

THE SUSSEX COUNTY

Women's Journal™

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

	<p>Alexandra Gallagher</p> <p><i>New Treatment Could be Breakthrough Against Peanut Allergy</i></p> <p>Page 8</p>		<p>Suzanne Lenhard, RN, BSN</p> <p><i>Navigating the Challenges of Aging: Tips for Staying Safe and Independent</i></p> <p>Page 12</p>		<p>Chris Rementer</p> <p><i>Benefits of Custom Drapery Panels for Windows</i></p> <p>Page 22</p>
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May the wind always be at your back and your attitude your guiding light. Happy Holidays from the staff of The Womens Newspaper.

The Publisher

Denise Gallagher, MA

Wishing Denise Gallagher the best in her new position at Delaware Psychological Service in Lewes, Delaware. Denise has a Masters in Human Development, Holistic Counseling and Psychology from Salve Regina University in Newport, RI. Denise has over 20 years of practical experience working in the Mental Health Field with children, adolescents and adults, in numerous therapy modalities and settings tailored to each individual client. Denise believes in practicing the balance of the whole person regardless of their age in mind, body and spirit to achieve an individual's maximum potential for a successful, healthy, harmonious life. Denise offers a safe space to her clients and their families in a non-judgmental manner. Denise is a published author educating parents on mental health diagnoses and food allergies in children. Denise looks forward to working together to achieve maximum health and happiness for you and your family. Denise follows the model that we all deserve support and guidance in achieving our own individual goals in life! Denise Gallagher is currently taking new clients at her office call today to schedule your private session at Delaware Psychological Services 302-703-6332 16287 Willow Creek Road Lewes, Delaware 19958



It's not luck, it's faith.

On the Cover



Steven James Guillermo Martinez-Juarez Melissa Martinez LoriKay Paden

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Remove Stubborn Hard to Lose Fat with CoolSculpting



Michelle Parsons, MD is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons is the owner of Renove Medical Spa in Rehoboth Beach.

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

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



What Is CoolSculpting

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

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

What Can I Expect During a CoolSculpting Treatment

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



BEFORE individual results may vary AFTER
6 weeks after CoolSculpting® treatment
Photos courtesy of Dr. Nicholas Manoreff, Plastic Surgeon



BEFORE individual results may vary 16 WEEKS AFTER
CoolSculpting® Session
Photos courtesy of John E. Farnau, MD

When Can I Expect to See Results From CoolSculpting

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

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

How Long Will My CoolSculpting Results Last

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

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

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Helping Seniors Downsize and Clear Away Clutter



Moving into assisted living or a smaller home may be necessary to improve safety as seniors age. However, this also means having less space for furniture, décor, clothes, and other items. Many older adults have lived in the same home for years and accumulated lots of belongings, as well as made a lot of memories. Downsizing can be challenging, especially from an emotional standpoint.

But the reality is, your loved one simply cannot take everything they own with them. Start having these conversations early on, if possible, before your aging parent finds themselves in a situation where they are forced to quickly relocate, such as after an injury or illness. Get them used to the idea of living in a smaller space and having to choose what they want to take along.

Plan Ahead

Once you have found where your aging parent will live, take a look at the available space. Plan out where they can put furniture, what will go in different closets or cabinets, and how much storage they have. Work together to make a list of essentials – things they absolutely must bring along. Then create a list of things they would like to have if there is room.

Share Sentimental Items

As your loved one is looking through their belongings, decide what mementos they want to pass on to children, grandchildren, and others. This can help keep these items in the family and give others a way to remember cherished memories. Seniors can be more at peace knowing that some of the things they love will not be lost or forgotten.

Donate to Those in Need

Encourage your senior to donate items they can't or don't want to take with them to charity. Remind them that these things will help people who may not otherwise be able to afford them. Their belongings will find a new home and bring joy to others instead of going to a landfill.

Capture Memories

Take pictures of things that hold a lot of meaning to create a visual reminder of the memory instead of keeping the actual item. Simply looking at the photo can help seniors recall stories that they can share for years to come. It's not always about the physical item, but what it represents and the memories that are attached to it.

Take Your Time

Give your aging parent time to look through everything, and keep them involved in the decision-making process. Certain things may not be hard to part with, and that can make a dent in the cleaning process. Other items may require more consideration and conversation about what to do. Be empathetic but also realistic. Patiently listen to the stories your loved one wants to share and write down these memories so they're not lost, but also help them make hard decisions about what to keep.

Downsizing can be hard, so remind them of the positives of making a move. This could include things like having less space to clean and organize, fewer bills to pay, no stairs to climb, easier access to things they need, or closer to family. Always Best Care can help you understand options for in home-care in Wilmington, DE and senior living communities. To learn more and schedule a care consultation, contact us.



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R. Alberto Rosa, M.D., FACC

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

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

“Broken Heart Syndrome”

Is a “broken heart” a true medical condition or is it just a figure of speech to describe someone’s emotional state after some great personal loss or stressful situation? It may come as a surprise to many people but the answer is both.

This condition is also known as “stress-induced cardiomyopathy”, a rapid and severe heart muscle weakness, typically as a consequence of sudden emotional or physical stress: unexpected illness, injury or loss of a loved one. It can also be from a severe medical condition, surgery, an accident, intense fear, domestic violence, severe pain, financial loss, even public speaking or a surprise party. The exact cause is unknown, but it is clear that most of the affected individuals are postmenopausal women between the ages of 58 and 75 years, in about 90 percent of cases. The symptoms are very similar to those of a heart attack, with chest pain or pressure and shortness of breath being the most frequent ones. It is not completely understood why this condition affects mainly women, but most investigators believe that after menopause the decline in estrogen levels renders patients more susceptible.

It was first observed in Japanese women in the early 1990’s and the name of takotsubo cardiomyopathy was used originally. This name describes the characteristic appearance of the left ventricle (heart’s main pumping chamber) as seen in cardiac studies that resembles the traditional Japanese octopus trap. There is ample evidence to suggest that the massive release of certain hormones in the bloodstream, such as adrenaline and noradrenaline, as a natural response to stress, under certain conditions causes the heart muscle cells to stop working properly, especially in the lower part and the “tip” of the left ventricle.

Stress-induced cardiomyopathy can be serious medical condition because it involves the sudden onset of congestive heart failure due to the heart muscle weakness, low blood pressure and potential shock or life threatening heart rhythm problems; it is, however, rarely a fatal illness. Furthermore, it is almost always reversible with most patients recovering completely within 2 to 4 weeks.

The main differences between a heart attack and “broken heart syndrome” is

that heart attacks occur as a consequence of blockages or blood clots in the coronary vessels (heart vessels that supply blood flow and oxygen/ nutrients) to the heart muscle cells that cause those cells to die or to suffer permanent damage. In the stress cardiomyopathy patients, the coronary vessels are open and the blood flow is usually normal. It is the “stunning” of the heart muscle cells by adrenaline and other hormones that creates the muscle weakness and this process is, for the most part reversible.

Another interesting finding in this broken heart syndrome

is that it does not tend to recur in the same patient. In other words, once somebody experiences this syndrome, even if other stressful events come along in their lives, the same phenomenon doesn’t tend to happen again. Learning to cope better with life stresses can prevent it in the first place.

The management of this medical condition is similar to the treatment of congestive heart failure with medications such as diuretics, beta-blockers and ace-inhibitors as well as aspirin and in some cases blood thinners on a temporary basis.

So yes, it is quite possible

to have a “broken heart” literally, as a true medical illness that is brought about by a heightened physiological response to stress, especially in women. The good news is that in almost every case it is a temporary condition and full recovery is the expected outcome. There is no way to differentiate this situation from a heart attack, before hand. Therefore, it is very important to seek immediate medical attention for symptoms of sudden chest pain or pressure and shortness of breath. It might be the case that your heart doctor could tell you, in the end: “Just a broken heart, already on the mend”.

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Losing Weight with Medication is Fast and Easy



Michelle Parsons, MD is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons is the owner of Renove Medical Spa in Rehoboth Beach.

