

Spring 2025

THE SUSSEX COUNTY

# Women's Journal™



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



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yourself is the beginning of a lifelong  
romance - Oscar Wilde

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*There is just one life  
for each of us - our own  
- Euripides*

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## 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.*

# Coronary Calcium Score: What is it and how it can help me stay heart healthier?

The presence of calcium in the coronary arterial wall is a reliable marker for obstructive coronary artery disease. The coronary artery calcification (CAC) score can be calculated based on CT scan imaging. This is a relatively simple to do, at a reasonably low cost and low risk of radiation exposure. The score generated, also called Agatston score, has important predictive value in regards to the probability of major coronary events, such as heart attacks in the near to intermediate future.

It has been established that a CAC score of 0 is the ideal result for the test. It means that the probability of having significant coronary artery disease is less than 1 %. This confers a favorable outlook in terms of the low likelihood of coronary events such as heart attacks or death. A score of 1-99 indicates mild degree of coronary disease, 100-399- moderate disease and greater than 400 is compatible with severe disease. This score is mostly indicative of the

extend of coronary artery disease and less of the severity.

According to the American College of Cardiology and the American Heart Association recommendations, the CAC is more reliable in individuals considered to be at intermediate risk for coronary artery disease as calculated by the Framingham risk score which is based on factors such as age, cholesterol levels and elevated blood pressure. A calculated risk of 10-20 % for cardiac events or mortality at 10 years is the recommended patient in whom to obtain a CAC score for further risk stratification and preventive treatment.

The coronary calcium score works best for individuals in their late 40's to mid 60 's with no previous cardiovascular history and without symptoms. A moderate to high score (over 100) would indicate a higher probability of heart attacks, stroke or even cardiac death. This will also

lead to making stronger recommendations for more aggressive risk factors modification and reduction by your healthcare provider. In addition, further screening for "silent" coronary blockages might be warranted such as stress testing for those individuals in the higher score categories.

The CAC score is a valuable tool for the right patient in helping determine the level of risk

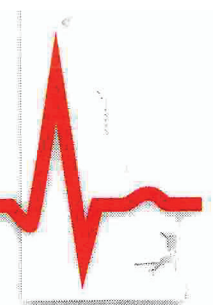
for coronary disease and possibly heart attacks or even death and should be used in association with other traditional and more established risk factors such as age, high cholesterol, hypertension, sedentary life style, smoking and overweight. Diabetes mellitus is considered an equivalent to coronary artery disease and the CAC is less reliable in those patients.

You might want to discuss

with your healthcare provider the use of this tool, if you are in the right age group, have no symptoms and you are at an intermediate risk for coronary events as calculated by the Framingham risk calculator (10-20 % chance in 10 years). Please look this up! It might prove the proverbial "an ounce of prevention versus a ton of cure" deal for you. Know your calcium score!

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# Introducing Silhouette Instalift Facial Threads



**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.

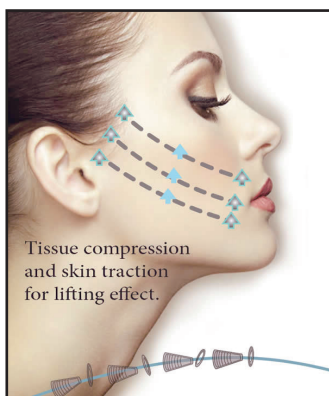
For those of us who are considering a surgical facelift or those of us who would never consider a surgical facelift procedure, but would like to lift and improve sagging facial skin long term, Renove Medical Spa now has an alternative option, known as the Silhouette Instalift, by Suneva, the makers of Bellafill.

Dr. Michelle Parsons, M.D. has been following the facial thread lift market for several years, and now, with the introduction of the Silhouette Instalift by the bio-medical company, Suneva, who are also the makers of the collagen stimulator, Bellafill, Dr. Michelle Parsons has brought their innovative facial thread lift product to her practice and patients in Rehoboth Beach. The Silhouette Instalift threads are a marked improvement over older facial threads on the market. The Silhouette Instalift threads are completely reabsorbed over time, and like Bellafill, stimulate collagen production for long lasting results. This is a marked improvement from older facial threads, which utilize threads that are permanent, which can lead to complications, and do not have long term collagen production.

## How Do Silhouette Instalift Threads Work?

With the Silhouette Instalift facial

threads, Dr. Parsons is able to insert several medical grade absorbable sutures, that have smooth cone shaped anchors, which gently hold and lift facial tissue, for immediate improved results. As your skin naturally absorbs the medical sutures, they stimulate your own collagen to further contour and smooth sagging skin long term. Unlike the older facial threads on the market that are barbed or jagged to catch tissue and are permanent, the innovative design of the Silhouette Instalift threads are smooth and gentle to facial tissue, and are completely reabsorbed over time. This makes the risk profile much lower than older thread types.



Tissue compression and skin traction for lifting effect.

The reason that the Silhouette Instalift facial threads are absorbable and can stimulate collagen production is that one of the main materials used in the

Silhouette Instalift threads is the main active ingredient in Sculptra, a filler product which is used by physicians for facial rejuvenation for collagen stimulation. The thread and cones are fully biodegradable sugars and are fully absorbable, using polyglycolide L-Lactide (PLGA) and poly-L-lactic acid (PLLA).

## How Long Do Results Last?

Since the Silhouette Instalift facial

threads use a collagen stimulator as the main component of the threads, the results of the procedure last up to 4-5 years.

Also, it is the manner in which the threads are applied and where they are used, which makes it crucial to have an experienced physician like Dr. Michelle Parsons, M.D. perform your thread lift procedure.

## Where Can Silhouette Instalift Threads be Used?

For most of us, we begin to see the first signs of facial changes and sagging along the jaw line, jowls and neck areas. We also see falling of the cheeks with a more prominent nasolabial fold and drooping eyebrows. These are areas that can be treated with Silhouette Instalift threads.

## What Can I Expect During a Treatment?

After you and Dr. Michelle Parsons discuss and evaluate your concerns and where a lift would be most beneficial for you, you will be brought back to the in-office treatment room for your procedure. A full face lift with Silhouette Instalift threads is done in the office, with minimal local anesthesia, and takes around 45 minutes. You will begin to see results right away. Temporary swelling and



bruising is normal and may last 3 to 7 days. There can be tenderness to touch in the treated areas as well. Dr. Parsons will advise you to limit heavy physical activity for that week, and avoid other procedures that might affect the areas where the facial threads were placed, such as avoiding a facial treatment, facial massage or possibly dental work for 1-2 weeks.

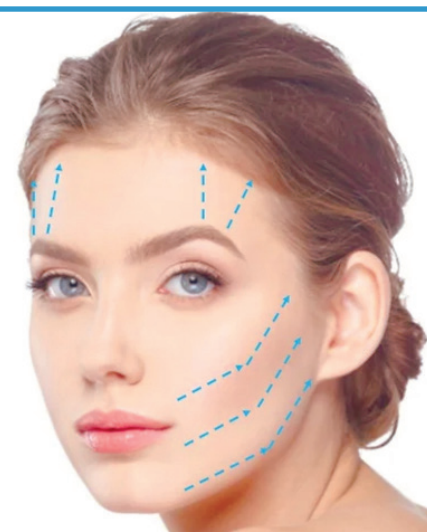
## What Does a Silhouette Instalift Treatment Include?

A full facial lift will include part of the upper neck, jowls and jawline, and cheek lift to soften the nasolabial folds and lift the corners of the mouth.

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# Increasing Socialization to Reduce Isolation and Loneliness in Aging



Many seniors enjoy their independence and the ability to age in place, and that can be a wonderful thing. They can take comfort in the familiarity of their own home and consistent routines. However, aging in place can also increase the risk of isolation and loneliness, especially if seniors live alone. They may not get out as often as they used to or have people come visit.

