

THE SUSSEX COUNTY

# Women's Journal™



A Quarterly Educational Resource for the Women of Sussex, Wicomico and Worcester Counties.



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C.M. Baker Photography

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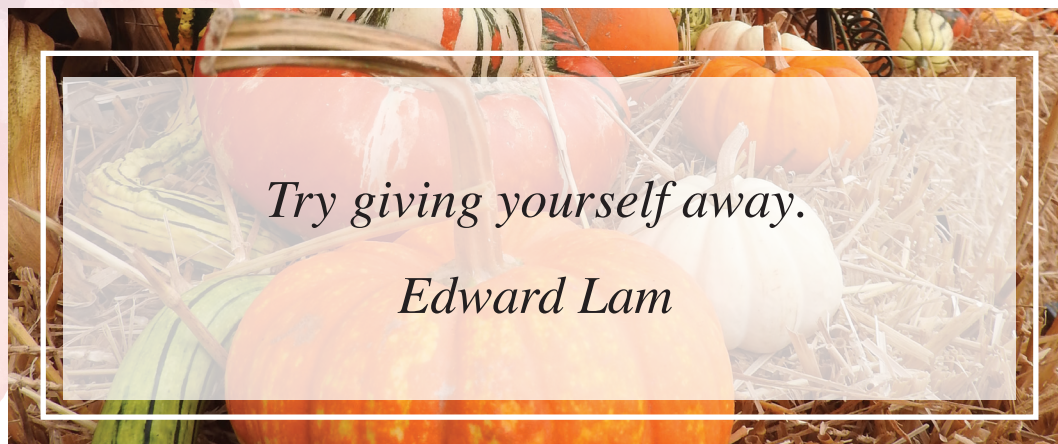
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**This fall will be one to remember. Let  
go and let God, because we truly need  
divine intervention on election day.**

**The Publisher**



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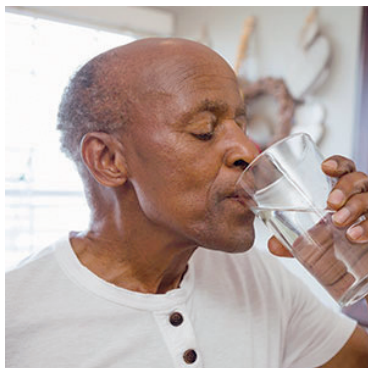
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# Drink Up: The Importance of Staying Hydrated for Seniors



Staying hydrated is important at every age, but as you get older, your body composition changes and the amount of water in your body decreases. This means that it takes less water loss to become dehydrated and experience impacts to your health. In addition, the sensation of thirst also decreases with aging, so you feel less thirsty throughout the day, even when your body needs more fluids.

### What Causes Dehydration?

While not drinking enough fluids is a major cause of dehydration, there are many other factors that can contribute as well, such as:

**Illness** – you can become dehydrated due to vomiting, diarrhea, or fever.

**Sweating** – when your body perspires, it loses water.

**Urination** – frequent urination can cause your body to become dehydrated if you are not drinking enough to replace the water loss.

Certain diseases, conditions, or medications can affect your ability to stay hydrated. Seniors with dementia may not remember to keep drinking throughout the day, and those with uncontrolled diabetes or who are on diuretics may urinate more frequently.

### What are Symptoms of Dehydration?

One of the first signs of dehydration is feeling thirsty, but as previously mentioned, as you get older you may not feel as thirsty, even if you are. You may end up feeling excessively thirsty and unable to quench your thirst, and this can be a sign of moderate to severe dehydration.

### Other symptoms include:

- Dry or sticky mouth
- Dark-colored urine
- Dizziness or light-headedness
- Confusion or disorientation
- Trouble keeping fluids down – vomiting/diarrhea
- Unusually sleepy

### How Can You Prevent Dehydration?

Fortunately, there are many ways you can increase your water intake and help prevent your body from becoming dehydrated.

**Drink more water.** Set a timer to remind yourself to take a drink of water

every 30 minutes or so. Keep a glass or bottle of water with you so it is easily accessible and seeing it reminds you to keep drinking. If you don't like the flavor of plain water, spruce it up with some fresh fruits, vegetables, or herbs. Don't forget that coffee, tea, juice, and smoothies also count, just be aware of the amount of sugar or calories in them.

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*Rebecca G.*

**Eat more fresh produce.** There are a lot of fruits and vegetables with high water content such as watermelon, strawberries, peaches, cantaloupe, oranges, cucumbers, lettuce, zucchini, tomatoes, and celery. Eating these foods as a snack or part of your meal can naturally help you increase your water consumption.

**Sip on soups or broths.** There are tons of hot and cold soups that you can incorporate into your diet to help you get more nutrients and increase your fluid intake. Many soups freeze well, so you can keep some on hand in the freezer for a quick meal. Don't overlook the benefits of yogurt or cottage cheese as well, as they have high water content.

### How Senior Care Can Help

In-home caregivers can be a wonderful resource for helping seniors to reduce their risk of becoming dehydrated. Not only can a caregiver make sure fresh water is easily accessible, but they can also provide regular reminders to keep drinking throughout the day. In addition, in-home care providers can assist with meal planning and preparation so that there are foods with high water content readily available for meals and snacks. They can also pay attention for signs of potential dehydration and encourage more water intake or seek medical care.

Contact Always Best Care at (855) 470-2273 to schedule a free consultation and learn more about the vast benefits of non-medical in-home care for seniors.



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# ‘Powering Connections’ Helps To Empower Senior Citizens



“Powering Connections” is the National Institute for Senior Centers 2024 theme for National Senior Center Month.

National Senior Center Month is celebrated every year in September. It is an opportunity to showcase CHEER centers and market the valuable programs, activities, and services CHEER offers. It’s also the perfect time to promote a positive image of aging, highlight how CHEER centers improve the

lives of local older adults, show CHEER’s importance in the community, and create interest in prospective new participants and collaborative partners.

The 10,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their

beginning in the 1940s, through their inclusion in the Older Americans Act in 1973, and up to today.

Participation in movement and wellness programs is higher than it was before the pandemic. Senior centers connect people to greater economic security through information, referrals, and access to benefits and other resources. Senior centers connect all ages through intergenerational programs and activities

and by supporting the critical role of grandparents. CHEER centers welcome all people.

Senior centers impact the lives of millions of older adults in big and small ways every day through improved socialization, supporting better physical and mental health, increasing community involvement, or offering an evidence-based program that’s changed the life of an older adult for the better — your CHEER

center has made an impact on hundreds of Sussex County seniors.

CHEER activity centers are located in Georgetown, Greenwood, Lewes, Long Neck, Milton, Ocean View and Roxana.

For more information about what CHEER centers can offer your senior, call 302-515-0001 or go to [www.cheerde.com](http://www.cheerde.com).



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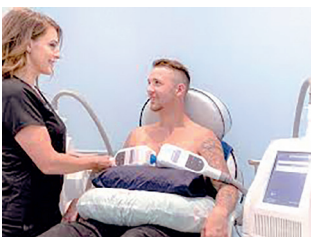
# Remove Stubborn Hard to Lose Fat with CoolSculpting



**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 is the owner of Renove Medical Spa in Rehoboth Beach.

After summer time fun, fall can be a time when we put on some extra pounds when we slow down again, enjoy holiday baking and family get togethers leading up to the holidays. But this fall will be different!

This fall we will be helping our patients look and feel their best and be holiday dress ready this season, with CoolSculpting.



**What Is CoolSculpting**  
CoolSculpting is an in-office treatment that targets areas of hard to lose fatty areas, such as the low abdomen, hips, back fat, arms and inner thigh fat, or chest and under chin fat. The CoolSculpting is applied to that area for 35 to 45 minutes and it slowly cools that area until the fat cells freeze. Fat cells freeze at a higher temperature than water, so there is no risk of harming the skin or other tissues. When the fat cells

are briefly frozen, they don't survive and the fat and fat cells are reabsorbed and removed naturally, eliminated by the body over the next few weeks.

### What Can I Expect During a CoolSculpting Treatment

When you come in for your CoolSculpting treatment, you will have a consultation with Dr. Michelle Parsons, M.D. to be sure you are a good candidate for the treatment. The treatment area is in a private room with a comfortable recliner. The CoolSculpt applicator will be applied to the area to be treated and held in place with a velcro strap and comfortably supported. Once the treatment begins, you will feel the area get cooler, and it is not uncomfortable. Most of our patients will read, be on their phone or watch Netflix in the room and some take a nap. After the 35 to 45 minutes, our staff will remove the CoolSculpting applicator and gently warm up and massage the treated area, this takes two minutes. Once your treatment is complete, there is no bruising, redness or swelling, the area will look completely normal.



### When Can I Expect to See Results From CoolSculpting

Once your treatment is complete, the treated area will look completely normal and no one will know you had anything done. Within two weeks, you will begin to notice that the treated area will start to diminish as the fat is removed and eliminated from the area. This fat is removed by the body through natural processes, taken up by the lymphatic system and

eliminated through the stool and urine. But you really won't notice any of this! This process will continue for up to 12 weeks, getting smaller and less fatty as time goes on. The skin will also tighten up in this area as it is a gradual process. Typically the amount of fat removed will be about 30% of the area treated! This will be definitely noticeable in how your clothes fit.

### How Long Will My CoolSculpting Results Last

Removing fat non-invasively with CoolSculpting is a long lasting treatment with long lasting results. And without gaining any weight, it is considered permanent. What is so attractive about CoolSculpting is that fat can be permanently removed without the risk of surgery, recovery or any scarring and no one knowing that you had any procedure done. CoolSculpting is safe, and very effective.

If you would like to see if you are a good candidate to receive a CoolSculpting treatment to remove stubborn hard to lose fat, then come in to see Dr. Michelle Parsons, M.D., where the doctor is the difference for a complimentary consultation. Mention that you saw this article and receive a \$100 gift card toward your treatment.

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**QUESTIONS? Contact Amy Keller, 302-644-2900**



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.

There are a number of popular beliefs out there about your cardiovascular health that might be misleading and dangerous when it comes to keeping your heart healthy. Here are some of the most common ones:

**1. “Heart disease runs in my family, so it’s only a matter of time until I get it too”**

No question there is a strong genetic component to heart disease, but that doesn’t mean you can’t do something about it. On the contrary, a strong and consistent set of measures should be taken early to dramatically reduce your risk: stay active, don’t smoke, strict cholesterol control, treat diabetes and hypertension, reduce salt intake, change and stay on a healthy diet.

**2. Chest pain is a sure sign of a heart attack”.**

Not quite. Chest pain remains the most common symptom of a heart attack, but there are many others just as important that can be subtle: Shortness of breath, dizziness, nausea, pain or discomfort in the arms, shoulders, jaw, mid upper back, or palpitations. It’s important to recognize any so these symptoms and to call 911 immediately.

**3. “I can get to the hospital just as fast ( or faster) than the ambulance can”**

Wrong and very dangerous for many reasons: The emergency medical system staff will initiate the right treatment and activate the hospital system ahead of your arrival in the hospital. You will get into the emergency department much faster. Don’t be a fool, call 911 and let them help you instead. People have had cardiac arrest while driving and have become unconscious, causing fatal accidents.

**4. “I am too young to worry about heart disease”.**

An early adoption of a healthy life style will have a tremendous impact in the prevention of cardiovascular disease later on. The heart attack someone might have in their 40’s or 50’s began as a process of plaque accumulation in the coronary arteries and others in childhood and adolescent years. So, educating your children for life long healthy living is perhaps the most important legacy.

**5. “Diabetes won’t affect my heart so long as I take my medicines”.**

It’s critically important to keep a very strict control of diabetes and sugar levels to reduce the risk of a heart attack and stroke. However, you still remain at high risk for those events. Weight loss, regular exercise, smoking cessation, controlling blood pressure and cholesterol become even more important if you are also diabetic.

**6. “I will know when my blood pressure is high because I will have a headache”**

High blood pressure continues to be a “silent killer” and most people will have no symptoms, until it’s late and other organ systems are involved. Early detection and effective treatment of high blood pressure are absolutely critical in preventing stroke, heart attacks, heart failure, and kidney failure. Check your blood pressure regularly and discuss it with your health care provider.

## Ten Common Myths about Cardiovascular Disease



**7. “Cholesterol checks are for older people”.** Not exactly. The American Heart Association recommends an initial cholesterol check at age 20. Early detection and intervention are very important. If you have a very strong family history for heart disease, checking before age 20 is a good idea as well. Again a healthy diet and regular exercise are the cornerstone of treatment.

**8. “I stopped my medicines because my blood pressure was normal, or my cholesterol was normal or I feel good now”.** Very often people assume that once your blood pressure and cholesterol reach the recommended levels, then the job is done and the medications are no longer needed. The reality is these are chronic problems and need maintenance and continued treatment. Please consult with your doctor before stopping any medication on your own. Feeling better is fine, but it might be because you have been on that treatment in the first place. If you are having trouble affording medications, talk to your doctor to be switched to a less expensive alternative or they may have certain discount programs available to you.

