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THE Women's Journal™

A Quarterly Educational Resource for the Women



Pages
2, 3, 13,
22, 24, 25

Hunterdon Gastroenterology Associates



Page
34

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Colonoscopy, the GOLD standard for Colorectal Cancer Screening

Cherag Daruwala, MD is a board-certified gastroenterologist and hepatologist with advanced training in endoscopic ultrasound. He earned his medical degree from Drexel University College of Medicine in Philadelphia, completed his Internal Medicine residency at Temple University Hospital, and pursued fellowships in Gastroenterology and Hepatology at Lankenau Hospital. Dr. Daruwala also completed additional training in endoscopic ultrasound and previously served on staff at Temple University Hospital before joining Hunterdon Gastroenterology Associates. He established the endoscopic ultrasound program at Hunterdon Medical Center and was among the first gastroenterologists in Central New Jersey to offer this advanced, minimally invasive diagnostic technology. He is recognized for his commitment to innovation in patient care and for helping advance technology.

Colorectal cancer is one of the most preventable cancers when detected early, yet many people delay screening due to fear, inconvenience, or uncertainty about which test to choose. Today, patients may hear about stool tests, at-home DNA kits, and newer blood tests as alternatives to traditional screening methods. While these options have a role, medical professionals continue to recognize colonoscopy as the gold standard for colorectal cancer screening because it is the most comprehensive test available and the only screening option that can both detect and remove colon polyps to prevent cancer in a single procedure.

Why Colonoscopy?

A colonoscopy allows your gastroenterologist to directly examine the inside of the colon and rectum using a flexible camera. Unlike stool or blood tests, which search for indirect signs of disease, colonoscopy provides a real-time visual evaluation of the colon.

Most importantly, colonoscopy does more than screen—it can prevent colorectal cancer.

Most colorectal cancers begin as abnormal growths called polyps. During a colonoscopy,

these polyps can often be identified and removed immediately before they can become cancerous.

In many cases, a normal colonoscopy may not need to be repeated for up to 10 years in average-risk individuals, offering long-term reassurance and fewer screening events compared to other methods.

“... Stool tests and blood tests may offer convenient screening alternatives and are certainly better than avoiding screening altogether. However, when it comes to thoroughness, prevention, and diagnostic certainty, colonoscopy remains the gold standard ...”

The Benefits of Colonoscopy Direct Visualization of the Colon

Colonoscopy allows providers to visually inspect the entire colon and rectum for abnormalities, including:

- Polyps
- Inflammation
- Bleeding sources
- Abnormal tissue changes
- Early cancers

Rather than relying on indirect warning signs, providers can directly identify abnormalities.

Cancer Prevention Through Polyp Removal

This is perhaps the greatest advantage of colonoscopy. Stool and blood tests may detect signs that polyps or cancer could already be present, but they cannot

prevent cancer from developing. During a colonoscopy, providers can remove precancerous polyps during the same procedure, reducing the risk of future colorectal cancer.

Diagnostic and Therapeutic in One Procedure

If an abnormality is seen, tissue samples (biopsies) can be taken immediately. Polyps can also be removed during

the same appointment. This means colonoscopy can: Screen—Diagnose-- Treat certain problems-- —all in a single procedure.

More Accurate Detection of Precancerous Changes

Colonoscopy is more effective than stool or blood testing at identifying advanced adenomas (precancerous polyps) and abnormal tissue before cancer develops. Early detection often leads to simpler treatment and significantly improved outcomes.

Longer Screening Interval

A normal screening colonoscopy often lasts for years. Average-risk adults with normal results commonly repeat screening every 10 years, depending on provider recommendations and risk factors. By comparison, stool tests usually require annual testing or repeated testing every few years.

The Disadvantages of Stool Tests

At-home stool tests, including fecal immunochemical testing (FIT) and stool DNA testing, may seem convenient because they can be completed at home without bowel preparation or sedation. However, they have important limitations.

They Can Miss Polyps

or Cancer

Stool tests look for hidden blood or abnormal DNA shed into stool. Not all cancers bleed consistently, and many precancerous polyps shed little or no detectable material. This means a person may receive a normal result even when polyps and abnormalities are present.

Can Not Remove Cancer

Stool tests cannot remove polyps or biopsy suspicious areas. At best, they can suggest that something abnormal may be occurring—but they cannot stop cancer from developing.

False Positives

A stool test may indicate an abnormal result when cancer is not present. Hemorrhoids, inflammation, ulcers, or other benign causes of bleeding may trigger positive findings. This often leads to additional testing and uncertainty.

Positive Results Require Colonoscopy

A positive stool test is not the end of the process. Patients will need a colonoscopy to confirm findings, identify the cause, and remove or biopsy abnormal tissue. In many cases, stool testing becomes a two-step pathway that ultimately leads to colonoscopy anyway.

More Frequent Testing

Unlike colonoscopy, stool testing must be repeated more often, typically yearly or every few years—to remain effective. Missing scheduled tests may reduce effectiveness.

The Disadvantages of Blood Tests for Colon Cancer Screening

Blood-based colorectal cancer screening tests are newer and may appeal to patients who prefer to avoid colonoscopy or stool testing. However, they have severe limitations.

Less Effective at Finding Precancerous Polyps

Blood tests generally focus on detecting signals that cancer may already exist. However, they are less effective at identifying precancerous growths before cancer develops. It is approximately 87% less effective at catching precancerous lesions (advanced adenomas) before they turn into cancer.

Lower Early-Stage Sensitivity

Blood tests may miss early cancers or precancerous lesions that are easier to identify during direct visualization with colonoscopy. While the test is effective at catching later-

stage tumors, it fails to detect between 35% and 45% of Stage I colorectal cancers.

Positive Results Still Require Colonoscopy

Like stool testing, an abnormal blood test generally leads to follow-up colonoscopy for confirmation and treatment. Blood tests cannot biopsy tissue or remove polyps. They provide information—but not treatment.

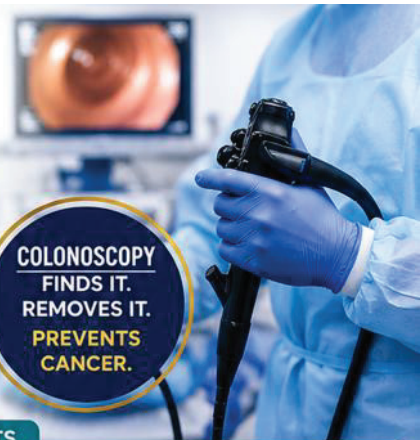
The Bottom Line

Stool tests and blood tests may offer convenient screening alternatives and are certainly better than avoiding screening altogether. However, when it comes to thoroughness, prevention, and diagnostic certainty, colonoscopy remains the gold standard.

Unlike stool or blood tests—which search for warning signs—colonoscopy allows healthcare providers to directly visualize the colon, remove precancerous polyps, obtain biopsies, and potentially prevent cancer before it starts.

Remember a colonoscopy can prevent cancer and save your life.

COLONOSCOPY IS THE GOLD STANDARD FOR COLON CANCER SCREENING



COLONOSCOPY FINDS IT. REMOVES IT. PREVENTS CANCER.

The most accurate test. The best protection.

Colonoscopy is the only test that prevents colon cancer by finding and removing polyps before they turn cancerous.

THE FACTS

 <p>2ND LEADING CAUSE OF CANCER DEATH Colorectal cancer is the 2nd leading cause of cancer death in men and women in the U.S.</p>	 <p>53,000+ NEW CASES More than 53,000 new cases of colorectal cancer are diagnosed in the U.S. each year.</p>	 <p>90% SURVIVAL RATE When colon cancer is found early and localized, the 5-year survival rate is about 90%.</p>	 <p>10 YEARS PEACE OF MIND A normal colonoscopy means you won't need another one for up to 10 years.</p>
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WHY COLONOSCOPY IS THE GOLD STANDARD

- Most accurate test for detecting polyps and cancer
- Allows removal of polyps during the same procedure
- Examines the entire colon
- Provides long-term protection
- Recommended by all major medical organizations



WHO SHOULD GET SCREENED?

Adults **45 and older** should start regular screening. You may need earlier screening if you have:

- A personal or family history of colon cancer or polyps
- Inflammatory bowel disease
- Type 2 diabetes
- Smoking
- Obesity
- Heavy alcohol use
- Smoking cessation
- Low physical activity

WHAT TO EXPECT

 <p>CONSULTATION Talk with your doctor about your health and screening.</p>	 <p>PREPARATION Simple bowel prep cleans the colon for the best results.</p>	 <p>COLONOSCOPY The procedure takes about 20-30 minutes. You're sedated and comfortable.</p>	 <p>RESULTS Peace of mind with accurate results and long-term protection.</p>
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EARLY DETECTION SAVES LIVES

Don't wait for symptoms. Take control of your health today.

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Hunterdon Gastroenterology Associates
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“... Colorectal cancer is one of the most preventable cancers when detected early, yet many people delay screening due to fear, inconvenience and uncertainty ...”



**Do you have accidents...
Do you sometimes not make it to the restroom...
Don't worry. You are not alone. We can help!**

Dr. Andrea Goldstein

Dr. Andrea Goldstein of Hunterdon Gastroenterology specializes in all treatment options for Fecal Incontinence and is committed to helping restore quality of life in a non-judgmental and supportive environment. *"Fecal Incontinence is very common – it affects one out of every 12 individuals. Many who suffer with FI do not seek out treatment or are unaware of the available options"*, says Dr. Goldstein.

An unintentional bowel movement, known as fecal incontinence (FI), it is an extremely upsetting experience. It can take a large toll on the quality of life and mental health of patients and their family members.

Fecal Incontinence, or bowl incontinence, is the inability to control bowel movements causing stool (feces) to leak unexpectedly or uncontrollably from the rectum. People with this condition may be unable to stop the urge to defecate and therefore not make it to the restroom in time.

Fecal incontinence can be embarrassing, but don't shy away from talking to your doctor about this common problem. Treatments can improve fecal incontinence and your quality of life.

Why does this happen?

For many, there may be more than one cause of bowel incontinence. Common causes can include muscle damage, nerve damage, constipation, diarrhea (loose stool), hemorrhoids, loss of storage capacity in the rectum, surgery, rectal prolapse, physical

inactivity, childbirth by vaginal delivery and rectocele.

Fecal Incontinence can also be accompanied by other bowel issues including:

- Diarrhea
- Constipation
- Gas and bloating

What are the treatments or therapies for FI?

Conservative options for Fecal incontinence include:

- Dietary Changes
- Medication
- Physical Therapy

But there are also alternative treatment options such as Solesta Injections and InterStim therapy.

InterStim therapy is a small implant known to improve function of the anal sphincter and muscles within the pelvic floor. Approved by the FDA in 2011, over 350,000 people have been treated with it. This therapy is recommended by both the American College of Gastroenterology and the American Society of Colon and Rectal Surgeons due to its 89% efficacy rate.

"The reason patients' love InterStim Therapy

is because they get to do a test drive with it", Goldstein states. "Patients come to the endoscopy center where I place the trial device, and five days later they come back to the office knowing whether or

not the therapy is right for them. We rate success as at least a 50% decrease of accidents."