Studies have shown that isolation and loneliness can take a negative toll on health, increasing risk of depression, anxiety, high blood pressure, heart disease, obesity, and even Alzheimer’s disease. If you do live alone, it is important to make socialization part of your daily routine to boost your physical, mental, and emotional health.

Here are a few ways you can build more social connections and interaction:

**Get to know your neighbors.**

The people who live around you can be a wonderful source of companionship. You don’t have to travel far to see one another and can enjoy simple activities like going for a walk, chatting over tea or coffee, playing with pets, or just checking in on one another.

**Schedule family visits.**

Coordinate times for family to come, whether for a few hours or a few days. This can give you something to look forward to and a way to stay connected. Plan outings to a favorite restaurant, to go see a movie, or to visit a local park or

museum. If your family lives further away, schedule regular phone calls or video calls to catch up and share recent happenings.

**Volunteer in the community.**

If you’re still able to get out and about, spend time volunteering. There are plenty of organizations that would love the help, and it can give you a greater sense of purpose. You can put your time and talents to good use, doing something to help others and give back, which can boost your mood. Plus, you’ll have the opportunity to socialize and meet new people. You can volunteer at a food pantry, soup kitchen, animal shelter, school, library, or other nonprofit that fits your interests and abilities.

**Join a club.**

Being retired, you have more free time in your day. Check out the different groups and activities that local organizations are offering. You could participate in a book club, card or game club, exercise class, or another hobby. Challenge yourself to learn something new or pick up an old activity you haven’t done for a while. This is a wonderful way to stay mentally stimulated, interact with others, and be more active. You can get out of the house and join an in-person group, or if mobility or transportation are an issue, you can join a virtual group.

**Coordinate transportation.**

A lot of seniors are isolated because they either don’t drive anymore, or they don’t get around as well as they used to. Look into different transportation options that can help you get out into the community. There may be senior agencies that offer pick-up and drop-off services, you could carpool with friends, or take public transportation. You could also host small get-togethers at your home, so you don’t have to worry about travel or transportation.

**Get involved with in-home care.**

In-home caregivers can not only help you with different activities of daily living, but they can provide companionship as well. A caregiver is more than happy to sit and talk about current events, listen to stories about your grandkids, reminisce about the past, or read you the newspaper. They can be a partner for playing games or cards. If you want to go somewhere, they can escort you on errands, to the movies, or out to lunch. At the same time, they can assist you with different tasks around the house and ensure you stay safe.

Fight back against isolation and loneliness and live a life you love. Contact Always Best Care at (302) 385-1002 to schedule a free consultation and learn more about the benefits of in-home care in Wilmington, DE.




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# A Spoonful of Peanut Butter a Day? New Study Uncovers a Surprising Allergy Solution



Presented by Alexandra Gallagher

A study at Mount Sinai has shown that children with a high tolerance for peanuts can significantly increase their resistance to allergic reactions by consuming controlled, increasing amounts of peanut butter over time. This approach, safer and cheaper than current therapies, suggests a major shift towards personalized allergy treatments that could revolutionize how food allergies are managed.

## Breakthrough in Peanut Allergy Treatment

Children with high-threshold peanut allergies who gradually increased their intake of store-bought peanut butter became significantly more desensitized than those who avoided peanuts, according to a new study from the Icahn School of Medicine at Mount Sinai. The study found that this approach led to higher and longer-lasting tolerance levels.

The research, funded by the National Institutes of Health's National Institute of Allergy and Infectious Diseases, was published today in the February 10 issue of NEJM Evidence.

## Safer and More Effective Allergy Management

"Our study results suggest a safe, inexpensive and effective pathway for allergists to treat children with peanut allergy who can already tolerate the equivalent of at least half a

peanut, considered a high-threshold peanut allergy," said Scott Sicherer, MD, Director of the Elliot and Roslyn Jaffe Food Allergy Institute at Mount Sinai Kravis Children's Hospital, Chief of the Division of Allergy and Immunology in Mount Sinai's Department of Pediatrics, and lead author of the paper. "Our findings open the gateway to personalized threshold-based treatments of food allergy and will encourage additional studies that delve deeper into peanut and other foods for this approach that might be a game-changer for the majority of people with food allergies."

The standard approach to managing food allergies has been strict avoidance, but in recent years, peanut oral immunotherapy has emerged as an alternative. This treatment involves gradually increasing daily doses of peanut protein under medical supervision to build tolerance.

However, previous studies leading to FDA approval of peanut allergy treatments — both an injectable biologic and an oral immunotherapy — have primarily focused on individuals with extreme sensitivity, reacting to as little as half a peanut or less (classified as a low-threshold peanut allergy). In contrast, an estimated 800,000 children in the U.S. have a high-threshold peanut allergy, meaning they can tolerate at least half a peanut. This study specifically explores whether these children could benefit from a different treatment approach.

## Rethinking Peanut Allergies

"Years ago, when people with milk and egg allergies were advised to undertake strict avoidance, our team initiated studies that found most people with milk and egg allergies could tolerate these foods in baked goods, which changed the global approach to these allergies," said Julie Wang, MD, Professor of Pediatrics at the Icahn School of Medicine, clinical researcher at

the Jaffe Food Allergy Institute, and co-senior author of the paper.

"The research team recognized that more than half of people with peanut allergy can tolerate half a peanut or more, and thought that this group of people might be treatable if we took a different approach to peanut oral immunotherapy. We were thrilled to find that this treatment strategy was even more successful than we had anticipated."

To test this hypothesis, the study team recruited 73 children ages 4 to 14 years old. Study participants were assigned, at random, to either test the new treatment strategy or continue avoiding peanuts. The children in the peanut-ingestion group began with a minimum daily dose of 1/8 teaspoon of peanut butter and gradually increased their dose every eight weeks over the course of 18 months, ending at one tablespoon of peanut butter or an equivalent amount of a different peanut product. All dose increases took place under medical supervision. None of the study participants in the peanut-ingestion group had severe reactions or needed epinephrine during home dosing and only one received epinephrine during a supervised dosing visit.

## Long-lasting Desensitization Success

Following the treatment regimen, children from the peanut-consuming cohort participated in a feeding test, carefully supervised by the study team, to evaluate how much peanut they could eat

without an allergic reaction. All 32 children from the peanut-consuming group who participated in the feeding test could tolerate the maximum amount of nine grams of peanut protein, or three tablespoons of peanut butter. By contrast, only three of the 30 children from the avoidance group who underwent the feeding test after avoiding peanuts for the duration of the study could tolerate this amount.

Because the trial took place during the COVID-19 pandemic and some families preferred avoiding close encounters indoors, some did not return to the study site for the feeding test. Using a common statistical technique to account for the children who missed the feeding test, the team reported that 100 percent of the ingestion group and 21 percent of the avoidance group tolerated an oral food challenge that was at least two doses more than they could tolerate at the beginning of the study.

To test if the response to treatment was durable, children in the peanut-ingestion group who could tolerate nine grams of protein during the feeding test went on to consume at least two tablespoons of peanut butter weekly for 16 weeks and then avoided peanuts entirely for eight weeks. Twenty-six of the 30 treated children who participated in a final feeding test after the eight-week abstinence period continued to tolerate nine grams of peanut protein, indicating that they had achieved sustained unresponsiveness to peanuts. The three participants from the avoidance group who could eat nine grams of

peanut protein without reaction at the earlier food test were considered to have developed natural tolerance to peanuts. A comprehensive analysis of data collected from all 73 study participants revealed that 68.4 percent of the peanut-ingestion group achieved sustained unresponsiveness, while only 8.6 percent of the avoidance group developed a natural tolerance.

