389,000.

For further information and an electronic photo album, please contact owner at:

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**Peanut Allergy**

**Signs and Symptoms**

There’s a difference between peanut allergy and peanut intolerance. Sometimes it can be difficult to know whether you are allergic or intolerant to peanuts.

- **Peanut intolerance.** If you have peanut intolerance, you usually can eat small amounts of peanuts with only mild symptoms, such as indigestion or heartburn, or no reaction at all. A peanut intolerance doesn’t involve your immune system.

- **Peanut allergy.** An allergy to peanuts involves an immune system response. Even a tiny amount of peanuts may trigger a serious allergic reaction. Tests can help determine whether you have true peanut allergy.

Peanut allergies trigger an immune system response. Your immune system reacts to proteins found in peanuts. Exposure to peanuts or traces of peanuts may cause immediate reactions, such as itching, redness, swelling, shortness of breath, wheezing, nausea, abdominal pain, light-headedness or loss of consciousness (anaphylaxis). The chemicals in peanuts can cause hives to develop on the areas of your skin that have come in contact with peanuts or traces of peanuts. Hives may spread to the rest of your body.

Allergic reactions to peanuts usually occur within minutes after exposure, although reactions within an hour or so after ingestion are possible. Signs and symptoms can range in severity depending on which body systems are involved in a reaction and how much peanut protein you’ve been exposed to.

The most serious and potentially deadly allergic reaction to peanuts is an anaphylactic response. If you are highly sensitive, an anaphylactic reaction can develop immediately after peanut exposure, causing the airways (bronchi) to constrict, making breathing difficult. Blood pressure may drop to life threateningly low levels, making you dizzy or lose consciousness. Other serious signs and symptoms of an anaphylactic reaction include:

- Wheezing
- Rapid or weak pulse
- Bluiness of your skin, including your lips and nail beds
- Diarrhea
- Nausea and vomiting
- Dizziness

**Loss of consciousness**

Seek emergency medical care if you or someone else develops an anaphylactic reaction.

**Causes**

Peanut allergy is caused by an immune system malfunction. Your immune system identifies peanuts as harmful triggering the production of immunoglobulin E (IgE) antibodies to neutralize the peanut protein (allergen). The next time you come in contact with peanuts, these IgE antibodies recognize it and signal your immune system to release histamine and other chemicals into your bloodstream.

Histamine and other body chemicals cause a range of allergic signs and symptoms. Histamine is partly responsible for most allergic responses, including runny nose, itchy eyes, dry throat, rashes and hives, nausea, diarrhea, labored breathing and even anaphylactic shock.

Exposure to peanuts can occur in three ways:

- **Direct contact.** The most common cause of peanut allergy is direct contact with peanuts. This means exposure via all routes of contact usually through eating peanuts, but including kissing or touching someone who’s been in direct contact with peanuts.
- **Cross contact.** This is the unintended introduction of peanuts into a product. It’s generally the result of exposure to peanuts during processing or handling of a food product.
- **Inhalation.** An allergic reaction may occur if you inhale dust or aerosols containing peanuts, such as that of peanut flour or peanut oil cooking spray.

**Common food products that can trigger peanut allergy symptoms if they contain peanut proteins include:**

- Peanut butter
- Peanut flour
- Ground or mixed nuts
- Baked goods, such as cookies and pastries
- Ice cream and frozen desserts
- Energy bars
- Salad dressing
- Cereals and granola
- Grain breads
- Marzipan (a molding confection made of nuts, egg whites and sugar)
- Nougat

Peanuts may be present in not so obvious foods including:

- **Arachis oil.** This is another name for peanut oil. Pure peanut oil usually doesn’t trigger allergic reactions because peanut proteins are usually removed during processing. However, peanut oil can become contaminated with peanut proteins.
- **Artificial tree nuts.** Peanuts can be flavored to taste like other nuts, such as walnuts or pecans.
- **Chocolate candies.** Some chocolate candies are produced on equipment that is also used for processing peanuts or peanut containing foods.
- **Cultural foods.** Some African, Chinese, Indonesian, Mexican, Thai and Vietnamese dishes often contain peanuts or are exposed to peanuts during restaurant preparation.
- **Nut butters.** Nut butters, such as cashew nut butter, are often processed by the same equipment used to make peanut butter.
- **Specialty items.** Foods sold in bakeries and ice cream shops may come in contact with peanuts.
- **Sunflower seeds.** Many brands of sunflower seeds are processed on equipment also used to produce peanuts.