With several therapy options, there is no reason to not change your

life. Contact Hunterdon Gastroenterology Associates today to discuss what option is best for you.

This can change your life. Don't hesitate!
908-483-4000

Experts believe that about 1 in 12 adults has fecal incontinence.

Are you that one? Don't Suffer in Silence Anymore!

**Fecal incontinence is more common than you think.
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We offer bowel control therapies that can change your life!**

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Hearing Loss is Not Just an Ear Problem ...



Many of my patients come to see me because family members notice them turning up the volume, asking people to repeat themselves, or withdrawing from conversations. What often surprises them is that hearing loss is not just an ear problem — it’s a brain problem. Over the past decade researchers have repeatedly linked untreated hearing loss to faster cognitive decline and a higher risk of

dementia. As an audiologist who cares for adults across Sussex County, I want to explain what that means and what you can do about it.

When hearing is reduced, the brain has to work harder to make sense of speech. That increased effort pulls resources away from thinking and memory. Sounds become fuzzy and social interactions become stressful, so people naturally withdraw. Social isolation and the extra cognitive load both contribute to decline over time. Numerous large studies show that even mild, unaddressed hearing loss is associated with greater risk of dementia — and the risk increases with the severity of hearing loss.

The good news is that treating hearing loss can help. While treatment isn’t a guaranteed prevention for dementia, evidence suggests that using hearing aids and staying socially engaged reduce cognitive strain and may slow decline. The goal of hearing care is not only to restore sounds but to reconnect people with conversations, family, and life.

At Mast Audiology Services in Seaford, we approach hearing health holistically. I begin with a comprehensive hearing evaluation, discuss recent lifestyle and cognitive concerns, and create a personalized plan. For many patients, modern hearing aids dramatically improve clarity and comfort. For others, assistive listening devices, communication strategies, and referrals to community programs are part of the plan. Importantly, early action matters — the sooner hearing loss is addressed, the better the brain can adapt.

If you’ve noticed changes in your hearing, or a loved one is pulling away from conversation, please don’t wait. An assessment is simple, noninvasive, and can be scheduled right here in Seaford. Protecting your hearing is one of the most practical steps you can take to support lifelong brain health.

What patients are saying

- “Compassionate care from the moment I walked in. The team explained everything in plain language and really listened.”
- “My new hearing aids feel natural, and the difference in conversations with family is remarkable.”
- “Efficient scheduling, thorough follow-up, and renewed confidence after my visit.”



Hearing-Friendly Lifestyle Tips

- **Protect ears in loud environments** by using ear protection
- **Mindful listening:** reduce background noise when possible, face the speaker, and ask for repetition or clarification if needed.
- **Support cardiovascular health:** blood pressure, cholesterol, and diabetes management help ear health and circulation.
- **sRoutine hearing checks:** annual screenings or sooner if you notice ringing (tinnitus), muffled sounds, or difficulty following conversations.



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(302) 404-5084
drmast.com



Dr. Rosemary Baughman LCSW is a mentor, coach, and connector who brings over 25 years of experience in the field of social work, leadership, and personal transformation. With a Doctorate in Social Work focused on leadership, Rosemary is passionate about creating spaces where women can reconnect with themselves, each other, and the natural world in meaningful ways.

Her work goes beyond traditional therapy—centered instead on group empowerment, experiential learning, and grounded, heart-forward coaching. Through her organization, Courageous Hearts, Rosemary guides women through powerful, nature-based experiences that often include equine-assisted learning and healing. These interactions create space for authenticity, self-discovery, and deep, soul-level connection.

Known for her warmth, clarity, and grounded presence, Rosemary helps others access their inner wisdom and lead lives rooted in purpose and connection. Whether in small circles or larger group settings, her mission is clear: to empower others to show up fully, lead bravely, and heal in community.

Women Need Rest, Not Just Resilience

For generations, women have been taught to be resilient.

We are praised for pushing through exhaustion, quietly carrying emotional burdens, caring for everyone around us, and continuing to move forward, no matter how overwhelmed we may feel. Somewhere along the way, resilience became less about healing and more about surviving.

But survival is not the same as wellness.

Many women today are living in a constant state of emotional and physical overdrive. Between careers, caregiving, parenting, relationships, community responsibilities, and the invisible mental load women often carry, rest has become something viewed as earned rather than essential. Even moments of self-care are often rushed, scheduled, or treated as another task to complete.

What many women truly need is not more pressure to “stay strong.” They need spaces where they can slow down, reconnect with themselves, and remember what it feels like to simply breathe.

This is one reason so many women are drawn to healing experiences grounded in nature and connection.

Nature has a unique way of quieting the noise of everyday life. Time spent outdoors has been shown to reduce stress, improve mood, regulate the nervous system, and create opportunities for reflection and grounding. Whether it is walking barefoot on the grass, listening to the morning rhythm of birds, or sitting quietly beside a horse, nature invites us to slow down and be present.

Equine-assisted experiences offer this in a particularly powerful way.

Horses do not respond to titles, productivity, perfection, or performance. They respond to authenticity, energy, and presence. In a world where many women feel pressure to constantly achieve or care for others, being with horses can create an opportunity to simply exist without judgment.

Horses naturally encourage mindfulness. They help people become aware of their breathing, body language, emotions, and nervous system responses. A horse cannot be rushed into connection. They require us to slow down, regulate ourselves, and be fully present in the moment. For women who spend much of their lives disconnected from their own needs, this can be both unfamiliar and deeply healing.

Many women participating in equine-assisted psychotherapy or learning experiences describe feeling calmer, lighter, and more grounded after spending time with the herd. They often rediscover parts of themselves that have been buried beneath stress, burnout, trauma, or the constant expectations of daily life.

Empowerment and healing do not always happen through words alone.

Sometimes it begins with standing quietly beside a horse and realizing you can exhale for the first time all week.

Sometimes it begins with laughter shared in a field, sunlight on your face, or the

realization that *rest is not laziness—it is restoration.*

Self-care is often portrayed as indulgent, but in reality, it is a necessary part of maintaining emotional wellness. True self-care is not about perfection or expensive routines. It is about creating intentional moments of connection, grounding, and compassion toward ourselves.

For some women, that may look like therapy or support groups. For others, it may involve time outdoors, journaling, creative expression, movement, or meaningful connection with animals and community. There is no single path toward healing, but there is growing recognition that experiential and nature-based approaches can play a meaningful role in supporting mental health and resilience.

This summer, perhaps the goal should not be to become more resilient.

Perhaps the goal is to become more rested.

To slow down enough to hear ourselves think again.

To reconnect with our bodies, our breath, our relationships, and the natural world around us.

To remember that healing is not found in constantly pushing forward, but sometimes in finally allowing ourselves to pause.

Women do not need to prove how much they can carry.

They deserve spaces where they can set some of it down.


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The Difference between Acid Reflux and GERD



Richard J. Arrigo, D.O.

Dr. Richard Arrigo is a board-certified gastroenterologist who graduated from New York College of Osteopathic Medicine of New York Institute of Technology and then proceeded to complete his Residency at the University of Medicine and Dentistry of New Jersey- New Jersey Medical School and then his fellowship at Rutgers New Jersey Medical School. Dr. Arrigo is trained to perform Endoscopic Ultrasound (EUS), a procedure that uses sound waves to create visual images of the digestive tract, and Endoscopic Retrograde Cholangiopancreatography (ERCP), a procedure that is used to diagnose diseases of the gallbladder, biliary system, pancreas, and liver, as well as all Gastrointestinal diseases.

The American College of Gastroenterology says that at least 15 million Americans, or 20 percent of the American population, experience heartburn every day.

Does heartburn affect you?

Heartburn is the manifestation — the symptom — of acid reflux, or stomach contents coming back up in your esophagus.

You can often pinpoint a reason for the burn (that five-alarm chili, perhaps), but if heartburn happens often — defined as a couple of times a week — it could be a symptom of a more serious condition called gastroesophageal reflux disease (GERD). While it may seem that GERD is just a fancy name for heartburn, they are more like close cousins than identical twins.

What is heartburn or Acid Reflux?

After you swallow food, it makes its way down the esophagus and into the stomach, where a ring of muscle (called the LES, lower esophageal sphincter) closes to keep the food in. But sometimes the LES is weak or doesn't properly close, allowing stomach acid to backup, which then irritates the lining of the esophagus. That's acid reflux, or heartburn.

Symptoms include:

- A burning sensation in the center of your chest that lasts from several minutes to an hour or two
- A feeling of chest pressure or pain that is worse if you bend over or lie down
- A sour, bitter, or acidic taste in the back of your throat
- A feeling that food is “stuck” in your throat or the middle of your chest

You can generally avoid occasional bouts of heartburn with some lifestyle modifications.

- Avoid foods that trigger reflux for you. Spicy, acidic, and fried or fatty foods are more likely to trigger reflux. So can caffeine and alcohol.
- Stay upright after eating a big meal to allow for optimal digestion.
- If you're overweight or obese, losing some weight can help. Obesity is a factor in the weakening of the lower esophageal sphincter.
- If you smoke, do your best to quit.

When Acid Reflux Is Chronic: What Is GERD?

According to the American College of Gastroenterology, GERD is acid reflux that occurs a couple times per week. A person who has occasional heartburn will NOT necessarily progress towards having GERD. Gastroesophageal reflux disease is a condition where the stomach acid persistently and regularly flows into the esophagus.

Diagnosing the condition can be done by a gastroenterologist by evaluating symptom frequency and severity. The physician may also suggest an upper endoscopy to evaluate the esophagus.

Treatment for GERD starts with lifestyle modifications. If no relief from lifestyle changes medications will be recommended. The medication most often prescribed for GERD is a proton pump inhibitor (PPI), such as:

- Prevacid (lansoprazole)
- Nexium (esomeprazole)
- Prilosec (omeprazole)

PPIs work to decrease the amount of acid your stomach produces. The ACG notes that there's strong evidence that an eight-week course of a PPI eases symptoms and can heal the lining of the esophagus that's been damaged by stomach acid.

Delaying Treatment May Lead to Complications

If GERD goes untreated, it can lead to more serious complications. One such issue is esophagitis,

which is inflammation in the esophagus. If not treated, strictures may develop, which is a narrowing of the esophagus that can lead to esophageal pain and affect proper swallowing.

Another complication of GERD is a condition called Barrett's Esophagus (BE). Over time, the stomach acid causes cells in the lining of the esophagus to look more like the stomach lining. These changes, which happen on a cellular level, may in rare cases lead to a form of esophageal cancer called esophageal adenocarcinoma. BE is more common in:

- Caucasian males
- Smokers
- People older than age 50
- People who are overweight

The bottom line: If you're experiencing heartburn at an increased frequency, talk to a doctor at Hunterdon Gastroenterology Associates to be evaluated. By learning to treat GERD with lifestyle changes or medication, you can avoid more serious complications.

HEARTBURN

You don't have to live with it

Now you can enjoy permanent relief from the pain of acid reflux, gas, or bloating. The first step is discovering why you have it.