"These study results are very exciting and a huge step forward in personalizing food allergy treatment," concluded Dr. Sicherer, the Elliot and Roslyn Jaffe Professor in Pediatric Allergy and Immunology at Mount Sinai. "My hope is that this study will eventually change practice to help these children and encourage additional research that includes this approach for more foods."

In addition to expanding the work to more foods and validation studies of their approach, the Mount Sinai study team aims to determine a better way of identifying individuals with higher thresholds, because the best way to do so currently requires a feeding test that is bound to cause an allergic reaction.

*Reference: "Randomized trial of high dose, home measured peanut oral immunotherapy in children with high threshold peanut allergy" by Scott H. Sicherer, M.D., Supinda Bunyavanich, M.D., M.P.H., M.Phil., M. Cecilia Berin, Ph.D., Tracy Lo, R.N., Marion Groetch, M.S., R.D.N., Allison Schaible, M.S., R.D.N., Susan A. Perry, R.N., Lisa M. Wheatley, M.D., M.P.H., Patricia C. Fulkerson, M.D., Ph.D., Helena L. Chang, M.S., Mayte Suárez-Fariñas, Ph.D., Hugh A. Sampson, M.D. and Julie Wang, M.D., 10 February 2025, NEJM Evidence. DOI: 10.1056/EVIDoa2400306*

Alexandra Gallagher is a dual degree senior at the University of Miami achieving Presidential Honor Roll for all four years in Neuroscience and Health Science.

Alexandra is an active member of Delta Phi Epsilon and Panhellenic Association. Alexandra is a member of over twenty clubs at the University and Lead Researcher on the Podcast "The Sex Wrap" and an HIV Researcher in the University's Medical Lab. Alexandra is currently preparing for her MCAT's and will be attending a doctorates program for Pediatric Neurosurgery.



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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.

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## The Importance of Post-Surgery Rehab: A Path to Recovery

*Dr. Jennifer Hine has been a licensed physical therapist since 1995. She holds a B.S. in Kinesiology from George Washington University, a Master's in Physical Therapy from The Philadelphia College of Pharmacy and Science, and a Doctorate in Physical Therapy (DPT) from the College of St. Scholastica. She specializes in outpatient and orthopedic physical therapy and is currently pursuing a manual therapy certification from NAIOMT.*

*Innovative Physical Therapy 34814 Long Neck Rd, Millsboro, DE 19966  
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Recovering from surgery isn't just about resting — it's about actively working toward regaining strength and mobility. A well-structured physical therapy program can make all the difference in healing properly and preventing long-term complications. Physical therapy helps patients regain movement, reduce pain, and restore function through guided exercise and specialized treatments.

### Why Exercise is Essential After Surgery

After surgery, it's common to want to rest as much as possible. While some rest is necessary, staying inactive for too long can actually slow down healing and lead to complications like joint stiffness, muscle loss, and blood clots. That's why movement is an important part of the recovery process.

Exercise increases blood flow, helping deliver oxygen and nutrients to healing tissues while reducing swelling. Gentle movement also prevents excessive scar tissue

buildup, which can cause stiffness and discomfort if left untreated.

Regaining strength and flexibility is another key goal of post-surgical rehab. After surgery, muscles can weaken, and without proper rehabilitation, the body may compensate by overusing other muscles, leading to imbalances and possible future injuries. A guided exercise program helps rebuild strength, restore balance, and improve mobility, allowing patients to return to daily activities with confidence.

Pain management is another reason why movement is so important. Though it may seem counterintuitive, regular physical activity actually helps reduce pain over time. Exercise stimulates the release of endorphins, the body's natural pain relievers, and reduces inflammation and stiffness, two common sources of post-surgical discomfort.

Beyond the physical benefits, exercise also supports mental and

emotional well-being.

The recovery process can be frustrating, especially when mobility is limited. Engaging in physical therapy provides a sense of progress, helping patients stay motivated and optimistic as they work toward their goals.

### Seamless Transition from Therapy to the Gym

One unique advantage of completing rehab in a gym setting is the ability to transition smoothly from structured therapy to independent exercise. Patients who continue working out in the same environment they completed therapy in already know how to use the equipment safely and effectively.

Having a physical therapist nearby provides additional peace of mind. If questions arise about proper form or modifications to an exercise routine, professional guidance is easily accessible. Continuing to stay active after therapy helps maintain progress, prevent reinjury, and promote long-term health.

### Personalized Care Every Step of the Way

Every recovery journey is unique, which is why rehab programs are tailored to each patient's specific needs. Specialized treatments, such as dry needling, can also be incorporated to relieve muscle tension and improve mobility.

With expert support and a focus on movement, patients can recover faster, reduce pain, and regain their quality of life. At Innovative Physical Therapy, we're here to help every step of the way



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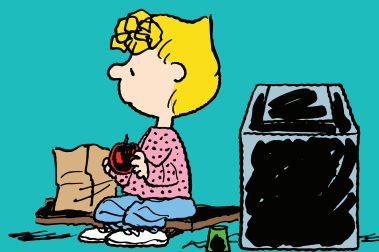
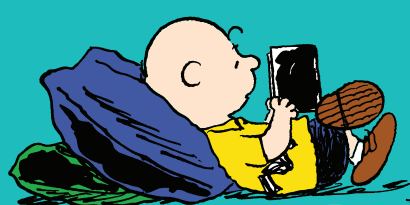
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# Embrace the Wilderness: How Camping Fuels Entrepreneurial Success

By Yolanda Young

In the bustling world of entrepreneurship, where every moment counts and innovation is key, finding ways to recharge and reconnect with oneself is essential. While the typical image of an entrepreneur may involve boardrooms and late-night brainstorming sessions, there's a growing recognition of the benefits that immersing oneself in nature can bring to the entrepreneurial journey. Camping, with its simplicity and immersion in the great outdoors, offers a myriad of advantages that can fuel creativity, foster resilience, and enhance overall well-being for entrepreneurs.

**Disconnect to Reconnect:**

In today's hyperconnected world, it's easy to become overwhelmed by constant notifications and digital distractions. Camping provides a rare opportunity to disconnect from screens and reconnect with the natural world. By stepping away from technology, entrepreneurs can clear their minds, gain perspective, and tap into their creativity without the constant buzz of emails and social media.

**Stress Reduction:**

Entrepreneurship often comes with high levels of stress and pressure. We've noticed that spending time in nature has been shown to reduce stress levels and promote relaxation. The peaceful serenity of a campsite, surrounded by trees and fresh air, can offer entrepreneurs a much-needed respite from the demands of their businesses, allowing them to return with renewed energy and focus.

**Creativity Boost:** Nature has a way of stimulating creativity and inspiring innovative thinking. Being outdoors can spark new ideas and solutions to business challenges. Whether in a cabin, RV, or tent, camping encourages entrepreneurs to

think outside the box, free from the constraints of traditional office environments.

**Sustainability Awareness:** In an age where sustainability is increasingly important,

camping encourages a mindset of environmental stewardship that can be applied to business

looking to recharge, reconnect, and reinvigorate their entrepreneurial spirit. At G&R, we've seen first hand, that by embracing the wilderness, entrepreneurs can gain new perspectives, foster creativity, and cultivate the resilience needed to thrive in the fast-paced world of business. So pack your tent, lace up your hiking boots, and embark on a journey into the great outdoors—you never know what inspiration you might find along the way.

*G & R Campground provided the perfect setting for my yoga retreat. The serene environment, excellent amenities, and welcoming staff created an unforgettable experience for my students. We all left feeling rejuvenated and deeply connected to nature. Highly recommend!*

*Krystal Pinckney, Embodied by Me*

**Team Building:** Many successful entrepreneurs emphasize the importance of building strong teams and fostering a positive company culture. At G&R, we host several company camping trips that provide an ideal opportunity for team building exercises and bonding experiences. Whether it's setting up tents together, cooking over a campfire, or tackling outdoor challenges as a group, camping fosters camaraderie and strengthens interpersonal relationships among team members.