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

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

Wegovy and Saxenda

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

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

Mounjaro Now Available through Compounding Pharmacies

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

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



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

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

Complimentary Consultation

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

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

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A New ERA In Lens Choice For Cataract Surgery



Charles Curry, MD

Cataract surgery is, by far, the most frequently performed procedure by the general ophthalmologist. This, of course, makes it imperative that the surgeon hones his or her skills and utilizes the most advantageous technology to attain repeatable and exceptional results at this most common and, arguably, most important surgical procedure. Here at Delaware Eye Institute, all of our surgeons are dedicated to doing just that. Our surgeons bring years of dedicated service learning their craft and have demonstrated a commitment to openness to the newest technologies to improve our surgical results.

Technology has been especially kind to the field of ophthalmology over the last

40 years. Our surgeons here at Delaware Eye were among the first in Delaware to pioneer modern small-incision, no-stitch surgery with foldable intraocular lens implants. This took us from a time where cataract surgery was routinely an inpatient surgery requiring sandbags to immobilize the head for several days postoperatively and a healing process that stretched over several months, to a point of outpatient surgery typically lasting 10-20 minutes with rapid results, oftentimes showing significant improvement in visual function within a few days of surgery. We have also been among the leaders in the use of premium intraocular lenses that enable more glasses-independence for those with significance astigmatism and for those who desire less need for glasses for near vision activities.

We are excited to, most recently, be the first practice in Delaware to offer ORA Wavefront Aberrometry to our cataract patients to improve their results, i.e. possibly reduce their need for glasses for some activities after surgery. Each of our cataract surgeons now has about two years of experience frequently using this exciting new tool in the surgical suite. This revolutionary system is the first of its kind to gather information in real time during the course of the cataract procedure which helps guide the surgeon in the choice of lens power and type to be used to improve our odds

of meeting the patients' goals for visual function after surgery.

Traditionally, surgeons have relied on measurements made prior to surgery by instruments measuring through the cataract of the patient to determine best lens choice. While this method of measurement has been effective and accurate for a good portion of patients, there is an inherent flaw to measuring through a cataract that can skew these measurements, which must be very precise to attain the best results. The ORA works by making the calculations of lens power while in the operating room after the surgeon has removed the cataract. This permits much more reliable measurement that requires, typically, only a couple of extra minutes of time while in the operating room. It does not require any repositioning of the patient in the midst of surgery because the ORA is attached to the operating microscope that is being used throughout the procedure. It does not require a second trip to the operating suite for lens implantation, because a full consignment of lens types and powers are kept on hand in our surgical suite. For the patient and surgeon the process is seamless, while the improved results are dramatic. Studies looking at the results after use of the ORA versus with traditional lens measurements find that the number of patients with excellent (within 0.5

diopters of the goal) results improved by about 50%.

In addition to the improvement in lens power selection, the ORA provides valuable information for dealing with astigmatism. Astigmatism is a natural irregularity of the shape of the front of the eye that leads to a distortion of images both near and far without glasses correction. Traditional intraocular lenses used at the time of cataract surgery are incapable of correcting astigmatism, confining the patient with significant astigmatism to constant glasses wear, even after cataract surgery, for all distances. The ORA measures astigmatism while in the operating room, permitting two useful strategies for reducing astigmatism postoperatively in these patients: 1) specialized premium lens implants called toric lenses can be chosen and accurately positioned in the eye to maximize reduction of astigmatism, 2) standard lens implants can be used, but supplemented with corneal incisions guided by the ORA to help reduce astigmatism. These strategies can reduce or eliminate astigmatic glasses need after surgery.

It is always important to keep in mind that no technology or surgical procedure is perfect. The ORA Wavefront Aberrometer is one more tool that improves our results after cataract surgery. No machine or surgeon can guarantee a patient perfect glasses-free eyesight after surgery. Almost all patients, regardless of technology used, will find they require glasses for near vision activities after cataract surgery. Almost all patients will find their distance vision could be improved, at least slightly, by a mild pair of glasses for the distance after surgery. The ORA and other technologies we use at Delaware Eye Institute permit a larger number of patients to function more comfortably for more activities without the use of spectacles. We are committed to continued advances that facilitate continued improvement in these results.

The most ringing endorsement I can give is to echo Dr. Robinson's statement that "If I, or my family members, were having cataract surgery I would insist on my surgeon use the ORA System intraoperatively".

For more information about ORA technology, cataract surgery, premium lens implants, and our ambulatory surgery center please visit www.delawareeye.com



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

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

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

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

New Treatment Could be Breakthrough Against Peanut Allergy

Presented by:
Alexandra Gallagher

By: Robert Preidt,
HealthDay reporter

People with a peanut allergy can protect themselves from an allergic reaction by consuming a small amount of peanut powder every day, a new study suggests.

The breakthrough findings mean this new treatment is ready for review by the U.S. Food and Drug Administration (FDA), the researchers added.

"We're excited about the potential to help children and adolescents with peanut allergy protect themselves against accidentally eating a food with peanut in it," study co-author Dr. Stephen Tilles said in a news release.

"Our hope when we started the study was that by treating patients with the equivalent of one peanut per day, many would tolerate as much as two peanuts," he said.

"We were pleased to find that

two-thirds of the people in the study were able to tolerate the equivalent of two peanuts per day after nine to 12 months of treatment, and half the patients tolerated the equivalent of four peanuts," noted Tilles, a Seattle allergist and American College of Allergy, Asthma, and Immunology (ACAAI) past president.

The study included 551 patients, aged 4 to 55, with peanut allergy. One-third were given a placebo, while two-thirds were given peanut protein powder in increasing amounts until they reached the maintenance dose equivalent of one peanut a day.

"This is not a quick fix, and it doesn't mean people with peanut allergy will be able to eat peanuts whenever they want," said study co-author Dr. Jay Lieberman, vice chair of the ACAAI food allergy committee.

"But it is definitely a breakthrough," he added. "The hope would be to have a treatment available in the second half of 2019. If that happens, people who receive

"... People with a peanut allergy can protect themselves from an allergic reaction by consuming a small amount of peanut powder every day, a new study suggests ..."

and are able to tolerate this treatment should be protected from accidental exposures."

Allergist Dr. Punita Ponda agreed.

"The doses patients tolerate are high enough to likely prevent reactions with cross contamination or allow patients to eat foods with 'may contain' or 'manufactured in'-type labels," added Ponda, who is assistant chief in the Division of Allergy and Immunology at Northwell Health, in Great Neck, N.Y. She was not involved with the study.

"This would make a large impact on the lives of patients with peanut allergy who may be afraid to eat outside of the house for fear [of] cross contamination or have to severely limit their diet due to the difficulty of avoiding products with the above mentioned safety labels," Ponda noted.

There are no approved treatments for peanut allergy. If approved by the FDA, this treatment would be available by prescription and patients would need to continue taking it to stay protected from accidental peanut exposure.

Lift and Tighten Facial Skin with Ultherapy



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

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

What Is Ultherapy?

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

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

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

What Can I Expect During the Ultherapy Treatment?

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

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

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

What Areas Are Treated with Ultherapy?

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

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

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

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

How Long Will My Results from Ultherapy Last?

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

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



Sussex County Women's Journal Special Pricing

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

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



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Say Goodbye to Hemorrhoids!

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

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

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

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

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

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

Most Insurances Accepted

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



www.HunterdonGastro.com

Flemington Office
Hunterdon Doctors Office Building
1100 Wescott Drive, Suite 206 / 207
Flemington, NJ 08822

Somerville Office
135 West End Avenue
Somerville, NJ 08876





Dr. Andrea Goldstein

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

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

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

HEMORRHOIDAL TREATMENT

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

How do hemorrhoids develop?

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

Hemorrhoids can cause the following symptoms:

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

Are all hemorrhoids the same?

Hemorrhoids are actually classified into four stages based upon severity. This helps determine which treatment is most appropriate for you.

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

What are the treatment options for removing hemorrhoids?

Effective hemorrhoid treatment depends on your specific medical condition. No doctor should recommend a solution without first doing an exam

to rule out other potential causes of rectal pain or bleeding.

Once you have been diagnosed with hemorrhoids, you will have different options to choose from, depending on the severity of your case. You may get adequate relief from increasing fiber in your diet, taking warm sitz baths and using topical creams. Treatment options include a variety of minimally invasive procedures that cut off blood flow to the hemorrhoid and cause it to shrink. In some cases your doctor may recommend a surgical procedure to remove excess tissue.