**9. “Aspirin is a good blood thinner to prevent strokes if you have atrial fibrillation”.** This is a common one. The truth is that if you have this heart rhythm problem you are at a much higher risk for a stroke and you need to be on a true blood thinner, such as warfarin or one of the newer agents now available on the market. Aspirin alone is not an effective treatment in this situation.

**10. “Drinking a glass of wine a day reduces your risk of heart disease.”** The question is -- how big is your glass of wine? The recommended amount of daily consumption of wine is 5 ounces for women and men over the age of 65. For men under age 65 they can have 2 glasses of 5 ounce each. The standard wine glasses hold between 12-14 ounces of wine, so it is very easy to consume more than intended. Red wine contains the antioxidant resveratrol, which has been studied in animals to potentially reduce the risk of heart disease, but recent research has discredited some of this claim. The same antioxidant can be obtained from eating grapes and drinking grape juice, so wine consumption is not necessary for this potential benefit.

Just some food for thought. Maybe over a glass of red wine, or maybe not.

## Cardiovascular Consultants

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# Walgreens Supports Breast Cancer Month

**While the leaves outside may be changing from green to orange to brown, everywhere else may be going pink.**

That's because October is Breast Cancer Awareness month; 31 days dedicated to raising awareness of the second most common cancer in women.

Chances are breast cancer will touch your life in some way, directly or indirectly, as about one in eight American women will develop breast cancer in her lifetime.

Harness the momentum of the "Go Pink" movement to take an active stance. Here are six strategies to reduce your breast cancer risk and keep your breasts as healthy as possible.

## Know Your Breasts

Whether you choose to do a breast self-exam monthly, occasionally, or not at all, the is to be aware of how your breasts look and feel and be alert to any changes. If you do notice something different or unusual, contact your doctor right away for follow up.

If and when you do a breast self-check, "do an exam in the shower, when your hands are soapy" says Stephanie Bernik, MD chief of surgical oncology at Lenox Hill Hospital in New York City. That makes it easier to feel for changes-any lumps or other things that don't feel right to you.

## Keep Your Doctor Appointments

When you visit your doctor for your routine checkup, take a few minutes to discuss your

potential risk factors.

## Know Your Family History

Family history is a risk factor you can't change of course. But you can be aware of it and be sure your doctor knows about it.

The risk of breast cancer is higher among women who have close blood relatives with the disease. If you have close relatives with breast cancer, discuss with your doctor the best monitoring program for you.

## Get Screened

Mammograms can help detect breast cancer early, but experts disagree about the best age to start this screening and how often to repeat it. Your decision about screening should take into account your family history and your personal risk factors.

## Watch Your Weight & Your Diet

Excess weight can increase your risk of postmenopausal breast cancer, studies show.

After menopause, when the ovaries stop producing estrogen and other hormones, fat tissue becomes the largest supplier of estrogen. Being overweight can put women at increased risk for estrogen-responsive breast tumors.

Work with your doctor to set a weight goal appropriate for you. If you're already above your goal, the most important thing is not to gain additional weight, says Leslie Bernstein, PhD.

## Keep Moving

A wide body of evidence has shown regular exercise reduces breast cancer risk. Most

studies suggest that 30 to 60 minutes a day of moderate-to-high-intensity exercise reduces risk, says the National Cancer Institute.


Research shows that women who increase their physical activity after menopause have a reduced risk of breast cancer compared to inactive women.

Remember there is no one silver bullet for preventing breast cancer. But awareness and leading an overall healthy lifestyle go a long way toward staying healthy and cancer-free.

Los Angeles-based journalist specializing in health, fitness and behavior topics.

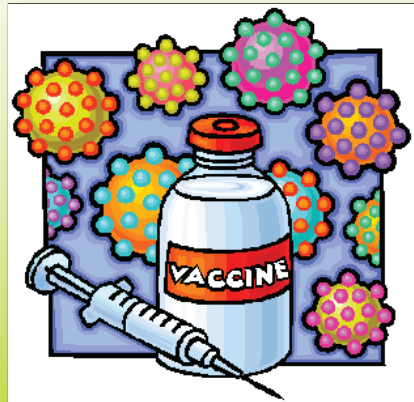


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# Losing Weight with Medication is Fast and Easy



**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 is the owner of Renove Medical Spa in Rehoboth Beach.

You may have heard that there is a new class of weight-loss medications that are incredibly effective at curbing appetite, improving blood sugar control and promoting profound weight-loss. This group of medications is known as glucagon-like peptide 1 agonists, or GLP-1. This group of GLP-1 medications come in a variety of names, dosages and frequency of dosing, but they all act in one common way, they inhibit the hunger hormone, leptin. It is this hormone, leptin, that controls our hunger, whether it induces us to eat more or to realize we are full, depending on the level of the leptin hormone. Unfortunately, like insulin resistance, many people develop leptin resistance, in that even though the leptin level may be elevated, sending a message to our brain that we should be

full, we become resistant to that message and remain un-satiated which leads to overeating. By restoring leptin sensitivity, hunger is controlled, and we are able to shed excess weight.

**Wegovy and Saxenda** Here at Renove Medical Spa, Dr. Michelle Parsons, M.D. has been treating patients with this new class of medications for weight loss, including Saxenda (liraglutide) and Wegovy (semaglutide). Both of these prescription medications have been extremely effective at curbing appetite and helping our patients easily lose pounds that they have not been able to lose before. We are in a unique window of time right now where the FDA is allowing compounding pharmacies to produce these medications to meet the

very high demand of these medications, at affordable prices. So if there was ever a time to address your weight loss goals, now is a good time.

## Mounjaro Now Available through Compounding Pharmacies

Another highly effective weight loss medication, Mounjaro (tirzepatide), is now also available from compounding pharmacies. Dr. Michelle Parsons, M.D. only sends prescriptions to the highest quality compounding pharmacies with a long track record of safety and reliability.

Mounjaro, Wegovy, and Saxenda are medications that are self-administered injections that work on controlling appetite and glucose metabolism. These medications were initially designed to treat diabetes and pre-diabetes in patients who were experiencing increasing blood sugars and weight gain. By improving glucose metabolism and controlling appetite, including cravings, studies showed that patients treated for pre-diabetes with these medications lost a significant amount of weight as well, 15%



*“... you may have heard that there is a new class of weight-loss medications that are incredibly effective at curbing appetite, improving blood sugar control and promoting profound weight-loss ...”*

of total body weight for Wegovy and 20% for Mounjaro. Due to the greater weight loss seen with Mounjaro, Dr. Parsons can also prescribe Mounjaro.

## Complimentary Consultation

If you would like to see if losing weight using a prescribed GLP-1 agonist is right for you, you can make a complimentary consultation with Dr. Michelle Parsons, M.D. If you do decide to go

ahead with our physician directed weight loss program with a GLP-1 agonist, Dr. Parsons will meet with you once a month, to review your progress, help you minimize side effects and maximize your results. The cost of a month supply of semaglutide or tirzepatide is determined by the pharmacy and the medication will be shipped directly to you. Costs range from \$125 to \$500 per month.

**Michelle Parsons, MD | ReNove Med Spa**

For appointments please call 302.227.1079

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**Charles D. Curry, M.D.**

*Following five years of private practice in Indiana, and years of Rehoboth Beach family vacations, Dr. Curry joined the Delaware Eye Institute in January 2007. Since that time he has established himself as a caring and skilled practitioner. His practice ranges from the surgical treatment of cataracts, to the medical treatment of such ailments as glaucoma and diabetic eye disease to ongoing and preventive care through routine eye exams.*

## Evolutions In Cataract Surgical Options

Technology and innovation are the key words of modern life. Without being open to new options, much of the joy of living can be lost. Cataract surgeons have, through the past 50 years or more, proven up to the task of changing with the times to offer new techniques and technologies that have taken a surgery done only as a last resort, with an expectation of prolonged and unpredictable recovery, to an option that people look forward to, knowing results are much more predictable and the techniques are much safer. That knowledge is what excites me about doing cataract surgery, striving to provide the unmatched results that modern surgical technique can help us attain.

I'm going to hit on a few of these advancements in cataract surgery in this article, hoping to get you as excited about the possibilities, when the time for cataract surgery comes for you, as I am excited to be able to offer them. However, in the midst of our excitement about the options open to us, we should never lose sight of two important issues :

1) Cataract surgery still involves risk. It is not to be undertaken lightly. While the vast majority of patients have excellent results, there can be complications. Even the best surgeons, with exceptional surgical skills can have poor outcomes. The human body is far too complex and amazing to be completely predictable. Make sure you have a good functional reason for undergoing surgery, so potential benefit outweighs the small, but real, risks involved.

2) The "best options" at the time of surgery are different for each patient. Those options should be discussed and a specific plan arrived at for each individual patient. Cost, the patient's work and leisure visual demands, and realistic expectations for each technology all must be considered.

With that disclaimer here are a few cataract surgery options we're excited about:

ORA Wavefront Aberrometry has been discussed in a previous article in this magazine, but in way of quick review, it offers another way to choose appropriate lens implant power at the time of surgery.

Without good measurements, even the best lens technologies are unable to provide good results in terms of minimizing glasses need after surgery. Following the old mantra of measure twice, cut once, the cataract surgeon's ability, with the ORA, to choose a lens for a specific patient is enhanced by both preoperative measurements of lens power, done through the cataract prior to surgery, and repeat measurement with the ORA at the time of surgery.

Toric intraocular lenses provide a way to predictably compensate for astigmatism at the time of cataract surgery. Traditionally lens implants at the time of surgery were able to correct near-sightedness and far-sightedness, but not astigmatism. Astigmatism is irregularity of the shape of the front of the eye - a football shaped eye instead of a baseball shaped eye. This irregularity distorts images and causes blurred images both close and far. In the past this was typically dealt with by the use of glasses after surgery that would correct the astigmatism by having more power in one direction of the lens than the other. Toric lenses incorporate that difference in power into the lens that is implanted inside the eye, so that the patient is less likely to have to wear glasses for the distance after surgery.

Finally, multi-focal intraocular lenses take glasses independence a step further. Not only do these lenses offer the ability to correct distance vision without glasses, but they provide hope for eliminating the need for distance, intermediate, and near vision correction - no more cheaters! I have been especially excited with the results I am attaining with the most recently FDA-approved multi-focal lens, the SYMFONY by

Abbott Medical Optics. The SYMFONY works by extending our depth of focus of the eye. I think of this like the difference between an old-fashioned movie camera that would show a close-up with all the background being unclear (our old monofocal lens technology) vs. modern cameras that can perform close-ups while the background stays in focus (the SYMFONY). Not only does this lens seamlessly focus between various distances (near, far, and intermediate), but it also comes available in a toric form, meaning it can correct astigmatism at the same time.

Again it is important to remember that all of these options, as exciting as they are, are

not right for everyone. There are expenses to each of these options that are typically not covered by insurance. Even those who can afford to pay for the most expensive of these options cannot be guaranteed total glasses independence. We are dealing with technologies and measurements made by humans on other humans. I think we would all agree that humans are both fallible and unpredictable, so we do everything we can to compensate for our fallibility and improve our predictability. We are light-years ahead of where we started, we are successful in the vast majority of patients, but I continue to look forward to several more years of advancements that I get to incorporate into my practice to continue to improve our results.

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# Can People With Peanut Allergies Get The Covid Vaccine?



Presented by Alexandra Gallagher

By Aristos Georgiou  
NEWSWEEK 12/18/20

The Pfizer/BioNTech COVID-19 vaccine is now being rolled out across the United States as part of the largest vaccination campaign in American history. But can people with allergies to food—such as peanuts—get the shot?

According to guidance from the U.S. Centers for Disease Control and

Prevention (CDC,) people who have a history of food, pet insect, venom, environmental, latex or oral medication allergies can receive the Pfizer/BioNTech vaccine.

The CDC recommend that vaccine providers should observe people with a history of anaphylaxis—a severe, potentially life-threatening allergic reaction—due to any cause for 30 minutes after the individual receives the shot. Everyone else should be observed for 15 minutes.

“If you have a severe allergic response—for instance people have peanut allergies or egg allergies or food allergies—you can still get this vaccine, you just need to wait for 30 minutes in the area where you got the vaccine so if you do have an allergic reaction someone would be able to give you a shot of epinephrine to reduce it,” Dr. Paul Offit, who sat on the FDA advisory board that approved the vaccine, told reporters during a Poynter Institute webinar on Monday.