**Health and Well-being:**

Entrepreneurship can take a toll on both physical and mental health, with long hours and high stress levels often leading to burnout. Camping offers a chance to prioritize self-care and reconnect with healthy habits. Whether it's hiking, swimming, or simply enjoying the peace and quiet of nature, outdoor activities promote physical fitness and mental well-being, enabling entrepreneurs to perform at their best.

**Inspiration from Nature:**

Nature has long been a source of inspiration for artists, writers, and innovators. The beauty and complexity of the natural world can spark new ideas and perspectives, helping entrepreneurs see their businesses in a fresh light. Whether it's observing the intricate patterns of a spider's web or discussing a new plan over the flames of a campfire, camping invites entrepreneurs to tap into the endless wellspring of creativity found in the outdoors.

camping offers entrepreneurs an opportunity to reconnect with the environment and embrace eco-friendly practices. From Leave No Trace principles to renewable energy solutions,

practices, driving positive change and social impact.

In conclusion, camping and outdoor activities offer a wealth of benefits for entrepreneurs



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Our dedicated team of skilled installers, who are direct employees rather than subcontractors, upholds our commitment to excellence. Since our inception in 2001, our unwavering dedication to superior service has earned us an esteemed A+ rating with the Better Business Bureau.

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Rehoboth Beach, Delaware, and the surrounding areas in Sussex County, please reach out to Patio Systems.

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Discover the numerous advantages of adding a 4-season insulated glass sunroom from Patio Systems. Our sunrooms not only enhance the aesthetic appeal of your home but also provide a versatile and enjoyable living space.

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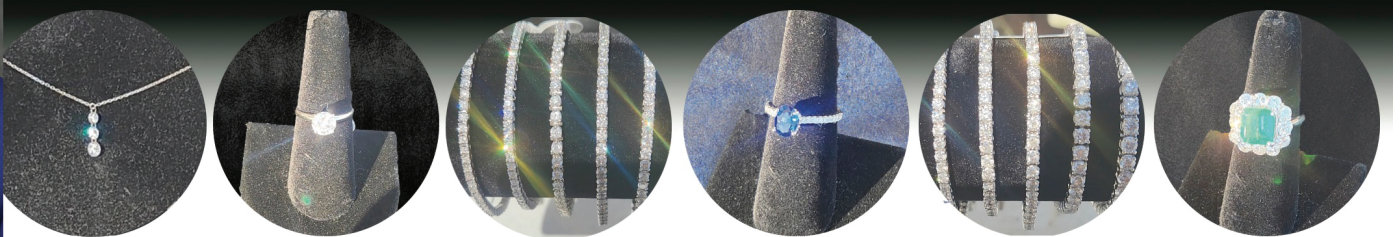




**STEVEN JAMES**  
GIA AJP, GIA DIAMOND GRADUATE

## 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

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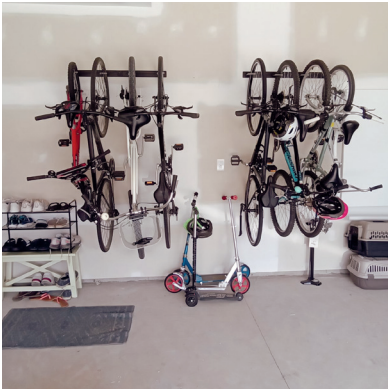
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## Local Experts with a Wealth of Experience

At the heart of Ace Handyman Services are skilled craftsmen who know the local area inside and out. Each franchise employs four

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When inviting someone into your home, trust is paramount. Ace Handyman Services places a strong emphasis on safety and reliability. All craftsmen are background checked, licensed, and insured, giving you peace of mind as they tackle your projects. You can rest assured that your home is in good hands with their professional team.

## Exceptional Communication

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## Conclusion

Whether you’re facing a leaky faucet, a drywall repair, or need assistance with a home improvement project, Ace Handyman Services is your reliable partner. We will never suggest “unnecessary” work, and a commitment to customer satisfaction, they are ready to tackle any job—big or small. Choose Ace Handyman Services for efficient, trustworthy, and quality workmanship you can rely on. Your home deserves it!

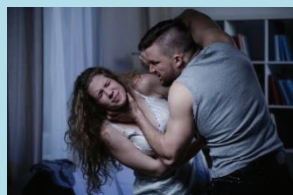


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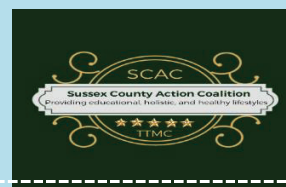
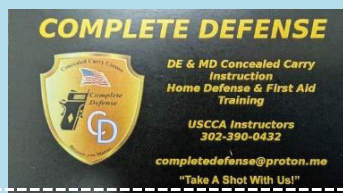
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# Insurances At Play Following An Accident



By Amanda K. Dobies, Esq.

I represent injured victims following motor vehicle accidents or work accidents. Through the years of representing those involved in such tragedies, I have learned that most are unaware of what their insurance truly covers. For example, I frequently hear, "I have full coverage, so I am completely covered for this accident." Full coverage on a vehicle is great. It means you carry liability insurance (protecting the other vehicle or person if you cause an accident), comprehensive and collision coverage (pays to repair your own vehicle after any kind of accident), and any other insurance required by the state in which you reside. However, it still may not provide adequate protection depending on the accident.

In Delaware, the state minimum liability coverage is \$25,000 per person and \$50,000 per accident. If you cause the accident and the other vehicle is carrying four individuals, then the maximum amount of coverage your car insurance will pay is \$50,000. This is typically not enough coverage to protect you if you were at fault and claims are filed against you.

Uninsured or underinsured motorist coverage can be waived in Delaware. You should

NEVER waive this coverage. Before signing up for any policy, make sure it includes uninsured or underinsured motorist coverage. This protects you in the event an uninsured driver causes an accident, or if the at-fault driver flees the accident scene. It also protects you in the event the at-fault driver does not have enough insurance on their vehicle (if you are one of the four in the accident described above). This coverage typically starts at \$25,000 per person and \$50,000 per accident, but again, this is not enough. If an uninsured driver causes an accident and you sustain serious injuries, then the most you can recover during this accident is \$25,000.

Another coverage available on your policy is called Personal Injury Protection. This covers medical bills and lost wages if you are injured in an accident, for up to two years after the collision. Coverage extends to family members and your passengers. The minimum required in Delaware is \$15,000 per person and \$30,000 per accident. Again, the state minimum is often not enough. This coverage exhausts typically after an ambulance trip, hospital visit, and a course of physical therapy. You want to ensure there is enough money on your policy to cover hospital bills and replace your wages, so you do not have to rush back to work. This coverage will typically pay 80% of your wages.

As far as pain and suffering, the other vehicle's liability insurance pays a settlement for your injuries. The settlements vary greatly and are based on the nature and extent of injuries, as well as the complexity of the medical treatment. Often, shortly after an accident, the other vehicle's insurance company will call and offer you a low settlement to

quickly get rid of the case. You should never settle with the at-fault party's carrier until you discuss your claim with a skilled attorney who practices personal injury law and specifically motor vehicle accidents. An offer right after an accident cannot possibly encompass all of the medical treatment you will incur.

If you have been injured in an auto or work accident and have questions, contact one of our experienced attorneys at 302-565-6100, for a free consultation to learn how we can support your needs.

## Testimonials

"Amanda was my son's lawyer. She was excellent! She worked hard on his case and got him the best outcomes. If you are

looking for a lawyer, especially if you are younger, she is very compassionate and she listens. We highly recommend Amanda Dobies!" ~ Sky M.