What is the most painless method for treatment?

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

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

Make an appointment with a specialist

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

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

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



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.
908-483-2047

 **Hunterdon Gastroenterology Associates**
Medical Experts in the Treatment of Digestive Diseases
www.HunterdonGastro.com

Flemington Office
Hunterdon Doctors
Office Building
1100 Wescott Drive
Suite 206 / 207
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135 West End Avenue
Somerville, NJ 08876

Name & photo have been changed to protect the privacy of the patient.



Navigating the Challenges of Aging: Tips for Staying Safe and Independent

Suzanne Lenhard, RN, BSN, is the founder and owner of CALM Care Navigation and Private Nursing Services. With a deep passion for empowering seniors and individuals with medical needs, Suzanne created CALM to provide comprehensive support for those navigating the challenges of aging or managing complex health conditions. CALM's mission is to help seniors remain safely in their homes by offering guidance, advocacy, and personalized nursing care tailored to each client's unique needs.

Through her work, Suzanne has become a trusted resource for both clients and caregivers, offering compassionate assistance and expert advice to ensure safety, independence, and peace of mind. Whether coordinating care, managing medications, or offering a listening ear, Suzanne is committed to making a meaningful difference in the lives of her clients and their families.

Aging is a natural part of life, but the challenges that come with it can be overwhelming for seniors and their loved ones. Difficulty navigating our complex healthcare system, physical limitations, and safety concerns are just a few of the obstacles seniors face. These difficulties often become the primary reasons seniors are unable to remain safely in the homes they love. However, with the right support, maintaining independence and well-being is possible.

Navigating the healthcare system can be mind-boggling, even for the most brilliant layperson. As we age, these challenges can feel even more daunting. Managing complex medical instructions and coordinating care among multiple providers can lead to confusion and gaps in treatment. To reduce this risk, consider enrolling in patient portals offered by your healthcare providers and regularly reviewing your records for accuracy. Additionally, creating a medication list directly from the bottles you currently take ensures the most up-to-date and accurate information is provided to your doctor.

Equally critical to independence is creating a safe and supportive home environment. Common household items such as rugs, clutter, and dim lighting can pose serious risks for seniors. For example, nearly 38,000 seniors visit emergency rooms each year due to falls related to rugs and carpets. While parting with a beloved throw rug may feel like a loss, removing it could prevent injuries and hospitalizations. Other small changes, like installing grab bars in the bathroom or rearranging furniture to clear pathways, can make a significant difference in home safety. Assessing a senior's physical ability to navigate their home is an important first step in identifying the modifications needed to create a safer living environment.

**Call for consultation today
to see how we can help you or your
loved one. 302-313-1116.**

Mobility and transportation are also essential for maintaining independence. Sensory changes, slower reaction times, and health conditions such as arthritis, strokes, or cognitive decline can make driving unsafe. Many seniors are unaware of driving training programs and adaptive vehicle modifications that could help them maintain their

independence. For seniors who are no longer safe to drive, having access to transportation alternatives is vital for staying connected to medical appointments, essential services, and social activities. Without these options, isolation and reduced quality of life often follow.

CALM Care Navigation and Private Nursing Services has partnered with Innovative Driving Solutions to address these challenges and support seniors in maintaining their independence. CALM provides personalized nursing services, including medication management, skilled care, in-home phlebotomy, care coordination, and home safety assessments by a Physical Therapist. Innovative Driving Solutions offers driver evaluations, lessons, adaptive vehicle training, and recommendations for alternative transportation solutions when driving is no longer safe.

Together, these services offer a comprehensive approach to senior care, addressing the challenges of aging by enhancing health outcomes, promoting safety at home and on the road, and empowering seniors to maintain their independence while aging in place.

**Your Partners in
Independence**



Innovative
HEALTHCARE GROUP



CALM
Care Navigation &
Private Nursing Service

**have joined forces to provide comprehensive support
for seniors who wish to stay independent at home!**

Offering:

- In-Home Nursing Care
- Home Safety Assessments by Licensed Physical Therapists
- Driving Evaluations and Lessons

**Outpatient physical therapy located in your
Longneck community next to Bayside Fitness.**

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HOCKER’S SUPERMARKET AT SALT POND PLAZA

HOCKER’S SUPER CENTER

G&E HARDWARE



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

Debit and all major credit cards accepted.
ATM in stores • EARN FREE GAS WITH “GAS CASH REWARDS”

G&E/Hocker’s Supermarket and Hocker’s Super Center have been family owned and operated for over 60 years. Gerald Hocker, president of G&E and Hocker’s, purchased the business from his Uncle Jake in 1971. We are committed to providing our loyal customers with the highest level of customer service and the highest quality of products. We have continued to grow to meet the growing demands of our customers, and have recently opened Hocker’s Supermarket at Salt Pond Plaza in Bethany Beach, Delaware. Our meats are unsurpassed!!! Great weekly specials---weekly Best Buys!

Soon to be Continued!

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

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

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

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

**Hocker’s Supermarket
at Salt Pond Plaza**

695 Bethany Loop
Bethany Beach, DE 19930
302-539-9662 • 302-539-5255
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Hocker’s Super Center

34960 Atlantic Avenue
Clarksville, DE 19970
302-537-1788
302-537-1877
Open 7am - 11pm Every Day

G & E Hardware

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

Here is What Our Advertisers Say



Chris Rementer
Budget Blinds

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



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



Dr. Tracy Hudson
Henlopen Chiropractic
and Acupuncture

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



Michelle Serrano
Always Best Care

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



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



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



Cathy Basenese
ReStore Manager,
Sussex County Habitat
for Humanity

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



Reaching 100,000 + Readers Throughout Delaware

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

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



We Don't Dabble, We Specialize!



About Us

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

Our wildlife program offers a fast, safe, and humane solution to any wildlife problem. We use live traps, and we will relocate the wildlife as allowable by law. Our team specializes in performing exclusions, removal, repair, and prevention. We offer an extensive line of installation products to prevent wildlife and pests from even making it to the inside of your home and our team will leave you feeling confident the job was done right. Our goal is to keep wildlife in the wild and out of your home!
Remember "We Don't Dabble, We Specialize!"



Services

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



www.WilkinsWildlifeBedbug911.com

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Shop Epiphany Park, snuggle into our warm sweats and cuddle into a cozy blanket. Warm your soul with some hot cocoa in our selection of mugs while you cheer to the new year.



Gift some inspirational "God Sent You" apparel for your loved ones. Stay toasty this holiday season in our scarves and beanies. Shop at your convenience when you scan our QR code.

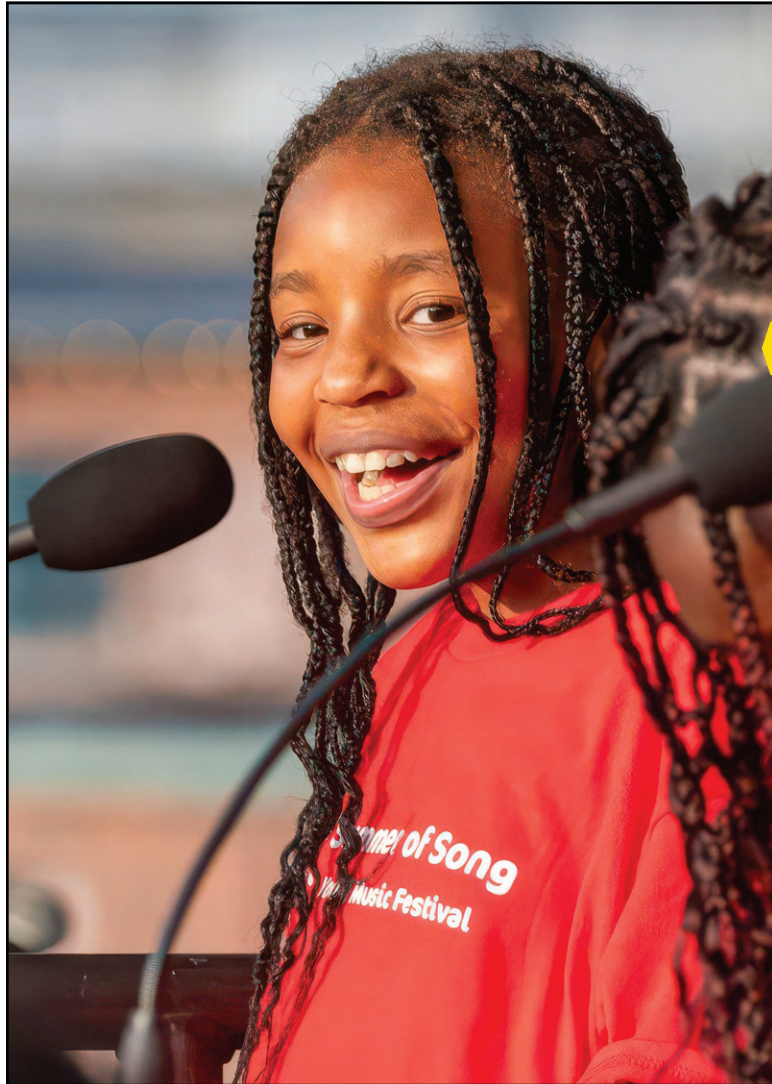
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Open Tuesday – Saturday 10-4pm
CLOSED Sunday and Monday