“And then we for everybody else, we make a recommendation we always make with vaccines, which is that whenever you get a vaccine, you should hang around for about 15 minutes to make sure you didn’t have a severe allergic reaction because one out of every million doses roughly of vaccines is complicated by severe allergic reaction,” Offit said

When it comes to allergies, the only people who shouldn’t get the vaccine are those who have a history of severe reactions to any component of the Pfizer/BioNTech vaccine, according to the CDC. These ingredients are listed below:

- 1 mRNA
- 2 lipids or fats: ((4-hydroxybutyl)azanediyl)bis(hexane-6,1-diyl)bis(2-hexyldecanoate), 2-[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide, 1,2-distearoyl-snglycero-3-phosphocholine, and cholesterol)
- 3 potassium chloride
- 4 monobasic potassium phosphate
- 5 sodium chloride
- 6 dibasic sodium phosphate dihydrate
- 7 sucrose

The American College of Allergy, Asthma, and Immunology has said that the vaccine should not be administered to anyone with a known history of severe allergic reaction one of the components called polyethylene glycol or PEG in particular. This substance has previously been documented as a cause of anaphylaxis by scientists, although these reactions are rare.

The CDC says that individuals who have a history of severe allergic reaction to any vaccine or injectable therapy can still get the Pfizer/BioNTech vaccine but they should take extra precautions.

The agency recommends that such individuals should undergo a risk assessment and discuss the potential harms of taking the vaccine with their doctors.

Those with a history of only mild allergic reactions to vaccines or injectable therapies can take the Pfizer/BioNTech vaccine without these extra precautions, according to the CDC.



An advanced honors student, Alexandra has been a straight A student since kindergarten. Alexandra is a member of the National Honor Society, a Duke TIP Scholar, received honorable mention two years in a row at Canterbury School’s Science Fair, Regional First Place at HOSA for Nutrition and a Science Olympian member. In 2025, Alexandra will be a PreMed student at the University of Miami.

Alexandra aspires to be a surgeon specializing in female cancer research and helping children with Treacher Collins Syndrome, a condition that affects the development of bones and other tissues of the face.

Alexandra was diagnosed by Dr. Robert Wood, of the John Hopkins, at the age of 4 with a most severe peanut allergy after she went anaphylaxis after eating a peanut product.

Alexandra feels the best way to prevent a severe reaction is education on food labeling, and fellow student education on this deadly condition. You or your child can correspond with Alexandra by email [Alexandragallagher0@gmail.com](mailto:Alexandragallagher0@gmail.com), and she will help with any suggestions and experiences.

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**Andrea E. Goldstein, M.D.**

Dr. Goldstein is a board-certified gastroenterologist who graduated from Georgetown University for her medical degree and then went on to complete her Internal Medicine residency at North Shore University Hospital and did her Gastroenterology fellowship training at the University of Buffalo. Dr. Goldstein is at the forefront of the pelvic floor field, performing Interstim Peripheral Nerve Evaluation (PNE) for fecal incontinence. “Gastroenterology allows me to stay on the leading edge of medicine, bringing the newest, most effective treatments to patients with serious conditions. As your doctor, I strive to give you the best possible medical care you can receive and also an environment where you can feel comfortable. This starts with talking and listening closely to ensure that I get a complete picture of your medical history and symptoms, and also that you understand what you need to know to follow your treatment plan and return for the follow-up testing you need to protect your health. Giving you my time, compassion and full attention is as important as any test or procedure I perform.”

## HEMORRHOIDAL TREATMENT

**Over half the population will experience some type of hemorrhoidal problem in their lifetime.** You may be suffering in silence because you are too embarrassed to discuss the problem, or worry that the cure will be more painful than the problem itself. Now, advances in medicine have made hemorrhoid treatment fast and virtually painless. Your only challenge is finding a doctor who offers the right treatment and makes you feel comfortable receiving it.

**How do hemorrhoids develop?**

Hemorrhoids are simply swollen and engorged veins in the anal and rectal region. They are most commonly caused by changes in frequency of bowel movements, pressure of straining and hormonal changes or pressure during pregnancy. The veins swell and stretch and gradually lose the support of surrounding connective tissue.

**Hemorrhoids can cause the following symptoms:**

- Itching/Burning
- Bleeding
- Protrusion during Bowel Movements
- Pain
- Hygiene Concerns

**Are all hemorrhoids the same?**

Hemorrhoids are actually classified into four stages

based upon severity. This helps determine which treatment is most appropriate for you.

- 1) Stage I:** The hemorrhoids remain inside at all times. They do not protrude from the anus.
- 2) Stage II:** The hemorrhoids protrude with a bowel movement, but reduce spontaneously.
- 3) Stage III:** The hemorrhoids protrude with a bowel movement, but require manual insertion.
- 4) Stage IV:** Fourth degree hemorrhoids: The most severe hemorrhoids always protrude and cannot be pushed back inside.

**What are the treatment options for removing hemorrhoids?**

Effective hemorrhoid treatment depends on your specific medical condition. No doctor should recommend a solution without first doing an exam to rule out other potential causes of rectal pain or bleeding.

Once you have been diagnosed with hemorrhoids, you will have different options to choose from, depending on the severity of your case. You may get adequate relief from increasing fiber in your diet, taking warm sitz baths and using topical creams. Treatment options include

a variety of minimally invasive procedures that cut off blood flow to the hemorrhoid and cause it to shrink. In some cases your doctor may recommend a surgical procedure to remove excess tissue.

**What is the most painless method for treatment?**

An even less invasive and pain-free solution has recently been approved for internal hemorrhoids. This new banding option, the CRH O’Regan System™ is considered the “gold standard” in treatment and almost eliminates the discomfort and recovery time associated with other hemorrhoid removal options.

During the 60 SECOND procedure, the physician uses a gentle suction device to place a small rubber band around the tissue, just above the hemorrhoid. There are very few nerve endings in this area to cause any pain. The hemorrhoid shrinks and falls off within a day or two. Research has shown that 99.8% of patients treated with the CRH O’Regan System™ have no post-procedure pain and require no pain medication before, during, or after the procedure. There is no bowel prep, and you can drive yourself home afterwards. Another advantage, external hemorrhoids may also improve with this option.

**Make an appointment with a specialist**

If you or a family member is ready to get permanent relief from hemorrhoids, you should make an appointment with a digest specialist for an accurate diagnosis and the most appropriate treatments

available. Only doctors who have been specially trained by CRH O’Regan System™ trainers/doctors are licensed to provide this state-of-the-art banding treatment. Locally, it is performed at Hunterdon Gastroenterology Associates (HGA).

**Please call 908-483-2047 to make an appointment.**

HEMORRHOID

**“I can’t believe I suffered needlessly with hemorrhoid pain for over 3 years!” – SHELLY R.**

**We don’t want you to suffer in silence.**

At Hunterdon Gastroenterology Associates, you’ll find a physician who is easy to talk to without embarrassment. You’ll have an exam to check for hemorrhoids and rule out other potential causes of rectal pain or bleeding. If we do detect hemorrhoids, you’ll get all the information you need to understand your condition and treatment options.

**HGA offers the most effective hemorrhoid treatments available for immediate and long lasting relief.**

- The newest non-surgical and painless band ligation procedure that lasts under 60 seconds, called the **CRH O’Regan System**. HGA doctors have been specially trained to offer this virtually pain-free, drug-free solution for internal hemorrhoids.
- Infrared coagulation
- HET bipolar coagulation

Your HGA specialist will provide the treatment that’s right for your individual needs so you can enjoy life free from the pain and irritation of hemorrhoids.



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# Say Goodbye to Hemorrhoids!

## New, Pain-Free Method Takes *Only 30 to 60 seconds!*

It's now easier than ever to stop living with the discomfort and irritation of hemorrhoids. The board-certified male and female gastroenterologists at Hunterdon Gastroenterology Associates (HGA) use a new, nonsurgical, virtually painless treatment to make hemorrhoids disappear — with an in-office procedure that takes only 30 to 60 seconds!

Since this new method earned FDA approval, our gastroenterologists have used it to resolve hemorrhoids for more than 400 Hunterdon and Somerset County residents. Like them, you'll benefit from:

- ✓ Treatment same day as the exam
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- ✓ No pain meds needed... before, during or after
- ✓ No hospital, surgery, sedation or anesthesia
- ✓ No down time – immediate return to activities
- ✓ Driving yourself home... or even back to work!



This new procedure represents a dramatic improvement in speed, ease, comfort and overall patient experience in the relief of hemorrhoids. Specially trained and highly experienced in this procedure, our doctors treat you in the privacy, comfort and convenience of our offices in Flemington and Somerville.

Don't suffer needlessly with the misery of hemorrhoids. Call HGA today to speak to one of our nurses about how this fast, easy, pain-free and minimally invasive procedure can lead you to a hemorrhoid-free life.

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# Lift and Tighten Facial Skin with Ultherapy



**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.

If only there were a way to tighten and lift loose, sagging facial skin without any downtime such as the typical recovery experienced from facelift surgery or with the swelling and redness from laser treatments. But wait, there is! And it's deep tissue skin tightening with the power of ultrasound, known as Ultherapy!

**What Is Ultherapy?**

Ultherapy uses the technology of ultrasound, to send focused waves of ultrasound directed at the deeper layers of skin tissue, into the skin fascia layer. This layer of skin fascia is the anchor that holds facial tissue in place. This is also the layer that surgeons will address when performing a surgical facelift procedure, lifting up this sheet of tissue to pull up the overlying skin

crows feet areas and underneath the eyes, to help diminish eye lines and to open up the eyes for a more youthful appearance. Also, the skin above the eyebrows can be treated to lift eyebrows. This is called the Brow Lift/Eye Opener procedure.

The whole lower face is most often treated, to treat heavy jowls along the jaw line, the tissue just below the chin and also, the heaviness along the sides of the nose, known as the nasolabial folds can all be treated. Utilizing Ultherapy in these areas, targets fatty tissue that can be diminished and softened, and the overlying skin is tightened.

**What Can I Expect During the Ultherapy Treatment?**

For your treatment, no prior preparation is required, there is

*"... tighten and lift loose, sagging facial skin without any downtime such as the typical recovery experienced from facelift surgery or with the swelling and redness from laser treatments ..."*

layer with it. But with Ultherapy ultrasound, the sound energy is delivered through the skin, without the need for an invasive surgical procedure, or with the penetrating energy of laser. The ultrasound waves pass through the skin, leaving overlying skin completely unaffected and undamaged. The sound energy directly heats up the deep tissues in the skin, directly tightening them and stimulating more collagen for even more lifting and tightening.

**What Areas Are Treated with Ultherapy?**

Facial areas that are typically treated with Ultherapy include the skin around the eyes, which includes the

no numbing needed. Prior to your treatment, Dr. Michelle Parsons, M.D. will apply a cooling gel to your facial skin, just as with any ultrasound treatment. This ultrasound gel allows the sound energy to better penetrate the skin and keeps the skin cool during the treatment.

To treat the whole face, including around the eyes, lower cheeks, jawline and under the chin area, takes about an hour. After the treatment there is typically no redness and no bruising. Many patients will already begin to see improvement around the eye area with a noticeable brow lift and opening of the eyes. But otherwise no one will know that you

had a procedure that day and you can go about your business as usual!

**How Long Will My Results from Ultherapy Last?**

After the initial skin tightening that day, further skin tightening will continue in a slow and gradual process, occurring over the next few weeks and even months. "It is around 8 weeks that most patients will begin to receive unsolicited compliments from their friends and family, telling them that they look well rested, or perhaps look as if they had just come back from a vacation. They will notice the subtle improvement, but will not know the cause!" - Dr. Michelle Parsons, M.D.

The improvement in facial skin firming and lifting will continue to evolve and improve over the next few months and sometimes even as long as a year after the one treatment. Results from Ultherapy are long lasting, as there has been stimulation of new natural collagen and tightening of the deeper fascial layer.



**Sussex County Women's Journal Special Pricing**

When you call to book your Full Face Ultherapy skin tightening procedure, mention you saw this article in the Women's Journal to receive \$500 off your treatment.

If you would like to learn more to see if Ultherapy is right for you, please call to make an appointment for a complimentary consultation with Dr. Michelle Parsons, M.D. The doctor is the difference! Restore, Reclaim, Remove.



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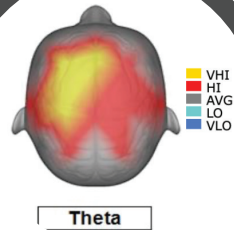


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I have been getting excellent care and have seen significant improvement following the integrative treatment plan provided by Dr. Waterson at the Synapse Brain and Spine Center. I have neuropathy and have had it for over 7 years. Within 8 visits, I have seen such improvement and am very hopeful for the future! - Rose

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# Sussex Teen Goes to Blood Bank For First Time

By Ben Parsons,  
*Fenwick Island, Delaware, Student, Indian River High School*  
*Founder Sussex Teens Are Responsible Stewards*

I recently visited a blood donation clinic, where I underwent a whole blood donation and learned many things about the organization and donating blood in general. The overall experience was quite pleasant. I was greeted by kind staff, sat on a comfortable couch while giving blood, had a good conversation with one of the staff members, and received food as well as a sense of fulfillment. I learned that my blood type, O negative, is highly sought after by clinics as it can be given to any person of any blood type. It is especially valued for traumas, where doctors or medics don't have time or are unable to ask what a patient's blood type is. However the most common donation at the blood bank I went to was O positive and A positive according to one of the staff. O positive is also sought after because it can be given to any Rh positive blood types. The blood donated remains in local areas, Delaware and Maryland, unless there



**Ben Parsons donates blood at the Delmarva Food Bank**

***“... So please, no matter your age, your blood type, or anything else, please help your neighbors and fellow countrymen by donating blood to save their lives ...”***

is some type of emergency taking place. One of these emergencies was a hurricane in Florida, which caused a critical need for more blood, which Delmarva Blood Bank was able and happy to supply. Thanks to them, their donors, and many other blood banks, lives were saved.