**Risk Factors**

It isn’t clear why some people develop allergies while others don’t. However, people with certain risk factors have a greater chance of developing peanut allergy:

- **Family history of allergies.** You’re at increased risk of peanut allergy if other allergies, especially other types of food allergies, are common in your family. A child’s first allergic reaction to peanuts usually occurs between ages 1 and 2.
- **Personal history of peanut allergy.** About 20 percent to 25 percent of children with peanut allergy outgrow it. However, even if you seem to have outgrown peanut allergy, there is still a small risk it will recur.
- **Altered immune system.** According to recent studies, the prevalence of peanut allergy has doubled in young American children in the last five years. Although reasons are unknown, some scientists believe that the destroying of many infectious diseases may have altered the immune system. Other experts suggest that improved hygiene is involved, proposing that higher standards of cleanliness in Western countries may have confused our immune systems, increasing the chances of developing allergies later in life, when the immune system is usually more prepared to prevent allergies from occurring.

**When to Seek Medical Advice**

Talk to your doctor if you think you’re allergic to peanuts or if you have peanut allergy symptoms. If possible, see your doctor while you have symptoms. Seek emergency medical treatment if you develop any signs or symptoms of anaphylaxis.

**Screening and Diagnosis**

Your doctor will want to know your signs and symptoms and may want to conduct a physical examination to identify or exclude other medical problems. He or she may also recommend one or both of the following tests:

- **Skin test.** In this test, your skin is pricked and exposed to small amounts of the proteins found in peanuts to see if you have a skin test response. If you’re allergic, you develop a raised bump (hives) at the test location on your skin.

Allergy specialists usually are best equipped to perform allergy skin tests.

- **Blood test.** A blood test can measure your immune system’s response to peanuts by measuring the amount of certain antibodies in your bloodstream, known as immunoglobulin E (IgE) antibodies. A blood sample is sent to a medical laboratory, where it can be tested for evidence of sensitivity to peanuts.

**Treatment**

Medications, such as antihistamines, may reduce symptoms of peanut allergies. These drugs can be taken after exposure to peanuts to control your reaction and help relieve discomfort. However, the only way to prevent an allergic reaction is to avoid peanuts and peanut proteins altogether. Despite your best efforts, you may still come into contact with peanuts and have a severe reaction. In this case, you may need an emergency injection of adrenaline (epinephrine) and a trip to the emergency room. If you’re at risk of having a severe reaction, you may need to carry injectable epinephrine with you at all times.

For more information call your pediatrician.
Most people are afraid of it, even fewer people practice it and least of all are people who apply it properly. Without the silence between the notes, music is just noise. You must have that space (silence) between the notes to create the beauty of music. This analogy of the art of creating music and comparing it to working with horses is one of the effective comparisons I have come up with. If you compare a cue on a horse to a note and compare the silence with the time between the cues, this analogy alone can steer you into the proper mind set when working with a horse. When humans find proper balance between the silence and noise, miracles happen, whether it is music, horses or life in general.

So why if it’s so simple, why is it so hard? The answer is in the first sentence of this article, fear. Horses are large, powerful, non-remorseful, and not persuaded by your superficial self. Fear destroys beauty, relationships and life in general. In reality there is only one cure for this plague of fear that destroys… FAITH!

