

THE SUSSEX COUNTY

Women's Journal™



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



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Beautiful Lavender Fields, Milton, DE

C.M. Baker Photography

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**THE SUSSEX
COUNTY WOMAN'S NEWSPAPER**

P.O. Box 1267
Bethany Beach, Delaware 19930
email: scwnews@yahoo.com

Call Us At:
302.344.1006

Elizabeth Kapke
Publisher

Denise Gallagher
Associate Publisher

Alexandra Gallagher
Editor & Contributor

Barbara Steele
Sales Manager

Edward Muztafago
Director of Corporate Development

Golden Design, LLC
Graphic Design & Layout

Remember this for the summer - you will get out of life what you put into it.

The educational articles you read in this journal will without question lend quality to your life.

Thanks for reading!

The Publisher

*If You Can't Feed A Hundred People,
Then Just Feed One.*

Mother Teresa

On the Cover



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READERSHIP 185,000 +

Liquid Facelift Solutions



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.

Feeling down, stressed or not looking quite like you wish? We've got the thing to lift you right up, literally! And it's time for You to take care of YOU :). For the season we will be offering the Liquid Mini-Facelift Treatment with long lasting results at a great price, so you can begin looking refreshed and uplifted, and feeling like your happy self again.



Cheeks enhancement with dermal fillers

The Liquid Facelift is an easy in-office procedure using a variety of dermal filler products, which Dr. Michelle will guide you on selecting the right products just for you, to address each area of concern that you might have about the appearance of your facial areas, with little downtime and little discomfort. You can choose the Upper Face Liquid



Soften nasolabial lines with dermal fillers

Mini-Facelift, the Lower Face Liquid Mini-Facelift or choose the Full Face Liquid Facelift for even more savings!

Upper Face Liquid Mini-Facelift
“Areas that can be addressed with the Liquid Facelift includes the cheeks, that may have fallen or become somewhat sunken in. Utilizing dermal fillers, we can plump up hollowed cheeks, restoring volume and lifting the shape of the cheeks. We can also help re-create higher cheekbones for a more refined look.

Another area that changes that bothers a lot of our patients is the area known as the nasolabial fold area, or the grooves alongside the nose that lead down to the corners of the mouth. With time, this area can become a deeper groove and gives an aged appearance. This area can be filled in to soften that area, to better match the rest of your face.

Sometimes the temples become sunken and gives a hollowed appearance. The temples are easily restored to give an overall lifted effect.

Often we see our eyebrows drop somewhat, giving a tired or frustrated look. In addition to Botox to lift the brows, a filler can be placed in the lateral or “wing” area of the brow to lift up heavy brows and giving a more refreshed look.

And in close proximity to the eyebrows, would be the tear trough area, or the area underneath the eyes, that can become hollowed or sunken in. If you are an appropriate candidate, we can place a dermal

filler in this area to restore lost volume in the tear trough areas so the eyes appear more youthful. No, this treatment does not usually hurt!



Enhance lips and chin with dermal fillers

Lower Face Liquid Mini-Facelift
The lower face is a very common area of concern to many of our patients, as so many of us experience the first signs of aging in this area of our face. So often we hear about concerns of thinning lips and lip lines. A treatment with a lip filler is such an easy solution to restore lip definition, lip moisture, volume and address lip lines. The lips are critical to improve to enhance the overall appearance of the face, as the lips are such a central area of focus on the face. We have different products and different techniques to add just definition and moisture, without volume enhancement or we can restore volume lost with another choice of filler product.

The lower face and in particular the chin, is an area very frequently affected by time. We spend a lot of time addressing this area with many of our patients. So if you have concerns about your chin area, you are not alone! For the lower face and chin area, filler can be placed to soften the marionette lines, or the grooves that start at the corners of the lips and travel down the chin, to refresh your look. Also the chin itself can be enhanced to restore the appearance of lost bone volume. For men and women, we can redefine the jawline too. Treating the angle of the jaw, or the sides of the face, also lift the lower face, softening the appearance of jowls.” - Dr. Michelle Parsons, M.D.

If you would like to see if the liquid facelift with dermal fillers is right for you, you may make a complimentary appointment with Dr. Michelle Parsons, MD. Mention this article for special pricing for a deep discount! Why wait to start feeling and looking your best right now. Contact us at 302-227-1079, info@renovemedspa.org, or book your appointment online at <https://go.booker.com/location/Remove/detail-summary/585808>. Also claim a \$25 offer at <https://mbo.io/55nETK>.



Michelle Parsons, MD
ReNove Med Spa

416 Rehoboth Avenue • Rehoboth, Delaware

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www.RenoveMedSpa.org

Info@Renovemedspa.org

How To Get The Care You Deserve

Choosing the Right Home Care Options: What Questions To Ask?

Coping with aging, serious illness, recovery, disability or injury can be very challenging! Choosing the right type of care can be just as tough. It is helpful to know what the differences are among various types of care as you consider your options for the best source of help.

Deciding what type of care is best for you or a loved one at home depends significantly on multiple factors. This includes what the care is intended to do, how long needed, patient diagnosis and level of ability to perform “Activities of Daily Living” (ADL).

Home Care is more companionship and regular assistance with ADL’s so you can age comfortably in place (At Home). It is designed for people who need some help with day to day activities in the home or needs someone around in case of emergency. This type of care is often long-term, provided by trained aides. Services are paid by the individual, or covered by some type of personal or Medicaid insurance. So how do you select the right option for your loved one?

What are some of the most asked questions? Part 1

Q: How many and what hours can you work per day?

- ABC provides around the clock service, from 2 hours to 24 hour live-in care
- Care is available 365 days of the year
- Schedules are customized around the client lifestyle and family needs

Q: What does insurance cover or do I have to pay?

- You need to call your agent and ask about Long Term Care (LTC) coverage.
- If you are eligible, Medicaid also pays for these types of services. Contact your local office and inquire if you meet requirements. If eligible, the care is at no charge to you and Medicaid program will determine how many hours you receive.
- This is based on physical need, income, and assets
- Financial requirements have a five year look-back.
- Veterans can apply for Veterans Affairs (VA) Waiver
- Agencies do accept private pay, usually requires deposit and is billed weekly
- Consulting with an Elder Law Attorney is also highly recommended

Q: Do you perform household duties for your clients? If so what can you do or cannot do?

- Yes, ABC assists the family with small household chores
- Light housekeeping: dusting, dishes, mopping, vacuuming, laundry
- Meal Preparation

- Personal Care: Bathing and Grooming
- Errands
- Companionship

Q: What do we need to do to obtain your services?

Always Best Care is a resource for your Home Care needs. We are available for free consultation and we can advise the best options for your particular situation. If we do not have the answer, we can point the community in the right direction. The main points to be gleaned are start preparing now and ask questions. Get the family together and deal with the inevitable while you can do it calmly as a unit. This is a lot for one person to handle, and every situation is different but you can be prepared to make the best choices.

Testimonial:

“Did you know that you can engage in planning to protect your assets from the costs of long term care? No matter if you have a 5-year planning window or not, there are strategies that can be implemented to preserve your life savings, set aside a nest egg for yourself, and provide for your family. The biggest takeaway – it’s never too early or too late to plan!”

Amber B. Woodland, Esquire, PWW LAW



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A Caregiver's Journey



By Mary Perkins

This is a powerful story from the perspective of a caregiver supporting her husband with Dementia.

What and who is a caregiver?

Caregiving involves helping another person with daily activities and tasks. Most caregivers are family members. Caregivers may often assist with:

- Personal care: Bathing, dressing, grooming, toileting, etc.
- Household tasks: Shopping, laundry, and cleaning.
- Food preparation: Grocery shopping, meal planning and cooking.
- Health care: Coordinating and transportation to medical appointments and medication management.

(National Institute on Aging)

I am the caregiver. My husband is 82 and has been experiencing cognitive and memory issues for approximately eight years. He was first diagnosed with mild cognitive impairment

in 2019 at the Penn Memory Center. We continued to use the PMC for neurology consults and for their supportive resources and programs. His neurologist changed his diagnosis to mild dementia in 2021 and defined it as late onset Alzheimer's and vascular dementia in 2022.

In the early years I saw myself as a wife and partner, a support, the person who assisted him with the things that were challenging. Now I

am his caregiver. Over the course of the past three years, he had to stop driving, is no longer able to safely stay at home by himself, he has difficulty finding and forming words and has experienced hallucinations, delusions, and paranoia – all of which make our lives anything but normal. Previously he was the main cook for our family, now he is my sous chef; he was the epitome of an outgoing and social person, everybody knew and recognized him, now he is quiet, speaks softly, searches for words and waits for others to speak.

After surgery in late 2022, he experienced post-operative delirium and dementia psychosis which was probably influenced by the anesthesia he received during surgery. This condition wreaked havoc in our lives. It created tension and increased stress, fear, loss of dignity.

Calls to 911, multiple trips to the emergency room, the need for psychotropic medication and a three-month stay in an inpatient facility in another state. This totally changed our lives, socially and financially. An inpatient assisted living/ personal care memory care unit costs approximately \$10,000 - \$12,000 per month. To pay for the inpatient stay we had to deplete much of our safety net savings. He is now covered by Long-Term Care Medicaid and is a participant of PACE Your LIFE at the Milford Wellness Village in Delaware. This Medicare Alternative program is preserving our lives.

PACE Your LIFE supports my husband and me. He receives all his medical care through PACE and PACE providers. He attends the day program at the PACE center three

mornings a week and they provide transportation. This allows me time to myself – whether it be catching up on my reading and writing, attending my support group or maybe just resting, PACE Your LIFE is our safety net. I always know that I have back up. The staff are supportive. The Medicaid Eligibility Specialist at PACE Your LIFE assisted me in applying for and receiving Long-Term Care Medicaid for my husband. Because the PACE program is all-inclusive, all my husband's medical and prescription costs are covered at no cost to us. This may sound too good to be true, but this program is the most helpful one for us. It keeps us together in our home.

To learn more, visit our website www.PaceYourLifeMWV.com or call 302-865-3565.



PACE YOUR LIFE A Program of All-Inclusive Care for the Elderly is where you can get all the care you need.

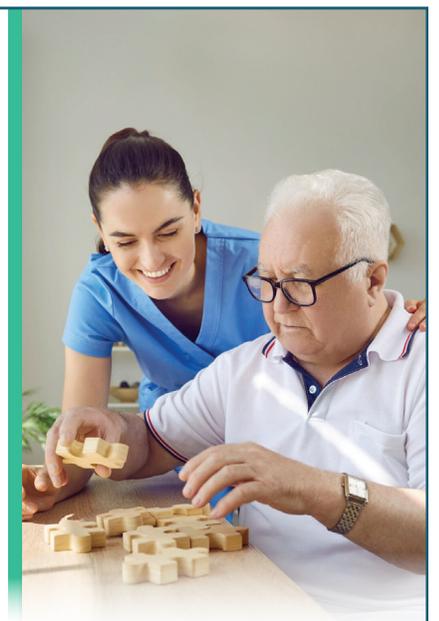
Did you know PACE Your LIFE is more than a senior center?