The Blood Bank of Delmarva has also approved lowering the age for blood donors to sixteen years old, allowing me and many others to help our community and beyond. The day before my donation,

the BBD hosted a blood drive at Indian River High School, giving the opportunity to help save lives to the students there. However there aren't many young people donating today, most donors are over thirty years old at the blood bank. My grandmother was a longtime donor, she had O negative blood like myself, and made it a point to donate regularly. I wanted to follow her example, and have decided to do the same. I encourage the same to everyone. There are few things limiting a person from donating. As long as they answer the screening questions, which include things like checking for STDs, diseases, and pregnancies, you should be able to donate. There are no age limits. Younger folks must have their parents'

consent of course, but other than that, donating is easy. You simply come in, answer a few questions, get a prick in the thumb, then you give your blood. From there you sit back, watch TV, and then go to the canteen and eat a snack.

Blood donations have gone into decline, never fully recovering from the Covid quarantine. Again, I encourage everyone to make donating blood a common task. As one of the blood bank's regular donor's put it "It's my get out of jail free card." This man didn't have time to serve the community as a little league coach or anything similar, so he donated blood. It is a good experience, and gives you a feeling of satisfaction as you know because of your donation, someone is still breathing. So please, no matter your age, your blood type, or anything else, please help your neighbors and fellow countrymen by donating blood to save their lives.

# Social Distancing - Alone Together

**We are living in times that have never been experienced before. In the past century, there have been just four pandemics. The last one was in 1918. Life, as we know it has been put on hold. Events cancelled, school is now in a virtual landscape, and undoubtedly someone you know has been affected by this disaster.**

Thanks to modern technology, we are still able to connect with our friends and loved ones either through a Google hangout, Zoom, or House party.

In dark times, it is more important than ever to be a beacon of hope for your friends and family. Families all over the nation are spending more time together than they have in years. With the absence of full calendars, practices and other after school activities, there is more time to connect.

When this time passes (and it will) most of us will come out better for it; more spiritually connected and definitely closer to our loved ones.

Although there is currently no vaccine to prevent COVID-19, the best way to prevent the spread is to avoid being exposed. Those who are in close contact with one another, usually within six feet, spread it from person to person. Respiratory droplets are produced when an infected person coughs or sneezes. The droplets can land in the mouths or noses of people who are nearby or possibly inhaled in the lungs. Another silver lining

is that once you have contracted the virus it is unlikely you can get it a second time. Health officials have said that coronavirus antibodies are able to prevent a person who had the infection from getting it a second time.

**The best course of action at the present time is to minimize your chances of contacting the virus. We can do that in the following ways:**

- **Washing your hands with soap and water for at least 20 seconds, especially after being in a public place.**
- **You can use a hand sanitizer (if soap and water are not readily available) that contains at least 60% alcohol.**
- **Avoid touching your face with unwashed hands**
- **Sneeze into your elbow**
- **Clean and disinfect frequently touched surfaces daily – this includes doorknobs, light switches, keyboards, and phones.**

It is easy to feel helpless during times like this.

One way to alleviate those feelings are to try and help where you can and right now our nation is facing a major shortage in blood donations. Donating blood is essential to the health of a community and the need right now is dire. The Red Cross has expressed concern over future blood shortages. If you can, give blood so they can maintain a sufficient blood supply for the weeks to come.

Never have we been given this respite from our daily schedules.

The stress and anxiety from the unknowns can be daunting. Try and take some time for self-care and making yourself a priority during the days ahead. 🦋



# PARTYTIME ENTERTAINMENT



I founded PartyTime Entertainment in the late 1970's. Having a love for all genres of music, growing up around world renowned musicians and entertainers, and having a father that was a famous radio Disc Jockey, it is clear why I wanted to be a DJ. Since then I have been entertaining all kinds of party-goers in Virginia, Maryland, and Delaware, with my vast knowledge of music, my professional service, and my ongoing commitment to excellence in the mobile DJ entertainment industry.

After relocating to Delaware a few years ago, it was evident that there was a need for a seasoned professional entertainment company. I love what I do, I enjoying interacting with people, helping them have a great time, and since I am not ready to retire, I am continuing PartyTime entertainment in Delaware.

I enjoy continually strengthening my skills by consistently performing a wide variety of events each year. My years of crowd -reading expertise, state of art equipment and light shows, and over 150,000 songs from 1930's to today, allows me to choose the right music at the right time to keep your party going. My clients always feel at ease knowing that I will show up early, be appropriately dressed, and at all times be professionally well mannered. I have always worked hard to be more than just another button-pushing DJ. I strive to become part of your celebration; I enjoy individual interaction, putting your guests at ease, and creating a memorable event for you.

It is my policy to consult with you before your event to have all the significant information covered before I get there, so you can enjoy your event without worry. From choosing the music you want, to how you want your D.J. dressed, and everything in between, PartyTime will fulfill all your needs at an affordable price. Whether you are planning a special anniversary, a private party, a family or class reunion, a corporate event, or a wedding – I have the knowledge, the talent, and the expertise to make your event successful. Remember... *"It's Always a Party with PartyTime"!*

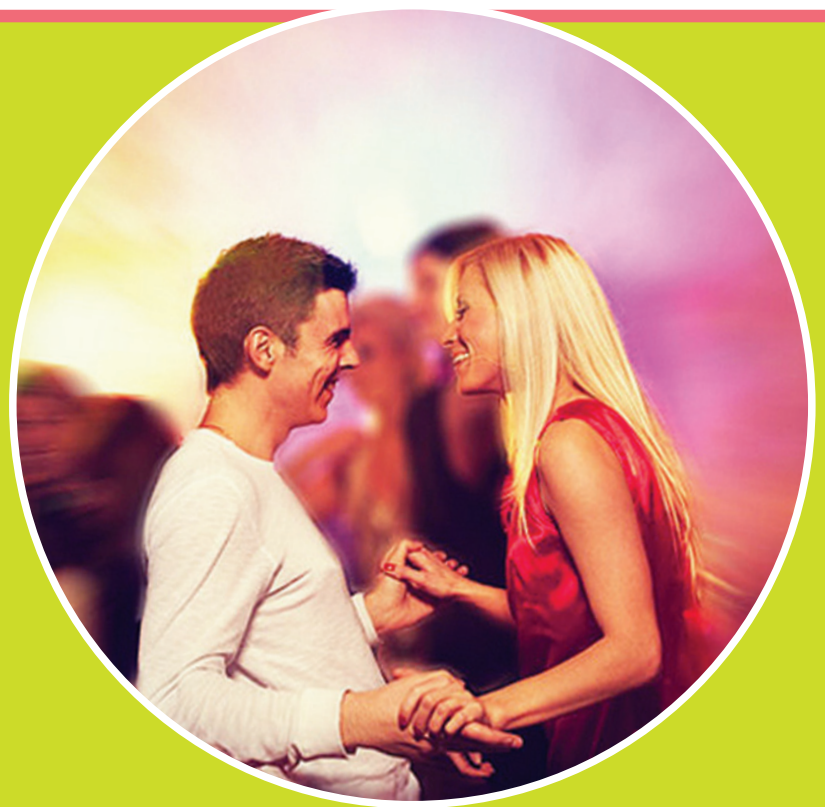
### Testimonials:

*Our Jimmy Buffet party was the bomb! The crew at PartyTime made it another huge success. The music was great, the music trivia games, and hoola hoop contest was a blast! Can't wait until next year. Thanks so much Scott! - Debbie M.*

*Our wedding was fantastic because you were there Scott. Thank you for everything you did. All our guests had a great time, and wanted to dance all night long. My mom just loved all the Elvis you played for her. - Robin T.*

*Scott, thank you so much for the great music at our corporate holiday party. Everyone loved the variety tunes, and had a great time! We look forward to this years summer bash! - Brain B.*

*Thank you for DJ'ing our 35 class reunion! The music, the lights, all of it was fantastic! It was like stepping back in time! See you in 5 years! - K. Roberts*



**DJ entertainment provides a wide variety of music, anything from the 30's/40's Big Bands to 50's/60's, Rock-n-Roll, Motown, 70's Classic Rock & Disco, 80's/90's RB, Dance Music, Country, Top 40 & Today's Hits all by the original artist! PartyTime plays continuous music throughout the entire event without any breaks.**

## WHY A PARTYTIME DJ?

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- YOU - get personalized service with experienced attention to detail.**
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- YOU - choose your DJ's attire; formal, business or casual.**
- YOU - choose the crowd interaction, low key to highly involved.**
- YOU - choose from our music library with thousands of selections**
- YOU - choose which musical styles to play, and which to AVOID!**

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Children who read succeed! Continue to read with your children every day. Reading aloud helps build vocabulary and improves reading skills. For ages 6 to 12.



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DelawareLibraries.org



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THE SUSSEX COUNTY WOMEN'S JOURNAL IS PROUD TO SPONSOR THIS AD FOR OUR LIBRARIES.



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For more Resort Area events, scan the QR Code to visit [www.Beach-Fun.com](http://www.Beach-Fun.com) or call the Rehoboth Beach - Dewey Beach Chamber of Commerce & Visitors Center at 302-227-6446

# Fall Fun at the BEACH

**Scarecrow Trail & Show** October 1-31, 2024  
**Fall Sidewalk Sale** October 4-6, 2024  
**Sea Witch® Festival** October 25-27, 2024






See you at Sea Witch®

THE SUSSEX COUNTY WOMEN'S JOURNAL IS PROUD TO SPONSOR THIS EVENT.

# HOCKER'S SUPERMARKET AT SALT POND PLAZA

## HOCKER'S SUPER CENTER

## G&E HARDWARE



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.

Debit and all major credit cards accepted.

ATM in stores • EARN FREE GAS WITH "GAS CASH REWARDS"

G&E/Hocker's Supermarket and Hocker's Super Center have been family owned and operated for over 60 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, and have recently opened Hocker's Supermarket at Salt Pond Plaza in Bethany Beach, Delaware. Our meats are unsurpassed!!! Great weekly specials---weekly Best Buys!

### *Soon to be Continued!*

#### ***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!!!

#### **Hocker's Supermarket at Salt Pond Plaza**

695 Bethany Loop  
Bethany Beach, DE 19930  
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

#### **G & E Hardware**

30264 Cedar Neck Road  
Ocean View, Delaware 30244  
302-539-1448  
Open 7am - 8pm Every Day,  
except Sunday 7am - 7pm

# Here is What Our Advertisers Say



**Chris Rementer**  
Budget Blinds

“ We advertise in the Sussex County Woman for a few reasons. First, it is a good read, second, it’s an opportunity to go into a little more detail to reach the more educated customer and third, the readership definitely represents our clientele. We stay because it gets results.” ”



“ G. Fedale started advertising in the Sussex County Women’s Journal in 2021 and have been very pleased since. This isn’t a typical ad in a magazine but an informational editorial for local residents and businesses to read and learn how to maintain the outside of their homes. Barbara Steele, who we work with, is amazing and acts as a champion for local businesses. I’ve never met someone who promotes and works as hard and smart as Barbara. We enjoy working with her and look forward to our continued partnership. ”



**Dr. Tracy Hudson**  
Henlopen Chiropractic and Acupuncture

“ Over the years, I have advertised in many publications and can honestly say that I have never gotten the response that I have with Sussex County Women’s Journal. The Journal is unique in that it educates our community while being professional and personal. My patients (new and old) love reading the articles and often take multiple copies to give to friends and family. And not only is it flying out of my lobby, I often receive calls from patients all over the county who have read my article and are interested in care. Not to mention how great it is to be working with someone as hardworking and driven as Barbara! I am proud to be part of SCWJ for the service it provides to the community. I have just renewed for her 7th year!” ”



**Michelle Serrano**  
Always Best Care

“ Always Best Care has advertised with the Woman’s Journal over the past three years. We have had clients call and state they heard about our services from the woman’s journal. Working with the Woman’s Journal staff is easy and enjoyable. They go above and beyond in helping our pages look great! ”



“ Delaware Hospice, Inc. has advertised with the Women’s Journal for over 10 years. We know that most of the Journal’s readers are the caregivers and decision makers of their household, especially regarding the health of their family. The Journal allows us to reach those readers and provide them with education regarding our organization and end-of-life care. Barbara is really the driving force on why we continue to advertise in the Women’s Journal year after year. Her guidance is second to none and we look forward to many more years of advertising within the Journal. ”



“ We thoroughly enjoy being a part of the Sussex County Women’s Journal. BenchMark opened our first clinic in Delaware in September 2019. The Women’s Journal has not only provided the opportunity for us to educate the community, but has allowed us to connect and build relationships. We value these relationships with community members and local professionals. Thank you to Barbara Steele and her team for the outreach they do everyday to continue bringing the community together! ”



**Cathy Basenese**  
ReStore Manager,  
Sussex County Habitat  
for Humanity

“ Sussex County Habitat for Humanity ReStore has been advertised in the Sussex County Woman’s Journal for several years now. Advertising in the Journal has allowed us to reach a wider audience. One of the main reasons we chose the Journal is due to Barbara Steele. Barbara’s knowledge and guidance has been instrumental to me personally here at the ReStore. She has been there year after year not only to help us meet our marketing needs but she has been very conscious to keep our budget in mind while allowing us to get the greatest possible impact. She has been one of our greatest cheerleaders. Her dedication and commitment to Sussex County Habitat for Humanity has been and continues to be unwavering. We feel very fortunate to be a part of this magazine. ”



Reaching 100,000 + Readers Throughout Delaware

*Don't you think it's time  
you test the Women's Journal™ ?*

**302.344.1005**

Rated the #1 Educational Newspaper in the U.S.  
~ U.S. World and Review

**Advisor to philanthropists.**  
Trusted partner and resource  
to **professional advisors.**

*"If someone has an interest, a passion that they want to follow, the DCF makes it very easy to set up whatever vehicle they decide they want to use. It might be a scholarship, it might be a research fund, but the DCF is very knowledgeable and can tailor it to what the person may be thinking about."*

**Anonymous Donor**, Frankford

At the Delaware Community Foundation, we help donors and their professional advisors make savvy decisions about charitable giving to maximize tax advantages *and* community impact.