Kathleen Matthews, CD

boasts over 20 years of experience in the automotive industry, including 16 years as a DOT Compliance Supervisor for Power Utilities before discovering her passion for auto detailing. She is an International Detailing Association Certified Detailer and has received her Auto Detailing Craftsman Certificate from the Detail King Training Institute. Additionally, Kat is a Certified Ceramic Coating Specialist. Previously, she served as the Detail Manager at a local establishment before founding Dinosaur Detailing LLC in April 2023.



Auto Detailing and Ceramic Coating - Explained

Living in the beautiful Sussex County is truly a joy—where sunlit beaches, lush forests, vibrant camping spots, and thrilling surf fishing opportunities abound, along with countless other treasures this area offers. However, the excitement of these adventures can sometimes wear on our cherished vehicles, both inside and out!

INTERIOR DETAILING

- We spend a significant amount of time in our vehicles, often leaving behind traces of our daily lives. From crumbs of kids' snacks and sticky sunscreen on plastics and leather, to our furry friends hair, coffee spills, and endless grains of sand; keeping your car's interior clean can feel like an endless task.

A professional interior detail service, equipped with top-notch tools, can tackle almost any mess. Using heat extractors, steam cleaners, eco-friendly solutions, and enzyme cleaners, we can thoroughly clean and disinfect your vehicle's interior while ensuring the beauty of your leather, plastics, and fabrics is maintained.



CERAMIC COATING - What is it?

Ceramic Coating is a hard coating that is applied on top of your vehicle's factory clear coat. It contains nanoparticles and SiO₂ (silicon dioxide). When cured, this coating forms a 9H+ hardness.

What are the Benefits?

- Extreme hydrophobic properties, making rain bead up and "fall off" of your vehicle and is much easier to wash and maintain. It also has some "self-cleaning" properties, making dirt/dust, bird droppings, sap, and other contaminants easier to remove from your paint. Maybe the best bonus of a ceramic coating - the brilliant "wet" looking shine.



EXTERIOR DETAILING

Your vehicle's exterior is the first thing anyone sees, and there are plenty of reasons to take care of it! Between hard water staining from irrigation and salt air, tree sap, bird droppings, and endless bugs that will etch into your paint, and swirls and scratches from automated car washes.

We offer all kinds of exterior solutions that work for you and your vehicle, whether it is just a hand wash, buffing and polishing, or ceramic coating.

We hand wash, always!

This minimizes scratches, swirl marks, and paint marring.

Paint Correction - Buffing and Polishing Explained:

Both processes use abrasives to smooth and finish surfaces and differ in levels of abrasion; think of sandpaper grit levels.

- **Cutting Compound "Buffing"** will be your go-to for deeper scratches, hard water etchings, oxidation, and imperfections. When buffing is needed, it must be followed up with a higher grit polishing compound to remove the abrasions from buffing to smooth out your paint to a brilliant shine.
- **"One Step" Paint Polishing** is a common term - this means the buffing stage is bypassed and paint correction can be handled with just a polish - this includes swirls and spider webs caused by automated car washes, minor bug and bird dropping etchings.



What a find a diamond in the rough to find a detailer that really knows how to bring out the shine on any of vehicle. Kathleen is a one of a kind she has a great personality and very kind her work ethic is a rarity these days her prices are the cheapest around. Top notch service with a smile. Kathleen goes that extra mile for you and explains every aspect of her knowledge. Gives a military discount. Thank you Kathleen you are the queen of shine in Delaware



Kat is totally awesome. She took my new Z06 and made the paint look perfect with a detailing and then applied ceramic coating. She even went above and beyond and did the ceramic coating to the wheels. This girl knows her stuff.



AMAZING!!!

"From someone who has been skeptical about all the detail/ceramic coating services that are available to consumers, I would tell you to educate yourself before choosing a Detailer. For those of us that find that too overwhelming or challenging, let me introduce you to Kat at Dinosaur Detailing LLC. Kat took the time to educate me on the process from start to finish. She made recommendations based on my vehicle condition and my expectations. The service was exceptional and I could not be more pleased with the results. Being in the automotive industry myself and seeing customers who have had detail services by other providers, I have realized that you get what you pay for. I will happily pay to have the proper service with the proper products"

Reduced Maintenance: Less frequent cleaning required.



As a homeowner, you know every part of your home contributes to its appearance and health. One often-overlooked component is your gutter system. Proper gutter care not only enhances your home’s look but also protects it from water damage. G. Fedale is committed to helping you maintain gutters, ensuring your home stays beautiful and protected.

The Importance of Gutter Care

Gutters are crucial in channeling rainwater away from your roof, walls, and foundation. Neglecting them can lead to significant problems:

- **Water Damage:** Clogged gutters can overflow, causing roof rot, siding stains, and foundation cracks.
- **Structural Issues:** The added weight of debris can cause gutters to sag, damaging fascia, soffits, and even leading to basement flooding.
- **Landscape Erosion:** Poor drainage can wash away soil, mulch, and damage plants and pathways.

Regular gutter care helps prevent these issues, safeguarding your investment.

Understanding Your Gutter System

Knowing your gutter components aids in maintenance:

- **Gutters:** Collect and direct water from the roof.
- **Downspouts:** Carry water to ground level.
- **Gutter Guards:** Prevent debris buildup.
- **Hangers and Brackets:** Attach gutters to the house.

Essential Gutter Care Tips

Regular Cleaning: Clean gutters at least twice a year to remove leaves and debris. Follow these steps:

- Use a sturdy ladder and gloves.
- Scoop debris, then flush gutters with a hose.
- Ensure downspouts are clear.

Inspect for Damage: Look for cracks, rust, and sagging gutters. Catching these issues early prevents bigger problems.

Install Gutter Guards: They reduce the need for frequent cleaning, prevent blockages, and extend gutter life.

Ensure Proper Drainage: Downspouts should direct water 5-10 feet away from the foundation. Use extensions or splash blocks if needed.

Professional Maintenance: G. Fedale offers thorough cleaning, inspection, and repairs to keep your gutters in top shape, safely accessing high areas and spotting hidden issues.

When to Consider New Gutters

If gutters are old, leaking, or causing repeated issues, new installation may be necessary. Signs include:

- Persistent leaks or overflow.
- Visible cracks, rust, or sagging.
- Mold or mildew near the foundation.
- Choosing the Right Gutters

Consider materials like aluminum, copper, or vinyl, along with style, color, and seamless options to reduce leak points.

Why Choose G. Fedale for Your Gutter Needs

G. Fedale offers quality and personalized service, using premium materials and certified professionals. Here’s what sets us apart:

- **Expertise and Experience:** Our team is certified and experienced in gutter maintenance and installation.
- **Quality Materials:** We use high-grade materials with warranties on materials and workmanship.
- **Personalized Service:** Our customized solutions prioritize your satisfaction.
- **Comprehensive Exterior Services:** Beyond gutters, we offer roofing, siding, and window and door services.