- The PACE Your LIFE Day Center is the driving force behind successful participant care.
- The Day Center provides socialization, medical care, occupational and physical therapy, exercise, nutritional counseling, medications, transportation and so much more.
- Services that best meet your needs and goals while remaining independent in your home and community for as long as possible.

To learn more visit paceyourlifemwv.com or call 302-865-3565.

PACE Your LIFE is located at the Milford Wellness Village

You can join PACE Your LIFE if you meet the following conditions: You are 55 or older; You live in the service area – 19958, 19968, 19941, 19933, 19950, 19960, 19963, 19954, 19952, 19962, 19979, 19946, 19943, 19934; you need assistance with one activity of daily living and one independent activity of daily living (The State of Delaware's criteria for nursing home level of care); and you are able to live safely in your home with the support of PACE Your LIFE.



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All this talk about the digestive system

but what does it mean...



Steven Mathews, MD

When digestive discomfort or potential problems of the esophagus, stomach, liver, colon, or pancreas have you worried or in pain, Hunterdon Gastroenterology Associates (HGA) is here to help. Our medical specialists have been serving patients of Hunterdon County and Central New Jersey with compassion and respect since 1982. Our team of fellowship trained gastroenterologists are at your service to put your digestive concerns at ease.

HGA team: Jason Matthews, M.D., Gilbert Cardoso, D.O., Andrea Goldstein, M.D., Cherag Daruwala, M.D., Maria Georgsson, M.D., Anik Patel, M.D., Richard Arrigo, D.O., Devi Patel, M.D., Cailyn Hillier, PA-C, and our newest addition Steven Mathews, M.D.

What is the digestive system?

The digestive system is made up of the gastrointestinal tract—also called the GI tract or digestive tract—and the liver, pancreas, and gallbladder. The GI tract is a series of hollow organs joined in a long, twisting tube from the mouth to the anus. The hollow organs that make up the GI tract are the mouth, esophagus, stomach, small intestine, large intestine, and anus. The liver, pancreas, and gallbladder are the solid organs of the digestive system.

What does the digestive system do?

Your digestive system breaks down foods and liquids into their chemical components—carbohydrates, fats, proteins which the body can absorb as nutrients and use for energy or to build or repair cells. The process of the digestive system begins with the mouth and ends in excretion through the stool.

Mouth. Food starts to move through your GI tract when you eat. When you chew, Your salivary glands make saliva, a digestive juice, which moistens food, so it moves more easily through your esophagus into your stomach. Saliva also has an enzyme that begins to break down starches in your food.

When you swallow, your tongue pushes the food into your throat. A small flap of tissue, called the epiglottis, folds over your windpipe to prevent choking and the food passes into your esophagus.

Esophagus. Once you begin swallowing, the process becomes automatic. Your brain signals the muscles of the esophagus and peristalsis begins.

Lower esophageal sphincter. When food reaches the end of your esophagus, a ring like muscle—called the lower esophageal sphincter—relaxes and lets food pass into your stomach. This sphincter usually stays closed to keep what's in your stomach from flowing back into your esophagus.

Stomach. After food enters your stomach, the stomach muscles mix the food and liquid with digestive juices. The stomach slowly empties its contents, called chyme, into your small intestine.

Small intestine. The muscles of the small intestine mix food with digestive juices from the pancreas, liver, and intestine, and push the mixture forward for further digestion. The walls of the small intestine absorb water and the digested nutrients into your bloodstream. As peristalsis continues, the waste products of the digestive process move into the large intestine.

Large intestine. Waste products from the digestive process include undigested parts of food, fluid, and older cells from the lining of your GI tract. The large intestine absorbs water and changes the waste from liquid into stool. Peristalsis helps move the stool into your rectum.

Rectum. The lower end of your large intestine, the rectum, stores stool until it pushes stool out of your anus during a bowel movement.

What digestive issues might occur?

There are many different causes of digestive discomfort. The most common digestive health conditions include:

Acid reflux (also known as GERD), Barrett's Esophagus, Celiac disease/ gluten intolerance, Crohn's disease, Diverticulitis, Food poisoning, Gallbladder disease, Gastric ulcers, Gastrointestinal motility disorders, H. pylori, Indigestion, Inflammatory bowel disease (IBD), irritable bowel syndrome (IBS), Lactose intolerance, Pancreatitis, and Ulcerative colitis.

At Hunterdon Gastroenterology Associates, our University-trained physicians are leading specialists in the diagnosis and treatment of digestive diseases and disorders. Each of our physicians is board-

certified in the specialty of gastroenterology, with advanced training from some of the top medical institutions in this country. As a team of medical partners, we work together, sharing our unique strengths and specialties to ensure you get the best outcome possible. We are supported by an outstanding staff devoted to providing compassionate, responsive care for your digestive condition.

To learn more or discuss your digestive health please call us at 908-483-4000 and visit us on our website www.HunterdonGastro.com

HGA's 9 Step Prescription for Good Digestive Health

Improve Your Vitality & Eliminate Discomfort



The key to good nutrition depends on two things:
Eating the right foods and maintaining a strong digestive system that allows your body to break down and absorb the nutrients from the foods you eat

In order to keep your digestive system in optimum shape, follow these guidelines:

- 1. Focus on fiber.** Ideally, you should be eating 20 to 35 grams of fiber – or about 14 grams of fiber for every 1,000 calories you eat. Fiber is the workhorse that slows down digestion and gives your body time to absorb the glucose it needs to produce energy.
- 2. Drink lots of water.** Water helps move nutrients into your organs and tissues. It helps regulate your body temperature. An adequate amount of fluid also softens your stool for easier elimination.
- 3. Avoid processed foods.** Many processed foods have little or no fiber, are too high in sodium, and often contain preservatives and other additives that you may be sensitive to. Some processed foods also contain lactose, which can give you gas.
- 4. Cut down on fat.** Foods that are naturally high in fat or are fried in fat alter the digestive process and can lead to constipation or diarrhea. No more than 30% of the calories you consume should be fat; and only one-third of fat calories should be saturated fat.
- 5. Limit your alcohol consumption.** Drinking too much alcohol can have a negative impact on every organ in your body.
- 6. Add yogurt to your food plan.** Your digestive system contains healthy bacteria, known as probiotics, which help your digestion and fight off disease. Both yogurt and kefir contain probiotics. Eating them on a regular basis can help replace good bacteria lost by eating a poor diet, illness, stress and some medications and medical treatments.
- 7. Reduce your stress.** Stress can be harmful to your digestion. It can cause your esophagus to go into spasms, your stomach to produce more acid and your colon to respond in a way that causes a change in your bowel habits and peptic ulcers.
- 8. Maintain a healthy weight.** Your weight affects the efficiency of your digestive system. Even a few extra pounds can cause acid reflux, a condition where stomach contents flow back into your esophagus and cause heartburn. Losing weight will not only help you feel better, it can also prevent more serious conditions, such as hiatal hernia, non-alcohol fatty liver disease and colorectal cancer.
- 9. Exercise!** Regular exercise improves your digestion by increasing blood flow to all your organs. It can help you lose weight and reduce stress. It can also strengthen the abdominal muscles and improve colon transit times along your gastrointestinal tract, helping your colon work more efficiently to eliminate food waste.

Office Consultation Appointments

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Monday and Thursday: 7:30am-8:00pm

Somerville Office
Thursday and Friday: 7:30am-4:30pm
Wednesday: 11:00am-7:00pm

Procedure Appointments

Hunterdon Endosurgery Center
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Saturday and Sunday: 7:00am-2:00pm



Flemington Office
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Flemington, NJ 08822

Somerville Office
135 West End Avenue
Somerville, NJ 08876

908-483-4000
www.HunterdonGastro.com

Gilbert Cardoso, DO · Jason Matthews, MD · Andrea Goldstein, MD · Maria Georgsson, MD
Cherag Daruwala, MD · Anik Patel, MD · Richard Arrigo, DO · Devi Patel, MD · Steven Mathews, MD



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 Cardiology.

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 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 extent 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. They should be used in association with other traditional and more established risk factors such as age, high cholesterol, hypertension, sedentary life style, smoking and being 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 is worth a pound of cure" deal for you. Know your calcium score!

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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.

It's Sunglasses Season!

With sunglass season upon us, eyeglass wearers have more options than ever before when choosing sunglasses for protection and visual comfort.

Over the years, we have had many request for prescription sunglasses as well as contact lens wearers choosing plano (non-prescription) sunglasses to wear over their contacts. Our inventory of sunglasses reflects those requests ranging from sport lines such as Kaneon, Maui Jim, costa Del Mar, and Oakley to fashion lines such as Tiffany, Tom Ford, Kate Spade, Barton Perreira, Porscha, Ray Ban and many others inventoried in most of our locations. For the most part the fashion lines carry a prescription digital polarized lens without any need for compensation due to curve. Sport active and even some high fashion lines require compensation for the prescription to enable wearer's easy transition from everyday eyewear to the larger high base curve found today in many sunglass lines. Those large lenses with higher base curve or steeper curve of the lens enables the wraparound effect of fashion but more importantly protection from harmful UV and infrared light.

Having been in the industry for over 35 years, I have witnessed the evolution of lens designs to enable better vision, protection, and ease of wear in the sunglass lenses. The digital revolution has been a key to enabling these compensation factors, broadening the availability in many frames and prescriptions, as well as treatments and materials.

The fitting of sunglasses still requires prescription analysis to steer the patient to the frame more suitable to their prescription, but the choices have increased dramatically over the past five years.

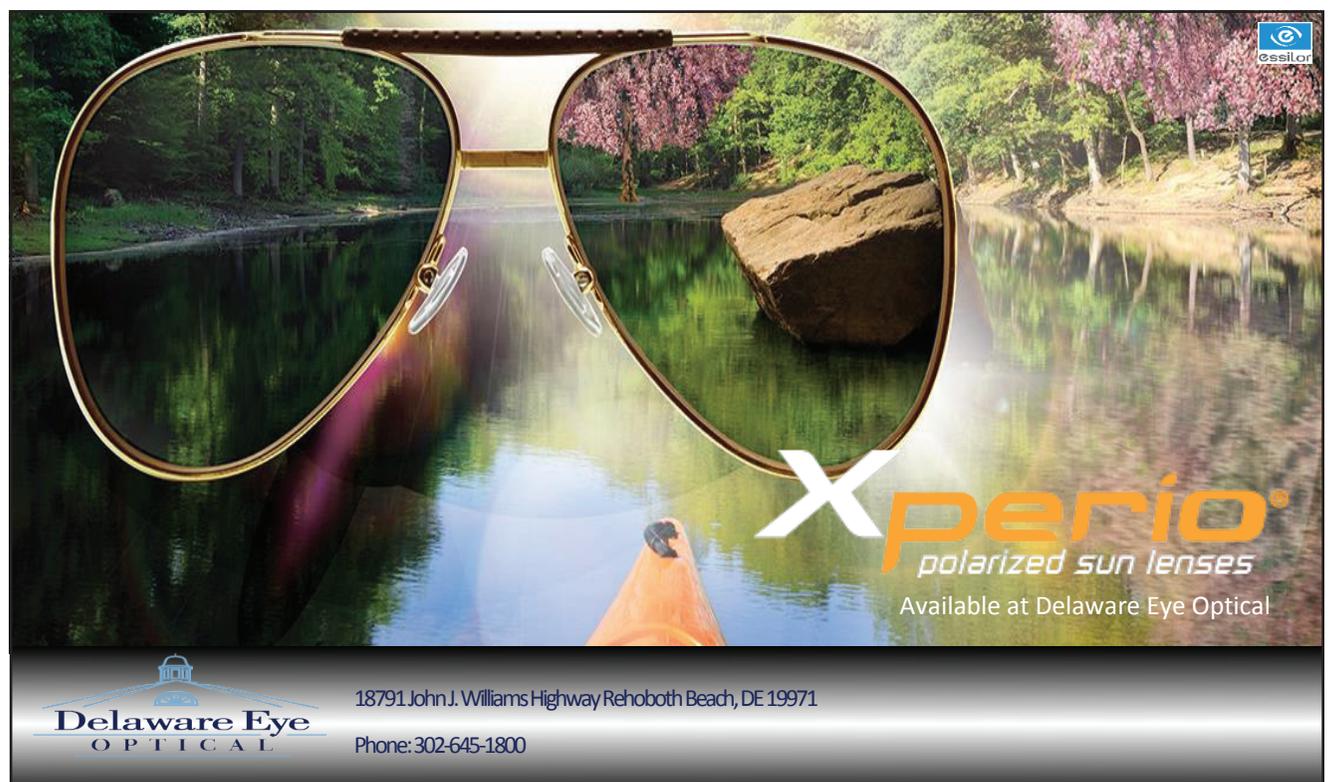
Currently Delaware Eye Optical is fitting many sunglasses with very few rejections or non-adapt to changing from every day to higher base curve sunglasses. These personalized progressive or single vision lenses designed for wrap frames comes in many materials, can be treated with polarization, tinted, backside anti-glare (keeps reflection off the back side of the lens), Transition lenses, many treatments are available. These personalized designs take in to account the lenses fitting closer to the face and extreme panoramic