**DCF** Delaware  
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Foundation™  
Engaging Communities, Empowering Giving™  
**delcf.org/daf**

To learn more, contact



**Mike DiPaolo**  
Vice President for Philanthropy  
& Southern Delaware  
mdipaolo@delcf.org  
302.335.6933



**Maribeth Przywara**  
Director of Advancement  
mprzywara@delcf.org  
302.504.5223



**Your stuff  
builds homes.**

Donate your used  
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and other home goods.



**18501 Stamper Drive Lewes, DE 19958 302-855-1156**  
**Open Tuesday – Saturday 10-4pm**  
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We Don't Dabble, We Specialize!



### About Us

Wilkins Wildlife is a full-service Wildlife & Bedbug Heat Treatment provider for the Eastern Shore of Delmarva that was founded in 2017 by Jay Wilkins. Jay started this business because he believed that the people of Delmarva deserved better. Better Service, Better Reliability, and Better Knowledge!

Our wildlife program offers a fast, safe, and humane solution to any wildlife problem. We use live traps, and we will relocate the wildlife as allowable by law. Our team specializes in performing exclusions, removal, repair, and prevention. We offer an extensive line of installation products to prevent wildlife and pests from even making it to the inside of your home and our team will leave you feeling confident the job was done right. Our goal is to keep wildlife in the wild and out of your home!

**Remember "We Don't Dabble, We Specialize!"**



### Services

- Humane Wildlife Removal
- Certified Bat Removal Specialists
- Bedbug Heat Treatments
- Wildlife Exclusion & Prevention
- Ridge Guard Installation
- Gable Gaurd Installation



[www.WilkinsWildlifeBedbug911.com](http://www.WilkinsWildlifeBedbug911.com)



  
**CHESAPEAKE  
CABINETRY**  
DESIGN STUDIO

"It was a pleasure working with Frank and his team. The cabinetry and granite countertop came out even better than expected !!! The professional service provided was excellent. We would definitely do business with Chesapeake Cabinetry again. Thanks Frank !!!" - Dean

CABINETS | COUNTERTOPS | HARDWARE



We specialize in kitchen and bathroom remodels, and various home renovations, offering superior craftsmanship and innovative design to exceed our customers' expectations in every project we undertake. Through our commitment to quality, integrity, and customer satisfaction, we aspire to inspire others and leave a lasting impression in the realm of cabinetry and home renovations.

302-663-0563 | CHESAPEAKECABINETRY.COM  
24514 VENTURE DRIVE | GEORGETOWN, DE 19947

# Ten Roofing Materials for Long-Lasting Durability



At G. Fedale, we understand that selecting the right roofing material is crucial for ensuring long-lasting durability and protection for your home. In this blog post, we share in-depth information about 10 roofing materials for long-lasting durability. Whether you're planning a roof replacement or a new installation, our guide will help you make an informed decision that ensures the longevity of your roof.

## Ten Roofing Materials for Long-Lasting Durability

### Asphalt Shingles

Asphalt Shingles are among the most popular roofing materials due to their affordability and ease of installation. They are available in various colors and styles, offering excellent versatility and durability.

### Metal Roofing

Metal Roofing is renowned for its exceptional durability and lifespan of up to 50 years. It withstands harsh weather conditions such as heavy rain, snow, and high winds, making it an ideal choice for areas prone to extreme weather.

### Clay and Concrete Tiles

Clay and Concrete Tiles provide significant longevity and can last up to 100 years. Their resistance to fire, rot, and insects makes them a sustainable roofing choice, especially in regions with hot weather.

### Slate Roofing

Slate Roofing is one of the most durable roofing materials, with a lifespan of over 100 years. Its natural appearance and fire resistance make it a premium choice for homeowners looking for long-term solutions.

### Wood Shingles and Shakes

Wood Shingles and Shakes offer an attractive, natural look and can last up to 30 years with proper maintenance. They provide good insulation and are suitable for various architectural styles.

### Synthetic Roofing

Synthetic Roofing materials mimic natural products like slate and wood but require less maintenance. They are durable and resistant to damage from weather conditions and UV rays.

### Solar Shingles

Solar Shingles integrate seamlessly into your roofing system while providing renewable

energy. They offer durability comparable to traditional shingles and help reduce energy costs.

### Rubber Roofing

Rubber Roofing (EPDM) is a versatile and durable roofing option, especially for flat roofs. It is resistant to leaks, weather damage, and UV radiation, making it perfect for long-term use.

### Green Roofing

Green Roofing systems incorporate vegetation on rooftops, offering excellent insulation and eco-friendliness. These roofs enhance roof longevity by protecting underlying materials from UV rays and temperature fluctuations.

### Copper Roofing

Copper Roofing is highly durable and develops a protective patina over time, enhancing its longevity and resistance to corrosion. While expensive, it offers unique beauty and historical appeal.

### Your Trusted Professionals

As roofing contractors serving the Mid-Atlantic region, G Fedale recognizes the particular challenges posed by our local climate. Our roofing materials are selected to withstand local weather patterns, ensuring long-lasting protection and durability for your home.

By choosing G Fedale for your roofing needs, you gain access to top-quality materials and expert craftsmanship that guarantee long-lasting results. Our comprehensive range of services includes roof installation, repair, and maintenance, all designed to keep your home protected.

### Contact G. Fedale Today

For more expert advice on roofing materials for long-lasting durability or to schedule a consultation, contact G. Fedale today. Visit our website at [gfedale.com](http://gfedale.com) or call us at 302.216.ROOF to learn more about our roofing services. Protect your home with the best materials and the professional touch of G. Fedale.

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- SIDING
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- GUTTERS AND MORE!





BEFORE



AFTER



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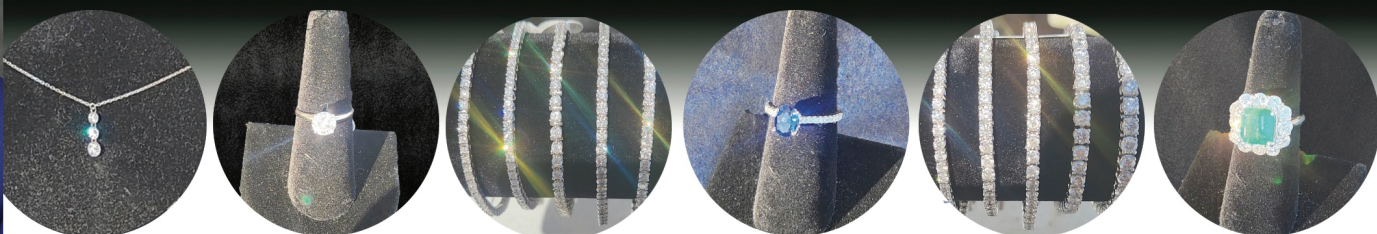
302.216.ROOF



**STEVEN JAMES**  
GIA AJP, GIA DIAMOND GRADUATE

## A Legacy Continues

*Shirley O'Neal's dream to sell jewelry continues with the next generation*



When Shirley O'Neal set out to sell jewelry in 1989, she didn't anticipate her great-nephew that was born that year would one day succeed her in the trade. Over the last 35 years, she has built a reputation as an outstanding businesswoman and pillar in the community of Laurel, DE.

That great-nephew, Steven James, will be applying the same principles through a new name, James Fine Jewelry. With the same commitment to Quality and Integrity, Steven will carry on the legacy of treating others the way he would want to be treated.

Although his Aunt Shirley has entrusted him with a huge set of shoes to fill, Steven is excited for the future.

"I'm so blessed to have a mentor like Aunt Shirley, both in the trade and in life. I'm coupling her real-world expertise with my formal education through GIA, which is the foremost education in the gem world. I'm following in my Uncle Louis O'Neal's footsteps to make sure my education is worth the trust customers place in me."

Steven feels like James Fine Jewelry is a culmination of his professional experience so far: "I've been blessed to learn from leaders that prioritized people and honesty in all that they did. Jewelry is a relationship based business and you need to be able to trust your jeweler. With so many imitations and synthetics in the market, it all comes down to knowledge


and ethics. Integrity must be a part of the relationship. I understand trust takes time, and I'm looking forward to the opportunity to prove myself."

O'Neal's Antiques built a reputation for unique estate and high quality pieces. "Aunt Shirley has been known to say 'we sell high quality jewelry at affordable prices' and I couldn't agree more. Showing inventory that I know I can stand behind and believe in makes the whole process much more enjoyable. I'm blessed to be able to show such a fine collection of pieces my aunt has built over the years."

Steven offers showings by appointment at O'Neal's Antiques in Laurel, DE



# JAMES FINE JEWELRY

*Formerly O'Neal's Antiques*



SPECIALIZING IN HIGH QUALITY  
NATURAL DIAMOND, GEMSTONE, AND  
ESTATE JEWELRY

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*Shirley O'Neal*  
PHONE: 302.542.2241

*Engagement Rings*

*Loose Diamonds*

*Unique Pieces*

*Steven James*  
PHONE: 302.841.1241

Every homeowner has a list of home repair, maintenance and improvement projects that need to get done -- both interior and exterior. But with today's busy lifestyles, who has the time or patience to do it all yourself?

## Let Ace Handyman Services help your home run more smoothly with a wide range of repair, improvement and remodeling services.



### Meet our Team!

Left to right would be, Dwayne Gray, Ron Zehnbauser, Owner Bill Ciskowski, Rob Carney, and Office Manager Reid Hall

Our Multi-Skilled Craftsmen can complete 1,162 projects, saving you time. We pride ourselves on our extraordinary Craftsmen. They are the backbone of our company. We recognize the value in hiring Multi-Skilled Craftsmen who are experienced, reliable, efficient, and provide superior service at reasonable rates.

They are background-checked, bonded, and insured for your peace of mind and safety. Our Craftsmen must uphold a strong work ethic and demonstrate they will always work with and for you by being:

- Timely
- Respectful
- Responsible
- Good Listeners
- Honest
- Conscientious
- Polite
- Patient

Ace Handyman Services' exceptional Craftsmen are committed to exceeding your expectations.

## "Like It's Our Home" Promise

Our pledge to you is simple. We will treat your home, "like it's our home".

1. Our Craftsmen will respect your home by always:
  - Respecting your family's privacy, personal space, and safety.
  - Wearing booties and/or removing their shoes.
  - Not smoking while on your premises.
  - Using protective materials to protect floors and walls from damage.
  - Cleaning up after our job and leaving your home better than when we arrived.
  - Providing a written change order for your approval for any hidden damage or problems not visible when we gave you the anticipated costs – no surprises!
2. Our Craftsmen and offices will never do or suggest "unnecessary" work.
3. Our Craftsmen and offices will OVER-communicate with you before, during, and after any projects so you can plan your life because we show up as promised.
4. You will never be asked for an advance deposit for small- to medium-sized jobs that do not contain specialty-ordered items.



Life is too busy and your home is too valuable to keep up with it on your own.

## Our Goals:

Deliver quality craftsmanship and service that leads to one or all of the following results:

1. Reduced frustration over home repair needs and home improvement projects.
2. Increased enjoyment you have in your home.
3. Improved functionality of your home.
4. Improved safety of your home.
5. Increased efficiency of your home.
6. Increased value of your home.

Identify and communicate potential issues/opportunities if and when they exist.