1) Do I have GERD? Gastroesophageal reflux disease (GERD) is chronic acid reflux, the result of stomach acids flowing back up into your esophagus. A medical exam is required to determine if your heartburn is the result of GERD.

2) What are the symptoms of GERD?

- Chronic heartburn
- Heartburn that disturbs your sleep
- A sour taste in your mouth
- A burning sensation in your esophagus
- Excessive belching
- Hoarseness, voice changes or dry cough
- Chest Pain

3) How do you diagnose the cause of my heartburn? Our board-certified gastroenterologists offer the most advanced tests to assess gastrointestinal conditions and determine the cause of your heartburn.

4) If I self-medicate with antacids, will my acid reflux go away? If left undiagnosed, GERD can lead to the precancerous condition known as Barrett's Esophagus — or worse, to esophageal cancer. We also look for esophageal ulcers and the narrowing of the esophagus (stricture).

5) How can I learn more? HGA offers a complete overview of digestive health disorders and the tests and treatments for all disorders of the gastrointestinal tract. Visit HunterdonGastro.com to learn more.



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Best Outdoor Exercise Ideas for Seniors to Stay Healthy



Spending time outdoors can do wonders for both body and mind. As the weather warms up, many seniors look forward to getting outside, soaking up sunshine, and enjoying fresh air. Outdoor exercise is not only refreshing—it can also support heart health, mobility, balance, and emotional well-being.

For older adults, staying active is one of the most important ways to maintain independence and overall health. With the right routines and safety precautions, outdoor exercise can be both safe and enjoyable.

Why Outdoor Exercise Is Beneficial for Seniors

Regular movement helps seniors maintain strength, flexibility, and endurance. Exercising outdoors adds additional benefits, including improved mood and reduced stress, increased vitamin D from sunlight exposure, better sleep patterns, enhanced social interactions, and greater motivation compared to indoor workouts.

Being in nature has been shown to reduce anxiety and promote mental clarity. For seniors who may spend much of their time indoors, stepping outside for activity can be especially uplifting.

Safe and Simple Outdoor Exercise Ideas

Not all exercise needs to be intense to be effective. In fact, gentle, consistent movement is often best for older adults.

Walking Walking remains one of the safest and most effective forms of exercise for seniors. Whether it is a stroll around the neighborhood, through a park, or even in a local mall's outdoor area, walking helps improve cardiovascular health and maintain joint mobility.

Start with short distances and gradually increase time and pace as comfort allows.

Chair Exercises on the Patio For seniors with limited mobility, outdoor chair exercises can be a great option. Simple movements such as leg lifts, arm circles, and seated marches allow individuals to enjoy fresh air while staying active.

A sturdy chair placed on a flat surface ensures safety during these exercises.

Stretching and Balance Work Gentle stretching improves flexibility and reduces stiffness. Performing stretches in a shaded outdoor space can make the routine more enjoyable.

Balance exercises, such as standing on one foot while holding onto a stable surface, can help reduce the risk of falls. These exercises should always be done with supervision if balance is a concern.

Gardening Gardening combines light physical activity with relaxation. Tasks such as watering plants, pruning, or planting flowers encourage movement while providing a sense of accomplishment.

Raised garden beds or container gardening can make the activity more accessible for seniors with limited mobility.

Low-Impact Group Activities Outdoor tai chi, light yoga in the park, or senior-friendly exercise classes provide both physical and social benefits. Participating in group activities helps seniors stay connected while supporting overall fitness.

Before starting any new routine, seniors should consult with their healthcare provider to ensure activities are appropriate for their health condition.

Outdoor Exercise Safety Tips

While outdoor activity offers many benefits, safety should always come first. Exercise during cooler parts of the day to avoid overheating. Wear supportive, well-fitting shoes to reduce fall risk. Stay hydrated before, during, and after activity. Use sunscreen and wear protective clothing. Avoid uneven terrain that may increase fall risk. Stop exercising if dizziness, chest discomfort, or unusual fatigue occurs. Having a companion during outdoor activity can provide additional safety and confidence.

How Always Best Care Supports Active Living

Staying active can feel intimidating for seniors who are recovering from illness, managing chronic conditions, or living alone. Always Best Care caregivers help seniors remain active, safe, and consistent.

Call Always Best Care today at (302) 409-3710 to schedule a care consultation and learn how our compassionate caregivers can help your loved one stay active, healthy, and independent at home.



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GinnyArt Photography

Keep Going When Motivation Fades

John Mollura spent 15 years supporting mission-critical testing for NASA, and elite U.S. military units before launching his current mission: helping individuals cut through mental noise, overcome procrastination and perfectionism, and take decisive action with clarity.

As a leadership coach, keynote speaker, and creator of the Elite Action™ framework, John has coached more than 400 professionals and spoken to audiences across the U.S. and internationally. His work helps people stop overthinking, rebuild self-trust, and execute with confidence when life and leadership feel overwhelming.

John lives in Milford with his wife of 23 years and their three children.

By John Mollura, Elite Action™ Coaching & Speaking

Motivation is wonderful when it shows up.

But motivation is also unreliable. Some days you wake up ready to take on the world. Other days, even the smallest next step can feel heavier than it should.

That does not mean something is wrong with you, it means you are human.

Motivation may help you start, but structure helps you continue. If you want to keep building momentum, especially on the days when you do not feel inspired, you need a way to keep moving that does not depend on the emotion of motivation.

Why Motivation Fades
Motivation often fades when the goal moves from exciting to ordinary.

Starting something new is exciting. There is a spark. A fresh start. A sense of possibility. Then real life shows up.

You get tired.

Your schedule changes.

Someone needs you.

This is the moment many people fade away on the task, not because they are incapable, but because they mistake fading motivation for failure.

It is not failure.

It is just part of the process where your system has to become stronger than the emotion of motivation.

In my years supporting mission-

critical testing for NASA and elite military units, we could not rely on motivation to keep important work moving. We relied on systems, checklists, communication, and clear next steps.

Why?

Because when pressure rises and you get tired, relying on the emotion of motivation is not enough.

The same is true in everyday life.

When you are tired, overwhelmed, distracted, or discouraged, you need a simple way to come back to what matters.

Three Ways to Stay Consistent When Motivation Fades

Here are three simple ways to keep building momentum, even when you do not feel motivated.

1. Lower the Bar Without Dropping the Standard

This may sound strange at first, but lowering the bar can help you stay consistent.

That does not mean lowering your values or giving up on excellence.

It means making the next step small enough that you will take it.

If your goal is to walk for thirty minutes, but you are exhausted, walk for five.

If your goal is to clean the whole room, clear one surface.

If your goal is to write the full article, write the first sentence.

The standard is not perfection.

The standard is forward movement.

2. When everything feels important, clarity disappears quickly.

When overwhelm starts, pause and ask:

What is the one action that would help me move forward today?

Not ten actions.
Not the entire plan.

One action.

Then give it a place to live in the real world.

Put it on the calendar.

Set the reminder.

Lay out the running shoes

Momentum grows when good intentions become specific actions.

3. Track the Evidence, Not Just the Outcome

Sometimes progress is happening, but we miss it because we are only looking for the finished result.

You may not have reached the goal yet but make sure you keep track if you showed up today. Did you make the call? Take the walk? Did you keep one promise to yourself?

That matters. Write it down. Every small action becomes evidence that you are becoming the kind of person who follows through.

And on the days when your confidence feels low, you can look back and remind yourself: I am still moving.

When You Miss a Day Consistency does not mean you never miss, it means you return.

Perfectionism says, "I already messed it up, so what is the point?"

Excellence says, "Give yourself grace and go again."

You do not need to punish yourself and turn one missed day into a missed week.

Momentum is not built by never falling off track. It is built by learning how to return faster.

Final Thoughts

Motivation is a gift, but it is not a strategy.

When you build simple systems, choose small actions, and keep promises to yourself, you create momentum and confidence that does not depend on perfect conditions.

Next time, we will explore how to protect your focus and create the structure you need to keep moving forward with clarity and peace.

Onward & Upward,
Coach John

John Mollura 
Coach | Speaker

Trusted by 300+ High Achievers Worldwide

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The Free Navigators Masterclass reveals why high achievers stay "busy" but feel stuck and **how to rebuild** clarity, confidence, and control in just 7 days.

Scan the QR code for **instant free access** to the Navigators Masterclass!



Inside this free training, you'll learn how to:

- ✓ Build a clear rhythm for action, not reaction
- ✓ Gain the confidence to finish what matters most
- ✓ Protect focus and energy with proven structure
- ✓ Apply systems trusted by 300+ high-performers

hello@johnmollura.com

Colorectal Cancer Awareness:

Why Screening at 45—and Listening to Symptoms—Can Save Your Life

Hunterdon Gastroenterology Associates: Since 1982, our established gastroenterology practice has been committed to providing trusted, high-quality digestive health care to the community. Our team of eight board-certified specialists—Gilbert Cardoso, DO; Jason Matthews, MD; Andrea Goldstein, MD; Cherag Daruwala, MD; Anik Patel, MD; Richard Arrigo, DO; Devi Patel, MD; and Steven Mathews, MD—brings extensive experience, advanced training, and a shared dedication to delivering personalized care for every patient.



Colorectal cancer remains one of the most common cancers affecting both men and women, yet it is also one of the most preventable and treatable cancers when detected early. As a gastroenterologist, we often remind our patients of a simple but powerful message: screening starting at age 45 and paying attention to symptoms can truly save lives.

Many people assume that if they feel well, they do not need to be screened. Unfortunately, colorectal cancer can develop quietly, often without noticeable symptoms in its early stages. That is exactly why routine screening—especially colonoscopy—is so important.

Why Screening Starts at Age 45
Medical guidelines have evolved in recent years. Organizations such as the American Cancer Society and the U.S. Preventive Services Task Force now recommend that average-risk adults begin colorectal cancer screening at age 45.

This change reflects an alarming trend: **colorectal cancer is increasingly being diagnosed in younger adults.** While the reasons are still under investigation, earlier screening helps detect problems before they become life-threatening.

For individuals with higher risk—such as those with a family history of colorectal cancer, inflammatory bowel disease, or certain genetic conditions—screening may need to begin even earlier.

Colonoscopy: The Gold Standard for Screening

Among the available screening options, colonoscopy remains the most comprehensive.

During a colonoscopy, a physician uses a thin, flexible camera to examine the lining of the colon. If polyps (small growths that can develop into cancer) are found, they can often be removed during the same procedure.

This is what makes colonoscopy unique: **it does not just detect cancer early; it can prevent cancer from developing in the first place.**

For most people with normal findings, a colonoscopy is needed only once every ten years, making it a relatively infrequent but extremely powerful screening tool.

Do Not Ignore Symptoms

While routine screening is critical, it is equally important not to dismiss symptoms.

One of the most dangerous misconceptions is that people younger than 45 cannot develop colorectal cancer. Although screening is recommended at 45 for average-risk adults, symptoms should always be evaluated—regardless of age.

Warning signs that should prompt medical attention include:

- Blood in the stool
- Persistent changes in bowel habits (diarrhea or constipation)
- Unexplained weight loss
- Abdominal pain or cramping
- Ongoing fatigue, which may signal anemia

These symptoms do not automatically mean cancer, but they should never be ignored or attributed solely to stress, diet, or hemorrhoids without proper evaluation.