Protect Your Home Today

Don’t let neglected gutters jeopardize your home. G. Fedale offers routine maintenance, repairs, and new installations to keep your home safe and appealing. Schedule a consultation with us today to ensure your gutters are well-maintained.



BEFORE



AFTER

0% FINANCING AVAILABLE

- ROOFING
- SIDING
- WINDOWS
- GUTTERS AND MORE!








Contact Us Now for Clean, Correct Service You Can Trust.

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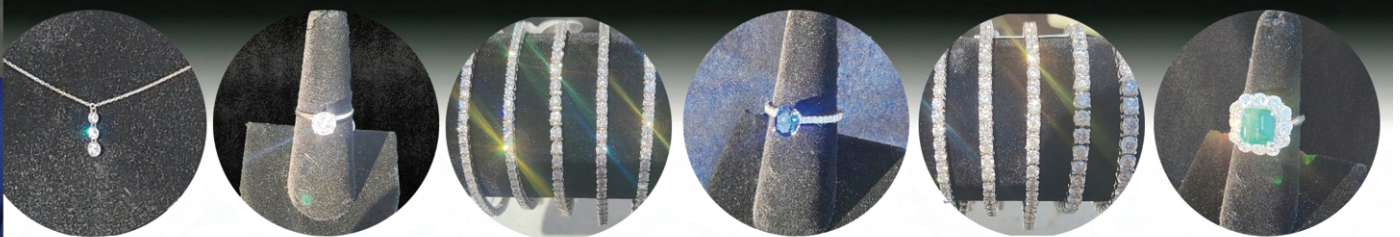




STEVEN JAMES
GIA AJP, GIA DIAMOND GRADUATE

A Legacy Continues

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



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

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

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

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

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

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

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

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

JAMES FINE JEWELRY

Formerly O'Neal's Antiques


Jewelry Repair

Sizing

Written Appraisals


Shirley O'Neal

PHONE: 302.542.2241



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NATURAL DIAMOND, GEMSTONE, AND
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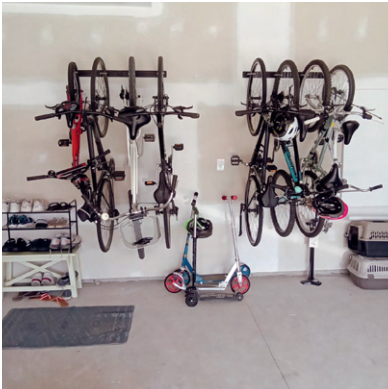

Engagement Rings

Loose Diamonds

Unique Pieces

Steven James

PHONE: 302.841.1241



Ace Handyman Services: Your Go-To Solution for Small Jobs



In today's fast-paced world, finding reliable help for those small odd jobs around the house can be a challenge. Enter Ace Handyman Services, a trusted name with a growing presence across the nation, boasting 300 franchises ready to assist you. As part of the Ace Hardware family, Ace Handyman Services combines the values of a family business with the resources of a well-established brand, ensuring you receive top-notch service every time.

Fast and Convenient Appointment Booking

One of the standout features of Ace Handyman Services is their commitment to convenience. With a streamlined appointment booking process, customers can easily schedule a service that fits their busy lives. Whether you need a quick fix, a home improvement project, or routine maintenance, Ace Handyman Services is just a click or call away.

Local Experts with a Wealth of Experience

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

highly trained professionals, bringing over 100 years of collective experience to the table. This local expertise ensures that every job is handled with care, precision, and an understanding of the community's unique needs.

Trustworthy and Reliable

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

Exceptional Communication

Great communication is the backbone of excellent customer service, and Ace Handyman Services excels in this area. From the initial inquiry to the completion of the job, the team ensures that you are informed every step of the way. This transparency fosters trust and satisfaction, making it clear why Ace Handyman Services has earned a loyal customer base.

Conclusion

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



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Benefits of Custom Drapery Panels for Windows

Tailored Fit

Custom drapery panels are designed to fit your windows perfectly so you can avoid gaps and excess fabric common with off-the-shelf options.

Enhanced Light Control

Create the ideal ambiance in any room with custom drapery panels that allow you to control the amount of natural light.

Energy Efficiency

Improve your home's insulation with custom drapery panels that help regulate indoor temperatures and can help save on heating and cooling costs.

Increased Privacy

Custom drapery panels keep your living spaces private and secure from outside view.

Increased Property Value

Custom drapery panels add a touch of luxury and sophistication to any room and increase the overall appeal and value of your property.

Quiet Functionality

The high-quality construction of custom drapery panels ensures smooth and silent operation, so you can enjoy the benefits of your window treatments without any disturbances.

Timeless Aesthetic Appeal

With endless design possibilities, custom drapery panels enhance the elegance and style of your home while offering a timeless look that complements any decor.

Elevate Your Space with Custom Draperies

At Budget Blinds, we believe that your drapery panels should reflect your unique style and design vision. Our wide selection of custom drapery panels offers the perfect blend of elegance and functionality, allowing you to create a personalized look that's truly your own.

Whether you're looking for luxurious fabrics for a refined finish or practical solutions like blackout linings for enhanced light control, Budget Blinds has the custom drapery panels to meet your needs. From traditional to contemporary, our drapery panels are designed to complement any interior aesthetic, providing both beauty and performance.

Schedule Your Consultation for Custom Drapery Panels

For a comprehensive selection of custom drapery panels, schedule an in-home consultation with one of our design experts. They'll work with you to match



your needs and goals with beautiful and functional window treatments that will make your home both comfortable and safe for everyday living.

Custom Drapery Panels Considerations & Alternatives

Shop Luxurious Fabrics

For a touch of sophistication, our premium fabrics for custom drapery panels can instantly transform any room. We offer a wide selection of luxurious materials and patterns to suit your personal style and elevate your decor. Explore our fabric options that are designed to add elegance and refinement to your home.

Accent With Custom Drapery Hardware

Craft a one-of-a-kind look by adding custom drapery hardware to your custom drapery panels. Explore our selection of custom drapery hardware and improve both the functionality and aesthetic appeal of your space.

Improve Efficiency

Tailored to fit your specific windows, custom drapery panels can improve energy efficiency by providing better insulation and reducing heat loss or gain. With options for specialized linings such as blackout or thermal, you can reduce energy bills while enjoying a stylish and functional window treatment.

Personalize with Custom Header Styles

Customize your drapery panels with a variety of header styles. Choose from options like pinch pleat, grommet tops, rod pockets, or back tabs for your personalized draping effect. Tailoring with custom headers prevents common issues with standard, one-size-fits-all options.

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



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"I have been here twice in the last two weeks, once to pick up Mother's Day flowers (which my family LOVED) and also to pick up flowers for myself. There is a huge selection and everyone is beyond helpful and friendly. I was even told a few tips on how to water certain plants!"



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Do I Have To Appear In Court In My PI Case?



By Amanda K. Dobies, Esq.

Prospective clients seeking legal representation often ask whether he or she will need to go to court if a personal injury claim is pursued. Injured victims hesitate to seek legal representation because of the fear of being forced into a courtroom. Do not let the fear of court appearances deter you from pursuing a claim and hiring an attorney to represent your interests. This apprehension could prevent you from receiving the deserved compensation for your injuries caused by a careless driver.

It is a common misconception that lawsuits and court appearances are required if a claim is pursued; however, injury claims do not routinely necessitate lawsuits. Often, the claim is resolved with the insurance company before a lawsuit is filed. The claim is resolved through negotiation between your attorney and the insurance company for the at-fault party.

Lawsuits are often expensive, time-consuming for the client, and adversarial in nature. For these reasons, clients typically wish to resolve outside of the courtroom. If the settlement offer is fair and reasonable, then a client may prefer to accept the offer rather than proceed to trial.

If a fair settlement cannot be reached, then your attorney will recommend filing a lawsuit. Other situations that require litigation are cases involving disputed liability (a disagreement on who is at fault for the accident) or complex matters involving multiple defendants and insurance companies. However, even if a lawsuit is filed, then most cases pursued in the Superior Court are still resolved prior to trial. Trials are scheduled a year or two after the lawsuit is filed with the court, so there are alternative methods that can be used to settle the matter, such as arbitration or mediation. Typically, trial is a last resort due to its unpredictability, costs, and time consumption.