angle most sunglasses have when wrapped. These lenses allow a wider field of vision with less peripheral distortion and fewer errors across the lens due to high curve. Lenses are decentered as well which allows people with small P.D. (pupillary distance) to wear larger frames than were available in the past. Back surface free form lenses adding the aspheric design provides the highest level of optical resolution available in the large wrap around frames.

We have been fitting these lenses very successfully and are pleased with the reaction and outcomes many of our clients have experienced. As worn technology measurements are taken in fitting eyewear and we have implemented this procedure. N-Form measuring

system takes in to account vertex distance, pantoscopic tilt, and panoramic angle with the frame dimensions and the person's prescription, as wells as pupillary distance. Those measurements are then fed into a computer which designs the ultimate customized prescription for the wearer. It is an exciting time in the eyewear design both from available lens choices as well as frame selection.

If you ride a bike, play golf or just go to the beach we can help design a lens for you and select a frame the best suits your personalized needs. With the largest selection of prescription frames and sunglasses frames in the region your choices are unlimited.



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Losing Weight with Saxenda 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.

Losing weight with Saxenda is fast and easy

Here at Renove Medical Spa, we have found that treating our patients with GLP-1 agonists has been very effective at promoting significant weight loss, quickly and easily, with minimal side effects. Many of our patients have lost 10 pounds in 4 weeks with sustained weight-loss at that rate for 3 months, with patients reaching their goal weights in several months. We offer medication administration training and ongoing counseling during use of your treatment with a GLP-1 medication.

There are two Medications in the GLP-1 agonists class that are FDA approved for weight loss, Wegovy

and Saxenda. There are other GLP-1 agonists that are approved for diabetes management. These medications are generally taken by a shot (injection) given daily or weekly. This should not be a deterrent to anyone, as the needle size is very small, and the auto-injector is very easy for anyone to use.

For Weight Loss:

- Semaglutide (Wegovy) (weekly)
- Liraglutide (Saxenda) (daily)

For Diabetes:

- Dulaglutide (Trulicity) (weekly)
- Exenatide extended release (Bydureon bcise) (weekly)
- Exenatide (Byetta) (twice daily)
- Semaglutide (Ozempic) (weekly)
- Liraglutide (Victoza) (daily)
- Lixisenatide (Adlyxin) (daily)
- Semaglutide (Rybelsus) (taken by mouth once daily)

The downside to GLP-1 drugs is that all but one has to be taken by a shot. And, like any drug, there is a risk of side effects, some serious. Side effects most commonly occur initially, just as you begin the medication, such as transient stomach cramping. This is why dosages are increased slowly. More common



“... we have found that treating our patients with GLP-1 agonists has been very effective at promoting significant weight loss, quickly and easily, with minimal side effects ...”

side effects often improve as you continue to take the drug for a while.

Some of the more common side effects include:

- Abdominal cramping
- Dehydration
- Nausea

Dehydration occurs because this class of medication can also inhibit thirst as much as hunger, so often people don't get the thirst cues to drink more water. Therefore planning to drink plenty of water is part of the regimen when prescribed these medications. The GLP-1 class of drugs

isn't recommended if you have a personal or family history of medullary thyroid cancer or multiple endocrine neoplasia.

If you would like to see if you are a good candidate for our weight loss program with a GLP-1 agonist, please call for an appointment with Dr. Michelle Parsons, M.D. at 302-227-1079 or book online here <https://go.booker.com/location/Renove/detail-summary/4085466>

Mention this article and promo code SCWJ to receive an special offer.

Michelle Parsons, MD | ReNove Med Spa

For appointments please call 302.227.1079

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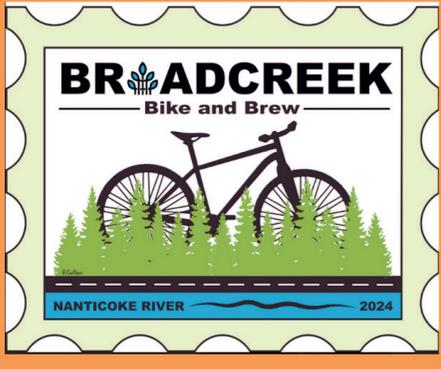


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12th Annual Broad Creek Bike and Brew

Saturday, September 21, 2024

7 a.m to 9:00 a.m onsite registration-Early start for Century and Metric Riders
9:00 a.m. Leisure start for all other riders

Laurel Elementary School

815 S. Central Ave, Laurel DE, 19956

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- All routes begin and end in Laurel and feature designated rest stops with restrooms, snacks and beverages.
- Rides include historic attractions, beautiful waterways, The Woodland Ferry, Trap Pond State Park and More
- Finish Party at Janosik Park on Broad Creek featuring local breweries, live music and Chicken BBQ
- Interactive map with historical stops plus photo app locations throughout the ride
- Charitable giving benefits local non-profit groups
- Event is Rain or Shine. Extreme weather could force cancellation

For more information:

Contact the Western Sussex Chamber of Commerce
Email: admin@westernsussexcoc.com
(302) 629-9690
www.westernsussexcoc.com/broad-creek-bike-brew




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Make It a Healthier 2024...

Hunterdon Gastroenterology Associates

Jason Matthews, M.D. • Gilbert Cardoso, D.O. • Andrea Goldstein, M.D. • Cherag Daruwala, M.D. • Maria Georgsson, M.D. • Anik Patel, M.D. • Richard Arrigo, D.O. • Devi Patel, M.D. • Cailyn Hillier, PA-C • Steven Mathews, M.D.

HGA is comprised of nine fellowship trained, board certified gastroenterologists, with two convenient locations in Flemington and Somerville. Established in 1982, Hunterdon Gastroenterology Associates treats all digestive discomfort or potential problems of the esophagus, stomach, liver, colon, or pancreas. Our AAHC-accredited ambulatory Endosurgery Center offers the highest quality treatment with faster access and lower procedure costs while using state of the art technology for your procedure needs.

Expertise, leading-edge technology, and personal care: Hunterdon Gastroenterology Associates' formula for the exceptional patient experience and outcomes we strive each day to provide.

The past few years were difficult for many reasons. Stress levels were elevated. Consuming the wrong foods and drinks. Not exercising. Skipping our doctor visits. All in all, just a year to forget.

Now that it is 2024, let us start the year fresh.

Manage stress. It is near impossible to eliminate stress from our lives: From busy work schedules, to family obligations, to financial worries; sources of stress and anxiety are everywhere. There is a strong connection between stress and illness: Stress promotes higher cortisol levels, which has been linked to weight gain. Also, stress can play a huge role in many digestive problems, particularly GERD and IBS. Research shows that anxiety, depression, and stress provoke symptoms in up to 60 percent of people with IBS! Stress management tools such as deep breathing, relaxation and hypnosis can be extremely helpful.

Eat in moderation. Keep balance, variety, and moderation in your eating habits. Take your time and try not to eat too fast: Slowing down and eating more mindfully helps prevent overeating. You will feel full much sooner than if you will if you race through your meals. Remember, it takes your brain 20 minutes to realize that your stomach is full.

Exercise. Getting physical activity will not only help shed pounds, but it can also help moderate stress and boost your mood, which in turn will help combat IBS and GERD. Wintertime activities include skating, sledding, skiing, walking in the mall or outdoors, dancing and working out in a gym or at an exercise class. Bundle up and take a walk around the neighborhood and you will burn 324 calories in an hour. Try to maintain a set schedule for exercise to help boost your metabolism, mood, and energy.

Regular screenings. If you are 50 years of age, it is time to get screened for colorectal cancer. Colonoscopies help detect colon cancer. No other colon cancer screening is as thorough and comprehensive to detect cancer and remove precancerous lesions as a colonoscopy. It is the most effective means of prevention, diagnosis, and treatment.

Do not ignore your symptoms. A change in bowel habits that lasts more than a few weeks; a feeling of having to have a bowel movement that does not go away; rectal bleeding; stomach discomfort; unexplained weakness or fatigue; and unexplained weight loss. These are symptoms that you should not ignore.

Hunterdon Gastroenterology Associates is here for your health needs. Our office and Endosurgery Center continue to remain open to service the members of our wonderful community with day, evening, and weekend hours. We are available for both virtual and in-person appointments, paying special attention to the safety of our patients.

We remain vigilant on staying updated with all state and federal guidelines. Our safety measures include but are not limited to:

- High-level employee protocols including proper hand hygiene, face masks, eye protection, gloves, and appropriate employee monitoring
- Meticulous cleaning and sanitizing
- Social distancing measures
- Restricting visitors/companions from the office to reduce potential exposure to others. Only individuals accompanying patients who require assistance will be permitted to remain with the patient.
- Requiring face masks.
- Covid-19 testing for all patients scheduled for procedures in our Endosurgery Center.

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Medical Experts in the Treatment of Digestive Diseases

Understanding Peanut Allergies



Presented by Alexandra Gallagher

Signs and Symptoms

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

- **Peanut intolerance.** If you have peanut intolerance, you usually can eat small amounts of peanuts with only mild symptoms, such as indigestion or heartburn, or no reaction at all. A peanut intolerance doesn't involve your immune system.
- **Peanut allergy.** An allergy to peanuts involves an immune system response. Even a tiny amount of peanuts may trigger a serious allergic reaction. Tests can help determine whether you have true peanut allergy.