As physicians, we often emphasize **screening is for people without symptoms, but symptoms require immediate medical attention.**

Overcoming Fear and Misconceptions

Many patients delay colonoscopy because of anxiety about the preparation or the procedure itself. While the preparation can be inconvenient, the procedure is typically performed under sedation, and most patients experience little to no discomfort.

The procedure usually takes less than 30 minutes, and patients return home the same day.

Considering the potential to detect early cancer—or prevent it entirely—the benefits far outweigh the temporary

inconvenience.

A Preventable Cancer
Colorectal cancer is unique in that we have the ability to find and remove precancerous polyps before they become dangerous. Few other cancers offer such a clear opportunity for prevention.

The message is simple but powerful:

- **Start screening at age 45** if you are at average risk.
- **Talk to your doctor earlier** if you have risk factors.
- **Never ignore concerning symptoms**, no matter your age.

Early detection dramatically improves outcomes, and in many cases, it saves lives.

As a gastroenterologist, we have seen firsthand how a timely colonoscopy can detect a problem early—or prevent cancer

altogether. **That single test can make the difference between a routine procedure and a life-threatening diagnosis.**

Taking action today—whether scheduling your first screening or discussing symptoms with your doctor—could be one of the most important health decisions you ever make.

Don't hesitate, schedule an appointment to see a doctor right away. (908) 483-4000

Ask your primary care physician to refer you to Hunterdon Gastroenterology Associates. We evaluate each patient individually to determine what the best method of treatment is.

Because when it comes to colorectal cancer, awareness, screening, and early evaluation truly can save your life.

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1335 West End Avenue
Somerville, NJ 08876

More Than Care

A Place Where Seniors Find Friendship and Purpose



Spring is a season of renewal. Flowers bloom, days grow longer, and many people begin to think about fresh starts and new possibilities. For older adults, this season can also be a reminder that life still holds opportunities for connection, purpose, and joy.

At **PACE Your LIFE**, located in the Milford Wellness Village, that sense of renewal happens every day.

PACE Your LIFE (Program of All-Inclusive Care for the Elderly) is a Medicare and Medicaid approved program that helps adults age 55 and older remain safely in their own homes while receiving the care and support they need.

The program serves residents in upper Sussex and lower Kent Counties, including the following zip codes: 19963, 19958, 19968, 19941, 19933, 19950, 19960, 19954, 19952, 19962, 19979, 19946, 19943, and 19934.

For many participants, the greatest change is not just the medical care they receive, but the feeling of being part of a community again and having a place where they feel welcomed, supported, and valued every day.

More Than Health Care

As we grow older, managing doctor visits, medications, and transportation can become more challenging. At the same time, many seniors face another difficult reality: loneliness.

PACE Your LIFE brings care and community together under one program.

Each participant receives a personalized care plan created by an Interdisciplinary Team that includes doctors, nurses, social workers, therapists, and other caring professionals. The team works together to coordinate medical care,



therapy, medications, transportation, meals, and home support so participants can continue living safely at home.

Because PACE Your LIFE serves as both the health care provider and insurance provider, all services are coordinated through one dedicated team focused on each participant's well-being.

Friendship and Connection

While medical care is essential, many participants say the friendships and daily activities are what truly change their lives.

At the day center, participants share meals, take part in exercise and creative activities, enjoy music and games, and spend time simply talking and laughing together. These moments help restore something many older adults miss: connection.

Many participants say the center quickly begins to feel like a second family, where familiar faces, supportive staff, and daily activities create a sense of routine, comfort, and belonging.

One participant shared how joining PACE Your LIFE completely changed his daily life.

"I used to sit at home and listen to the radio all day. Now I get picked up every morning and come to PACE, and I love it. Make an appointment and come to the day center with me one day and I will show you how great it is. I have never experienced this level of care before."

Robert K., a PACE Your LIFE participant, says the program has given him a place to connect with others, stay active, and feel supported every day.

Support for Families

PACE Your LIFE also provides peace of mind

Families often share that having a trusted team overseeing medical care, therapy, and daily support allows them to focus more on spending meaningful time with their loved ones.

A Fresh Start at Any Age

Spring reminds us that every season of life can bring new beginnings. With the right care, support, and community, older adults can continue living with independence, dignity, and joy.

For more information or to schedule a tour, contact PACE Your LIFE at 302-865-3565 or visit 21 West Clarke Ave, Suite 1010, Milford, DE 19963 in the Milford Wellness Village.

Because every stage of life deserves care, connection, and a place to belong.

Taking Care of Your Loved One Can Be Exhausting



Take the time to recharge with the support of **PACE Your LIFE**

PACE Your LIFE helps alleviate the physical and mental exhaustion of being a caregiver by providing you with the support you need:

- Scheduling medical appointments
- Transportation
- Medication delivery
- A senior day center with medical care, meals and activities
- Time to recharge your batteries



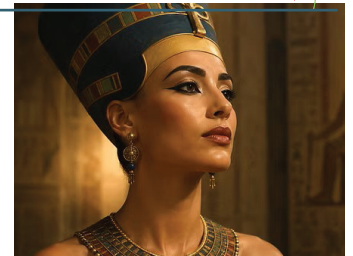
Call today or visit online to tour our day center and learn more.

paceyourlifemwv.com 302-865-3565



PACE YOUR LIFE

You can join PACE Your LIFE if you are 55 or older and you live in the service area - 19958, 19968, 19941, 19933, 19950, 19960, 19963, 19954, 19952, 19962, 19979, 19946, 19943, and 19934.



The Nefertiti Lift: Restoring Balance, Not Just Treating Wrinkles



Michelle Parsons, M.D. has been practicing medicine since 1994 and has specialized in aesthetic medicine in Rehoboth Beach since 2006. Her background includes residency training in General Surgery and Emergency Medicine and service as a United States Air Force Flight Surgeon. In addition to facial rejuvenation and aesthetic medicine, Dr. Parsons provides hormone balancing, weight management, and comprehensive wellness evaluations focused on healthy aging and vitality.

the Nefertiti Lift is a facial balancing approach that focuses on restoring support and definition to the lower face.

Rather than chasing individual wrinkles, the treatment addresses facial proportions and structural support. By improving the chin, jawline, lips, and lower face, it is often possible to create a more youthful profile while

Why Does Experience Matter?

Facial rejuvenation is both a science and an art. The products themselves are only tools. Achieving natural-looking results requires an understanding of anatomy, facial proportions, the aging process, and how different treatments work together.

Patients are often surprised to learn that two providers can use the same product and achieve very different results. The difference is often not the product itself, but the evaluation, treatment plan, and medical expertise of the person performing the treatment.

Dr. Michelle Parsons, M.D. has been practicing medicine since 1994 and has specialized in aesthetic medicine in Rehoboth Beach since 2006. Her background includes surgical training, emergency medicine training, service as a United States Air Force Flight Surgeon, and nearly twenty years of experience helping patients achieve natural-looking facial rejuvenation.

According to Dr. Parsons, the most successful outcomes occur when facial support, balance, and proportion are restored rather than simply chasing individual wrinkles.

“The difference between looking refreshed and looking overdone is often not the product being used,” says Dr. Parsons. “The difference is the physician.”

For July and August, Renové Medical Spa is featuring its Nefertiti Lift Transformation Package, which includes four syringes of Bellafill®, complimentary RHA® 4 lip enhancement, complimentary lower face and neck Botox®, and a \$100 Renové Gift Certificate. Mention promo code SCWJ26 and receive an additional \$100 Renové Gift Certificate toward your treatment plan.

To schedule a complimentary consultation with Dr. Michelle Parsons, M.D., call 302-227-1079 or visit www.RenoveMedSpa.org. Restore. Reclaim. Renové.

THE NEFERTITI LIFT TRANSFORMATION

Restore a youthful lower face without surgery.

BEFORE

COMMON CONCERNS

- Loss of cheek volume
- Deepening nasolabial folds
- Downturned corners
- Marionette lines
- Loss of chin definition
- Jowling
- Neck bands & laxity

AFTER

TREATMENT AREAS & RESULTS

- LIP ENHANCEMENT (RHA 4)**
Adds natural volume and definition to the lips
- MARIONETTE LINES (BELLAFILL)**
Softens lines and restores support
- CHIN ENHANCEMENT (BELLAFILL)**
Enhances projection and definition
- JAWLINE CONTOURING (BELLAFILL)**
Restores structure for a more defined jawline
- NEFERTITI LIFT (BOTOX TREATMENT)**
Relaxes downward pull & smooths the neck for a lifted appearance

Softens lines • Restores definition • Lifts the lower face & neck • Enhances lips
Creates a more youthful, balanced, and refreshed appearance

Most people seeking aesthetic treatments are not trying to look younger than their age. They simply want to look like a refreshed, healthier version of themselves. Unfortunately, many patients focus on a single wrinkle, fold, or facial feature without realizing that facial aging involves much more than wrinkles alone. Successful facial rejuvenation requires understanding how facial structures work together and addressing the underlying causes of aging rather than simply treating visible signs.

Why Does the Face Change As We Age?

Facial aging occurs for many reasons. Over time, collagen and elastin production decline, skin becomes thinner and less elastic, and fat pads that once provided youthful contours begin to descend. We also lose some of the underlying bone support that maintains facial structure. These changes can result in thinning lips, jowls, marionette lines, loss of chin definition, deeper folds around the mouth, and loose skin beneath the jawline and neck.

While patients may notice only one of these concerns, they are often connected to a larger pattern of facial aging. Treating a single wrinkle without understanding the bigger picture may provide only limited improvement.

Why Doesn't Treating One Area Always Work?

Patients often seek treatment for lines around the mouth, thinning lips, sagging jowls, or loose skin beneath the chin. While these concerns are real, they are often symptoms rather than the root cause.

For example, marionette lines may be caused by loss of support in the chin and lower face. A patient requesting lip filler may benefit more from improved chin projection and jawline definition. Likewise, loss of jawline definition is often the result of volume loss, skin laxity, and

downward pull from the muscles of the neck.

When the underlying causes of aging are addressed, improvements often occur in multiple areas at the same time. Restoring chin support can soften marionette lines, improving jawline definition can enhance the appearance of the neck, and replacing lost volume can create a healthier, more rested appearance without looking overfilled.

What Is the Nefertiti Lift?

Named after Queen Nefertiti, whose elegant profile and jawline have been admired for more than 3,000 years,

maintaining a natural appearance.

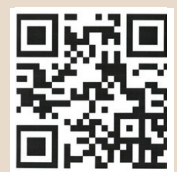
Facial balancing is not limited to women. Men often seek stronger jawline definition, improved chin projection, and a more youthful neck contour while maintaining masculine facial features.

Treatment options may include Bellafill®, a collagen-stimulating filler that provides long-lasting support, fillers for lip enhancement and volume restoration, Botox® to soften muscles that pull downward on the lower face and neck, and other collagen-building or skin-tightening procedures.