1. Minimize smaller issues becoming larger, more expensive projects.
2. Provide information on product partners that may add enjoyment and/or improvement to your home... with no strings attached!

*"There is a time when someone does such a incredible job it must be shared with the general public. This is one of those instances, Willam Ciskowski and his crew in ACE HANDYMAN, just painted our 5 bedroom, 5 bath home on the outside, and it has done nothing but shower us with compliments and praises. Not only was the job perfect but every repair was addressed.*

*You simply can't afford not to use them for not only painting, but home repair. Their crew was brilliant, polite and well mannered and on time."*



We listen & solve your problem



We deliver "On My Way" text notifications



Our promise is to be respectful of you and your home as if it were our own



We make it quick, easy and convenient for scheduling to save time



Our Craftsmen are background-checked, reliable professionals



We stand behind our work with a one-year guarantee on all labor

(302)-200-8383 | rhall@acehandymanservices.com | AceHandymanServices.com

# Budget Blinds of Lewes

If you've been thinking about transforming your home's interior into something truly special, Budget Blinds of Lewes is here to help. Our expert design team, paired



with an array of stunning blinds, shades, shutters, drapery, and more creates the ideal home interior that complements any room, or an entire home. From the latest styles and innovative fabrics, to a host of on-trend colors, we'll show you how fun and affordable it can be to upgrade your décor with the power of the #1 provider of custom window coverings in North America. Our consultative process is designed around caring about you and your home. We make the entire experience easy and convenient as we bring the showroom to you with our FREE in-home design consultation. From those unique shaped windows to energy efficient treatments, and more, Budget Blinds does it all for you, with style and service for any budget! We're local and here to stay to ensure you have peace of mind.

## Experts in Custom Window Blind Solutions

At Budget Blinds, we don't just make beautiful blinds and shades. Our design consultants will work with you to design, measure and install the right window treatments customized to your space, style and budget. With our free in-home consultations, stylish designs, smart home products and professional installation services, we partner with you to create a space you'll love. From inspiration to installation, we do it all with you!

## Leaders in Child-Safe Window Treatments

Effective June 1, 2024, all window covering products sold in the U.S. must be cordless, have inaccessible cords or approved tensioning devices. Budget Blinds remains at the forefront of the industry, offering a wide range of innovative and stylish cordless and motorized window covering solutions. Rest assured that Budget Blinds' products not only enhance the aesthetics of your home but also prioritize the safety of loved ones.

## Our Commitment

We know your community because we're part of it. Your window covering purchase is more than a way to make a living for us. It's about adding value to your home, standing behind the products we sell, making your home safer and life more convenient and beautiful. As the #1 provider of custom window treatments in North America, we aim to deliver an exceptional, customized experience, designed for your unique needs.

## We Do It With You

We bring the showroom to you. We expertly measure your space, install beautiful window treatments, and back it up with the best warranty in the business so you can sit back and relax. We work together to give you the best in window treatments, so you can rest easy knowing your space will be beautified and optimized with window treatments that fit your individual needs.

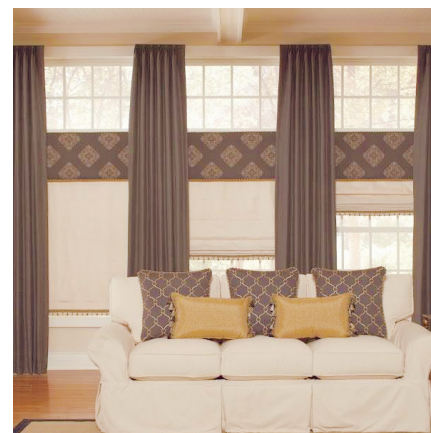
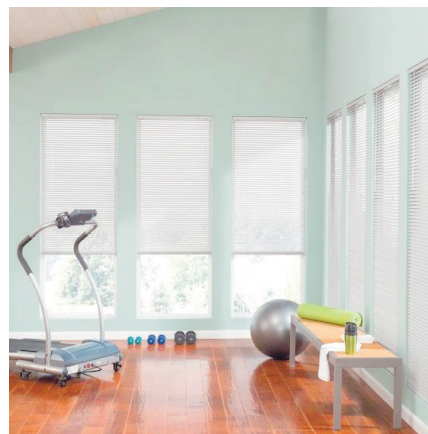
## Window Coverings for Every Need

Your local Budget Blinds consultant specializes in finding the right custom blind solution for your particular needs. Have a window or door that is oddly shaped? Haven't been able to find the right size wood blind for a specific situation? We expertly solve these problems for you.

We are there to help with design choices too, like when to use roller shades, or whether drapery will provide the right type of mood for your space. Perhaps you are concerned about UV protection, or just need the right light filtering solution for a living area. Our local experts are there to help provide the best solution in the comfort of your home.

## We're Local and It Shows

We're proud to be a part of our community. As active supporters of local charities and other local organizations, we strive to help make our community the ideal home for everyone. Take a look at just a few ways you're likely to see us in your neighborhood in our efforts to make a difference.



*We take pride in providing style and service for every budget. - Anthony & Christopher Rementer, Owners*



Call now for your free in-home consultation! 302.856.6799  
BudgetBlinds.com

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Experience the Best Service for your Home, Business or Transition

- We listen to your needs and give caring communication.
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- Everyone has different needs at different times.
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30 Years!



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Free estimates  
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**Call or Text 302.745.8615 Today!**



*New  
Location in  
Georgetown!*

## WHOLESALE & RETAIL NURSERY ■ LANDSCAPING ■ MATERIALS

At A.Piazza Nursery, our mission is deeply rooted in our commitment to providing exceptional quality, service, and expertise to every customer who walks through our garden center. As a family-owned business, we understand the importance of nurturing not only our plants but also the relationships we build with our valued customers. - Anthony and Lana

*“I can’t say enough good things about the Piazza family. I had interactions with 3 members of the family and each one went above and beyond to meet my needs. Great price, professional, and I honestly believe they’re in this business to help people. I left a review on their FB page and noticed 3 similar reviews of them going above and beyond to assist the customer. A small family business that I will be using for all my future landscaping needs!”*



18751 N Dupont Blvd, Georgetown DE ■ 302-899-4998 ■ [apiazzanursery.com](http://apiazzanursery.com)



## “The Best Little Boat Dealer In Delaware”

Lingo Marine is your full-service boat dealer, representing manufacturers such as Xpress Boats, Veranda Pontoons, Mercury and Suzuki outboards, and LoadRite trailers.

Our 10-person service department is led by factory-trained techs with over 40-years combined experience, specializing in Mercury, Mercruiser, Suzuki, and Yamaha outboard motor repairs.

Marine services include boat bottom painting, fiberglass repair, pontoon repair, custom canvas work, rigging, and boat storage, including hauling and launching.

We maintain an inventory of the parts most often needed by our customers, along with accessories to compliment everyday boating activities.

Our new and used boats inventory varies with the season. If you’re looking for a bass boat, deck boat, or pontoon - aluminum or fiberglass - hunting boat or for fishing - check with us often. And, we regularly accept consignments.

Lingo Marine is a third generation business serving local boating needs since 1961.



Winter Storage!



121 Delaware Avenue • Millsboro, DE 19966  
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## 8th Annual Delaware Resorts

# 55+ EXPO

November 2 ~ 9am to 4pm

## Cape Henlopen High School

The 55+ Expo will feature 100 of the resort area’s top health, wellness and home products and service companies. Beebe Healthcare, our Lead Sponsor, will be sharing information and offering FREE health screening as well as flu shots.

Shop and SAVE as many Exhibitors offer Expo Specials!  
 The 55+ Expo benefits Lewes/Rehoboth Meals on Wheels.

**Free Admission! Free Parking! Gifts & Prizes!**

**Please contact [Kathy@deexpos.com](mailto:Kathy@deexpos.com),  
 call 302.236.0857 or [www.deexpos.com](http://www.deexpos.com)**



[www.deexpos.com](http://www.deexpos.com)

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THE SUSSEX COUNTY WOMEN’S JOURNAL IS PROUD TO SPONSOR THIS EVENT.

# Clock Is Ticking: Statutes Of Limitations

By Linda Malkin, Esq.

Motor vehicle accidents are unsettling events that can result in significant physical, emotional, and financial distress. In the aftermath, individuals often face the crucial decision of whether to pursue legal action. In the realm of personal injury, the statute of limitations is a crucial concept that governs how long an individual has to file a lawsuit after suffering harm due to another party's negligence or wrongful actions. The legal timeframe is designed to ensure that claims are made while evidence is still fresh and to provide a sense of finality for potential defendants.

## Starting the clock

Statutes of limitations are like the expiration date on milk: ignore it, and you might find yourself in a very sour situation. The statute of limitations is the law that sets the maximum period an individual can wait before initiating a lawsuit. If a lawsuit is filed after this period, the court will likely dismiss the case, regardless of merit. For motor vehicle accidents, this period varies by jurisdiction. In Delaware, the statute of limitations for personal injury claims, including those arising from car accidents, is two years from the date of the injury. Delays in filing can weaken your case, as evidence might deteriorate, witnesses' memories may fade, and the legal process could become more complex.

If the car accident involves a government entity, such as a city or state vehicle, there are often shorter timeframes and more stringent procedural requirements. For example, in some Delaware cities, you may need to file a notice of claim within one year of the collision before you can proceed with a lawsuit. Understanding the

specific deadlines that apply in the relevant jurisdiction, as well as the nuances, could gravely impact your case.

The statute of limitations encourages swift action in seeking legal redress. While the statute provides a deadline for legal action, insurance negotiations often occur well before this deadline. It is advisable to consult with an attorney early in the process to understand both your legal rights and the insurance claim process.

## Why it matters

Timely action is paramount, not only for adhering to legal deadlines but to strengthen your case. Gathering medical records, police reports, witness statements, and out of pocket expenses as soon as possible after an accident will greatly benefit your case.

Consulting with an attorney after being involved in a motor vehicle accident will help you navigate the legal deadlines and protect your rights. An attorney will handle paperwork, procedural requirements, and interactions with the insurance companies, to ensure your claim is processed correctly. If litigation is necessary, an attorney will prepare your case thoroughly to meet legal deadlines and present the case effectively to the Court. By working with a qualified attorney, you can focus on your recovery, while they manage the legal aspects of your case, including the statute of limitations.

The attorneys at Kimmel, Carter, Roman, Peltz & O'Neill are here to help. If you have been injured in an accident, contact me, or another attorney at our firm, for a free consultation. I can be reached at 302-565-6142 or [lmalkin@kimmelcarter.com](mailto:lmalkin@kimmelcarter.com).

## Bio

Linda Malkin has been an attorney for 10 years, she has been at for Kimmel, Carter, Roman, Peltz & O'Neill since 2010. Linda concentrates her practice on motor vehicle accidents, wrongful death, products liability, nursing home neglect, dog bites, and work-related accidents.

Linda is a proud graduate of Saint Mark's High School and Penn State University. Upon her graduation from Penn State, Linda began her career in law working full-time at Kimmel Carter while attending Widener University Delaware Law School at night.

She served as a Deputy Attorney General in the Family Law department for the Delaware Department of Justice. During her tenure with the Attorney General's office, Linda gained valuable courtroom experience while managing a heavy caseload.

Upon her return to Kimmel Carter, she combined her extensive knowledge of personal injury cases and

litigation experience to thoughtfully and successfully representing individuals and families who have been impacted by an injury. She advocates for her clients to ensure they are rightfully compensated and receive all of their entitled benefits.

Linda is married and has two children. Outside the office, she enjoys coaching and attending her children's sporting events. In her spare time, she can be found exercising her unofficial "Maxxinista" skills or training for her first triathlon.

## Testimonial

"I have nothing but good to say in regards to my experience with Linda Malkin. She was thorough, fair, friendly, and professional. Linda was quick to respond to my emails and calls. Everything she explained to me happened just as she told me. I'd highly recommend Linda and the firm to anyone who finds the need for an attorney. I'd like to thank Linda for making a difficult situation for me painless and quick." ~ Tony



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Linda Malkin Amanda Dobies Emily Raisis Jennifer Donnelly

# Accurate Medical Records Strengthen Cases



By Linda Malkin, Esq.

Worker's compensation is designed to provide benefits to employees who suffer job-related injuries or illnesses. Medical evidence is the cornerstone for establishing the legitimacy of a worker's compensation claim and securing appropriate compensation. Medical records validate the nature and extent of injuries and outline a claimant's ability to work. Understanding the importance of medical evidence can significantly influence the outcome of your workers' compensation claim.

## Establishing the work injury

One of the primary functions of medical evidence in workers' compensation cases is to establish a direct link between the claimant's injury and their work. To qualify for worker's compensation benefits in Delaware, you must demonstrate that your injury or illness is work-related. Records showing that the injury occurred during workhours, in the course of employment, or as a result of specific job-related activities can support your claim.