Remember, you are in control of your case. Your attorney will discuss pros and cons and make recommendations. The client makes the ultimate decision. If the client wants to avoid the courtroom at all costs, then the attorney can typically make that happen. If the client wishes to proceed to trial and put his/her case in the hands of a twelve-person jury, then your attorney will be a fierce advocate on your behalf.

Selecting a competent personal injury attorney is important when it comes to prompt resolution of your case. Proactive personal injury attorneys work on your case from the very beginning, which help resolve the matter promptly. It is advised to conduct thorough research prior to selecting your attorney, such as reading Google reviews or reviews on social media. You can also schedule a free consultation to ensure that the attorney is a good fit.

While the possibility of going to trial exists, most personal injury claims are resolved through settlements out-of-court.



A consultation at our firm with another attorney, or me, is free, confidential, and can be done over the phone, via Zoom or in person. Contact me at 302-565-6134 or adobies@kimmelcarter.com.

Testimonials

"Amanda is the best attorney I've ever dealt with hands down and I highly recommend her. She helped me tremendously and I was able to get what I deserved in my case without having to jump through hoops and deal with the hassle of my former employer. She shows empathy and compassion for her clients."

She understands what you are going through. You won't be disappointed, trust me!"
~ Tyrone J.

"Thank you Amanda Dobies and her team. You all were able to walk me through the steps to help with my recovery from a car accident. Your kindness and support helped to make the process smoother. I really appreciate all the work you and your team put in on my case. When I felt overwhelmed you took the time to explain things to me. Thank you again for allowing me to focus on my injury and recovery." ~ Julie G



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Selecting Your Personal Injury Attorney



By Amanda K. Dobies, Esq.

When accidents happen, the aftermath can be overwhelming, scary, and difficult to navigate. Sustaining an unexpected injury is often one of the most stressful events in life. Injured victims are in pain and often unable to work. Unfortunately, bills and obligations do not stop just because you're injured.

This is where hiring the right attorney becomes crucial. At Kimmel Carter, we understand the importance of making your relationship with your attorney the easiest part of the recovery process.

Experience & expertise

Kimmel Carter has been a trusted name since 1972, making us Delaware's largest law firm exclusively dedicated to personal injury and workers' compensation. With twelve attorneys boasting over 210 years of combined experience, we have collectively handled thousands of cases just like yours. Our depth of knowledge and expertise ensures that we know exactly how to fight for your rights and get you the compensation you deserve.

Personal connection & empathy

Our firm prides itself on hiring attorneys who are not just skilled, but relatable and empathetic. Managing Partner

Larry Kimmel has purposefully recruited down-to-earth attorneys from blue collar families who can relate and empathize with their clients. For instance, one of our attorneys is a retired State Trooper, Patrick C. Wenk, now a trusted ally for injured law enforcement officers. We have four female attorneys, understanding that some female victims may prefer to work with a woman. Additionally, we employ a bilingual attorney, Brian S. Legum, to assist our Spanish-speaking clients.

Exceptional customer service

At Kimmel Carter, exceptional customer service is not just a promise but a practice. We are committed to returning phone calls and emails within 24 hours. Unlike other firms where you might only speak to support staff, we ensure you have direct access to the attorney handling your case. Our team is dedicated to providing personalized, responsive service every step of the way.

Proven results & reputation

Our reputation speaks for itself. The attorneys at Kimmel Carter have worked tirelessly to build and maintain a stellar reputation. Insurance companies and opponents know that when they face Kimmel Carter, they are up against a team that is responsive, organized, and thoroughly prepared. This reputation is a cornerstone of our ability to secure the settlements our clients deserve.

Bio

Amanda Dobies is an associate attorney in the Newark office of Kimmel, Carter, Roman, Peltz & O'Neill, P.A. Mrs. Dobies has just under a decade of personal injury experience, focusing her practice on motor vehicle accidents and work-related accidents. Amanda is a lifelong

Delawarean, obtaining her undergraduate degree from the University of Delaware and law degree from Delaware Law School, where she graduated Cum Laude.

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

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

Testimonials

Don't just take our word for it. Check out our website at www.kimmelcarter.com to see what our clients have to say or scan this QRC.



Their testimonials reflect our commitment to outstanding service and successful outcomes.

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



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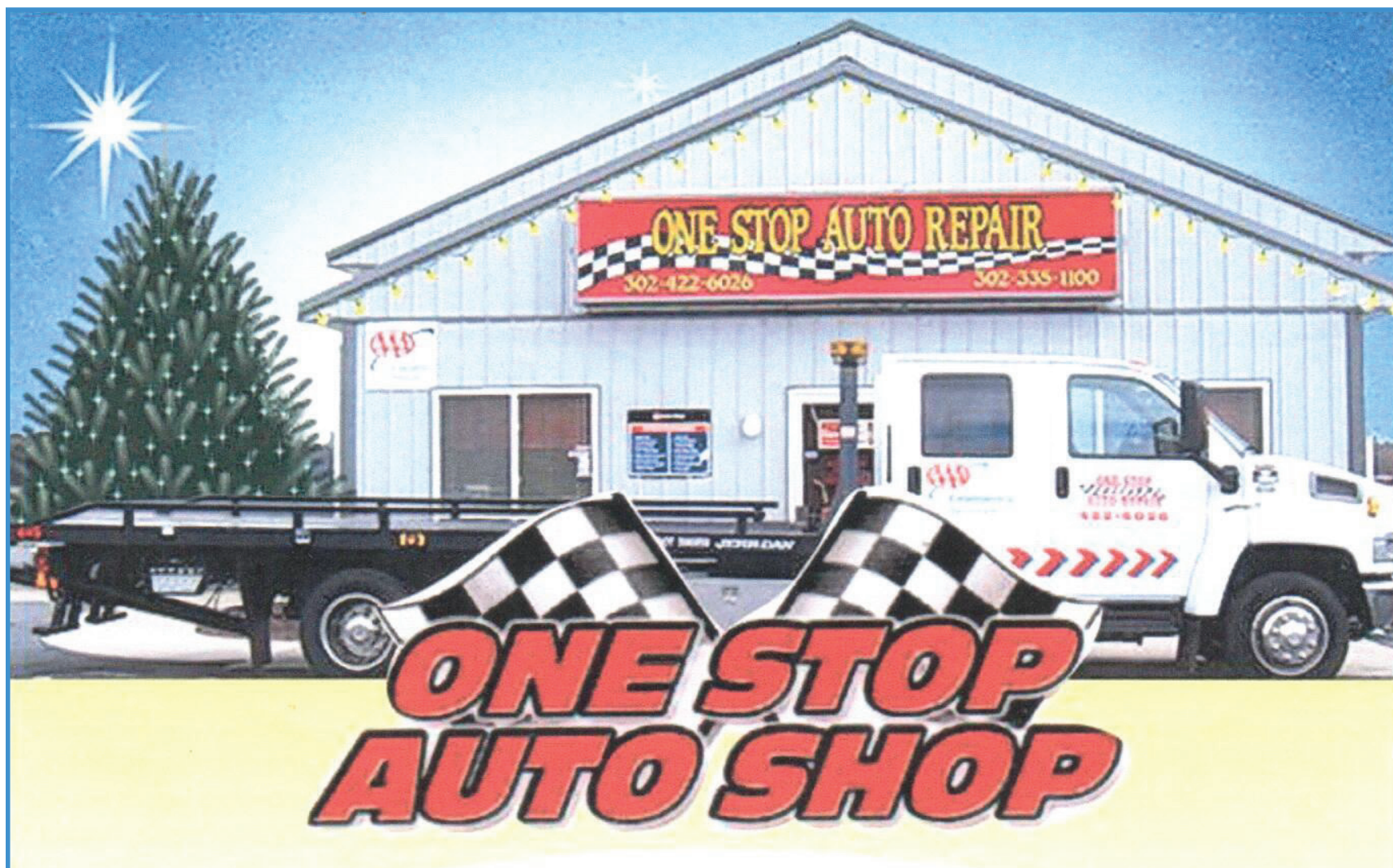
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Building Bridges Between Small Businesses and Digital Success: Practical Insights from CAN Web Management



Nicole Hammond, Co-Owner CAN Web Management

In today's hyperconnected world, a strong online presence is essential for any business looking to thrive. But for many small business owners, terms like SEO, hosting, and digital marketing can feel overwhelming. The truth is, even if your business operates in a local market, the digital space is where customers are looking for solutions, comparing services, and making decisions.