Michelle Parsons, MD | ReNove Med Spa

For appointments please call 302.227.1079

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Every item is uniquely handmade and perfect for coastal kitchens, beach house gifts, or just treating yourself to something beautiful. Catch Deb and all her incredible creations at various vendor events throughout

Sussex County in 2026.

These pieces don't just look beachy, they feel like summer, salt air, and serenity.



Catch Deb and all her incredible creations at various vendor events throughout Sussex County in 2026!

"What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain."

-Maya Angelou

Misplaced Loyalty: Are You Your Own Fiduciary?



By Len Hayduchok, CFP®
The Delaware Retiree Advisor

“Fiduciary”—someone who has a legal obligation to act in another individual’s best interest and place that individual’s interest above their own—has become a popular buzzword in the discussion about financial services. And for good reason. Working with a fiduciary provides greater confidence and trust that the fiduciary is providing services and advice that will help optimize an individual’s financial situation.

As important as the concept of “fiduciary” is, many retirees and pre-retirees neglect to prioritize selecting the right advisor and in the process are not acting as their own fiduciary. Instead of considering who is the best advisor for them in this stage in life and objectively evaluating their financial advisor’s expertise and performance (or their own if they manage their own finances), they maintain a relationship with an advisor who may lack the specific financial planning skills needed and who is not proactive, accessible, or local; above considering to work with another financial advisor who would serve them more effectively.

Seniors should expect a lot from their advisor—not just friendly conversation, but real expertise and measurable results. Your advisor should have:

- An understanding of who you are and what you want your money to accomplish.
- Expertise in each of the Five Disciplines of Financial Planning: Generating Income, Building Wealth, Reducing Taxes, Neutralizing Risk, and Leaving a Legacy, that are integrated into a comprehensive financial plan.
- Adequate staffing with a team of professionals to serve you efficiently and effectively.
- A proactive communications approach, complete with recommendations to improve

your financial situation.

- Credentials such as being a Certified Financial Planner® practitioner that help validate the expertise they claim to have.

While it’s nice to have an enjoyable relationship with your advisor, their job is first and foremost to deliver results and provide you with a world-class experience and service. You are ultimately responsible for your financial success and surrounding yourself with the professionals that will help deliver it.

A financial advisor is not a generic profession and just as is true of any profession, not all advisors have the same experience, expertise, resources,

and level of concern for your well-being. Be sure your financial advisor excels in each of these areas. It may serve you well to assess objectively if you have acted in your own best interest and done that.

ABOUT THE AUTHOR:

Len Hayduchok, is the CEO and Founder of Dedicated Financial. As a Certified Financial Planner® practitioner, he brings extensive experience in Financial and Retirement Planning.

Investment advisory services offered through Turner Financial Group Inc., an SEC Registered Investment Advisory Firm. CFP Board owns the marks CFP®, CERTIFIED FINANCIAL PLANNER®, and CFP® (with plaque design) in the U.S.

What is it you expect from your Financial Advisor

(even if YOU are your financial advisor)?

How do you know when they (or you) are doing a good job?

How do you judge if your advisor is truly effective? Personal connection matters, but it shouldn’t be the only measure of quality—sometimes, loyalty or comfort can mask the need for a closer look at your plan. It’s important that your advisor’s strategies are tailored to your goals, your stage of life, and your vision for retirement.



Does Your Advisor Get You?
Take the Quiz

Let us help. A second opinion can help ensure your financial future is on track and that you’re making the most of your retirement opportunities.

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Don't Let Your Website Take the Summer Off



Charles Hammond is the owner of CAN Web Management, where he provides professional web design, hosting, and ongoing website management services to businesses looking to enhance their online presence. His work focuses on creating modern, high-performing websites and digital marketing strategies that help clients attract and convert more customers.



Summer in Sussex County means one thing for local business: the rush is on. Visitors are pouring toward the beaches, locals are out filling their weekends, and nearly every one of them is holding a phone, searching for where to eat, shop, stay, and book. The question is simple. When they search for what you offer, do they find you, or the business down the street?

Here's what most owners don't realize: your busiest season is exactly when your website is either working its hardest or quietly failing. A site that loads slowly on a phone, hides your summer hours, or never shows up in a "near me" search isn't just sitting there looking fine. It's handing your customers

to someone else, and you never even see it happen.

This summer, your website should be:

- Loading fast on a phone, where almost all your seasonal traffic actually is
- Showing your current summer hours, specials, and events, not last winter's
- Turning up on Google when a visitor nearby searches for your service
- Making it effortless to call, book, or find you in a single tap

If yours isn't doing those things, every busy week is money walking right past your door. And here's the good news: fixing it doesn't take a big budget or any tech know-how on your part. That part is my job, not yours.

At CAN Web Management, I build custom websites designed around your business, not cookie-cutter templates, and I don't disappear after launch. I keep your site fast, mobile-friendly, up to date, and showing up where it counts, so it keeps working through your busiest months while you focus on actually running the place.

Want to know if your site is ready for the rush? I'm offering a free Summer Website Check-up: I'll review your site, tell you in plain English what's helping you and what's quietly costing you customers, and show you a custom mockup of what it could look like, before you commit to anything. No pressure,

no jargon, no guesswork.

The season is already moving, and your competitors' sites are already out there working. Let's make sure yours is too, working as hard as you are.

VISIT CANWEBMANAGEMENT.COM OR CALL 302-503-3187 TO BOOK YOUR FREE SUMMER WEBSITE CHECK-UP. SPOTS ARE LIMITED, AND THE SEASON WON'T WAIT.



CALL 302-503-3187 TO BOOK YOUR FREE CONSULTATION TODAY!



Surfnet Introduction for Potential Customers

Jimmy Davis is the Founder of Surfnet Tech Services Inc. based in Georgetown, DE. Jimmy has been working in the Engineering/ IT field since 2006. He began his work with the Department of Defense, helping design & deploy Air Traffic Control & Communications systems to bases worldwide. He was the lead technician/designer for installations in Qatar and Japan, among many others. When that project ended, Jimmy moved to a Carrier-based drone program which was responsible for the first unmanned plane to land on an aircraft carrier. His role was identifying capability gaps and finding solutions using the "Small Business Innovation Research" (SBIR) program. That's where his work with small businesses started.

After leaving the federal government in 2018, Jimmy began working for various State and Local governments re-designing their Tax Collection systems. Clients include States of Delaware, Maryland, and New Jersey. He spent his evenings & weekends helping a local company with IT administration for small businesses in Southern Maryland. In 2023, that local company closed. The clients were left without IT support, so many asked Jimmy to take over. That's how Surfnet was born.

Surfnet Tech Services is an IT Consultant that serves businesses of all sizes in Maryland and Delaware. Our staff has 20+ years of experience working with IT Infrastructure, Computers, Servers and much more. If you're starting your business, or you're an established entity with 100s of employees, Surfnet can help ensure you're getting the most out of your IT Budget. You won't waste money on "Monthly Contracts"; you only get billed when you need us.

With Surfnet as your IT Consultant, your business will join dozens of others in ensuring that your network and data is protected. We have a 24/7/365 Special Operations Center (SOC) that monitors your computers and accounts to ensure that everything is secure. The moment there's a breach our SOC will deactivate the infected device/account so the attacker cannot access anything else on your network. After applying the patches and blocking the attacker, Surfnet will re-enable the account. This reduces downtime from days to minutes. You can relax on the beach when Surfnet is your network's lifeguard.

Surfnet also has options for backing-up your data in the event of accidental deletion, system failure, or damage to your building like power surges. We have options that include saving copies of your files offsite and in the cloud. This has been useful for clients that work on massive graphics files. If they make a mistake, we can help them restore the previous version. This is also useful in a ransomware attack. Instead of paying the ransom, we can restore the data from backups.

These are just a few of the things Surfnet can provide for your business. If you need help with anything tech-related including phones, security systems, software, etc. you can call Surfnet today. Don't take our word for it:

"Surfnet Tech Services is awesome to work with—super quick, super helpful, and made everything less stressful. They explained things in a way that actually made sense, which was a huge relief. I would highly recommend them to any business looking for reliable, top-tier IT support." - Snapback Custom Apparel, Harbeson, DE

"The team at Surfnet is fantastic. They are super responsive, very knowledgeable, and always a pleasure to work with. They are a true resource to me for the development of our Center's IT capital needs plan. They keep our system running efficiently. I can rely on Jimmy and Kevin to assist me with any project or problem I have. We truly appreciate their support." - St. Mary's Nursing Center, Leonardtown, MD

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Medical Experts Are Crucial In A Car Accident



By Emily L. Raisis, Esq.

After determining who was at fault in a car accident, the focus shifts to the injuries—and how those injuries affect a person’s life. Medical records provide a foundation and a starting point. However, they rarely tell the full story. That’s where medical experts become indispensable. Their role goes far beyond summarizing treatment; they help turn complex medical issues into clear, understandable evidence that can shape the outcome of a case.

Judges and juries are not medical professionals. They rely on expert testimony to understand diagnoses, treatment decisions, and long-term prognosis. A treating physician or qualified expert can explain not just *what* happened medically, but *why* it matters. Without that connection, even serious injuries can be misunderstood or minimized.

Proving the accident caused the injury

One of the most disputed issues in car accident cases is whether the crash caused the injury. Defense attorneys often argue that an injured person’s condition existed before the accident, is simply due to aging,

or isn’t related to the crash at all. That’s where medical experts play a critical role.

A qualified expert can review medical history, imaging, and how the accident happened to determine whether the crash caused or worsened the injury. This is especially important in cases involving soft tissue injuries, spinal conditions, or symptoms that don’t appear right away—situations where the connection isn’t obvious to someone without medical training.

A well-supported medical opinion can make the difference between a case being taken seriously or dismissed as speculation.

Explaining the extent of injury

Not all injuries are visible, and not all serious injuries involve surgery. Medical experts help explain how severe an injury truly is, even when there are few visible signs. They can show why a seemingly “minor” injury may result in significant pain, limitations, or the need for ongoing treatment.

They also help paint a clearer picture of how an injury affects daily life - what limitations a person may face and what care they may need going forward. This can include ongoing pain, future treatment, or how the injury may worsen over time. Without that explanation, the full impact of a injury can be easily underestimated.

Experts are essential

Medical experts are not just helpful in motor vehicle cases—they are often essential. They bring clarity, help connect the injury to the accident, and add credibility that might otherwise be questioned or overlooked.

Ultimately, a strong medical expert can transform a case from a stack of records into a clear, compelling, and persuasive narrative—one that fully captures the true impact of an accident on a person’s life

If you have been injured in an accident, call or text us a 302-565-6100, for a free consultation to learn how we can support your needs.

Bio

A graduate of Catholic University and Widener School of Law, Emily L. Raisis is a partner at Kimmel, Carter, Roman, Peltz & O’Neill. Emily has been with Kimmel Carter for more than a decade, starting out as a law clerk during her time at Widener law and becoming an attorney with the firm upon passing

the Delaware Bar. Praised by the firm’s leadership for her superior research skills, legal writing and her strong rapport with clients, Emily is a zealous advocate for her clients. She is barred in Delaware, Pennsylvania, New Jersey, and the U.S. District Court of Delaware. She is also a member of the American Association for Justice (AHA) and the Delaware Trial Lawyers Association (DTLA). She has consistently been recognized by Best Lawyers: Ones to Watch™, Delaware Today “Top Lawyers,” and a Delaware Super Lawyers Rising Star. Emily is a lifelong Delawarean and she is ready to do what it takes to get First State injury victims the compensation they deserve.