"She handled my case with professionalism and achieved outstanding result. Her professionalism always made me at ease, and her confidence in her work made me admire all that she does! Amanda was always available to answer my questions and concerns, and solved my legal problems quickly and efficiently. I could not have hoped for better results. If you need a great lawyer that is loyal, brilliant, exceptional, knowledgeable, and fiercely dedicated to clients choose Amanda K. Dobies!" ~ Rochelle R.



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# Delaware Workers' Compensation Benefits



By Amanda K. Dobies, Esq.

If you are injured while on the job, you may be entitled to certain benefits pursuant to the Delaware workers' compensation system. Most employees unable to work from their injury are aware of their entitlement-to-wage reimbursement, but there are other benefits that most of my clients are usually surprised to learn about. For example, if you sustain a burn and the burn results in scarring, you are entitled to disfigurement benefits for the permanent scar on your body. Generally speaking, workers' compensation is a "no fault" system. You are entitled to benefits even if there is no wrongdoing involved. The injury must occur while you are at work or as we say in the legal world, "in the course and scope of your employment."

## Replacement wages

If a doctor states that you cannot work at all due to your injury, your employer must pay 2/3 of your average weekly wage up to a maximum of \$885.34. If you can only work part-time or work with certain restrictions, then the employer has to pay 2/3 of the difference between what you were earning at the time of the work accident and what you are able to earn now because of the restrictions.

This benefit is designed to replace your wages when you cannot work for more than three days due to your injury. You also must have an

official note from your doctor documenting your work injury and restrictions (if any).

## Medical benefits

As a general rule, if you are injured at work, you are entitled to medical benefits for life as long as the medical treatment is reasonable, necessary, and related to your work injury. Also, if your doctor is in Delaware, they must be certified under the Workers' Compensation Statute. If you see an out-of-state doctor, certification is not required under the Workers' Compensation Statute. A list of certified providers can be found on the Department of Labor's website – [www.dol.gov](http://www.dol.gov). Your lawyer can also assist with locating certified doctors to treat work injuries.

The worker's compensation insurance company must pay at least one medical bill every five years in order to keep your benefits active. If you fail to submit a claim over a five-year period, you may lose your workers' compensation benefits.

## Mileage

An injured worker is entitled to mileage reimbursement of \$0.50 per mile, roundtrip for your medical appointments.

## Scarring/disfigurement

If you were unfortunate enough to have suffered a scar or other physical disfigurement as a result of your work injury, you may be entitled to compensation. Any scar and/or disfigurement that is visible when properly clothed can be awarded a monetary settlement. The amount of the settlement is determined by the location, size and visibility of the scar.

## Permanent partial impairment

If your work injury is permanent, you could be entitled to a lump sum settlement for the permanent injury sustained. The amount of this recovery is based on a formula that takes into consideration the part of your body that was injured, your

percentage of impairment, and your workers' compensation rate-of-pay.

If you are injured at the workplace, I encourage you to obtain an attorney for guidance and support. At our free consultation, we will discuss your specific situation and determine which rights and benefits will apply. While it may feel overwhelming to add another appointment to your to-do list, this is the best way to make sure you receive all the benefits to which you are entitled following your injury.

In order to accommodate my clients, I give the options of consultations in-person, via Zoom, or via telephone. All consultations are free, and you do not pay an attorney's fee unless a settlement is received. It is vital to have an attorney's guidance through the whirlwind that follows a work accident. Having an attorney allows you to focus on what matters most: attending your doctor's appointments and healing your injuries. Contact me at 302-565-6134 or [adobies@kimmelcarter.com](mailto:adobies@kimmelcarter.com).

## Bio

Amanda Dobies is an associate attorney in the Newark office of Kimmel, Carter, Roman, Peltz & O'Neill, P.A. Mrs. Dobies has just under a decade of personal injury experience, focusing her practice on motor vehicle accidents and work-related accidents. Amanda is a lifelong Delawarean, obtaining her undergraduate degree from the University of Delaware and law degree from Delaware Law School, where she graduated Cum Laude.

Amanda is committed to representing individuals and families whose lives have been impacted as the result of an injury. Amanda previously worked as staff counsel for one of the country's top insurance companies, representing insureds through the litigation process. This insider's perspective gives Amanda an upper hand when representing clients.

Amanda has been recognized as Best Lawyers: Ones to Watch and Delaware Super Lawyers Rising Stars.



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# Level Up Your Side Hustle: Simple Steps to a Professional Online Presence



The world of entrepreneurship is more accessible than ever, and women are leading the charge! Whether you're a baker with a passion for perfecting sourdough, a crafter creating unique handmade goods, or a consultant sharing your expertise, a side hustle can be incredibly rewarding – both personally and financially. But in today's digital landscape, a simple social media page isn't enough. To truly level up your side hustle, you need a professional online presence that builds trust, establishes your brand, and allows you to connect with your ideal customers.

So, where do you start? Don't worry; it's not as daunting as it seems. Here are a few simple steps to get you on the path to online success:

### Step 1: Defining Your Brand – What Makes You, YOU?

Before you even think about a website, take some time to define your brand. Ask yourself: What problem are you solving for your customers? What are your core values? What makes your business unique? Are you offering a luxury experience or accessible solutions? Understanding your target audience and crafting a consistent visual identity (logo, colors, fonts) are crucial for creating a memorable and recognizable brand. Think of your brand as your promise to your customers – it's what they can expect every time they interact with you.

### Step 2: The Power of a Great Website – Your Digital Home

While social media is great for connecting with

people, a website is your digital home. It's where you have complete control over your brand message and customer experience. Think of it as your 24/7 storefront. A well-designed website instantly adds credibility and professionalism to your business. It allows you to showcase your products or services in detail, share testimonials, and collect leads.

It is crucial to make sure your website is user-friendly and mobile-optimized. Most people browse the internet on their smartphones, so a website that's difficult to navigate on mobile will quickly turn away potential customers. Focus on clear navigation, compelling visuals, and easy-to-find contact information.

### Step 3: Secure Your Online Home – Website Hosting Basics

Think of website hosting as the foundation of your house. It's the service that keeps your website online and accessible to visitors. Just like you wouldn't build your home on shaky ground, you need reliable website hosting for your online business. Look for a hosting provider that offers uptime guarantees (meaning your website is available most of the time), robust security measures to protect against hackers, and responsive customer support in case you run into any issues. A slow or unreliable website can frustrate visitors and damage your reputation.

### Step 4: Protecting Your Reputation – Managing Your Online Presence

Speaking of reputation, online reviews and testimonials are incredibly powerful in today's world. They can literally make or break your business. You'll want to actively monitor online reviews on platforms like Google, Yelp, and Facebook. Respond to both positive and negative feedback promptly and professionally. Try not to take negative feedback personally, but rather use it as an opportunity to showcase your commitment

to customer satisfaction. Encourage satisfied customers to leave reviews – it's one of the best forms of free marketing!

Taking your side hustle online can be a game-changer, allowing you to reach a wider audience and build a thriving business. By focusing on building a strong brand, creating a professional website, securing reliable hosting, and managing your online reputation, you'll be well on your way to success.

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## Discovering the Shiloh Shepherd: A Gentle Giant of Intelligence and Loyalty



### What is a Shiloh Shepherd?

The Shiloh Shepherd is a relatively new and fascinating breed in the dog world, often regarded as the “family-friendly” version of the German Shepherd. Developed in the United States during the 1970s, the Shiloh Shepherd was created to be a larger, calmer, and more family-oriented version of the German Shepherd, with a more wolf-like appearance reminiscent of the “Old World” German shepherds originally used for herding and as family companions. This breed is renowned for its intelligence, loyalty, and gentle disposition, making it a popular choice for many families.