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

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

The most serious and potentially deadly allergic reaction to peanuts is an anaphylactic response. If you are

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

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

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

Causes

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

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

Exposure to peanuts can occur in three ways:

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

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

- Peanut butter

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

Peanuts may be present in not so obvious foods including:

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

Risk factors

It isn't clear why some people develop allergies while others don't. However, people with certain risk factors have

a greater chance of developing peanut allergy:

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

Treatment

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

For more information call your pediatrician.

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.

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, and she will help with any suggestions and experiences.



Dr. Andrea Goldstein

Dr. Goldstein is a board-certified specialist in gastroenterology/hepatology who received her medical degree from Georgetown University. She enjoys being on the leading edge of new treatments for diseases that in the past had no cure. Dr. Goldstein is one of the physicians who perform the CRH O'Regan System at Hunterdon Gastroenterology Associates, for internal hemorrhoids. In most cases if the CRH O'Regan system is deemed appropriate, it can be performed at your initial consultation.

Dr. Goldstein is an involved mother, helping her children with piano lessons and volunteering with Girl Scouts. She was trained in opera and sings in the community choir. She is also active with her synagogue, including delivering food to a local shelter through the Jewish Relief Agency.

"As a doctor, I strive to give my patients the best possible medical care they can receive, in an environment where they can feel comfortable. This starts with talking and listening closely to ensure that I get a complete picture of the patient's medical history and symptoms, and also that my patient understands what she needs to know to follow her treatment plan and return for the follow-up testing she needs to protect her health. Giving 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.

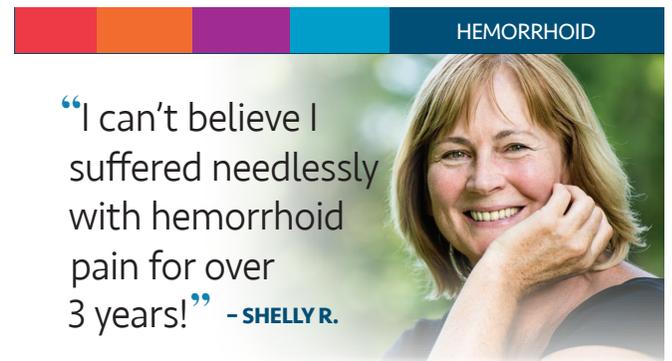
During the 60 SECOND procedure, the physician uses a gentle suction device to place a small rubber band around the tissue, just above the hemorrhoid. There are very few nerve endings in this area to cause any pain. The hemorrhoid shrinks and falls off within a day or two. Research has shown that 99.8% 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.



"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.

Call today for an appointment.
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Name & photo have been changed to protect the privacy of the patient.

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
- ✓ Covered by most insurance
- ✓ No at-home prep
- ✓ 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.

Most Insurances Accepted

Call Now: **908-483-2053**



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 Somerville, NJ 08876

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Radiofrequency Skin Tightening at ReNove Med Spa



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 Aesthetic and Integrative Medicine.

Most individuals experience facial aging at some point in their lives. While many patients look into plastic surgery to correct imperfections like wrinkles, fine lines, and sagging skin, there are those who desire an alternative solution that is less invasive.

At Renove Med Spa, we offer state of the art treatments like the Pixel 8 Radio Frequency Skin Tightening, to rejuvenate the face and provide you with a youthful and attractive appearance.

What is Radiofrequency Skin Tightening? Radiofrequency skin tightening is a technique used to tighten sagging and thinning skin with minimal pain, downtime and expense with fantastic results, noticeable within a few weeks after the first treatment.

Radiofrequency skin tightening treatments use small micro needles to deliver a form of heat energy, or radiofrequency, past the top layer of skin, deeper into the skin tissues. This causes a micro-injury to the skin, sending a message to the skin to heal and repair itself, without negatively impacting the outward appearance of the skin. This procedure also triggers fibroplasia, the process in which the body forms new fibrous tissue and stimulates the production of collagen, causing collagen fibers to become shorter and more tense. At the same time, the molecules that make up collagen are left undamaged.

Testimonial

“After just 1 treatment of the PiXel8 Radio-Frequency Micro-needling on my chest area, I was amazed at the results! All the crepey skin and wrinkles were gone! I used to be self-conscious about wearing v-necks, etc. but there is no old looking crepey skin now. I highly recommend this procedure.” ~Jackie G., January, 2020

Skin elasticity increases and loose, sagging skin is tightened.

What Can I Expect During a Radiofrequency Skin Tightening Treatment?

Prior to your treatment, your skin will be cleansed and a topical numbing cream will be applied and allowed to take effect. Once you are ready for the treatment, you will be placed in a comfortable reclined position and the treatment will proceed area by area. A full facial treatment takes 25 minutes. You can watch a video of Dr. Michelle Parsons performing a treatment on her website <https://www.renovemedspa.org/rf-microneedling>. There should be minimal discomfort with the treatment, as the energy levels are adjustable for all skin types. As the treatment proceeds, you will feel as if you have a moderate sunburn. Cool air is used for comfort during the treatment, which is typically not needed upon completion of the treatment. Prior to leaving, a hydrating cream and sunscreen will be applied to your skin. Makeup can be applied after 12 hours.

When Will I see Results from Radiofrequency Skin Tightening?

Immediately following the treatment, most people will feel as if they had a windburn or mild sunburn. There can be mild swelling after the treatment, but not everyone has swelling. Skin tightening and softening of visible lines and wrinkles can be seen as soon as 4 weeks

Before

Radiofrequency Microneedling with Platelet Rich Plasma...



After

...has taken years off my face by smoothing lines, creating more volume, and brightening my skin for better complexion. Radiofrequency with Microneedling and PRP is a good procedure for looking younger.
~ Patty C., Ocean View

after the treatment, and will continue to improve and tighten the skin for 3 to 6 months following the treatment. It is recommended to receive 3 to 5 treatments over the course of a year, typically spread apart by four weeks. There are discounts for package treatments. Since the improvement of skin tone, texture, is from your natural healing of your skin, results are long lasting and in general, and with proper skin care, results last years.

What Areas Can Be Treated with Radiofrequency

Radiofrequency treatments are most commonly performed on facial and neck skin. It is exceptionally beneficial around the eyes, to treat loose sagging eye skin, and around the mouth, to improve lip lines. It is also common to treat the chest and hands. We also treat sagging knee skin, stretch marks, surgical scars and acne scars.



Michelle Parsons, MD
ReNove Med Spa

416 Rehoboth Avenue • Rehoboth, Delaware

For appointments please call

302.227.1079

www.RenoveMedSpa.org

Info@Renovemedspa.org

Mention this article for discounted pricing on Radiofrequency Skin Tightening at Renove Med Spa.

If you would like to see if you are a candidate for a radiofrequency skin tightening treatment, call us to schedule a free consultation with Dr. Michelle Parsons at Renove Med Spa 302-227-1079.

Discount for new patients only.

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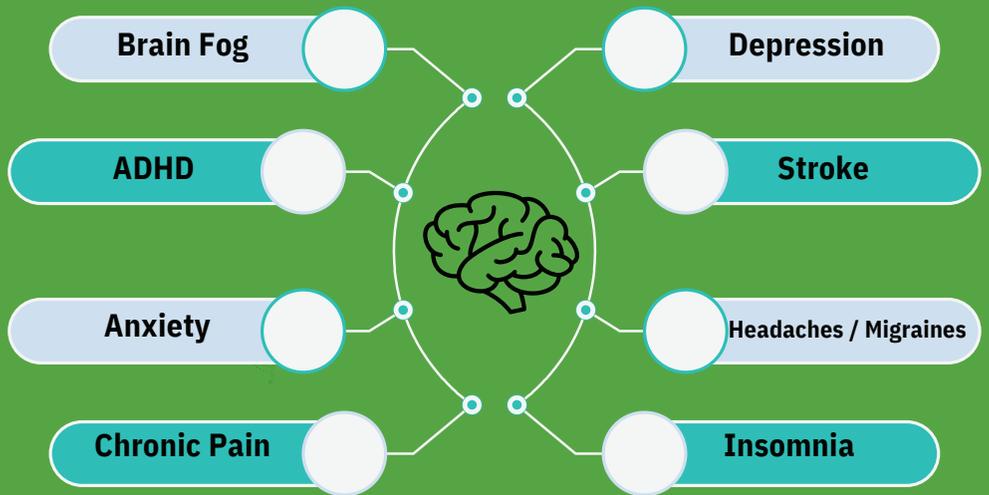
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At every visit, I have been warmly welcomed by Dr. Waterson and Ciera. The office is well-organized, clean, and comfortable. I am 72, and called when I learned of his new integrative practice. Although I've had rounds of physical and occupational therapy since the hemorrhagic stroke I survived at 57,

I consulted him for chronic headache and neck pain related to my right-sided weakness and chronic mobility issues. Dr. Waterson's neurological therapy and the **neurofeedback** have been a positive for my emotional and physical well-being. I highly recommend Synapse. - Mary G.

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 Women's Journal

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302.344.1005

Botox for TMJ and Migraines



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.

less experienced injector or non-physician who does not have training injecting this area. Dr. Parsons has been injecting Botox for masseters for the treatment of TMJ and other muscular trigger points for 15 years and local Rehoboth dentists refer to Dr. Parsons for masseter muscles Botox injections for the treatment of their TMJ patients.



Many people grind their teeth at night and wake up with jaw pain and daily migraine headaches. Prescription mouth guards and pain medications don't always help. Also with prolonged grinding and clenching, the jaw muscles, or the masseter muscles, get thicker and thicker over the years, which can lead to a wider jaw and square facial appearance.

within a week and will see the full effects of jaw thinning about one month after treatment, when the muscle has had time to atrophy. There's no swelling or downtime and patients can go back to their normal activities that day.

Botox injections can also be effective to relieve the discomfort from chronic migraines. The injections of Botox for migraines are placed typically in the forehead area and may extend into the scalp.

“... Botox injection to the masseter muscle is very effective at relieving the symptoms of TMJ pain and headaches caused by TMJ ...”

Treatment with injection of onabotulinumtoxinA (Botox) into the masseter muscles causes the jaw muscles to relax to prevent nighttime clenching and grinding. This relaxation in the muscle also leads to thinning of the muscle, which would result in thinning a square face and alleviating headaches.



The amount of Botox needed to treat the masseter muscles is typically small, 25 units total for both sides, though units may vary depending on the size of the muscles. Patients can expect headaches and clenching to go away

Botox injection to the masseter muscle is very effective at relieving the symptoms of TMJ pain and headaches caused by TMJ. It is a medical procedure and must be done by a physician with experience injecting this area, to avoid any complications such as causing an uneven smile, which can happen by a

Relief from migraines after Botox injection can occur quickly, often the same day as treatment, but may take a few additional days for complete relief. Results of migraine relief from Botox injections can last 4 to 6 months and patients typically benefit from additional treatment at that time.

Botox injections for migraines can be covered by medical insurance when treated by a neurologist after undergoing evaluation and documented treatment failure of other migraine treatment modalities. Dr. Parsons' office does not participate with medical insurance for migraine

treatment but rather is fee for service, which is beneficial to those patients who need relief from migraines without having to wait for the evaluation period to qualify for medical insurance approval for migraine treatment with Botox.