## Supporting the claim for medical and disability benefits

In Delaware, workers' compensation benefits include coverage for medical expenses

related to the work injury. Accurate and comprehensive medical records are essential for substantiating these expenses. They provide detailed information about the treatments received, medications prescribed, and any ongoing care required. Medical records should address the continuity of treatment, changes in physical condition, and the expected duration of the injured worker's recovery. This information is crucial for ensuring that you receive appropriate benefits. Insurance companies and the Delaware Industrial Accident Board rely on these records to verify that the medical expenses claimed are necessary and related to the workplace injury.

Medical evidence also establishes the severity of a claimant's injuries and the impact on their capacity to work. A claimant cannot obtain disability benefits without supportive medical documentation. Accurate medical records will help establish whether the claimant is temporarily or permanently disabled and the expected duration of disability.

## Working with medical professionals

The best way to ensure medical records are reflective of your injuries is to promptly communicate any changes in your condition to your doctor. An injured worker should actively work with their treating physician, specialists and other healthcare providers to ensure that all relevant information is accurately recorded. If an workers' compensation insurance carrier denies a claim or the extent of the work injury, comprehensive medical documentation can support your case against the denial or underpayment of benefits.

It is advantageous to choose a medical professional that has experience with occupational injuries and workers' compensation cases. This will ensure your provider is cognizant of workers' compensation claim requirements, thus providing you with appropriate documents and testimony, if necessary.

Effective documentation, clear communication, and adherence to legal and ethical standards are essential for navigating the workers' compensation process successfully. By understanding the role of medical evidence and working closely with their healthcare professionals, claimants can strengthen their cases and improve their chances

of receiving the benefits to which they are entitled.

Navigating the workers' compensation process can be complex and daunting, especially when dealing with the aftermath of a workplace injury or illness. At Kimmel Carter, our sole commitment is to help victims of work accidents and personal injuries. If you have questions, contact one of our experienced attorneys at 302-565-6100 for a free consultation.

## Testimonial

*"Linda Malkin went above and beyond. She kept me updated and always informed me on the process and where we stood. I would recommend Kimmel Carter's services!" ~ Desmond*



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**Lorraine White**  
*The Cleaning Solution*

Lorraine started her cleaning business 34 years ago, part time and started out helping a friend with her business. When her friend moved away, Lorraine took over where her friend left off. She's been cleaning ever since.

Lorraine, a single Mother of 2 girls, Brittany and Rianna, put herself through nursing school working at Nicola's, graduating in the nursing program in 1996.

Still a nurse and still a business owner, Lorraine enjoys being with her grandchildren and traveling to the Bahamas every year. Her interests are holistic, medicinal healing, herbal medicines and growing her own herbs.

As a business owner, she strives to give her clients the best personable guaranteed service with a smile.

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**Kathy Benson**  
*Delaware Resorts Expos*

It truly is a blessing to live in Sussex County, especially Lewes! My company, Delaware Resorts Expos, began twenty-six years ago when my husband, Bob, and I launched the Spring Home Expo. We grew our business at the Rehoboth Beach Convention Center for eighteen years until we ultimately decided to move to Cape Henlopen High School. We now present four expos annually, the Fall Home Expo in September, the 55+ Expo in November, the Health Fitness & Leisure Expo in March, and the Spring Home Expo in April. It's a pleasure to present over one hundred of the resort area's top businesses to our ever-growing community. Our Expos, which are always free of charge to visitors, allow the consumers to gain a wealth of information, all under one roof and on their terms!

We have enjoyed partnering with Sussex County Women's Journal for many years! Please notice our 55+ Expo ad in this edition. Please check out our website ([www.deexpos.com](http://www.deexpos.com)) and mark the dates on your calendar. Our exhibitors are always pleased, and visitors depart with a smile and lots of valuable information!

My priorities are God, my family, and helping others! I love traveling up and down the east coast to visit my children and grandchildren. I also wanted to take this opportunity to introduce our newest team member, my son, Luke Benson. He is a graduate of Cape Henlopen High School and the University of Delaware, who will be bringing a decade of experience in sales and marketing to our team. I am especially thankful that the Expo allows me to help businesses, nonprofits, and the community. My newfound "55+" hobby is fitness! Thanks to Custom Fit 360 in Lewes, I look forward to continuing to serve my community through Delaware Resorts Expos for many years to come!





**Anita and Ludovic Bezy, Owners**  
*La Baguette French Bakery*

Anita and Ludovic met and got married in their hometown of Chaumont, France. They have owned the award-winning La Baguette for over seven years. They have two locations, the newly renovated 323 South Governors Avenue in downtown Dover and as of Nov. 2023; 33323 East Chesapeake Street, Suite 33 in the Villages at Five Points in Lewes. They have always taken great pride in their hand-crafted quality breads and pastries made with non-GMO flour, no additives or preservatives, and no high-fructose corn syrup. They also offer some gluten-free options.

At both of their stores, they have indoor and outdoor seating to watch the world go by. You can also have crepes and coffee. They also sell local products and French retail items.

Chef Ludovic Bezy graduated from Culinary Arts School in Saint-Dizier at a very young age. He has a huge passion for authentic French food and French culture.



**Julie Gritton**  
*Coldwell Banker Premier*

Julie Gritton Coldwell Banker Premier When you think LOCAL, think Julie Gritton. For over the past 20 years Julie has been actively selling real estate in the Sussex County Community. She received the Sussex County Association of REALTORS Good Neighbor Award and she ranked in the top 1% for all Coldwell Banker Agents Internationally. In 2023 she was the #1 agent for Coldwell Banker in the state of Delaware. Julie is a local Cape Henlopen High School Graduate and has her Bachelor's Degree in Business and Associates in Marketing. She has extensive real estate experience of Southern Delaware focusing on First Time Home Buyers, Investors, Luxury Homes, Land & Acreage, and Beach Properties including both Sales, and Rentals. Julie understands that buying or selling a home is more than just a transaction: "it's a life-changing experience and a chance to support our local community. That's why she is dedicated to providing exceptional, personalized service for all her clients and I focus on giving back to local charities like St Jude's Children's Research, Food Bank of Delaware, and Brandywine SPCA with every sale." Today's buyers and sellers need a trusted resource that can guide them through the complex world of real estate. With my extensive knowledge and commitment to providing only the best and most timely information to her clients, she strives to be their go-to source for real estate industry insight and advice. "My philosophy is simple: Always keep a clients come first attitude and give back and support your local community. I don't measure success through awards, but through the satisfaction of my clients and the support I can provide to my community. Julie lives in Milton with her husband, two kids and two dogs.

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# Building a Personal Brand Online: The Power of Web Design



Nicole Hammond, Co-Owner CAN Web Management

In today's digital world, establishing a powerful personal brand is crucial for standing out from the crowd. A well-crafted web design is not just a visual element; it's a strategic tool that can significantly impact how your brand is perceived and how effectively it engages with your target audience. At CAN Web Management, we understand that a website isn't merely a digital business card but a dynamic asset that works 24/7 to elevate your brand.

## The Role of Web Design in Personal Branding

Web design is much more than aesthetics; it's about creating an experience that reflects your unique identity and values. For small business owners, especially those looking to build a personal brand, the design of your website plays a pivotal role in shaping the perception of your business. An effective web design encompasses several key elements:

1. **Visual Identity:** Your website should visually convey your brand's personality. This includes color schemes, typography, and imagery that align with your brand's tone and message. A cohesive and attractive design helps in creating a memorable impression, making your brand more recognizable and appealing to your audience.

2. **User Experience (UX):** Good web design ensures a seamless and intuitive user experience. Navigation should be easy, with a clear structure that guides visitors effortlessly through your site. A positive UX keeps visitors engaged and encourages them to take desired actions, such as contacting you or making a purchase.
3. **Mobile Responsiveness:** With an increasing number of users accessing websites via mobile devices, having a mobile-responsive design is essential. A website that adapts to various screen sizes ensures that your brand is accessible and professional across all devices.
4. **Content Strategy:** Effective web design supports a strong content strategy. Your website should feature well-organized and compelling content that highlights your expertise, tells your brand story, and addresses the needs of your audience. Engaging content, combined with strategic design, can drive traffic and boost your online presence.

## Why Web Design Matters for Small Businesses

For small business owners, every dollar counts. Investing in high-quality web design is a cost-effective way to maximize your online impact. A professionally designed website not only enhances your brand's credibility but also helps in attracting and retaining customers. It's an investment that pays dividends by making your business more competitive and visible in the digital landscape.

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## Maximize Your Online Presence with Us

At CAN Web Management, we specialize in helping small businesses like yours harness the full potential of the internet. Our comprehensive services include custom web design, hosting, ongoing website management, and digital marketing to put the website to work for you. We work closely with you to create a website that not only looks great but also functions as a powerful tool for your brand. From the initial design to ongoing updates and marketing, we ensure that your website works tirelessly to support and grow your personal brand.

## Is your website working as hard as it could be?

Let us help you make the most of your online presence! Contact us today at 302-503-3187 or book a consultation through our easy-to-use link at [canwebmanagement.com/call](https://canwebmanagement.com/call). Discover how our expert web design and digital marketing services can elevate your personal brand and drive your business forward.

**Women Owned. Delaware Proud.** 

Nicole is the Co-Owner and Online Success Strategist for CAN Web Management in Milford, Delaware. With over a decade of experience in web development and digital marketing, she is on a mission to help small businesses leverage the internet.

*"We're an extension of your business and a true partner in your growth. When you win, we win. Only if you win, do we win."*  
-Nicole Hammond



Book a FREE Online Success Consultation with Nicole!



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# Pineapple Princess Testimonials

“My sister took me to this wonderful shop on 6/21. If you can’t find a bathing suit in there then there’s something wrong. What a great bathing suit shopping experience. Everyone was so friendly and helpful and we laughed about the Southern Charm TV show. I could have easily bought more than one suit, there were so many to choose from. My sister and I ended up buying the same pattern but in different styles. Can’t wait to wear mine to the water park here at home. I will make sure I stop in the next time I’m down there. Thanks for all of your help!!!”

“The owner and her daughter worked with me to find the perfect suit! They were so helpful and friendly.... There is so much to choose from I definitely needed help!! I will definitely to go back and shop there again!”

“My daughter and I stopped in Pineapple Princess to shop for a bathing suit. The owner was so friendly, knowledgeable & helpful. She took the time to show us many different styles and colors of different bathing suits until we found the perfect one. I would highly suggest you stop in sometime soon.” *Kim Lytle Hastings*

“Service was amazing- I walked out with THREE swimsuits I love and coverup! I spent hours and hours in malls and other shops last week without success... I’ll be back!” - *Kim, Bethany Beach*

“The owner and daughter worked with me to find the perfect suit! They were so helpful and friendly!” - *Stephanie, Maryland*

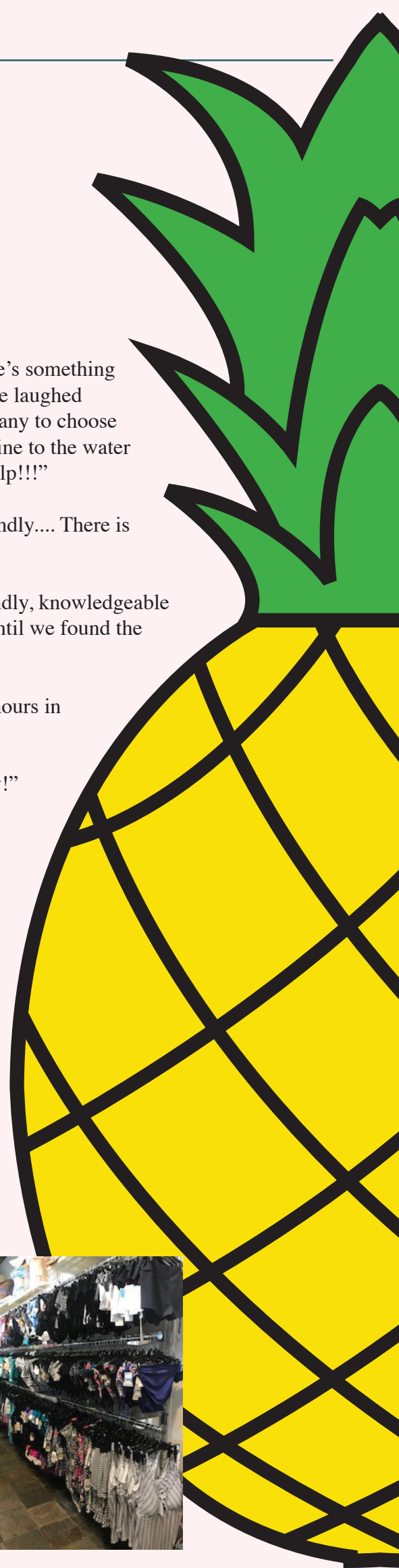
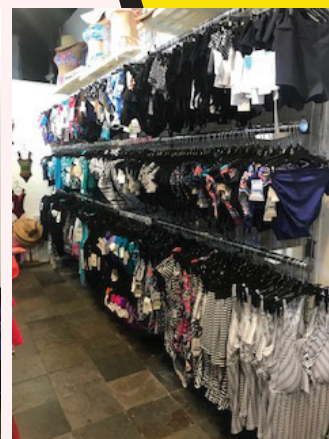
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.” - *Angelica, upstate New York*

“I found my bathing suit mecca!!” - *Nancy, Towson, MD*

“The ladies in Pineapple Princess are very knowledgeable and take their time working with your body type. I highly recommend using this business.” - *Jen, Lancaster, PA*

“Awesome customer service and the best selection of suits around. Fell in love With this shop!” - *Mary, Fenwick Ian’s, DE*

“Amazing selection and first class service!” - *Lauri, Maryland*





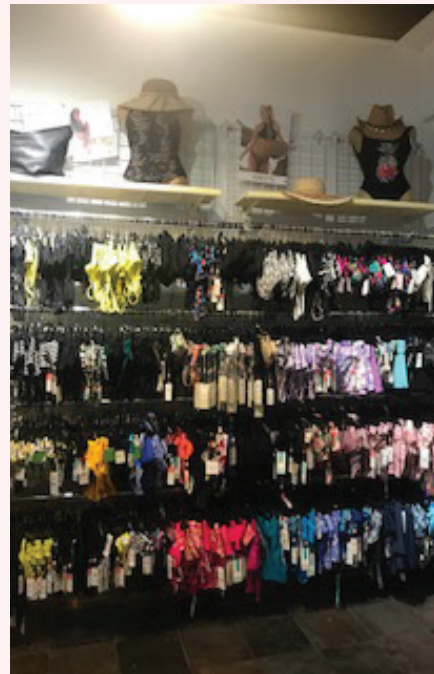
# Welcome Fall 2024!