### History and Origins

The Shiloh Shepherd is an AKC recognized rare breed from America. Tina Barber, the founder of the breed, began her work in the 1970s with the goal of recreating the type of shepherd she recalled from her childhood in Germany. This breed was developed through a careful process, guided by Tina Barber’s vision to enhance the traits of the German Shepherd while addressing some of the health and temperament issues that had arisen over time. During this period, Barber sought to create a dog that retained the intelligence and versatility of the German Shepherd, while also exhibiting improved physical characteristics and a more stable temperament. Through years of meticulous breeding, the Shiloh Shepherd has evolved into a breed that is both visually impressive and emotionally connected to its family. Their protective instincts, along with their affectionate nature, make them excellent guardians while also being gentle and playful with loved ones.

### Physical Characteristics

The Shiloh Shepherd is a breed recognized for its remarkable size, generally measuring between 24 to 30 inches tall at the shoulder. This notable height is complemented by a weight that typically varies from 70 to 130 pounds. These dimensions not only give them a commanding presence but also reflect their strong, athletic build, making them suitable for various activities like outdoor activities, protection and companionship.

Beyond their size, Shiloh Shepherds have several unique features that add to their allure. A prominent characteristic is their broad head, which is well-proportioned to their body and exudes strength and intelligence. Their large, expressive ears are another defining feature; typically erect and alert, these ears contribute to their striking appearance, beautifully framing their face.

Shiloh Shepherds are available with different coat lengths, including short, long, and plush, and they come in various coat colors like black, gray, sable and a range of combinations that might feature white markings. These color patterns can vary from solid to mixed shades, enhancing the uniqueness of each dog.

How is a Shiloh Shepherd different from a German, King, or other shepherd? Shiloh Shepherds are a giant breed, significantly larger than most of today’s German shepherd dogs. Whereas King shepherds are described as a flock guardian breed, the goal of the Shiloh shepherd breeding program is to produce an excellent companion dog. The Shiloh head possesses a more “wolfish” look than either King or German shepherds.

### Temperament and Behavior

Shiloh Shepherds are known for their strong bond with humans, showing heartwarming loyalty and notable intelligence. They quickly learn commands, making training easy, especially for first-time owners. This breed is particularly recognized for being excellent family pets, as they are affectionate and gentle with children, often showing a natural instinct to protect and care for the younger household members. They are playful, engaging in activities like fetch and training exercises, and are generally good with other animals, coexisting peacefully with pets like cats and smaller dogs. This adaptability makes them ideal for families seeking a loyal, loving companion.

### Conclusion

One of the most notable benefits of having a Shiloh Shepherd is their unparalleled companionship. These dogs are renowned for developing strong attachments with their owners and family, offering not only loyalty but also a profound emotional bond. Their large size and intimidating look also make them excellent for protection.

If you’re considering a Shiloh Shepherd puppy, reach out to Parsons Shiloh Shepherds near Frankford, Delaware, for details on their spring litter. 302-227-1079 or Email beachmom29@gmail.com.

Follow on Facebook: <https://www.facebook.com/p/Parsons-Shiloh-Shepherds-Breeder-Kennel-100082834343317/>



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**Nicole Hammond**  
*CAN Web Management*

Nicole is the co-owner and online success strategist at CAN Web Management, located in Milford, Delaware.

With an unwavering passion for empowering small businesses, she has dedicated over a decade to mastering the digital marketing landscape. Nicole understands the unique charm and vital role that small businesses play in the community, and she is committed to helping them thrive in an increasingly digital world. With her expertise and dedication, Nicole is not just a service provider; she is a partner in her clients' journey toward online success.

When she's not helping businesses succeed online, Nicole approaches life with intention. She enjoys preparing healthy meals for her family, spending quality time outdoors, and immersing herself in books that promote personal development.

Schedule a call at C.A.N. LLC  
302-258-4437.



**Deborah Thompson**  
*Store Manager, Furniture and More*

Deborah joined the team of Furniture and More in August 2005.

Deborah has been in Retail Sales since 1965. Her first retail job was in her mother's retail business. Deborah says and I quote "That was the toughest job I ever had but those were the years that left a permanent influence on my management skills even to this day. At 94, my mom would give me advice on life and business. I would always think "How Lucky can on person be"

For over almost 20 years Deborah has had the privilege to be the team leader for a very skilled and experienced sales team. Deborah says their business is more than just selling furniture, "Its about lifestyle". No two customers are a like so we are never bored. The team enjoys being a part of the customers vision of what they want their home to look like with the best product, at the best price.

Deborah says her sales team today is always thinking of the bigger picture for the customer. They are always asking questions. What paint colors do you have? What flooring do you have? What level of lighting to you have? Do you have a Great Room? Do you need your furniture ASAP or will you have time to wait for the exact color/fabric you want? Customers are refreshing their current home, decorating a new home, some a condo and even those with an apartment. Every customer has a different need. As professionals we listen to our customers needs and wants.

We are very fortunate to be on Mr McCahan's team (owner of Furniture and More) who has the knowledge of the past and the insight of the future.

A career in Retail Furniture allows us to be creative every day. It's important to have a satisfying career but the most important thing is that we have satisfied customers.



**Kathleen Matthews**  
*Dinosaur Detailing*

Kathleen Matthews is the proud owner of Dinosaur Detailing in Georgetown, Delaware. Kat has deep family roots here in Delaware. She spent most of her life in Northern Virginia before moving back to Sussex County in 2022. She has 20 years of experience in the automotive industry, including DOT Compliance Supervisor for power utilities and Detail Manager at a local dealership before opening Dinosaur Detailing in 2023. In her spare time, she loves to go boating on the bay, fishing and traveling.

Kat is an International Detailing Association (IDA) Certified Detailer, she has received her Certified Automotive Detailing Craftsman Certificate from Detail King Training Institute, and is HyperCLEAN Ceramic Coating Certified, which is only available to the most elite detailers in the industry. Kat is always learning industry leading techniques, only uses top tier products, and has a strong emphasis on integrity and craftsmanship. At the core of Dinosaur Detailing is a commitment to excellence, precision, and customer satisfaction.

As a female entrepreneur in the automotive industry, Kat is dedicated to operating a woman-owned detailing and ceramic coating business. Her mission is to create a professional, inclusive, and educational environment that caters to clients of all experience levels, ensuring transparency, trust, and comfort throughout every interaction.





**Jennifer Hagan**  
*Best Shot*

Hi, my name is Jennifer Hagan, a retired schoolteacher and coach. I now spend my days, and sometimes evenings, at the helm of Best Shot. A thriving firearms training facility, pro shop and indoor shooting range which I am fortunate enough to co-own with my husband, Ron.

My journey into the world of firearms began as a teenager with my brother taking me to the range for my first experience shooting. Later in life I met and married Ron, who encouraged me to become more familiar and capable with firearms, which I welcomed. However, my competitive nature got the best of me, and I had to learn how to shoot as well as him, if not better. Upon reaching this goal, the next logical step was to become a certified firearms instructor which I did in 2018 and since then I've been teaching new shooters how to be safe, proficient, accurate, and confident with firearms.

I encourage all women to embrace their right to self-defense and to explore firearms as an option. I want women to feel as comfortable walking into Best Shot as they do walking into the spa and as confident and capable with a firearm as they are with their cell phone. Best Shot is not just a business; it's a community where everyone feels welcome and respected." When we started Best Shot, we wanted our customers to understand our goal was not just to sell them a firearm but to provide the knowledge and training for the firearms. We believe gun owners not only have to be but want to be properly educated. So, we came up with "Armed and Educated" as our motto, to impress upon our customers and our community the importance of firearms education. We do this on the sales floor, in the range and in the classroom, prioritizing safety and responsible gun ownership in everything we do.



**Chris Burns and Jeni Martzall**  
*Company Owners and Community Advocates*

Chris Burns and Jeni Martzall have called Sussex County home for nearly four years, bringing with them a wealth of experience and a strong commitment to both their business and the local community.