If you have TMJ, clench or grind your teeth, or suffer from chronic migraine, you may benefit from a Botox masseter or migraine treatments. You may book a complimentary consultation with Dr. Parsons or book here online <https://go.booker.com/location/Renove/detail-summary/3949865>

Mention this article and promo code SCWJ to receive an special offer.

Michelle Parsons, MD | ReNove Med Spa

For appointments please call 302.227.1079

416 Rehoboth Avenue, Rehoboth, Delaware | www.RenoveMedSpa.org | Info@Renovemedspa.org

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"!*

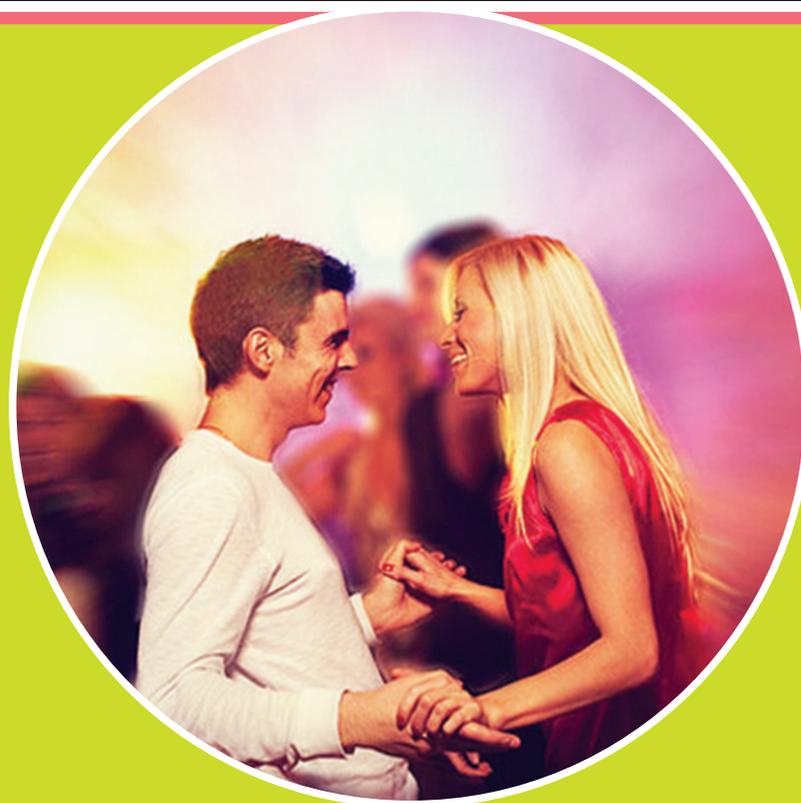
Testimonials:

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?

The success of our company has always been based on one simple concept: The customer's wishes are the TOP priority!

- YOU - get personalized service with experienced attention to detail.**
- YOU - pick the music that meets your individuality and needs.**
- 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!**

ANNIVERSARIES, THEME PARTIES, BIRTHDAYS, REUNIONS, WEDDINGS, OR CORPORATE EVENTS, "It's Always a Party with PartyTime"

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



Life can be overwhelming, and many find themselves stuck in cycles of conflict, self-doubt, toxic relationships, apathy and depression. Getting mental health treatment can feel intimidating, and those suffering sometimes become tired or frustrated with the process. This often happens because the treatment lacks a somatic, or body-based, component.

EMDR (Eye Movement Desensitization and Reprocessing) is a relational therapy through which clients connect with their whole bodies to heal. At Trauma Specialists of Delaware, our philosophy is that by tapping into their adaptive information processing systems, our clients can empower their bodies to heal from traumatic experiences that have caused depression, anxiety and other ongoing issues. Trauma Specialists of Delaware is here to support your courage and guide you through the therapeutic process.

Kindly,
Katie

Katie Honeywell, LPC-MH, NCC
EMDRIA Certified Therapist
Business Development Director



Contact us today to get started!
www.traumaspecialistsofde.com
info@traumaspecialistsofde.com

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**We are looking for one part time sales person.
We train for Sussex County.**

**Applicants have to have a great personality and work ethic, be bright, energetic, love to meet new people, and love our educational women's newspaper with a passion!
Work from your home and make your own hours.**

CALL 302.344.1005



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.

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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)
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- 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

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Open 7am - 11pm Every Day

Hocker's Super Center

34960 Atlantic Avenue
Clarksville, DE 19970
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302-537-1877
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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. ”



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you test the Women's Journal™ ?*

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~ U.S. World and Review

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"The cost of education has gotten to the point that people with means really ought to look at how they can support people. I really do hope my scholarship fund at the DCF encourages others to think about doing the same."

Bob Martz, Wilmington, Bob Martz Scholarship Fund

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 President & CEO Stuart Comstock-Gay with donor Bob Martz

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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.

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Enhance Your Home Comfort and Savings with Energy-Efficient Windows



Windows

In our environmentally conscious world, homeowners are increasingly seeking ways to reduce energy consumption and lower utility bills while enhancing the comfort and aesthetics of their homes. Installing energy-efficient windows is an often overlooked yet highly effective method of achieving these goals.

Understanding Energy-Efficient Windows

Energy-efficient windows are designed to minimize heat transfer between the interior and exterior of a home. Traditional windows, particularly older single-pane models, tend to allow significant heat loss during winter and heat gain during summer, increasing reliance on heating and cooling systems, driving up energy costs, and reducing overall comfort levels.

By contrast, energy-efficient windows feature advanced technologies such as low-emissivity (low-E) coatings, multiple panes, gas fills, and insulated frames. These features work together to create a thermal barrier, effectively trapping heat inside during colder weather and preventing unwanted heat from entering during warmer months. As a result, homeowners can enjoy more consistent indoor temperatures year-round, reducing the need for excessive heating and cooling.

The Benefits of Energy-Efficient Windows Lower Energy Bills

One of the most significant advantages of energy-efficient windows is their ability to reduce energy consumption. By minimizing heat transfer, these windows help maintain a comfortable indoor environment without overreliance on heating and cooling systems. As a result, homeowners can expect to see a noticeable decrease in their monthly energy bills, leading to long-term savings.

Enhanced Comfort

Energy-efficient windows create a more comfortable living space by eliminating drafts and temperature imbalances. With improved insulation, homeowners can enjoy consistent temperatures throughout their homes, eliminating cold spots near windows during winter and reducing heat buildup in the summer. This creates a more pleasant indoor environment for occupants year-round.

UV Protection

Many energy-efficient windows have coatings that block harmful ultraviolet (UV) rays from entering the home. UV radiation can cause furniture, flooring, and fabrics to fade over time, diminishing the appearance of interior spaces. By installing windows with UV-blocking properties, homeowners can preserve the integrity of their furnishings and maintain a vibrant interior aesthetic.

Noise Reduction

In addition to thermal benefits, energy-efficient windows can also help minimize outside noise transmission. The insulated construction of these windows acts as a barrier against sound waves, reducing the intrusion of traffic noise, neighborhood disturbances, and other outdoor sounds. This especially benefits homes in busy urban areas or near noisy thoroughfares.

Investing in energy-efficient windows is a smart decision for any homeowner looking to improve comfort, reduce energy costs, and enhance the value of their property. With benefits ranging from lower utility bills to increased thermal comfort and improved aesthetics, energy-efficient windows offer an effective solution for long-term savings and satisfaction.

Choose Energy-Efficient Windows with G. Fedale Roofing and Siding

When it comes to window replacement, partnering with a trusted provider is essential to ensuring optimal results. At G. Fedale Roofing and Siding, we offer high-quality, energy-efficient windows engineered for superior performance and durability. With a wide selection of styles, materials, and energy-saving features, we can help you find the perfect windows to complement your home's architecture and meet your needs.

Ready to experience the benefits of energy-efficient windows for yourself? Contact us today to schedule a consultation and learn more about our window replacement services.

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- SIDING
- WINDOWS
- GUTTERS AND MORE!





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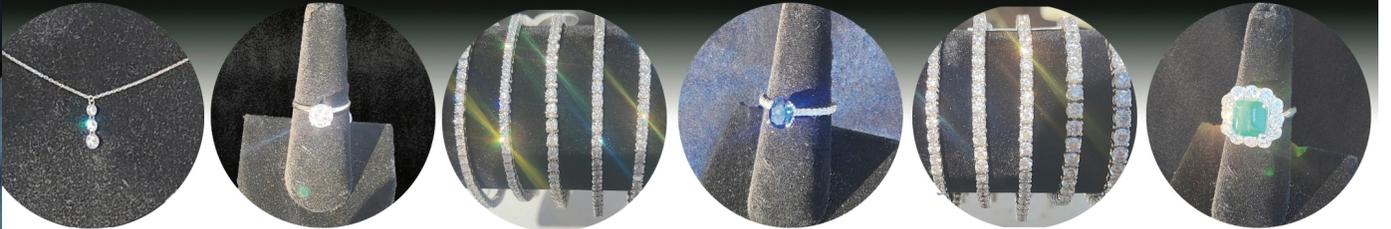
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STEVEN JAMES
GIA AJP, GIA DIAMOND GRADUATE

To Lab or Not To Lab

Lab-grown diamonds are making headlines, but where do they fit in the market?



Natural diamonds are one of our planet's wonders, and have long been known as the hardest material on earth. They've been prized possessions of the wealthy for centuries, and a symbol of undying love and commitment in the modern age.

Until the early 2000's, mankind was unable to produce a diamond that was of jewelry quality. Since their arrival in the mid 2010's, they've caused a lot of confusion in the market.

Today's laboratory grown diamonds are created using one of two methods: HPHT (High Pressure, High Temperature) or CVD (Chemical Vapor Deposition).

Both of these methods produce an end product that makes it's way through a cutting and polishing process just like a natural stone. Once they're a finished stone, they're ready to be set in a piece of jewelry.

Once they're cut and polished, lab-grown diamonds become very difficult to distinguish from their natural counterparts. Lab-grown diamonds will have the same luster, the same fire, and even the same durability as a natural diamond. Often times, they will have higher clarity and be more colorless than a natural stone due to the controlled environment they are created in.

If they look so similar, what's the issue?

Primarily, value retention. Due to lab-grown diamonds' mass production, each stone lacks uniqueness and rarity. A natural diamond is a work of art from nature, with each piece being unique and rare. This simply isn't the case with stones that are produced in factories, and the value of these stones has fallen appropriately.

We're committed to helping our customers make an educated decision. We only present natural diamonds at James Fine Jewelry, but can access lab-grown diamonds by special request.

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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."



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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



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Update your home *with modern window treatments!*

From a master bedroom where both light control and privacy are paramount, to a kitchen in need of a stylish, yet practical window treatment, there is a perfect window covering for every room in your home!

Kitchen



As your kitchen is the heart of activity in the home, it's no surprise that choosing window treatments that are both highly functional and stylish can become a challenge. Faux wood blinds and composite shutters offer added durability and are ideal for high-humidity rooms like kitchens. They resist cracking, fading, and warping from stovetops and ovens. Cellular (honeycomb) shades, which let soft, natural light in, are an excellent solution for retaining privacy. To protect your kitchen's interior from harmful UV rays, try pleated Roman shades, which also add an elegant, sophisticated design accent.