Dear Fall 2024,

On behalf of everyone at the Pineapple Princess swimwear boutique, I can safely say we are so excited to welcome this fall season! The last couple years have tested our country's economy, livelihoods and strengths but we are on the right path and looking forward to a busy fall here at the beach! With that being said, we at the Pineapple Princess are so beyond grateful for the love and support our community and customers have shown us and we are ready to kick off the summer! The owner, having over 30 years of fitting and making swimwear, and the manager, having over 19 years experience, have an extensive inventory in the boutique to offer for women, missy and junior ranging in sizes XS(0)- 4X(24) and specializing in fitting cup sizes A-H.

Our staff prides themselves on helping to fit gals into that perfect suit to make you feel and look your best. We offer on site alterations to help make swim fit even better or adjust certain areas on swim to make it fit properly. We help with mastectomy, maternity, repairs and sell cuppies. Brands we carry include Tommy Bahama, Swim Systems, Sunsets, Kate Spade, Anne Cole, Seafolly, Hobie, Gottex, Anita and Longitude to just name a few. Looking for cute beach accessories? We have you covered from coverups to dresses to beach bags, hats, jewelry to even pool floats! The possibilities are endless in our boutique. Located in downtown Rehoboth Beach, we are open all year long daily 10-7 with hours varying so call or stop in and check us out. Let's hope 2024 is the fresh start fall we all are ready for! Sea ya at the beach!

*Sincerely, A very excited  
Pineapple Princess*





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Micheal Samonza, Vice President, Institutional Advancement, Salve Regina University

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Joan Carrero, Direction Marketing, Nase Insurance

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## Julie Gritton Team: Real Estate Agents with a Heart for the Community

In today's fast-paced real estate market, finding an agent who not only understands your needs but also gives back to the community can be a game-changer. The Julie Gritton Team is more than just a group of real estate professionals; they are a team dedicated to making a difference in the lives of their clients and the communities they serve.

### Giving Back with Every Sale

One of the cornerstones of the Julie Gritton Team's philosophy is their commitment to charitable giving. With every home they sell, a portion of the proceeds is donated to St. Jude Children's Research Hospital, a leading organization in the fight against pediatric cancer and other life-threatening diseases. This dedication to giving back ensures that every client's home purchase or sale is not just a transaction, but a step towards supporting vital medical research and care for children in need.

### Year-Round Support for a Variety of Causes

The Julie Gritton Team's generosity doesn't stop with St. Jude's. Throughout the year, they support a variety of other organizations that make a difference in the community. From animal welfare to health and education, their contributions span a wide range of causes, including:

- Brandywine SPCA and Grassroots Animal Rescue: These organizations work tirelessly to rescue and rehome animals in need, and the Julie Gritton Team is proud to support their efforts.
- American Heart Association: By donating to this organization, the team helps to fund research and education aimed at reducing heart disease and stroke, the leading causes of death in the United States.
- The Bridge: The team's support for The Bridge helps provide encouraging and uplifting resources to encourage individuals every day.

- Local Shelters and Cape Henlopen School Programs: Recognizing the importance of strong, supportive communities, the Julie Gritton Team contributes to local shelters and school programs that help children and families thrive.
- Food Bank of Delaware: In a state where many families struggle with food insecurity, the team's donations to the Food Bank of Delaware ensure that more people have access to nutritious meals.

### Join Us in Making a Difference

The Julie Gritton Team's commitment to giving back is a reflection of their deep-rooted belief in the power of community. They understand that real estate is not just about buying and selling homes—it's about building strong, vibrant communities where everyone can thrive.

If you have a charity or cause close to your heart that you would like the Julie Gritton Team to consider supporting/volunteering,

they encourage you to reach out. Whether it's a local initiative or a national organization, the team is always open to new opportunities to give back. You can contact them directly at [julie@selltheshore.com](mailto:julie@selltheshore.com) with your suggestions.

### Work with a Team That Cares

Choosing the Julie Gritton Team means working with agents who not only have the expertise to guide you through your real estate journey but also have a heart for giving back. Their dedication to philanthropy, combined with their real estate expertise, makes them a standout choice for anyone looking to buy or sell a home in the area.

When you work with the Julie Gritton Team, you're not just making a move in the real estate market—you're helping to make a difference in our local community.



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## PUBLISHER'S RESTAURANT POLICY

### *Our criteria said it all!*

**First and foremost**, the food has to be of the highest quality and freshness. **Second**, the staff must be courteous and friendly. **Third**, is the consistency. Knowing that each and every time you dine at that restaurant, it will always live up to its reputation.

This is the most controversial category in all our newspapers. So, we thought we would answer honestly and objectively the most frequently asked questions by our friends and readers.

*“Why do you have so few restaurants in your newspapers?”*

**Simple!**

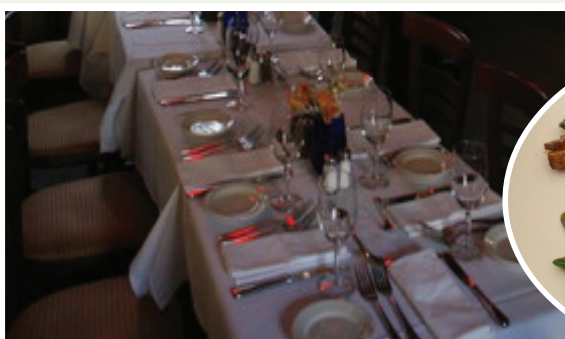
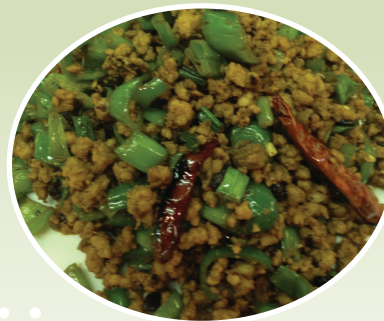
The following restaurants in this Women’s newspaper are the only restaurants we **HAVE INVITED** to join our list of restaurants, and that we could absolutely guarantee met our criteria.

Try any of the restaurants listed in this paper and if you don’t agree with us, call us at 1-800-993-3822 or if you have other restaurants that you would recommend, please let us know. We will review them.

We unconditionally guarantee the foods reviews in all our newspapers. They have been prepared by the restaurants that have been personally invited to be with us.”

The restaurants that you see on the following pages are not advertisers. We are presenting them to you as hand selected skillful artists who take pride in preparing the best meals possible.

No other newspaper syndicate turns down advertising from restaurants. **WE DO!** In fact 95% of all restaurants that contact us are not invited to be with us, after we try them. We take the time to go through our criteria and only select the best for your enjoyment.



**The PALACE**  
STEAK - SEAFOOD - PASTA - PIZZA



# Rolls, Sushi, Sashimi, and More!

From the typical California roll to our house roll the Misaki, we have a wide variety of sushi and other Japanese cuisine for avid foodies and the uninitiated alike.



## Traditional Japanese flavors with a Bethany Beach flair

Misaki Sushi is located just off of the Delaware Sea Shore in South Bethany Beach, Delaware. Our menu is inspired by the idea of traditional and unique hand-crafted sushi rolls and kitchen entrees that our customers can enjoy for dine in and carry out. We take pride in our professionally-designed daily specials, house made cocktails, and our wide variety of Japanese imported Sake, in order to provide an enjoyable and pleasant experience for our local and out-of-town beach goers.



York Beach Mall Route 1 | South Bethany, DE 19930

**CALL 302.539.0500**

[www.misakisushibethanybeach.com](http://www.misakisushibethanybeach.com)

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We're no ordinary venue; we're working hard to bring something different and special. We craft premium Spirits & Cuisine with a Modern Flair. Craftsmanship is our strength – We dedicate time to perfecting our art, delivering unforgettable tastes. Our kitchen will be producing a variety of innovative small bites and sharing plates alongside some larger dishes that harmonize food and drinks.

*We want to share with you the captivating world of cocktails, liquors, and tastes that show our fascination with food and beverage.*



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*This is another favorite place for me and my husband, truly love every dish we have had. I had the steak and lobster and my husband had the salmon both dishes were good portions. My little 3oz steak was just that next time I'll go for 6. Love the atmosphere with band background music made it more enjoyable. Give this place a try! - Gwen*

**(302) 503-5555 | [surfnturfhouse.com](http://surfnturfhouse.com)**  
**947 N Dupont Blvd, Milford , DE 19963**

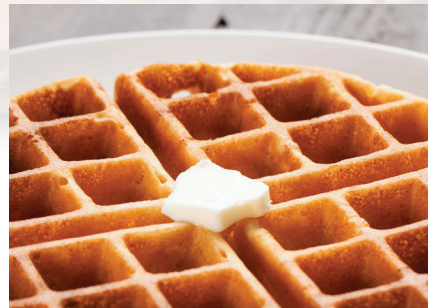


# The PALACE

STEAK - SEAFOOD - PASTA - PIZZA



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*"Every time we get food here we love it!! Definitely so glad to live by this place. The prices are great and the selection is awesome." - Kristina N.*



**THE BEST DINING EXPERIENCE IN MILFORD, DELAWARE**  
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(302)-422-2007 [milfordpalace.com](http://milfordpalace.com)

La Baguette French Bakery started with one location in the heart of downtown Dover seven years ago. They pride themselves on their authentic French products made in-house. Their award-winning bakery makes breads, pastries, desserts such as the "cruffin", and lots of savory items to choose from, such as quiche, pizza, sandwiches and salads.

Chef Ludovic is French and has been a chef for about 38 years. He graduated from Culinary Arts School in Saint-Dizier, Haute-Marne, France. He is the bakery's culinary expert and manages everything in the back of the house. There is always lots to do as a working owner!

Anita is French/American has a degree in hospitality management, and she manages the front of the house and takes care of the marketing and wears many hats, as well.

Ludovic and Anita met and got married in the Champagne region of France. They decided to open their own brick and mortar store several years ago.

They use and sell local products, such as Shore Smoke Seasonings of Millsboro, Kerr Farms Honey of Milford, Lavender Fields of Milton and more!

They are always looking for great, reliable help. People who are passionate about food (especially French food) as well as hard workers who want to work in a pleasant atmosphere and who can handle getting up early to make fresh products for both locations.

La Baguette French Bakery Beautiful Food, Exceptional Taste!



Anita and Ludovic Bezy in their hometown of Chaumont, France. PHOTO COURTESY OF ANITA WHEELER-BEZY.



[labaguettede.com](http://labaguettede.com)

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*"Above and beyond on this trip helped my daughter out of a situation" - Shawn*

*"A round professional, reliable service. Great convo, would recommend" - Gloreen*

*"Thank you Michael for the excellent service. You are very quick" - Nancy*

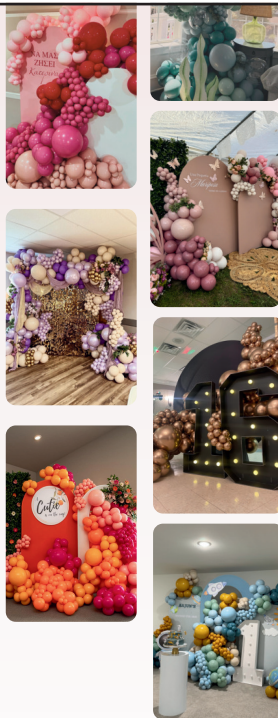


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