Faith in GOD, faith in yourself, faith in your horse is what is needed. Faith can always trump fear. Once you find faith, you find the ability to be silent (calm), cool and relaxed. Once you find this state of faith must be exercised in a continuous manner. The exercising of faith is the practice part of silence. How to apply it properly (the least of all), well that takes wisdom, but I can tell you that just being quiet is not silence. Lack of fear is not faith, the truth is; faith is not even necessary without fear! And to return to our analogy, not making notes will not produce beautiful music! It takes both! Noise and silence to produce the song of life! It is because of fear we exercise faith and the exercise produces abilities and those abilities produce a joyful noise, the perfect song.

I met Dean Roles during the summer of 2010. Since then my life and my horse’s life have changed in a positive direction. I am no longer afraid to ride my once anxious, nervous, confused Tennessee Walker named Tony. Building a close and solid relationship of trust and understanding with your horse is Dean’s foremost goal. He asked me at our first meeting what I wanted to achieve with my horse. My reply was that I wanted a safe and more relaxed horse to ride. Thus began our first month of training. When I brought Tony to Dean’s facility, I thought Tony had good ground manners. Boy was I in for a surprise. Dean informed me that Tony was the leader while I observed his techniques with both groundwork and riding skills.

I am sure Tony knew it. Dean certainly did. But we worked through my fears with baby steps. By the end of the next two weeks, I had regained my confidence and could not wait to get Tony back home and ride him in the ring. What a different horse in just four weeks…..much calmer, less anxiety, and overall just a happier horse. Winter came and went, as did summer whereby I was unable to ride due to a back injury (non-horse related). However, this past August, Dean came to our farm and my training resumed through the end of October. His techniques and ability to finesse a horse with what appears to be little effort is nothing less than amazing. I cannot describe how happy I am that I chose Dean Roles to be my trainer. He is a confident leader in the horse arena and is teaching me to be a confident leader with Tony. If Dean were to ask you what are the two most important things you are in charge of with your horse, you would quickly reply “speed and direction.” Once you have control of those two key elements you will be on your way to a happy and safe riding experience. Thank you, Dean, for everything you have taught me and for everything you will continue to teach me. ~ Pam Nebel, Harrington

Testimonial

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In A Land Far Away
A Baby Shower Was Planned For A Very Special Day
Guests Were Invited To Celebrate And Be Merry

We are Expecting a Baby!

Date, Time, Location
RSVP to my email or phone number

... And They All Lived Happily Ever After

We are registered at those locations.

Wishing Well
Please bring your favorite children’s book for baby’s new library.
A book tag is enclosed.
By Chris Dispoto

If you are fortunate enough to live here at the beach, you probably agree that autumn is a great time of year. The warm weather is still here, but the hassle of getting around is gone. The beaches are ours to enjoy without the crowds of the summer season. For us at the car wash it’s the time of year when many of the year round residents start coming back in to get their cars washed. It’s a time we very much look forward to.

This coming year we will be celebrating our 10™ year in business. It’s a milestone I am sure we would not have reached without the support of the locals in the area. We sincerely appreciate all your support in the past and we will continue to work hard to earn your patronage well into the future.

The economy has been tough on just about everyone in the last couple of years and depending on who you listen to, it seems that tough times are still ahead. Most people are looking for ways to save money on just about everything they purchase, including car wash services. This situation prompted us to develop a website where our clients can print out coupons and learn about other money saving offers we have. Instead of waiting for coupons in the mail—now you can find them online at www.rehobothcarwash.com anytime you need them. Please take advantage this!

With the holidays fast approaching people are surely starting to think about gifts. Since we opened in 2002, the holiday season has always been a popular time here at the car wash. All year long, folks come in and redeem the gifts they receive for Christmas. A gift card or prepaid discount card is a fantastic idea for those “hard to buy for” people on your shopping list. Every October, through the end of the year we run a special on our discount cards. When you prepay for five washes you receive a card worth seven washes of your choice. Buy five and get two free. It’s our most popular holiday gift by far.

Please note that our winter hours go in effect with daylight savings time. Monday through Saturday hours will be from 8:00 am until 5:00 pm and Sunday from 8:00 until 4:00 pm, and as always, weather depending.