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Job Injury? Social Media Can Hurt Your Case



By Emily L. Raisis, Esq.

In today's world, sharing your life on social media is second nature. Whether it's posting photos, checking in at a location, or sharing updates, platforms like Facebook, Instagram, and TikTok are part of everyday life. But if you've been injured at work and are pursuing a workers' compensation claim, social media can quickly become a problem. What seems like an innocent post can be used as evidence to question your case.

At the center of any workers' compensation claim is credibility. Injured workers need to show that they were hurt on the job and that their injury affects their ability to work. Insurance companies and defense attorneys are always looking for ways to challenge claims—and social media gives them a window into your daily life. Even posts that have nothing to do with your injury can be taken out of context and used to suggest you're exaggerating or not as limited as you say.

Posts, reels, and stories

A simple photo at a family gathering or casual event can be misinterpreted as proof that you're not in pain or are more physically capable than you've reported. A short video—like lifting a child or doing light activity—can be used to argue that you're able to do more than your doctor has indicated,

even if it caused pain or took significant effort. Social media rarely shows the full picture, but in a legal case, that missing context matters.

Tags, comments, and other activity

Even if you're careful about what you post, others can still create issues. Friends and family may tag you in photos, comment on activities, or mention events that seem to contradict your injury. Privacy settings don't guarantee protection—insurance investigators may still access posts through public content, shared connections, or legal requests.

Protect yourself

The safest approach is to limit—or avoid—social media while your case is ongoing. That means not posting updates, photos, or comments about your daily activities, your injury, or your claim. It's also a good idea to ask friends and family not to tag you or post about you during this time.

Social media may feel harmless, but in a workers' compensation case, it isn't. Being cautious about what you share can go a long way in protecting your claim.

If you have been injured in a workplace accident, and have questions, contact one of our experienced attorneys at 302-565-6100, for a free consultation to learn how we can help.

Testimonial

"Emily was fantastic! She was incredibly patient with me and secured ten times more than the initial offer. She's extremely knowledgeable and kept in constant communication, updating me anytime there was new information. I will definitely recommend Emily and her law firm!"
~ Michael H.

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Andrea E. Goldstein, M.D.

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

HEMORRHOIDAL TREATMENT

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

How do hemorrhoids develop?

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

Hemorrhoids can cause the following symptoms:

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

Are all hemorrhoids the same?

Hemorrhoids are actually classified into four stages

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

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

What are the treatment options for removing hemorrhoids?

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

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

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

What is the most painless method for treatment?

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

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

Make an appointment with a specialist

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

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

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

HEMORRHOID



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

We don’t want you to suffer in silence.

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

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

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

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

Call today for an appointment.
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Meet the Hunterdon Gastroenterology Associates Physicians:

Gilbert S. Cardoso, D.O.

Dr. Gilbert Cardoso is a board-certified gastroenterologist. Dr. Cardoso graduated from Michigan State University for his medical degree and proceeded to complete his residency and fellowship at Genesys Regional Medical Center. Dr. Cardoso is trained to perform Endoscopic Retrograde Cholangiopancreatography (ERCP), a procedure that is used to diagnose diseases of the gallbladder, biliary system, pancreas, and liver. “I enjoy performing procedures, whether it is a simple diagnostic test to assess acid reflux or a more complex test like an ERCP to examine the bile ducts and pancreas. The wide variety of problems I treat—and the many ways I’m able to help my patients—makes every day interesting and rewarding.”



Andrea E. Goldstein, M.D.

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



Jason M. Matthews, M.D.

Dr. Jason Matthews is a board-certified gastroenterologist who graduated from Columbia University, College of Physicians and Surgeons for his medical degree and proceeded to complete his residency at New York University and Bellevue Hospital and his fellowship at University of California. “Being thorough with my patients, right from the beginning, is so important. I spend extra time making sure I understand your symptoms, often asking you to clarify complaints or describe them in different ways so that I make sure I understand. I may use pictures or draw diagrams to enhance your understanding. I want you to be fully aware of why I am recommending a certain approach and understand what we will do going forward.”



Cherag A. Daruwala, M.D.

Dr. Cherag Daruwala is a board-certified gastroenterologist who graduated from Drexel University College of Medicine and proceeded to complete his residency at Temple University Hospital and his fellowship in Gastroenterology and Hepatology at Lankenau Hospital in Philadelphia. Dr. Daruwala came to Hunterdon Gastroenterology Associates from Philadelphia, where he was working at Temple University. “Like many gastroenterologists, I enjoy the technological aspect of my specialty. Because of my training and experience, I am proud to have been the first gastroenterologist in Central New Jersey to offer endoscopic ultrasound. This emerging technology is quickly becoming the gold standard in the diagnosis of various gastrointestinal illnesses. With endoscopic ultrasound, we are able to get high quality information about a patient’s condition in a way that is much easier and less invasive than other diagnostic procedures.”

At HGA, we treat all disorders of the gastrointestinal tract in one convenient location. Our board-certified gastroenterology specialists, with our team of nurses, surgical assistants, and other medical staff, provide complete and expert care of your esophagus, stomach, liver, colon, small intestine, gall bladder and pancreas. Whether you are suffering from discomfort or want the most accurate screening of your digestive tract, we are here to help. We offer the latest technology, the most advanced treatment techniques and the highest level of personal care in the field of gastroenterology. Expertise, leading-edge treatment and personal care: our formula for the exceptional experience and outcomes we strive to provide each day.

Anik M. Patel, M.D.

Dr. Anik Patel is a board-certified gastroenterologist who graduated from St. George's University School of Medicine for his medical degree and went on to complete his internal medicine residency and fellowship in Gastroenterology at Winthrop University Hospital where the institution's strong nutrition department led him to a focus on nutrition. He has been trained in endoscopic mucosal resection, which involves using an endoscopic technique to remove large polypoid growths and early cancers of the gastrointestinal tract. "I emphasize preventive care, particularly with diet and proper screening. But at the same time, complex medical problems are a day-to-day part of gastroenterology. The ability to contribute positively to a patient's clinical condition, such as removal of pre-malignant colon polyps that would have caused cancer, or stopping a life-threatening internal gastroenterological bleed is what is most rewarding. Through the integration of advanced technology and treatment methods, I am able to provide in-depth consultations and treatments to empower my patients in gaining their lives back."



Richard J. Arrigo, D.O.

Dr. Richard Arrigo is also a board-certified gastroenterologist who graduated from New York College of Osteopathic Medicine of New York Institute of Technology and then proceeded to complete his Residency at the University of Medicine and Dentistry of New Jersey- New Jersey Medical School and then his fellowship at Rutgers New Jersey Medical School. Prior to his fellowship, Dr. Arrigo was in practice with the Liver Transplant program in Newark, NJ where he managed patients with severe liver disease. Dr. Arrigo is trained to perform Endoscopic Ultrasound (EUS), a procedure that uses sound waves to create visual images of the digestive tract, and Endoscopic Retrograde Cholangiopancreatography (ERCP), a procedure that is used to diagnose diseases of the gallbladder, biliary system, pancreas, and liver. "I hope to give my patients an answer to their problem and perhaps a cure or a way to control their chronic medical condition so they can live a better quality of life. I hope to give my patients confidence that they are in good hands."



Devi Patel, MD

Dr. Devi Patel is a board-certified gastroenterologist who also has her board certification in Obesity medicine. She graduated from RWJ Medical School at Rutgers University and then proceeded to complete her residency at Thomas Jefferson University Hospital. She then went on to complete her fellowship in Gastroenterology and Hepatology at Cooper University Hospital. "During my training, I observed many of my patients struggling with not only their chronic medical problems such as GERD, diabetes, HTN, but also obesity. I started to realize that the root of many of these chronic medical conditions was in fact his/her underlying obesity. Currently, I treat patients with a myriad of gastrointestinal disorders ranging from gastroesophageal reflux to gallstones to fatty liver. All of these diagnoses can be linked to obesity. Because of this desire to help my patients not only in the field of gastroenterology, but also their overall well-being, I decided to obtain my board certification in Obesity Medicine. I hope to incorporate teaching patients about obesity, nutrition and exercise in my practice as a gastroenterologist in hopes of helping them lose weight, and hopefully, help them improve their overall health."



Steven Mathews, M.D.

Undergraduate: Boston University, B.S. in Biomedical Engineering (Cum Laude) • Medical Degree: Stony Brook University School of Medicine • Residency: New York-Presbyterian/Weill Cornell Medicine • Fellowship: New York-Presbyterian/Weill Cornell Medicine • Board Certifications: Gastroenterology (board eligible), Internal Medicine, Lifestyle Medicine • Other Certifications: Physician Nutrition Specialist "My passion for lifestyle medicine allows me to stay encouraged and focused on each individual patient's goal. It allows me to work closely with patients to uncover the root of the issue while collaborating with each patient on a plan to address these challenges moving forward. Most importantly, it allows me to stay grounded in the knowledge that health, just like life, is a journey, and that focusing on small, sustainable changes are the most effective way to achieve long-term wellness and happiness. I love spending time outdoors, hiking, basketball, lacrosse, tennis, snowboarding, and paddleboarding. Given my interest in nutrition, my family and I follow a wholefood plant-based diet and we are always excited to try new foods and recipes."

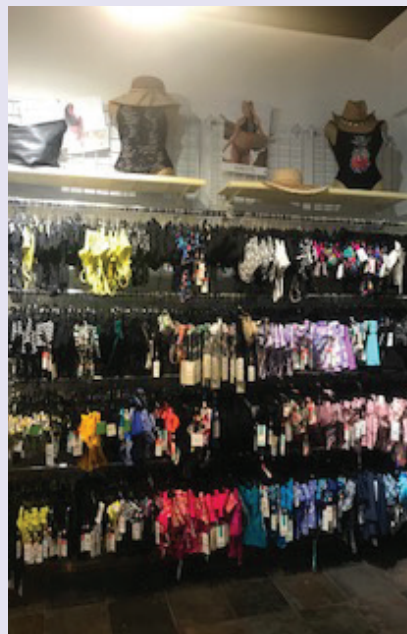


Welcome Summer 2026!

Dear summer 2026,

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 2026 is the fresh start summer we all are ready for! Sea ya at the beach!

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Your Home, Your Sanctuary: How Smart Landscaping Adds Beauty, Privacy, and Value

By Bradshaw Landscape

You've worked hard for your home. You've curated the interior — the furniture, the finishes, the details that make it distinctly yours. But when was the last time you gave that same attention to what's outside your front door?

For many homeowners in Sussex County, the landscape is an afterthought. Yet it's the very first thing anyone sees — and one of the most powerful ways to elevate how your home looks, feels, and performs as an investment.