Living and Family Rooms



Friends and family gather here daily, so why not make them say "wow" when they see your beautiful window coverings. From artisan-inspired wood shutters to elegant Roman shades, find the perfect finishing that will generate compliments for years to come. From layering versatile shades with drapery panels, to making a design statement with the perfect valance, it's easy to create the look you've always wanted.

Bathroom



A stylish and well-dressed bathroom is a trend worth joining. Since the bathroom is inherently a high-moisture and humidity area, it may

cause many inferior types of window coverings to warp or fade. Interior shutters, shades and blinds are right at home in your bathroom environment. Quality blinds are made with high-quality components in the headrail to prevent rusting, and moisture-friendly composite shutters are designed to resist fading and warping over time. For an elegant look, consider pairing fabric shades in a distinctive print or pattern with drapery panels. Cellular shades are another popular window treatment for bathrooms since they offer both a view and privacy.

Bedroom



For restful, tranquil sleep, turn your bedroom into the perfect retreat with an amazing array of choices of window treatments and designer accents. As a room that's often forgotten because few people see it, we sometimes don't take the time to update or design our bedroom. From stylish shades and draperies in the latest patterns and fabrics, updated and highly functional designs can

dress your bedroom with window treatments that give you a great night's sleep. A great recommendation involves pairing bedroom drapes with honeycomb shades for an extra layer of insulation and comfortable temperatures for sleeping. Want to sleep in or just need it extra dark in the baby's room, consider a room darkened solution to extend the darkness well into the morning hours. You may also consider modern and trendy roller shades.

Still not sure where to start?

You're not alone. Now that you have some ideas, it is a great time to call in the experts. A reputable custom window provider will help you understand the pros and cons of each treatment choice. Oftentimes, a look can be subtly carried from one room to the next, even if color palettes change and the function is completely different. Of course, there is new technology to consider as well. You could optimize both safety and convenience with a touch of a button from motorized and/or home automation solutions — the sky's the really limit! Find a reputable vendor like Budget Blinds to walk you through each room. Even if your ideas are not fully thought out, this is what we're here for. Good luck and enjoy your updated look!



Style and service with North America's #1 choice.

We're Budget Blinds, and we're North America's #1 provider of custom window coverings. We do it all for you; design, measure and install – because we think everyone, at every budget, deserves style, service, and the peace-of-mind of the best warranty in the business.

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“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.

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Add A Female Attorney To Your Village



By Jennifer D. Donnelly, Esq.

Suffering an injury in a car accident or any kind of accident can be stressful, time-consuming and put you on a long road of dealing with insurance companies and medical providers. Having a female attorney in a personal injury matter can offer several advantages, which can make the process simpler and provide resources for clients.

Empathy, understanding and comfort

Female attorneys may bring a unique perspective and empathy to cases involving personal injuries for any client, but especially if the client is a woman. After a car accident or workplace injury, a woman may experience physical changes or challenges that are difficult to describe or explain. A female attorney may be able to relate or understand the specific challenges and experiences that female clients face on a personal level, and the impact an injury can have on them physically. Additionally, prospective clients may feel an added layer of comfort and the ability to speak more candidly with a female attorney after suffering an injury. Being able to communicate everything to your attorney is critical to ensuring that you are being advocated for to the fullest extent after an auto or work accident.

Effective communication

This is key when being represented by an attorney for an injury arising from a car accident or any other accident. In addition to being able to speak freely and comfortably to your attorney, as mentioned above, equally as important is the ability and need for you to understand what the attorney is telling you in response. Offering explanations and answering questions (no matter how many) is something your attorney should always be willing to do to ensure you understand where your case stands and what lies ahead. I (along with every other attorney at my firm) speak with clients directly as often as they need to understand their case, any issues that may arise, and the options they have when working towards a resolution. At the end of any case, we want to ensure our clients felt that they understood the process, understood their options and made informed decisions equating to a recovery that compensated them for their injuries.

Networking and support

After an auto or work injury, some clients need a fresh start or added support. Female attorneys, like the ones at my firm, are a part of networks and organizations that provide support and resources specifically for women in our community. This can benefit clients by providing access to additional expertise and support throughout their case.

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

Bio

Jen has been an attorney in Delaware for over ten years and has spent the last six years of her career with Kimmel, Carter, Roman, Peltz & O'Neill. Jen specializes in auto accidents, work-related injuries, product liability, wrongful death cases, and toxic tort cases including asbestos and mesothelioma cases.

Jen previously worked for a nationally recognized defense firm. She represented corporations and insurance carriers, which equip her with a unique insider perspective, that she now uses to advocate for her clients.

Born and raised in Delaware, Jen attended Holy Rosary (Claymont, DE) and is a graduate of Concord High School, University of Delaware, and Widener School of Law. In addition to her professional experience, Jen is a proud wife and mother of three. She serves on the Executive Board for Kids'

Chance of Delaware and has volunteered as Guardian ad Litem for minors involved in Family Court proceedings in Delaware through the Office of Child Advocate. She is a member of the Holland Inn of Court, Delaware Trial Lawyers Association, and the American Association for Justice, and has been recognized by U.S. News: Best Lawyers: Ones to Watch™, Delaware Today "Top Lawyers," and a Delaware Super Lawyers Rising Star.

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"My attorney, Jennifer Donnelly, was professional and personable. She explained every detail thoroughly and kept me informed from the beginning to end. I felt she really worked diligently to get me the best possible outcome. I definitely would recommend her." ~ Maria

"Jennifer was amazing in the two years we worked together. She always went above and beyond for me. I highly recommend her. I couldn't have asked for a better attorney!" ~ June



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Women & Work-Related Injuries: Speak Up!



By Jennifer D. Donnelley, Esq.

About 50% of my workers' compensation clients are women. And of those women, I have noticed trends or common aspects of their work-related injuries and workers' compensation cases that other women should consider and learn from.

Advocate for yourself at work

Women are often overrepresented in certain industries like healthcare, hospitality, and retail. They may face unique occupational hazards such as lifting injuries, exposure to infectious diseases, or repetitive strain injuries from tasks like typing or standing for prolonged periods of time. While we are all willing to go the extra mile for customers, clients and patients, we often forget to do the same for ourselves, by asking for simple things that would protect our own health and well-being. Women in particular, may face challenges accessing properly fitting PPE, such as safety harnesses, gloves, or respiratory protection, which can increase their risk of injury in hazardous work environments. We also may have different ergonomic needs compared to men due to differences in body size and shape. Issues such as poorly designed workstations, improper lifting techniques, or inadequate seating may contribute to musculoskeletal

injuries among female employees. Being your own advocate for a safe workplace is a leading way to avoid a workplace injury.

Report your injury

While we may all like to think of ourselves as "superwomen" and tend to downplay an injury or incident that occurred at work, doing so in most cases is detrimental to your potential workers' compensation claim. Statistically, women are less likely to report workplace injuries due to fear of; retaliation, job loss, or cultural pressures to prioritize caregiving responsibilities over personal health and safety. I get it. We are all busy and everything is "fine." I say it myself too many times a day. However, ensuring that your employer is, at the minimum, aware of the work-related accident and injury (even if only minor), and has documented it, is critical to ensuring you have options to protect yourself down the road if necessary. Late reporting of work-related accidents and injuries are a leading reason claims are denied and cases are litigated which could otherwise potentially be avoided if the employer and insurance company were aware of the injury in a timely manner. If you were injured on the job, complete an incident report with your supervisor and seek medical treatment specifically noting the injury occurred at work.

Pre-existing conditions and injuries are not a bar

I often hear from my female clients that they have a prior injury or condition (back pain, sciatica, etc.) from a variety of things we as women may commonly deal with and did not think they would have a case. Just because you may have a condition that pre-existed a workplace accident and injury is not a bar to a potential workers' compensation claim if

the work accident aggravated, accelerated or exacerbated a condition. However, these cases can be factually significant and for that reason, even if you had a prior injury or condition, which involves a body part injured on the job, you should speak with an attorney.

Consult with an attorney

I am a self-proclaimed "DIY-er" and like most women, find it easier to just do it myself rather than asking for help. However, when you are hurt at work, it is important to ask for help from an attorney that has experience with workers' compensation cases and cares about the specifics of your case. An injury is stressful and dealing with medical treatment, being without



wages potentially, as well as communicating with insurance companies and your employer tends to get overwhelming, fast. A consultation with me or another attorney at our firm is free, confidential and can be done over the phone, via Zoom or in person. For a free and confidential consultation contact 302-565-6123 or jdonnelly@kimmelcarter.com.



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CHEER Volunteers Serve Senior Citizens



Colleen O'Connor of Long Neck was crowned CHEER's Volunteer Queen of the Year for her dedication and service to Sussex County's senior citizen by CHEER CEO Beckett Wheatley.

Volunteers are the service lifeblood of CHEER. Each volunteer is essential to the CHEER mission “to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of mature adults 50 and over.” This past fiscal year, CHEER’s 750-plus volunteers gave over 40,000-man hours to providing these services to the senior citizens of Sussex County, Delaware. The audited value of their time and service was over \$800,000.

To show its appreciation to their hundreds of volunteers, CHEER hosted an appreciation banquet at the CHEER Community Center in Georgetown. The banquet was partly funded by a grant from Meals On Wheels, Delaware. The highlight of the evening was the crowning of the Outstanding Volunteer of the Year. Each of the seven activity centers in the county – Georgetown, Greenwood, Long Neck,

Milton, Lewes, Ocean View and Roxana – nominated their center’s outstanding volunteer for the overall agency’s crown.

The 2024 CHEER Volunteer Queen of the Year is Colleen O'Connor of Long Neck. Colleen has been volunteering at Long Neck for one-and-a-half years. She spends three days a week working as the receptionist for the center. Colleen and her fiancé moved to the area two years ago from Delaware County, Pennsylvania. She had worked full-time as the office manager in a medical office for 47 years. She has three sons and enjoys eight grandchildren.

Colleen found out about CHEER when reading the agency’s CHEERful Living newspaper while waiting for her physical therapy appointment. She sought it out and volunteered immediately. Following the surprise announcement at the banquet, Colleen said she was almost “done in” (emotionally) when she

happened upon CHEER. “I really enjoy the members here,” she said. “CHEER has been a life saver for me. I feel like I’m still going to work.”

Members of the Queen’s Court who were nominated by their respective centers are: Carlos Gonzalez, Georgetown; Julie Hudson, Greenwood; Evelyn DeLazzaro, Lewes; Jim King, Milton; Karen Garrison, Ocean View; and Joann Strawser, Roxana.

CHEER has several volunteer opportunities available with only a two-hour-a-month commitment requested. However, more

time is always appreciated. Opportunities include:

Homebound Meal Delivery – drivers for the Meals On Wheels program to deliver pre-packaged nutritious meals to seniors.

Medical Transportation – drivers to transport seniors to and from medical appointments.

Administrative Support – to assist Center Directors or agency staff.

Kitchen Assistants – to help prepare and/or serve meals.

Center Assistants – to assist members with crafts, exercises, activities, cleaning, etc.

Special Events – to assist at special events held for members or the public.