Thank you very much again and we wish you a happy and healthy fall season!
Joe Capece
Owner, One Stop Auto Shop

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We are a full service grocery supermarket featuring Fresh Cut Meats, USDA Choice and Certified Angus Beef, Full Service Delicatessen featuring Boars Head Brand, Fresh Seafood, Fresh Baked Goods Daily, Full Line of Gourmet Foods and Cheeses, Natural and Organic Foods, and Fresh Produce. We purchase locally grown produce when in season. Also, we offer a Hardware Store and Gas Pumps at both locations.

G&E Supermarket
30244 Cedar Neck Road
Ocean View, DE 19970
302-539-9662
302-539-5255
Open 7am - 11pm Every Day

Hocker’s Super Center
34960 Atlantic Avenue
Clarksville, DE 19970
302-537-1788
302-537-1877
Open 7am - 11pm Every Day

Visit us at www.hockersmarkets.com and subscribe to our weekly mailer
Debit and all major credit cards accepted. ATM in stores
EARN FREE GAS WITH “GAS CASH REWARDS”

G&E Supermarket and Hocker’s Super Center have been family owned and operated for over 50 years. Gerald Hocker, president of G&E and Hocker’s, purchased the business from his Uncle Jake in 1971. We are committed to providing our loyal customers with the highest level of customer service and the highest quality of products. We have continued to grow to meet the growing demands of our customers, but we still maintain a “Country-Store atmosphere.” Our meats are unsurpassed!!! Great weekly specials---weekly Best Buys!

Be sure to stop in and try some of our newly added smoked specialty meats.

Our smoked meat facility makes store-made products that the National chain can not do, and never will do!
Try the following products and see the difference. Once you try them you will be a customer forever!

• store-made Sausage (Ital., Sweet Ital., Hot, Country, and G&E special Blend)
• store-made Hotdogs (100% Beef, 100% Pork, and 100% Pork with Jalapeno & cheese)
  • store-made Smoked Kielbasa • Hickory Smoked Pulled Pork
• Hickory Smoked BBQ Ribs • Smoked Beef Brisket (when avail. or by special order)
• Apple Smoked Pit Beef (when avail. or by special order) • Maple Cured Ham (sliced to order in the deli)
• Brown Sugar Turkey Breast (sliced to order in the deli) • Maple Cured Bacon (sliced to order in the deli)

All of our specialty meat items contain no fillers and are made with our unsurpassed meats!!!

Be sure to visit the Hocker’s Kwik Chef Restaurant, located behind G&E Supermarket for many of our specialty meat items on our menu....not to mention the largest ice cream cones you will ever see.
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59 Rehoboth Avenue • Rehoboth Beach, Delaware
A conversation with Shawn Xiong of Confucius Chinese Restaurant

Confucius Chinese Restaurant was opened in the spring of 2004 in downtown Rehoboth Beach. Shawn Xiong, the owner, had previously owned a Chinese restaurant in Wilmington prior to relocating to the beach area. Since then, Confucius has been named the best Chinese restaurant in the Delaware Today magazine and favorably mentioned in various newspaper and magazines. We had a chance to talk with Shawn Xiong and the following is the summary of our conversation.

Q: Why do you call your restaurant “Confucius”? 
X: When I started Confucius, I wanted to offer a menu that most “generic” Chinese restaurants offer. Wherever you go, you probably will find a Chinese eatery in every shopping center that offers pretty much the same items such as lo meins & egg rolls. Our menu is more focused on items you don’t usually find in those places. So I decided that I will not name my place “wok” or “great wall” or “palace”, yet I want people know it is Chinese. And everybody knows who Confucius is.

Q: What was your biggest challenge coming to Rehoboth? 
X: There were plenty of challenges I have faced. The biggest of all was not knowing the market when I first opened. The other challenge was (and continues to be especially during the summer) to convince people that Chinese restaurant IS INDEED more than just Fried Rice and Eggrolls. There are more than 40000 Chinese eateries in this country (more than McDonald’s, Pizza Hut and all other fast food restaurant COMBINED). While this has made Chinese food popular in this country, it has made Chinese food a stereotype (think “$5.99 eat all you can eat,” “free deliveries” for example). I have to explain to people what we do, but once people give us a try, they keep coming back.