First Impressions Begin at the Driveway

From the moment you pull in, your landscape sets the tone. Lush, well-designed plantings signal pride of ownership and create an immediate sense of warmth and calm. Whether your home is newly built or your gardens have simply grown tired over the years, a thoughtful planting renovation can completely transform how you experience arriving home each day.

Evergreens offer year-round structure and a sense of permanence, while flowering perennials and shrubs bring seasonal color and life. The right combination makes your property feel intentional, welcoming, and beautifully maintained.

Privacy That Doesn't Have to Look Like a Wall

One of the most sought-after upgrades for homeowners in our area is privacy screening — and for good reason.

Whether you're enjoying your patio, pool, or hot tub, or simply relaxing in your backyard, a sense of seclusion makes outdoor living far more enjoyable.

Privacy plantings don't have to be a plain row of identical shrubs. At Bradshaw Landscape, we design layered, mixed-planting screens that blend different heights, textures, and seasonal interest. Imagine hollies with vibrant winter berries alongside flowering trees, or evergreens of varying shapes framed by the peeling bark of a birch or the rich cinnamon tones of a crape myrtle. These aren't just screens — they're living backdrops that evolve beautifully through every season.

A well-designed privacy hedge also reduces noise from neighbors and street traffic, buffers wind, creates summer shade, and elegantly conceals less attractive features like utility structures, fencing, or wellheads.

Local Knowledge Makes All the Difference

Not all plants are created equal for our Delaware climate. Some popular choices — like emerald green arborvitae — are irresistible to local deer. Others, like Leyland cypress, are prone to toppling under snow and high winds. And certain fast-growing options like bamboo can quickly become a neighbor dispute waiting to happen.

Choosing the right plants for our specific region, soil, and conditions is where professional expertise pays for itself many times over. Done well, landscaping doesn't just enhance your daily quality of life — it adds measurable, lasting value to your property.

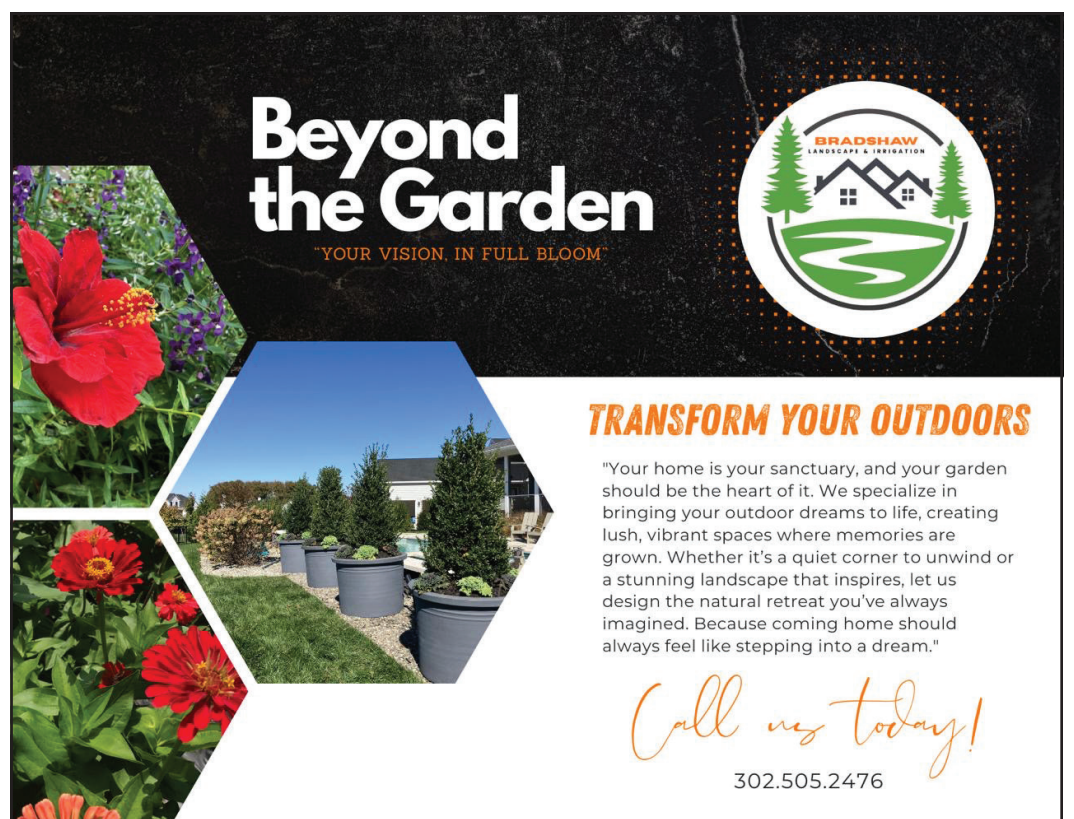
Your home deserves to be as beautiful on the outside as it is within. Let's start with the landscape.

Bradshaw Landscape specializes in high-end residential planting and landscape renovation in Sussex County, Delaware. Contact us to schedule a consultation.

Reviews:

We started working with Bradshaw Landscape & Irrigation last year and we're thrilled with them. We have quite a challenging landscape, and all the different members of her team (including Denise, the owner) have addressed every issue we've presented them with. The office is a joy to work with, always a pleasant voice on the phone. If you have a landscape which requires a detailed eye, give Bradshaw Landscape a call. - Doug L.

Bradshaw Landscaping treats your house like their own. Quality care/ Reliable and friendly. Creative design team/knowledgeable - Carla S.



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We have trusted this family run business for many years, and love being able to refer other females to them, so that they can feel empowered and secure that they are not being taken advantage of.

They are always reliable and fair, and they fix the problem, without doing work that is not needed.

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

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



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

Barbara S. Milford, Delaware

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

Kathy M Bethany Beach, Delaware



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Discover Your Delaware Beach Dream Home with Julie Gritton *Buy with Confidence. Sell with Success.*



As summer arrives along Delaware's beautiful coastline, many buyers and sellers are wondering what today's market means for their real estate goals. While the fast-paced seller's market of the past few years has shifted, opportunities remain strong for both buyers and sellers who understand how to navigate today's changing conditions.

Whether you're searching for your dream beach home, an investment property, a retirement retreat, or considering selling your current home, having the right strategy and local expertise has never been more important.

Why Delaware Beaches?

Delaware's coastal communities continue to attract buyers from throughout the Mid-Atlantic seeking a unique blend of beach living, small-town charm, and tax-friendly advantages. From the lively boardwalk atmosphere of Rehoboth Beach to the historic streets of Lewes, the peaceful communities of Milton and Broadkill Beach, and the growing areas surrounding Millsboro and Bethany Beach, there is truly something for everyone.

Residents enjoy award-winning beaches, waterfront dining, boutique shopping, local farmers markets, golf courses, marinas, and endless outdoor recreation. Popular destinations like The Brush Factory, local farmers

markets, downtown Lewes, historic Milton, and countless locally owned restaurants and businesses contribute to the lifestyle that continues to draw people to the Delaware coast year after year.

Understanding Today's Market

The Delaware Beaches market remains active, but buyers and sellers are experiencing a more balanced environment than in recent years.

For Buyers:

- More inventory means more choices and less pressure to make rushed decisions.
- Many sellers are becoming more flexible with pricing and terms.
- Buyers have greater opportunities to negotiate inspections, closing costs, and other contract terms.
- New construction incentives remain attractive in many communities.

For Sellers:

- Well-prepared homes continue to sell and often command strong prices.
- Strategic pricing is critical. Buyers are comparing more options than they were just a few years ago.
- Professional marketing, photography, video, and maximum online exposure are essential to stand out.
- Properties that are priced correctly from day one generally achieve the strongest results and avoid extended market time.

While homes may take longer to sell than they did during the peak market years, desirable properties are still moving and many sellers are achieving excellent results when paired

with the right marketing strategy and pricing plan.

Meet Julie Gritton: Your Delaware Beaches Real Estate Expert

Julie Gritton has been recognized as the #1 Coldwell Banker agent in Delaware for the past several years and leads one of the area's top-performing real estate teams. Backed by decades of combined experience, The Julie Gritton Team specializes in helping clients navigate the ever-changing Delaware coastal market with confidence.

With expertise spanning residential, luxury, waterfront, investment, and commercial properties, Julie and her team provide local knowledge, proven marketing systems, and skilled negotiation to help clients achieve their goals.

Buy with Confidence

Finding the right property is about more than searching listings. Julie and her team take the time to understand your lifestyle, investment goals, and long-term plans to help identify the best opportunities available.

Whether you're looking for:

- A beachfront retreat
- A year-round residence
- A vacation home
- An investment property
- New construction

The Julie Gritton Team provides personalized guidance every step of the way.

Sell with Success

Today's market requires more than simply placing a sign in the yard. Sellers need a strategic partner who understands how to position a property for maximum exposure and buyer engagement.

Our marketing approach includes:

- Professional photography and videography
- Drone photography
- Zillow Showcase marketing
- Social media advertising
- Targeted digital campaigns

Professional property descriptions and SEO optimization

Extensive buyer and agent network exposure

Our goal is simple: attract the

most qualified buyers, generate the strongest interest possible, and negotiate the best terms for our clients.

A Trusted Partner Throughout Your Journey

At The Julie Gritton Team, we believe real estate is about relationships, not transactions. Our commitment to communication, transparency, and client advocacy has helped hundreds of buyers and sellers achieve their real estate goals throughout Sussex and Kent Counties.

Your Real Estate Journey Starts Here

Whether you're planning to buy, sell, invest, or simply want to understand your home's current value, now is the perfect time to have a conversation about your options.

The market may have changed, but opportunities are everywhere for those with the right guidance.



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Julie Gritton
TEAM



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Customizations & Options

Voice Activation – Control your smart home window blinds and shades using voice commands through platforms like Amazon Alexa and Google Assistant.

Length & Width – Motorized shades are great for sliding glass doors and large windows, allowing you to effortlessly control your window treatments at the touch of a button.

Colors & Styles – Add visual interest and depth to your space with smart home window shades and blinds ranging from roller and cellular shades to wood blinds.

Smart Drapes – Create a seamless and sophisticated motorized window treatment with drapery that opens and closes in dramatic fashion.

Benefits of Smart Home Window Shades and Blinds

Better Privacy – Set your smart home window shades and blinds to close automatically when you're not home or close them remotely if you forget.

Control Options – Select from several control options like wireless wall switches, hand-held remotes, and mobile apps.

Safety – Promote a safer indoor environment for children and pets by eliminating loose or dangling cords.

Control the Light – Create customized motorized “scenes” to suit your lifestyle with an app that customizes your blind schedules to suit your lifestyle preferences.

Blinds that Impress – Curate a dramatic look with a simple, one-touch button operation.

Energy Efficiency – Save on energy costs with programmable timers that open and close at specific times depending on your light and temperature needs.

Better UV Protection – Program your motorized blinds to close when the sun is shining to keep fabrics, rugs, upholstery, and artwork from fading.

Convenience – Forget the frustration of hard-to-reach windows with smart home window blinds and shades that open, close, and tilt at the touch of a button.