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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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Cait Spieker Gee, Managing Partner
Lavender Fields

Lavender Fields recently changed hands and is now lovingly operated by the Spieker-Gee family. While Lavender Fields has been known for decades for its beautiful lavender and lavender products, the Spieker-Gee family has been working on updating, renovating and beautifying the farm, while expanding its offerings and philanthropic reach. The farm is a safe haven for people of all backgrounds, especially those struggling with pregnancy loss and cancer and for the differently-abled and their families.

Managing partner, Cait Spieker Gee, had been hired to stage the property when the prior owner decided to sell, but fate played out a different story. When touring the farm, Cait experienced an undeniable connection to her late daughter, Tallulah June Elizabeth.. When Cait’s mother, Kerry Spieker, came out to tour the farm, they knew they could make it something unbelievably magical and dreamy, while keeping it open to the public as a place of refuge. In the past six months, the farm’s retail store and event space have been extensively renovated, new gardens have been installed and the lavender product line has been expanded. You can also now grab a charcuterie board and a glass of Lavender Fields’ signature iced tea from The Wildflower Cafe to enjoy on a picnic table in the gardens. These projects haven’t been possible without the support of the wonderful staff, including Heather Sullivan, who’s been the farm’s manager for decades. Moreover, the vocational students from Sussex Consortium have been wonderful assets to the farm’s team.

Lavender Fields hosts tea parties, baby and bridal showers, story time, festivals, charity fundraisers and more. Stop by today and sit for a spell on The Cottage Store’s front porch. The farm is a place to become more present, feel at peace and connect to those you miss the most. Lavender Fields is magic - come experience some this summer.



Leonard and Yolanda Young, Owners
G&R Campground

Leonard and Yolanda Young are the passionate and dedicated owners of G & R Campground, located in the heart of Houston, Delaware. This expansive 32-acre haven offers over 200 RV and tent sites, cabins, and glamping options. Since acquiring the campground in 2023, Leonard and Yolanda have tirelessly worked to enhance the experience for their guests, adding new amenities such as a campground General Store, a solar panel hammock park, and an outdoor game garden. The campground also features a pool, basketball court, outdoor stage, covered pavilion, and a 10,000-square-foot event space ideal for hosting weddings, retreats, festivals, and more.

Leonard and Yolanda’s commitment to community development and sustainable growth was recognized when they won a \$50,000 grant from the 2024 Delaware Encouraging Development, Growth, and Expansion (EDGE) competition by the Delaware Division of Small Business. This prestigious award, granted to only a few among over 120 applicants, underscores their dedication to enhancing G & R Campground.

The couple’s innovative efforts have garnered attention from numerous publications, including Delaware Today, Woodall Camping Magazine, Technical.ly, and The Delaware News Journal. Leonard, a graduate of Florida A&M University with a B.S. in Mechanical Engineering, is the founder of DelawareBlack.com, a marketing company that supports black-owned businesses in Delaware. Yolanda, a Hampton University alumna with a B.S. in Business Administration and an M.B.A. from Liberty University, owns Walker Young, LLC, a federal procurement consulting firm.

Beyond their professional achievements, Leonard and Yolanda are real estate investors and mobile home park owners. They cherish spending time with their four children and enjoy beach visits. Their unwavering passion for helping others and their community shines through in all their endeavors, making G & R Campground a welcoming and vibrant destination for all.



Uganda Sumner, Agency Director

Always Best Care

My name is Uganda Sumner, Agency Director for Always Best Care in Milton. I have lived in Delaware all my life. I have a bachelor’s degree in behavioral health. I have worked primarily in mental health for over 15 years. I love my job because I get to meet some awesome people that are our clients. I am very passionate about Delaware’s aging population which is mostly retirees. I support causes like Alzheimer’s, Autism and CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder). All of these are very personal for me and my family. I try to involve myself or learn more about these causes because I understand the issues, problems, and even the heartbreak that come with all these disorders. I believe in advocacy, education, and training with all these causes so it’s not such a mystery. I’m currently enrolled in the MSW program at Delaware State University to eventually gain my LMSW. I would love to focus on geriatric psychology, in hopes of helping this population, with treatment of certain mental illnesses that include depression, dementia, Alzheimer’s and Parkinson disease. In my downtime, I absolutely love spending time with my 6-year-old granddaughter. I’m blessed to have her on the weekends and being that cheer and dance Gigi. She is my sidekick for dinner’s and a movies, and sometime bowling partner.



Kayla, Emerging Market Administrator

G. Fedale

Kayla was born and raised in Delaware and spent many summers at the Delaware beaches with her family. She started her career with G. Fedale in 2022 while in school to obtain her associate’s degree in business at Delaware Technical Community College. Throughout her time with the company, she has been a Receptionist and Office Administrator in the Newport office and was just recently promoted to Emerging Market Administrator in the Sussex County division. In her role, she handles scheduling of installs, repairs, estimates and warranty calls, invoicing, registering warranties, and much more to support the Sussex team. Kayla is passionate about making customers happy and ensuring that the home improvement process goes as smoothly as possible. She ensures that customers are frequently updated on the stages of their project and communicates any changes that may occur. She maintains a positive working relationship with various suppliers and subcontractors throughout Sussex County to provide the best quality materials and workmanship for her customers. Kayla enjoys working at G. Fedale because of the family like atmosphere, dedication to customers, and a continuous strive for excellence.

In her free time, she enjoys taking her rescue pitbull, Juvi, to the beach, reading, and attending concerts.. She makes frequent trips to the Delaware beaches and spends time on her family’s boat on the Rehoboth Bay. Kayla is a member of Odessa Fire Company and recently obtained her certification as a nationally registered EMT which allows her to continue her passion of helping others and her community.

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Balancing Business and Personal Life: Digital Strategies for Female Entrepreneurs



Nicole Hammond, Co-Owner CAN Web Management

Balancing the demands of running a business with personal life can be challenging, especially for female entrepreneurs. Leveraging digital tools can streamline tasks and create more time for personal pursuits. Here are some ways to use digital strategies for better work-life balance.

1. Automate Routine Tasks

Automation can be a game-changer for productivity. Since your website works 24/7, it's the perfect tool for this. Use it to automate scheduling, customer inquiries, and order processing whenever possible. Implementing a chatbot to handle common questions can also free up significant time, allowing you to focus on more critical tasks.

2. Optimize Email Marketing

Email automation tools can manage your email campaigns, send personalized messages, and follow up with customers without manual intervention. Not only does this save time, but it also ensures consistent communication with your audience. This increases customer satisfaction, client retention, and overall lifetime value by enabling you to engage more effectively with your existing client base.

3. Project Management Tools

Utilize digital project management tools like Google Workspace, Trello, Asana, or Monday to keep track of tasks, deadlines, and team collaborations. These platforms can help you organize your work, collaborate, delegate, and ensure you don't miss any important tasks or goals.

4. Social Media Scheduling

Tools like Hootsuite or Buffer allow you to schedule social media posts in advance. This means you can plan your content calendar and maintain an active online presence without being tied to your devices all day.

5. Virtual Meetings and Collaboration

Use platforms like Zoom or Microsoft Teams for virtual meetings. These tools save travel time and allow for flexible working hours, making it easier to balance work meetings with personal commitments. This flexibility benefits everyone involved, fostering a more relaxed and productive work environment.

6. Financial Management Software

Implement financial software like QuickBooks, FreshBooks, or WaveApps to automate invoicing, track expenses, and manage cash flow. This reduces the time spent on manual bookkeeping and helps you stay on top of your finances effortlessly, giving you more peace of mind and allowing you to focus on other aspects of your business and personal life.

7. Self-Care Apps

Don't forget to prioritize self-care! Apps like Headspace, Calm, or Fitbit can help you integrate mindfulness, movement, and relaxation into your daily routine, ensuring you maintain mental well-being amidst a busy schedule.

Conclusion

In conclusion, the integration of digital strategies presents a transformative opportunity for female entrepreneurs to experience more harmony between their professional ambitions and personal well-being, allowing them to show their best for both. By embracing automation, optimization, and self-care, entrepreneurs everywhere can unlock their full potential, navigate challenges with resilience, and thrive in both their business endeavors and personal lives.

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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*

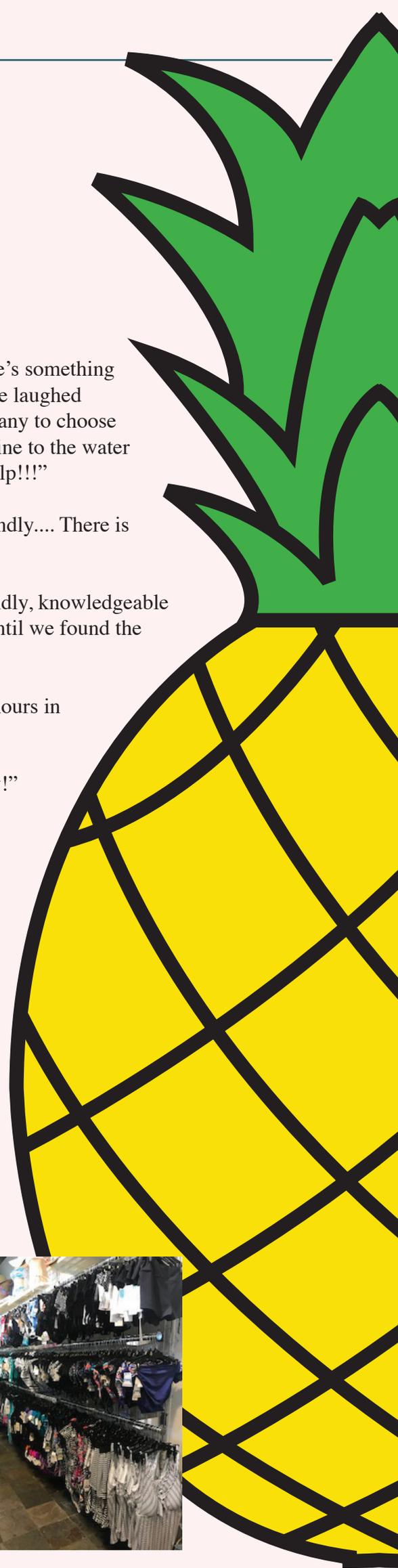
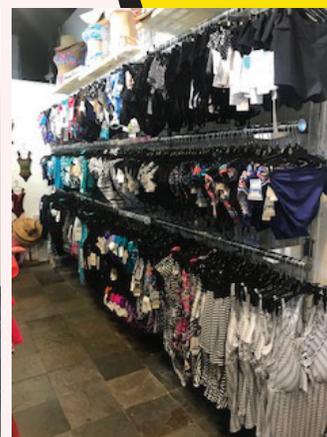
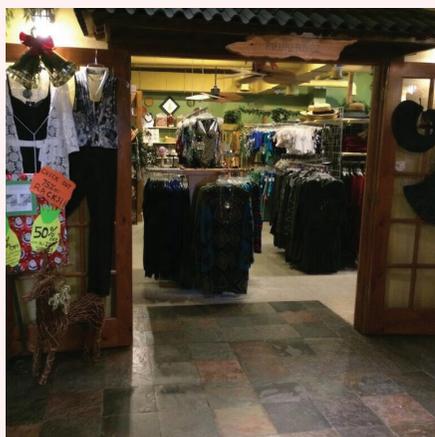
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.”
- *Angelica, upstate New York*

“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*





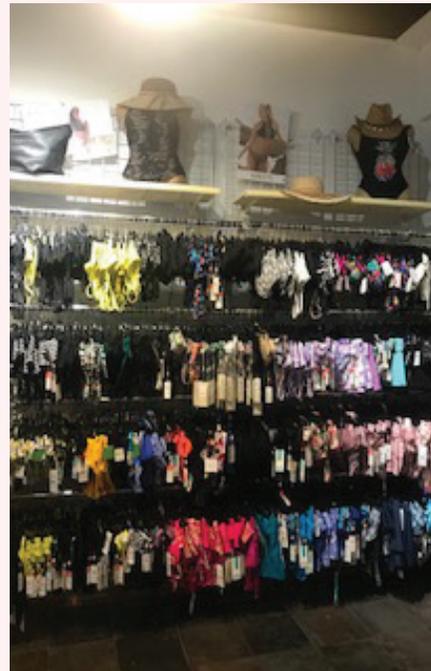
Welcome Summer 2024!