Q: What are your most popular dishes? 
X: This is a hard question to answer. There are different popular dishes to different customers depending on their own personal taste. If you like spicy food, we offer dishes such as Hot Pepper Chicken, Cumin Beef or Kung Pao Shrimp. If you like fish, Salmon with Black Bean Sauce, Steamed Halibut or Crispy Whole Black Sea Bass are all excellent choices. If you are a first time customer, we encourage you to tell our server or what you do or do not like, and we will offer the right recommendation for you. I believe every customer deserves special attention at my restaurant. If they order something they don’t quite like, they are welcome to send it back for exchange AT NO COST. I want customer to have a pleasant dining experience at my place.

Q: What are your hours and Specials? 
X: Confucius is open year round. 7 days a week in season and currently is open for dinner everyday except Tuesday beginning at 5:00pm. We open for lunch and dinner every Sunday starting at 11:00am. Every Monday, ALL FISH entrees are on special while supplies last. Next February around President’s Day, we will hold our annual CHINESE NEW YEAR BUFFET. For a fixed amount, you will have a chance to enjoy about 30 different dishes, most of which are seafood.

For more information, you can call Confucius at 302-227-3848 or visit us online at Confuciusrehobothbeach.com.
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Energy efficient hot tubs are the standard today for the hot tub industry and much research goes into improving the energy consumption rates for hot tubs. Jacuzzi Hot Tubs are the most efficient available with monthly electric usage rates below $11.00 per month for a hot tub holding 350 gallons. Larger models usage rates are below $20.00 per month. Full foamed maintenance free cabinets and energy efficient motors all contribute to a hot tubs energy usage. This is less than your typical water heater for your house.

Maintenance of a hot tub is easier than most people think. There have been vast improvements in filtration and chemical care as well as other means of sanitation. Jacuzzi Hot Tubs utilize an ultra violet system that improves and simplifies the maintenance process. This treats 99.9% of waterborne pathogens and up to 50% reduction in sanitizing chemical usage. And most of all no harmful odors or by products produced. This makes hot tub care easy and hassle free.

Affordability and financing have also become commonplace in the hot tub industry with consumer financing companies like GE Capital and Wells Fargo. All offer special deals and rate plans based on the consumers needs. This line of unsecured credit is readily available to customers. Monthly payments are as low as $65.00 per month with unlimited payoff time periods. Bank financing and credit card purchases are the most common forms of financing a Jacuzzi Hot Tub purchase.

Warranty and service are Seasonal Solutions main priority after the sale. All technical service is provided by our factory trained technicians in a fast and courteous method. The dependability has been improved with warranty coverage out to 14 years on the electronics and 5 year minimum labor and parts coverage on the entire hot tub. This makes your first five years of ownership a secure investment.

Jacuzzi has become the world’s most recognized and largest selling brand of Hot Tubs. Always looking to improve the Jacuzzi experience, the addition of waterfalls, stereos, and easy care synthetics keep Jacuzzi on the cutting edge. This ongoing commitment to innovative product development ensures Jacuzzi’s and Seasonal Solutions leadership position in the industry, and sets standards the world over.
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Faulkner Jewelry Design
“The County Women’s Journal has been the greatest marketing tool for my business. People often say to me, “I see you everywhere!” And I secretly think to myself, no, I am not everywhere — I am in the County Women’s Journal.”

MICHAELEJ. CRONIN
ResTech Solutions, LLC
“I have worked with the Women’s J journal for a couple of years now and found it to be a great experience! With every edition, I get more phone calls from people I’ve never met, who have seen my article and are looking for help. It’s a great medium to showcase your business.”

MIKE SAMONZE, Vice President
Institutional Advancement, Salve Regina University
“A group of Women Newspapers that has opened up a whole new market for us.”