Multiple Control Options at Your Fingertips

Effortlessly manage your smart home window shades and blinds with a range of user-friendly control options such as one-touch remotes, wall switches, and your devices using the Smart Home Collection app.

Smart Home Window Shades & Blinds Considerations & Alternatives

Motorized window treatments allow for effortless control of your home's light and privacy with just a push of a button. For those who prioritize ease of use and a contemporary look but are mindful of budget constraints or specific design needs, motorized blinds stand out as a cutting-edge solution that marries innovation with style.

Weight and Installation

Motorized blinds can be heavier and more complex to install due to added components like motors and battery packs, which is why our experts at Budget Blinds are happy to handle the installation for you.

Looking to Optimize Energy Efficiency and Gain UV Protection?

Smart home window blinds and shades include solar-powered models and materials that reduce heat gain to lower your energy bills and protect your furnishings from harmful UV rays.

Cost-Effectiveness and Long-Term Value

Convenience, energy savings, and durability make smart home window shades and blinds a cost-effective choice for many homeowners, despite their initial higher investment. With smart-home system integration, the added home security adds layers of value beyond their basic function of light and privacy control.

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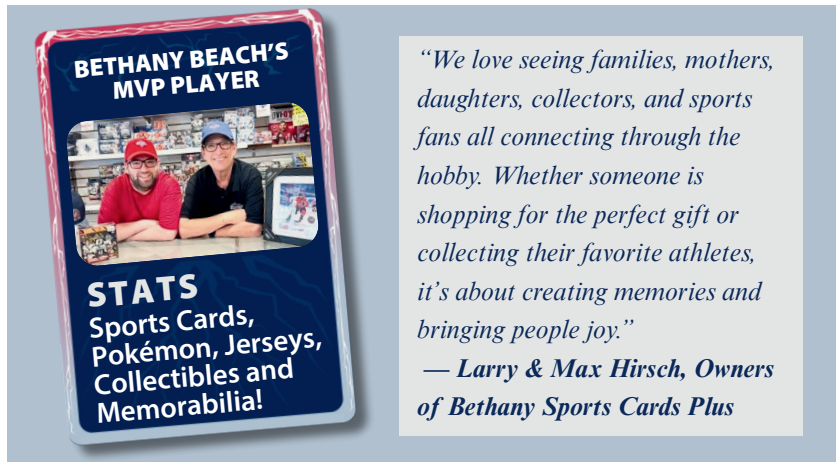
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Female Athletes & Fans Are Changing the Hobby Game



Women walk into Bethany Sports Cards Plus for two very different — but equally important — reasons.

First, women are often the thoughtful gift givers in the family. They are the ones making sure every birthday, graduation, holiday, and special occasion is covered — finding the perfect collectible, jersey, keepsake, or favorite player memorabilia for the sports fan in their lives. Whether it's Christmas morning, Father's Day, a son's birthday, or a surprise gift for a husband who never misses a game, women are often the driving force behind meaningful sports-related gifts.

You could say they help “cover all the bases” — pun intended.

But today, there is a second reason more women are stepping into the world of sports collectibles: they are fans, athletes, and collectors themselves.

Over the last several decades, women's sports have experienced explosive growth and visibility. Since the passage of Title IX in 1972 helped create expanded opportunities for female athletes in schools and colleges across America, women's athletics have grown into a global powerhouse. Today's female athletes are not only breaking records — they are becoming household names, cultural icons, and role models for the next generation.

“We love seeing families, mothers, daughters, collectors, and sports fans all connecting through the hobby. Whether someone is shopping for the perfect gift or collecting their favorite athletes, it's about creating memories and bringing people joy.”

— Larry & Max Hirsch, Owners of Bethany Sports Cards Plus

From basketball stars like Caitlin Clark, A'ja Wilson, and Sabrina Ionescu to soccer legends like Megan Rapinoe and Alex Morgan, women's sports have created a new wave of excitement in the collectibles world. Rookie cards, jerseys, signed memorabilia, and specialty items featuring female athletes continue to grow in popularity with fans and collectors alike.

At Bethany Sports Cards Plus, collectors can find sports cards and memorabilia celebrating football, baseball, basketball, hockey, wrestling, Pokémon, and the growing world of women's athletics — giving fans the opportunity to support the athletes and teams they admire most.

More Than Just a Hobby

For many women and girls, collecting is about more than the value of a card or autograph. It's about connection, inspiration, and community. A signed jersey or framed poster can represent a favorite player, a championship memory, or a dream to one day compete at the highest level.

The collectibles world has evolved from a traditionally male-dominated hobby into something much more inclusive and family-oriented. Today, mothers and daughters browse together, young girls proudly wear jerseys of their favorite athletes, and female collectors are becoming an increasingly important part of the hobby community.

A New Era of Collecting

As women's sports continue growing in popularity worldwide — especially with expanding professional leagues, Olympic competition, and global events like the FIFA Women's World Cup — interest in female athlete collectibles is expected to keep rising.

At the same time, sports collectibles remain one of the most unique gifts someone can give. Unlike ordinary presents, collectibles often hold sentimental meaning and create memories that last for years.

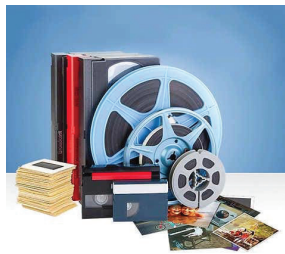
For the team at Bethany Sports Cards Plus, that combination of nostalgia, inspiration, and community is what makes the hobby so special.

Whether you're shopping for someone you love — or cheering on athletes who inspire you — there has never been a better time for women to be part of sports and collectibles.



From record-breaking performances to inspiring the next generation, women's sports collectibles are hotter than ever. Caitlin Clark became the NCAA Division I all-time leading scorer — men's or women's — while Alex Morgan helped lead the U.S. Women's National Team to multiple World Cup victories and global recognition.





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Moments in Time is your one-stop shop for all your old videos, films, slides, pictures, and audiotape digitization needs. We specialize in helping you preserve your cherished family keepsakes by transferring all forms of vintage media and audio recordings to a digital file format such as MP4 and MP3.

Not only is digitizing a great way to preserve all of your special remembrances for generations to come, but it also can be a wonderful way to surprise your family by passing down your family history with memories that will last forever. Once you have "foreverized" your memories, gone is the worry about those old tapes, movies, and pictures deteriorating over time! You can share them with family and friends for years to come. To learn more about this process, let's have a chat!

If you would like a price quote to "foreverize" your memories, email us at: thedigitizeguy@gmail.com or give me a call at 302-364-0800.



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Bypassing the Corporate Ladder

By: Luke Kennedy

I was lucky enough to grow up in a well educated, affluent family that had the ability to afford me every opportunity parents could want for their child. I went to a prestigious private school, participated in sports, and extracurricular activities. I had great friends and managed to stick to the principles my parents had brought me up to believe in such as hard work, honesty, Integrity, and self sufficiency, effectively keeping me out of harm's way and trouble. When it was time to go to college, I was glad to go. I had been accepted to a prestigious school in Boston that I was excited about, and felt that it was time to stand on my own two feet and start carving my own way in the world.

College accomplished for me what any realistic expectations could hope for: the ability to think analytically and express myself appropriately. However, the reason I chose my school, and the reason most people I know went to college, was not for these rather humble aspirations. I was career focused and wanted college to be my ticket into an amusement park of opportunity. What I found was my analytical mind saying, "You've got a \$120,000 education. What now, hot shot?"

Although I had a good experience at college, I wasn't an academic at heart and knew that spending another \$100,000 for post grad was not for me unless absolutely necessary. Of course it was time to get a job, but where?

I started contacting all the advertising companies I had been studying over the past four years and managed to land a handful of interviews. It became quite clear that nobody was hiring, and that the whole industry was slow enough to grant interviews as a way of distracting themselves from the fact that they didn't have enough work to do either. The offers I did get would have given "education investment" a return in about 6 years as long as I didn't need to pay rent or eat. We all have to start somewhere, but I refused to believe that my value to the professional world was within \$5,000 of minimum wage.

"Sometimes it's not what you know, but who you know," and that was certainly true with me. My mom had worked for a guy named Bob who had started a woman's focused educational newspaper out of Las Vegas 31 years ago, and he was trying to get one started in Boston. My mom told him my position and soon enough I was meeting the President of The County Woman Newspapers. He has trained over 370 women across the country to publish the format he invented and told me that fear was the only thing to stop me from doing it, too. Bob has been in educational publishing since 1969. The more I found out about it, the more confident I became. Not

a single paper using his format, formula, concepts, marketing and sales techniques, trade secrets and business plan of the Sussex County Women's Journal ever went out of business and more to the point, my first year gross was \$86,000 plus. I complained that I didn't have any background in publishing and he told me that he had never trained anybody with a publishing background. So with a little help from my family I got the money together for the initial down payment and soon I was getting all the "real world" training I needed to run my own newspaper.

Training took about a week and is continual, you never feel vulnerable. With several other first time entrepreneurs, I learned everything that can be taught about the County Woman's Newspaper. By the end of the week I knew how to operate a women's newspaper, sell advertising, and manage distribution. It was all very fast, scary, and exciting, and before I knew it, I was scheduled to print my first "sample" run of newspapers back in Boston. I followed my training, called local contributors, and scheduled appointments to meet with professionals in industries proven to have strong track records with our format. By the time the first issue was printed, I had \$24,000 in advertising sales. Within the first 2 years I had taken about 10 weeks of vacation and grossed over \$175,000. I now run two papers and estimate their total sale value around \$450,000. When I do sell these papers I can go wherever I want to go and do it all over again. Sometimes I daydream about what

my next job interview will be like (if I ever want one), and I've decided it will probably be significantly different than my last one. If I'm going to ever get on the corporate ladder, there's no way I'm starting on the bottom. In fact, I've virtually created my own ladder.

There are a lot of perks doing what I do, but it's certainly not all fun and games. A lot of it is real work. Still, any job worth having is hard work, and more to the point, most jobs not worth having are hard work, too. At least I like what I do, and feel confident in calling myself a success only 2 years out of college. I was lucky to know Bob. There's no way around it. But most people who can relate to where I was 2 years ago don't know Bob. I like to think that America can still be about what you know rather than who you know, which is why I'm writing this article. I'm a testament to the fact that everyone just needs the right break, so hopefully anybody reading this now knows of one. There are lots of counties still available, so if you would like to know more about publishing our trademarked and copyrighted newspaper in your area, call Bob at 1-800-99-EDUCATE.

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READERSHIP 185,000 +

We are seeing renovation and renewal everywhere in time for the summer season. The County Women's Journal has many professionals who are anxious to share their expertise in the areas of health, finances, household matters, business, beauty and relaxation and more.

While some of the articles in this issue will show you a brighter path to your own health, others offer advice to those who provide care for loved ones. I recommend reading each and every page so you don't miss any information that is critical to your family and friends.

We hope you enjoy reading this issue of The County Women's Journal on the beach, in your back yard, or anywhere you can relax and enjoy the summer sun. Thank you for your continued support of The County Women's Journal.

The Publisher

*"If you want others to be happy,
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Practice compassion."
The Dalai Lama*

On the Cover



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