Chris joined Patio Systems in May of 2021 as the Production Manager, bringing a broad background in the building industry. Chris spent nine years as an athletic administrator at Christian schools and a college, and two years as CEO of a telecom training company. His leadership skills extended into sports, where he served as head coach for a variety of high school varsity teams, including field hockey, cross country, girls' and boys' basketball and baseball. Chris also coached college baseball and mens' basketball as the assistant and head coach levels.

Chris's passion for helping others is most evident in his non-profit organization, Compassionate Adventures, which he founded healing outdoor trips to Alaska for individuals and families experiencing tragedy. Since 2009, Chris has served hundreds of guests, helping them find and focus on hope through immersive adventures in nature. His faith in Christ is the foundation for all he does, and he is deeply committed to supporting and uplifting those around him.

Chris is a proud father to three children, and a grandfather to two beautiful grandchildren. He and Jeni reside in Milton, where they share their home with their two rescue dogs, Theo and Bella. Together, they attend LCBC Church in Pennsylvania, primarily online, and embrace a life of service and community.

Jeni Martzall, the love of Chris's life, is the heart of Patio Systems showroom and serves as the key point of contact for all initial customer interactions. Jeni's journey began at Wilson College, where she trained as a veterinary assistant and worked in the field for many years. Later, she transitioned into office administration, utilizing her organizational skills to support the business.

Jeni is mother to two wonderful daughters who live and serve in the Pittsburgh area. Growing up on a farmette, Jeni developed a deep love for animals, which has only grown over the years - she often says she loves animals more than people. An avid outdoors enthusiast, Jeni especially enjoys spending time at the beach.

Together, Chris and Jeni bring a strong sense of integrity, dedication and compassion to both their business and their community.



# 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*

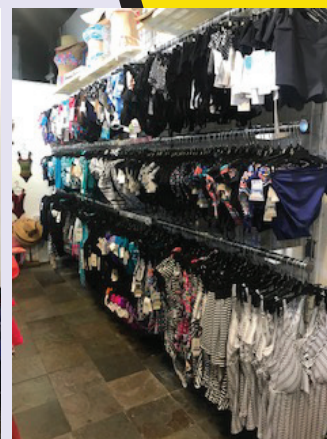
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.”  
- *Angelica, upstate New York*

“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*

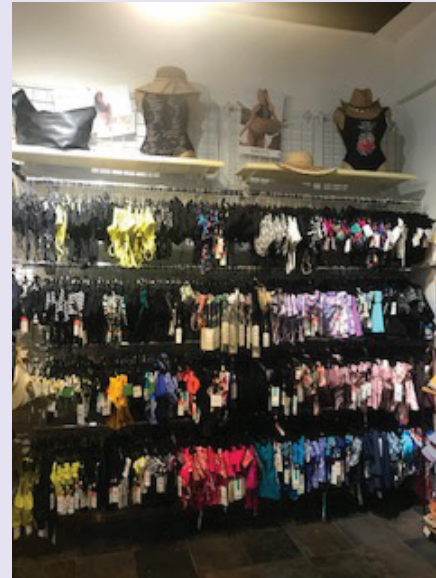
“Amazing selection and first class service!” - *Lauri, Maryland*





# New Spring Collection for 2025

 Vacation time is just around the corner and soon everyone will start planning their summer getaways. The Pineapple Princess swimwear is the one stop shop for all your travel needs thru out the spring and summer. We are located on Rehoboth Avenue in Rehoboth Beach, DE and have our racks full and restocked with our sales. Brands such as Tommy Bahama, Seafolly, Captiva, Jvaldi, Kate Spade, Sunsets, Becca and Seawaves are just a few that fill our store. The staff is trained and very knowledgeable when it comes to fitting the customer. Now, we all know that daunting task of bathing suit shopping and how it isn't the "highlight" of every lady's day, but at the Pineapple Princess we take this task with pride and try and make it as enjoyable and pleasant for every gal. Our selection of over 50 brands including coverups, apparel and accessories give our gals plenty of options and we help guide you in finding the perfect fit. We carry a wide variety of sizes in junior, missy and plus (xs-3x) and cup sizes A-H in one pieces, tankini separates and bikini separates. To make for an even better fit we have an in house seamstress to alter and adjust any swimsuit. The owner has 30 years of sewing experience on swimwear and can work wonders for any body type. The options are fun and endless! We are open daily 10a-5p with amazing sales! Hope to see everyone at the beach this summer... oh and no parking meters, which is a bonus! A big thank you to all of our amazing customers for making these last 14 years beyond what we could've imagine and cheers to many more!



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# Blooming Opportunities: Navigating the 2025 Spring Real Estate Market in Sussex County, Delaware

By Julie Gritton, CRS®, ABR®,  
SRS® Broker / REALTOR®

As the warmth of spring returns and nature awakens, so does the real estate market in Sussex County, Delaware. This season brings fresh opportunities for buyers searching for their dream home and sellers looking to make the most of a vibrant market. Whether you're eyeing a coastal retreat or a spacious inland property, Sussex County continues to be a sought-after destination for homeowners. Here's what you need to know about navigating the 2025 spring market with confidence.

## Buying in Sussex County: Finding Your Perfect Home

With its mix of scenic beaches, charming small towns, and thriving communities, Sussex County remains a prime location for homebuyers. Here are some key considerations:

**1. Explore the Right Location for Your Lifestyle**  
Sussex County offers a range of living options, from the coastal allure of Rehoboth Beach, Bethany Beach, and Lewes to the peaceful inland communities of Millsboro, Milford, and Seaford. Whether you prefer oceanfront views or a more spacious lot away from the hustle and bustle, understanding your lifestyle priorities will help you find the perfect fit.

**2. Act Fast in a Competitive Market**  
Spring typically brings a surge in both listings and buyers, making the market dynamic and competitive. Work with a knowledgeable agent from the Julie Gritton Team who can provide expert insights, help you stay ahead of new listings, and navigate fast-moving negotiations.

**3. Consider More Than Just the Beach**  
While proximity to the ocean is a major draw, don't forget about other important factors like nearby dining, entertainment, healthcare facilities, and schools. Whether you're looking for a full-time residence or a vacation home, these amenities can make a big difference in your overall experience.

## Selling in Sussex County: Maximizing Your Home's Appeal

If you're planning to sell this spring, now is the time to position your property for success. Here's how to stand out in the market:

**1. Boost Your Home's Curb Appeal**  
First impressions matter! Spring is the perfect time to refresh your landscaping, power wash your home's exterior, and add inviting touches like seasonal flowers or a fresh coat of paint. A well-maintained exterior can attract buyers before they even step inside.

**2. Showcase Your Home's Springtime Best**  
Make your home feel bright and inviting by maximizing natural light, decluttering spaces, and adding fresh décor. Buyers love to envision themselves enjoying outdoor spaces, so highlight patios, decks, or backyard areas that are perfect for spring and summer gatherings.

**3. Price It Right from the Start**  
Setting the right price is crucial in today's market. The Julie Gritton Team can provide a comprehensive market analysis to review

your home equity and ensure your home is competitively priced to attract serious buyers while maximizing your return.

**Expert Guidance for a Smooth Transaction**  
Navigating the spring market requires expert knowledge and strategic planning. The Julie Gritton Team specializes in Sussex County real estate and is committed to helping buyers and sellers make informed decisions. From understanding local market trends to negotiating the best terms, we're here to guide you every step of the way.

Spring is a season of new beginnings—why not make it the start of your next real estate adventure? Whether you're looking to buy, sell, or simply explore your options, we're here to help you take the next step with confidence.

- Call The Julie Gritton Team today for a personalized real estate market update at 302-645-1111.
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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*

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# HOCKER'S SUPERMARKET AT SALT POND PLAZA

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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  
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Thank you, Joe, Bobby, & the rest of the One Stop Team for always giving us peace of mind when it comes to our cars."