DR. BEN E. BENJAMIN, Founder
Muscular Therapy Institute
“The Women’s Journal readers who see me for treatment are earnest, intelligent people who are serious about their health and well-being. It is a pleasure to work with them. My articles in the J journal are worth their weight in gold.”

FRED WINWARD, President
Resort Landscaping
“We have built our business on the readership of the Women’s Journal. I cannot believe the amount of business we receive from our articles.”

JOAN CARRERO, Director of Marketing
NASE Insurance
“The best customer response our company has ever had from our advertising dollar.”

J CHRISTIAN
J Christian Studio
“The Women’s J journal has proven time and again to be the most advantageous and well-rounded business builder for the salon-compare-none. Each new issue brings a sharp uptick in our referrals sometimes reaching 60 new referrals per article. The editors are fair, customer-service focused, and continuously improving on the paper year after year. We will contribute as long as they’ll have us.”

JEAN ZIGLER, Patient Coordinator
Eye Physicians and Surgeons
“Thanks to the Women’s Journal, many people now know about NearVision CK, a new technology to improve reading vision. When Dr. Minkovitz’s article first appeared in the Women’s Journal talking about being able to read without “granny glasses,” I was amazed at how much interest and excitement this new procedure generated. After her own CK procedure, our administrator Mary Ann Moore was so thrilled about being able to read the fine print again that she became our CK model. Because the Women’s J journalis so popular, Mary Ann is recognized everywhere she goes. I’m happy about being able to reach so many people through the Women’s Journal.”

MARCELLEUS BEASLEY
B-Fit Enterprises
“Thanks for the opportunity to appear in your journal. My response rate was terrific as well as the exact customer base that I desire. Awesome!!”

KENNETH MARSHALL & ROBERT SAVAGE
New England Center for Plastic and Cosmetic Surgery
“The Women’s Journal allows us the opportunity to educate thousands of readers about the various cosmetic procedures available to them. We’ve received an enthusiastic response to our articles.”

AMY MARTA CARNEY, Owner
Clutter Bugs, LLC
“The County Women’s Journal has been a wonderful experience for me and my business! I can’t thank them enough. Advertising with them has been a complete joy from start to finish. I have only had positive feedback and I know that will continue. I would not do it any other way!”

MELODIA FERRIOLA, CPCP
Lasting Looks
“Honestly, I was reluctant to do yet another print ad for my business. I had not seen results in past advertising attempts and it was hard to make another such investment. But something told me that The Women’s J journal would be different. Is it ever! I saw immediate, direct results in my business! The Women’s Journal reaches my target audience and because it is so informative to perspective clients, they follow through and I get the sale. I have the bottom line to prove it! Thank you so much.”

Focal Point Opticians
“The Women’s Journal is the most successful advertising we have ever done.”

BRENDA PAVLIC, CPhT
SaveWay Compounding Pharmacy
“We are getting tremendous feedback, I am really glad we did this, it has added more pressure, and bringing in more business, but worth it!”

“I have worked with the Women’s J journal for a couple of years now and found it to be a great experience! With every edition, I get more phone calls from people I’ve never met, who have seen my article and are looking for help. It’s a great medium to showcase your business.”

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Introduction

Peninsula Skin Cancer Center (PSCC) was founded in 2008 in response to the long waits patients were experiencing in having suspicious skin lesions evaluated by a qualified specialist. Since then, serving the Eastern Shores of Maryland and Virginia and Southern Delaware, surgeons of PSCC have removed over 1,000 skin cancers. PSCC provides:

Timely Evaluation of Suspicious Skin Lesions
PSCC will evaluate a patient’s suspicious skin lesion within two weeks of the initial phone call or referral.

Timely Removal of known Skin Cancer
PSCC has the following goals for skin cancer removal:

• Malignant Melanoma: removal within three weeks of diagnosis
• Squamous Cell Carcinoma: removal within four weeks of diagnosis
• Basal Cell Carcinoma: removal within six weeks of diagnosis

The Gold Standard
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Georgetown, Delaware 302.628.3118

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