At CAN Web Management, we understand how challenging it can be to juggle daily business operations while trying to navigate the complexities of the digital world. That's why we've made it our mission to provide small businesses with an all-in-one solution that simplifies website design, hosting, and marketing—so you can focus on what you do best.

Why a Website is More Than Just a Digital Brochure

Think of your website as the storefront window of your business. A well-designed, easy-to-navigate site gives potential customers a great first impression, while a cluttered or outdated site can send them running to competitors. Today's consumers expect more than just an attractive website—they want speed, mobile-friendliness, and a user-friendly experience.

"We highly recommend C.A.N. to those needing a quality website."
—Robert Muncy, ionastablesinn.com

At CAN Web Management, we build websites with all these elements in mind:

- **Mobile Responsiveness:** Since many users browse on mobile devices, we ensure your site looks great on all screen sizes.
- **Speed and Reliability:** Slow websites lose visitors. We prioritize fast load times to keep your audience engaged.
- **Search Engine Optimization (SEO):** We build your site with SEO best practices, so customers can find you easily through search engines.
- **User Experience:** Clear navigation and compelling calls-to-action help turn visitors into loyal customers.

Why Hosting Matters More Than You Think

It's easy to overlook web hosting when you're busy running a business, but it's the backbone of your online presence. Without reliable hosting, your website could suffer from downtime, slow load times, or security risks—all of which can hurt your business.

We offer secure, scalable hosting with 99.9% uptime, robust security features, and regular updates, so you can rest easy knowing your site is always up and running.

Connecting with Your Customers Through Digital Marketing

Once your website is live, the next challenge is getting it in front of the right people. This is where our expertise in digital marketing comes in. Our strategies include:

- **SEO** to help your website rank higher on search engines, organically.
- **Search Engine Marketing (SEM)** to run targeted ads on Google, ensuring your business always appears at the top of search results while we build your organic rankings with SEO.
- **Email Marketing** to nurture leads and build customer loyalty with personalized messages.
- **Content Marketing** to create blogs, video

channels, and custom graphics that establish your business as an authority.

"I love, love, love working with them and am so grateful to have found them."
—Annieva Conlon, shopanchorworks.com

Why Partner with CAN Web Management?

As a small business ourselves, we know how valuable your time and resources are. That's why we offer personalized service, transparent pricing, and tailored solutions designed to meet your specific needs. Located in Sussex County, we're deeply invested in our local community and committed to helping businesses like yours succeed.

If you know a business owner who feels overwhelmed by the digital landscape, let them know about CAN Web Management. Together, we CAN achieve more. Contact us today for a free consultation!

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

—Nicole Hammond,
Co-Owner/Online Success Strategist
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LoriKay Paden

YMCA

LoriKay Paden is a passionate leader dedicated to teaching, inspiring, and transforming communities through the YMCA. With over nine years of service to YMCAs and a professional background spanning more than three decades across public, private, and non-profit sectors, she brings a wealth of experience in recreation leadership. This diverse expertise has empowered her to develop impactful wellness programs and guide teams toward success.

Over her 33-year career, LoriKay has driven positive change by creating wellness services, programs, and events that enrich the lives of individuals, families, and communities. Her commitment to improving quality of life aligns perfectly with the YMCA's mission, which prioritizes equity, accessibility, and community support.

Together with the leadership team, LoriKay is committed to the YMCA of Delaware, especially in Sussex County, collaborating with local leaders, non-profits, and community members. The YMCA is dedicated to three central promises: ensuring every youth and teen is on a pathway to success, improving the health and well-being of individuals and families, and uniting communities to inspire service.

LoriKay believes the YMCA is far more than a "swim and gym"; it is a community center providing inclusive opportunities for all. Her vision is to foster a healthier, more connected Sussex County through the YMCA's transformative mission: empowering youth, promoting healthy living, and strengthening communities.



Steven James

JAMES FINE JEWELRY

Steven James started James Fine Jewelry in 2023 as a new name in the family business. He is a GIA Diamond Graduate, GIA Applied Jewelry Professional, and is on track to graduate as a GIA Graduate Gemologist. He developed a passion for gemstones and jewelry at a young age through his Aunt Shirley and Uncle Louis O'Neal's business, O'Neal's Antiques. He is working closely with Shirley O'Neal to succeed their business and bring the same quality and integrity O'Neal's has become known for.

Steven is born and raised in Sussex County, and still lives on the family farm that has been theirs for centuries. The ethics and lessons he learned on the farm at an early age were pivotal in developing his down to earth approach as a jeweler. "Treating people how I would like to be treated sums up my approach pretty well" James says. He's committed to providing top quality products at fair prices, and always represents what he sells accurately.

Steven is best known for his role at Precision Paintball, a business he started in Georgetown in 2012. "Precision has taught me invaluable lessons over the last 12 years, and I hope people appreciate how I do business and see how that translates to my approach in jewelry". "In both cases, I'm focused on guiding people to the best value and a great experience for their special occasions."

Steven and his wife Jessica attend Central Worship Center in Laurel and love outdoor adventures with their children, Emily and Zach.



Melissa Martinez and Guillermo Martinez-Juarez

Owners, Taqueria Martinez

Melissa was born and raised in New Jersey. She worked in many restaurants during college before achieving her dream career job as an officer of the courts in NJ. After years of work, she was injured which has resulted in her becoming permanently disabled. Guillermo was born and raised in Oaxaca, Mexico. He came to the USA as a teenager and began working in restaurants immediately. He has held every job title in a commercial kitchen from dishwasher to head chef. Guillermo and Melissa married in 2016 and have three children Natalia, Noah, and Nayeli. We are happy to announce that we are expecting another child in April 2025.

Although he can prepare many different cuisines well, he has decided to stick to his roots when it came to opening up his first business. Guillermo



Martinez-Juarez and Melissa Martinez have recently opened up a local food trailer called Taqueria Martinez. Our goal is to bring the authentic taste of Mexican food to Delaware. We offer tacos, burritos, flautas, picaditas, and more. We also serve popular Mexican beverages including Horchata, Jamaica, and seasonal flavored Aqua Frescas.

However, we offer much more on our catering menu, do not hesitate to ask for your favorite specialty item for your next event. No event is too big or too small; we are fully equipped with a commercial kitchen and are able to cater Birthday parties, Quinceaneras, Weddings and Corporate Events. We also have fundraising opportunities available, call us today 302 -930-1900. We look forward to serving fresh and delicious food to our community and surrounding areas.





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Gala Event at Bally's in Dover DE



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Pineapple Princess Testimonials

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

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

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

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

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

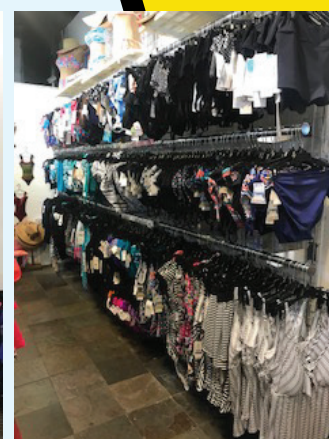
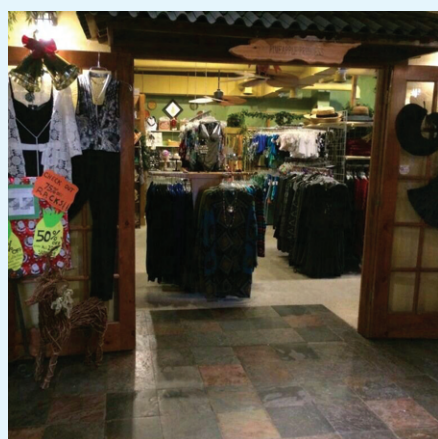
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.”
- *Angelica, upstate New York*

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

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

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

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



Winter at Pineapple Princess

A beachy boutique specializing in swim and resort wear for women of all shapes and sizes