~ Pamela Rizzo & Heather Kingree, Publishers,  
The Women's Journal



"ONE STOP AAA Trucks got me out of a jam when I needed it. I was on the way to a woman's network meeting and I ran out of gas. Called AAA and Joe was there in 15 minutes. I was not even late for my meeting."

Barbara S.  
Milford, Delaware

"ONE STOP was recommended to me by a female V.P. of a local bank. Her exact words were, 'Don't get ripped off ever again, you can trust Joe and Bobby at ONE STOP.'"

Kathy M.  
Bethany Beach, Delaware



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## Kathleen Matthews, CD

boasts over 20 years of experience in the automotive industry, including over a decade as DOT Compliance Supervisor for Power Utilities, before discovering her passion for auto detailing. She is an International Detailing Association Certified Detailer and received her Auto Detailing Craftsman Certificate from the Detail King Training Institute. Additionally, Kat is a Certified Ceramic Coating Specialist. Previously, she served as the Detail Manager at a local establishment before founding Dinosaur Detailing LLC in April 2023.



## SPRING IS HERE!



SCAN ME!

### WHY IS SPRING AN IDEAL TIME FOR AUTO DETAILING AND CERAMIC COATING?

#### WINTER RESIDUE REMOVAL:

- Salt and brine from winter roads can severely damage your car's paint, plastics and undercarriage; causing corrosion, scratches, and factory clear coat damage. -Your cars interiors, seats, plastics and leather can also be severely damaged due to salt

#### THE DREADED POLLEN!

Spring brings a surge in pollen which can build up on your car's surface, potentially damaging the paint if not cleaned regularly. Wash your car every other day or at least once a week so pollen's acidic properties don't damage your paint. To avoid scratches/swirl marks, pre-rinse your vehicle, hand wash with a good automotive soap and microfiber mit or sponge, and dry immediately. Don't think rain will wash off your pollen - in fact, pollen's acidity is commonly activated by water causing more damage if left unwashed after rain. Do it yourself, bring it to us for a wash and vac, or ask about our maintenance programs after receiving a full detail or a ceramic coating.

#### UV RAYS, BIRD DROPPINGS AND SAP:

**UV RAYS:** Spring and summer mean longer and sunnier days. UV rays are absolutely detrimental to your vehicles paint, factory clear coat, plastics and your interior. Getting a professional detail and ceramic coating help slow the effects of the sun's harmful UV rays by protecting all of your vehicles surfaces.

**BIRDS ARE BACK!** Bird droppings are extremely acidic. As droppings dry they can bond with your clear coat. Trying to remove them yourself can cause scratching of the paint. Heat amplifies the damage of the acid in the bird droppings, accelerating the corrosion and making removal more difficult. Wet sanding is often necessary and it is an expensive fix.

**STICKY SAP:** Spring means increased sap production. Fresh sap is sticky and can trap dirt and debris. Over time, sap hardens and bonds with the clear coat, making removal difficult. Sap doesn't wash off like bird droppings and requires professional removal in order to lessen the damage to your vehicles clear coat.



### CERAMIC COATING - THE BEST PROACTIVE MEASURE THERE IS!

#### Superior Paint Protection, Easier Maintenance, Enhanced Gloss and more!

-Creates a durable, hydrophobic (water-repellent) layer that shields against contaminants like bird droppings, tree sap, bug splatter, and road salts and grime.

-Prevents oxidation and UV damage, reducing the risk of fading and discoloration.

-Reduces the frequency of the need for paint correction and polishing while protecting your factory clear coat.

-Minimizes water spotting from improper washing, irrigation, and the salt air with proper care.

-Repels dirt, water, and grime, making your car easier to clean.

If you prefer maintaining your vehicle yourself, we are happy to offer our recommendations in products, techniques and tips!

If you prefer a professional's touch, we offer great ceramic maintenance packages.

#### The BEST Part:

Provides a deep, mirror-like finish that enhances the vehicle's color, luster and depth. Which means head turning shine, that lasts!

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★★★★★ Sharon

*"I have had to use Mike on several occasions for trips to the airport and Amtrak station. He is always on time, professional, and has very fair rates. I strongly recommend him."*

★★★★★ Austin

*"We had transportation with Mike pre booked to & from our accommodations for Country Calling festival. He was very personable & reliable. We liked that he knew a quiet out of the crowd spot for post concert pickup which made things seamless. His car was clean & nice. We'd book again."*

★★★★★ Holly

*"Had an excellent trip with Mike. He was friendly, knowledgeable and courteous, with excellent taste in music. I would highly recommend him for any of your transport needs"*

★★★★★ Anna

*We had a great experience with Mikar Transpo to/from Manhattan. Reliable and reasonably priced. Highly recommend!*

★★★★★ April

*"I visited Milford this past weekend and rode with Mike, who was amazing! He made me feel very comfortable and safe in the car, followed by some great conversations and a great price! Will be contacting again!"*

★★★★★ Kathleen

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**Mike Wilbur: 302.503.0910 • MikarTranspo@gmail.com • Website: Mikartranspo.com**



# Benefits of Woodlore Shutters

## Style to Fit Any Space

Woodlore shutters from Budget Blinds impart a warm rich ambiance to living spaces, enhancing the overall atmosphere with their rich wood tones and variety of finishes. Their natural beauty compliments other woods and wood-like furnishings, creating inviting and harmonious spaces.

The rich luster of these textures elevates both bedrooms and living rooms, offering a sophisticated touch while providing convenient privacy and light control. Additionally, woodlore shutters are a fantastic choice for kitchens, where they offer both practical privacy and adjustable light, making them a versatile and stylish addition to any home.

## Light Control & Privacy

Effortlessly adjust the louvers to fine-tune the balance of natural light and privacy in any room.

## Energy Efficiency

Provides excellent insulation, helping to reduce energy costs by maintaining comfortable indoor temperatures year-round.

## Durability & Longevity

Constructed with exacting detail, these shutters are designed to withstand the test of time, offering lasting beauty and value.

## Environmentally Friendly

Constructed from sustainably sourced materials, these shutters support eco-friendly practices and a greener lifestyle.

## Cordless Operation for Safety

Engineered with a cordless design, making them a safer option for homes with young children and pets.

## Motorization Option

Upgrade to motorized operation for convenient control with a remote or seamless smart home integration.

## Versatility

Ideal for a wide range of spaces, including French doors, patio doors, and uniquely shaped windows, offering both style and functionality.

## Increased Home Value

Enhances the visual appeal and sophistication of your home, potentially boosting its market value over time.



## Woodlore Shutter Considerations & Alternatives

### Seeking Safety and Convenience?

Woodlore shutters can be motorized for effortless operation and designed with hidden tilt rods, eliminating cords and ensuring safety for homes with children and pets. For a sleek, modern alternative, consider our motorized roller shades, which offer similar benefits with a minimalist design.

### Enhancing Curb Appeal

Woodlore shutters not only refine your interior but also enhance your home's curb appeal, giving your windows a polished, upscale look. Their classic design adds significant aesthetic value from the outside. For a similar boost in curb appeal, explore our exterior shutters, available in various styles and materials to complement your home's exterior.

### Looking for Privacy and Light Control?

Woodlore shutters provide excellent light control and privacy, allowing you to adjust the louvers to filter natural light or block it entirely for utmost privacy. If you're looking for additional flexibility, consider our vertical blinds, which come in a range of materials, including real wood, vinyl, and faux wood, to suit any décor.

### Stylish and Versatile Design

With an array of colors and finishes, woodlore shutters can be custom-crafted to enhance your home's unique décor, offering a timeless and sophisticated look. They integrate seamlessly with other window treatments for a cohesive appearance.

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



Style and service for every budget.®

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