Dear summer 2024,

On behalf of everyone at the Pineapple Princess swimwear boutique, I can safely say we are so excited to welcome this summer 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 summer 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 summer we all are ready for! Sea ya at the beach!

*Sincerely, A very excited
Pineapple Princess*





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Have you tried quitting smoking *without telling anyone?*

You quietly stop cold turkey, but when a stressful situation or cravings overwhelm you, you're back smoking again. That's okay; no one knows you tried to quit and failed.

How about a different way to quit, this time using the internet to support your goal to quit? You could announce your resolve on Facebook, Twitter or upload a YouTube video of your experiences with quitting which could help others and keep yourself accountable. Research shows that support from social networks is more effective than traditional methods alone. Smokers trying to kick the habit were more than twice as likely (32 percent) to successfully quit when using an app or online tool compared to those who used a hotline service (14 percent).^{1,2} A quick internet search will give you plenty of apps, text messaging, blogs, and websites to help you start, one step at a time. Hearing about other people's experiences can help you feel that you are not alone.

One way to start is with Walgreens Digital Health Advisor. Just create a tobacco quit plan and receive balanced reward points for achieving your goal of a tobacco free life. Chart your progress being tobacco free for 1 day, 1 week, 1 month and 6 months. Your quit plan can be customized with different quit methods, help in identifying your triggers, a selection of coping strategies, offers of social support and other helpful ways to prevent relapse. Articles are available to give further insight to the journey of becoming tobacco free.

Coaches are here for you too! Walgreens Pharmacy Chat and the quit line at Smokefree.gov <<http://Smokefree.gov>> can offer support to answer questions or provide counseling to help you accomplish your tobacco-free goal.

Remember, you're not alone. We're here for you. Together, with a strong social network, YOU CAN BE SMOKE FREE!

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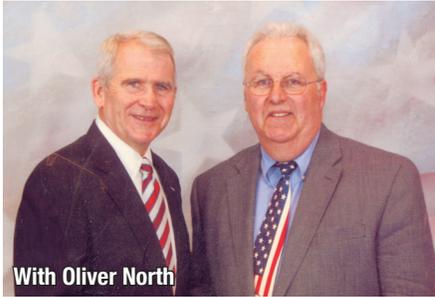
- 5-20% discount on all immunizations including flu and Tdap shots
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- Comprehensive benefits for diabetics, including insulin, glucose monitors, test strips and supplies

C.M. Baker Photography

THROUGH THE YEARS



With Deadliest Catch Captains



With Oliver North



With Catherine Bell



Inaugural Parade 1997

I am trying to search for certain images but going through more work than I realized it would be. And I am just beginning. I have come across a few more memories that I hope some people will recognize. Gary "U.S." Bonds, which I had to research. I totally remembered after listening to his music. Some of these people were very nice. One entertainer that I met that surprised me was Lou Rawls. He walked over to me and started talking to me and gave me the feeling that I had known him for years. A real gentleman. I also included Captain and Tenille, which many older people will remember. Everyone will remember Billy Ray Cyrus with his huge hit, Achy Breaky Heart. I caught Charleton Heston making a stop at "Where Pigs Fly Restaurant" while doing some campaigning for a US Senator. That was due to a call from the owners to let me know he would be there. With the Delaware State Fair having shows every summer giving everyone a chance to catch some entertainment. It gave me a chance to meet Allen Jackson. He was my wife's favorite country musician at the time. I was able to take her on his bus and do a meet and greet. She was surprised. Very quiet talking person. Regis Philbin was at Dover Downs one evening as I got a few images of him.

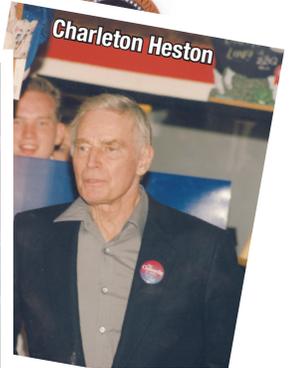
Keep in mind that many of these pictures were taken with no flash. The stage lights were all the

light we could get. Before the digital cameras came around, it was not easy. At one of the races I shot, we were fortunate to have actress Catherine Bell visit us as the Grand Marshall. I used to watch her in the show J.A.G. and Army Wives. It rained and the race was canceled to run the following day, which gave us time to enjoy her presence with her and her husband. I also included an image of marching in the Inaugural Parade just as we were walking by the Presidents box(1997?)

That's about it for this issue. Check us out on our website cmbaker.com or Facebook, C M Baker Photography.



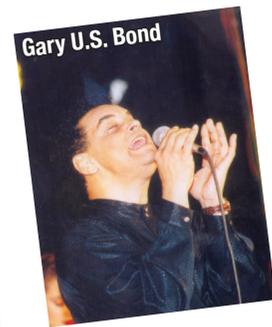
Billy Ray Cyrus



Charleton Heston



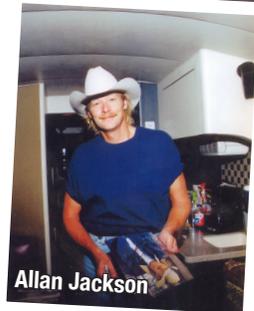
Charlie Daniels



Gary U.S. Bond



Lou Rawls



Allan Jackson



Regis Philbin



Captain & Tenille

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Discover Your Summer Dream Home with Julie Gritton: The #1 Coldwell Banker Real Estate Agent at Delaware Beaches

As the summer sun begins to warm the sands of Delaware's picturesque beaches, the real estate market is also heating up. Whether you're looking to buy a serene seaside retreat or sell your beloved beach property, we are here to assist you with top level client service.

Why Delaware Beaches?

Delaware's coastline boasts some of the most beautiful and family-friendly beaches on the East Coast. From the vibrant boardwalk of Rehoboth Beach to the tranquil shores of Bethany Beach, there's a perfect spot for everyone. These beaches offer more than just sun and surf; they're hubs of community, culture, and commerce. With charming local shops, gourmet restaurants, and a variety of recreational activities, it's no wonder the Delaware beaches are a top choice for homebuyers and investors alike. Stores like Blooming Boutique that offer something for everyone, The Brush Factory, Local Farmers Markets, and restaurants like The Nook and Dough Bar make for a savory treat. Looking for history? Enjoy the historic district of Lewes and Milton, with cute boutique shops and restaurants that make us all appreciate why we live here.

The Market is Hot

This summer, the real estate market in the Delaware beach area is bustling with activity. The demand for beachfront and near-beach properties continues to rise, driven by both new buyers looking for vacation homes and long-time residents ready to capitalize on their investments. It's a competitive market, making it essential to have an experienced and knowledgeable real estate professional by your side.

Meet Julie Gritton:

Your Local Real Estate Expert

Julie Gritton, the #1 Coldwell Banker Real Estate agent in the area for two consecutive years, brings over 75 years of combined experience with her team in the Delaware beaches market. Our deep understanding of the local market trends, paired with our exceptional negotiation skills, ensures that our clients always get the best transaction results whether buying or selling.

Buy with Confidence

Julie Gritton and her team at Coldwell Banker

excel in helping clients find their dream homes. Their extensive knowledge of the Delaware beach neighborhoods means they can match buyers with properties that fit their unique needs and preferences. From cozy cottages to luxurious oceanfront estates, Julie's team offers a curated selection of listings and provides personalized tours to help clients visualize their future in their new homes.

Sell with Success

When it comes to selling your property, Julie's team employs a comprehensive strategy to ensure your home attracts the right buyers and sells at the best price. This includes professional staging, high-quality photography, and targeted marketing campaigns across multiple platforms. Julie's proven track record speaks for itself, with countless satisfied clients who have successfully sold their homes quickly and efficiently.

A Trusted Partner

Julie Gritton's dedication to her clients goes beyond just transactions; she builds lasting relationships based on trust and integrity. Her client-first approach, combined with her vast network and resources, makes her the go-to real estate professional in the Delaware beach area.

Testimonials

Clients consistently praise Julie for her professionalism, attention to detail, and unwavering commitment to their real estate goals. "Julie made the process of buying our beach house seamless and enjoyable," says one satisfied client. "Her expertise and support were invaluable."

Your Real Estate Journey Starts Here

This summer, as you embark on your real estate journey, trust the best in the business. Julie Gritton and her team at Coldwell Banker are ready to help you navigate the dynamic Delaware beach market with confidence and success.

Contact Julie Gritton Today

Ready to buy or sell your Delaware beach property? Contact Julie Gritton at Coldwell Banker today and experience firsthand why she is the top choice for real estate in the area. With Julie, you can "Buy with Confidence, Sell with success." Direct: 302-645-1111 or Office: 302-645-2881 email Julie@SellTheShore.com visit us at www.SellTheShore.com



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Pamela J. Rizzo

Twenty two years ago I had never even heard of the Women's Journal, and today I can honestly say the Women's Journal most definitely changed my life. I had always made good money with my different business ventures, but the Women's Journal has given me the freedom to control my own financial life, and also have the freedom to enjoy my family. I took a concept and gave it my own touch, and with hard work and consistently following the concept that I was trained in I have built an extremely successful paper.



Lynn K. Wolf

With the experience of publishing nine different County Woman publications, I can confidently inform you that this is one of the most exciting, rewarding, and successful business ventures for women entrepreneurs in any part of the nation. I originally born and raised in Minnesota and I have lived on the West Coast and the East Coast and many states in between. Some of my past careers include being a National Insurance Account Executive, Retail Operations Manager, Certified New Jersey Teacher and Teacher of the Year, but of these, I have being a County Woman Publisher to be the most gratifying on many levels. I guarantee that you will meet many incredible business owners and community leaders. Your publication will be the critical component in helping to launch a new business and/or successfully grown an existing business. The personal rewards are endless.

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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

The Cafe on 26

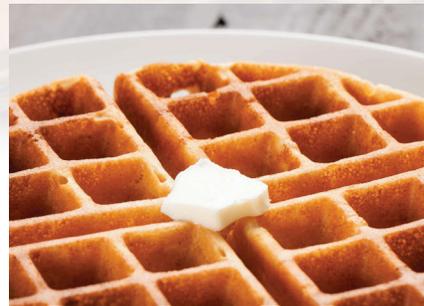


The PALACE

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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.



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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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