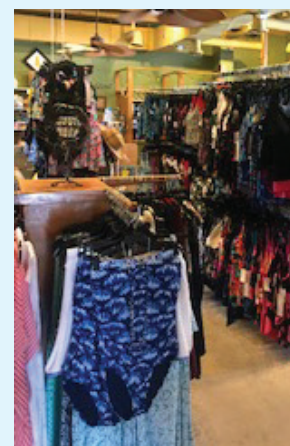
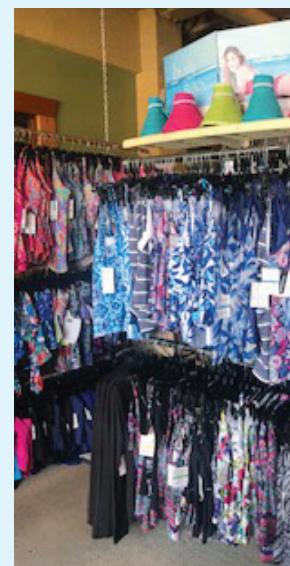
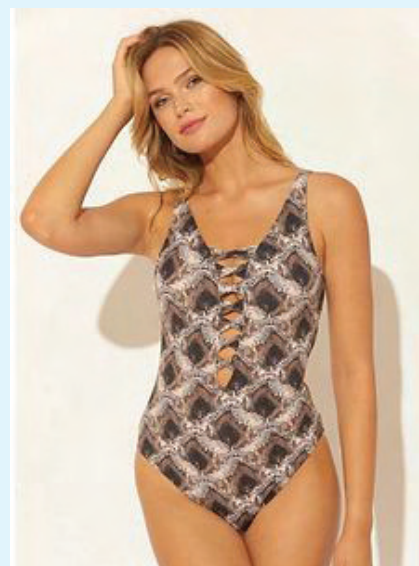
Another summer season has come and gone for Pineapple Princess Swimwear and this was one for the record books we will never forget. Covid-19 threw a big wrench in a lot of people's summer plans and holidays yet the show must go on! With winter approaching now, this time of year is usually full of holiday planning and winter get away trips for families and friends. This winter, however, may look a bit different.. Some people are still traveling and some are opting to stay home or local as long as it's safe and healthy.

Pineapple Princess Swimwear is a local boutique in downtown Rehoboth Beach, Delaware specializing in swim and summer apparel for girls and women of all shapes and sizes.

We carry an extremely large selection of one pieces, tankinis and bikinis selling all pieces separately in order to mix and match. Our sizes range from XS (2) to 3X (24) and bra sizes A cup to I cup. Our staff takes pride in helping gals find the best fit and look for their body and to feel beautiful inside as well as out because let's be real, swimwear shopping can be a daunting task so we strive to make it fun and easy! Just a sample of some brands we carry are Tommy Bahama, Sunsets, Swim Systems, Bswim, SeaFolly, Gottex, Azura, Hobie, Leilani, Jvaldi, Alison Sheri, Parsley and Sage, Dream Dance, Anita, Rosa Fia, Anne Cole, Miraclesuit, Penbrooke, Sea Waves and more! The choices are endless and the owner is a skilled swimwear maker in her past so she offers in store alterations to achieve that perfect fit!

Offseason at the beach is amazing and a great time to shop local stores. We are 50%-75% off all 2020 collections and run the sale til April. It's perfect to stock up for next summer and get great deals or buy swim for a vacation coming up or water aerobic therapy classes. Store hours are 10am-5pm Monday-Saturday and 10am-4pm Sunday throughout the off season. If we ever needed to close we post on social media so go check us out on Instagram and Facebook at Pineapple Princess Swimwear or check out our website <http://www.pineappleprincessswimwear.com>.

Summer 2020 was a tough year for this country and we wish everyone the best and hope everyone stays healthy, safe and has a happy holiday season. We are taking every precaution in store to provide a clean and safe shopping environment by sanitizing and cleaning dressing rooms and surfaces after shoppers. Thank you to our community, our town and most importantly our customers for their on-going support at the Pineapple Princess!! Sea ya at the beach!



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Get Ahead: Winter Prep Tips to Make Your Home Spring Market-Ready in Delaware

For homeowners in Delaware—especially in Sussex County—winter provides a unique opportunity to prepare your home for the active spring market. As Delaware’s real estate market continues to thrive, getting a head start can help your property stand out and attract motivated buyers. From the scenic coastlines and beach towns of Sussex County, here’s how to make sure your home is ready to capture the attention of spring buyers.

At *The Julie Gritton Team*, we’re here to make your selling process seamless and rewarding with our “Buy with Confidence, Sell with Success” approach. Our team is dedicated to helping you get the most out of your property with strategies that work in the Delaware market.

1. Take Advantage of Delaware’s Mild Winters for Exterior Upgrades

Delaware often experiences milder winters compared to northern states, especially in Sussex County. Use this advantage by scheduling exterior maintenance and repairs during warmer days. Address any issues with siding, gutters, or roofing, and keep up with lawn care to ensure your home remains inviting. Consider planting bulbs that will bloom early, like daffodils or tulips, adding a fresh pop of color to your yard when spring arrives. These details can make a lasting first impression, and *The Julie Gritton Team* is here to help you prioritize updates that will yield results.

2. Increase Curb Appeal to Attract Out-of-State Buyers

Sussex County is a hotspot for out-of-state buyers seeking coastal living, and winter can still bring a steady stream of potential buyers looking to relocate. It’s worth keeping your exterior clean and well-maintained year-round, especially for homes in desirable beach communities like Lewes, Bethany Beach, and Rehoboth Beach. Freshening up curb appeal now can help your home shine in online listings and early showings. We know how important first impressions are, and we’ll guide you through steps to make your home inviting to every buyer.

3. Winterize and Showcase Energy Efficiency

With Delaware’s fluctuating winter temperatures, buyers are increasingly noticing a home’s energy efficiency. Inspect windows, doors, and insulation to ensure there are no drafts, as this can make a huge difference to buyers who want a cozy, energy-efficient home. Adding insulation or replacing weather stripping can be small but impactful improvements. *The Julie Gritton Team* can help you highlight these energy-efficient upgrades in your listing, ensuring buyers see the lasting value in your property.

4. Prepare Documentation on Home Improvements and Permits

In Delaware, when making significant repairs and upgrades you need to make sure you have the proper documentation and permits ready for prospective buyers. When interviewing contractors always make sure they are licensed and properly insured. High quality vendors, transferable warranties, and permits are something many buyers are looking to review. Buyers will also appreciate the transparency and the assurance that the home has been well-maintained, and we’ll help you present it all in a way that builds trust with potential buyers.

5. Consider Adding Marketable Winter Amenities

Homes in Sussex County can benefit from winter amenities that appeal to year-round buyers. Additions like a fireplace or energy-efficient heating system add warmth and value, especially for buyers looking for a seasonal retreat. An outdoor fire pit or heated patio space could also add appeal for buyers envisioning year-round enjoyment of Delaware’s natural beauty. Our “Buy with Confidence, Sell with Success” motto extends to helping you choose upgrades that maximize appeal while keeping future buyers in mind.

6. Work with The Julie Gritton Team - Local Experts with Proven Success

Sussex County’s coastal communities require a unique real estate approach, and *The Julie Gritton Team* understands these nuances. With our local expertise, we can position

your property to attract the right buyers and highlight what makes your home special. We provide a tailored, hands-on approach, offering you guidance on improvements, pricing, and marketing strategies that resonate in this market. Whether you’re in the beach towns or rural areas, our goal is to make selling your home a rewarding experience.

7. Highlight Your Property’s Unique Delaware Appeal

Sussex County’s combination of beaches, historic sites, and proximity to metropolitan areas makes it a prime location for a variety of buyers. Whether it’s proximity to the beaches, a quiet rural setting, or Delaware’s tax advantages, consider what makes your home especially appealing to out-of-state buyers, and be sure to highlight these features in your listing. With *The Julie Gritton Team*, you can feel confident we’ll help you market these highlights and showcase the Delaware lifestyle that buyers are looking for.

From boosting curb appeal to working with an experienced local team, preparing your home during the winter months can make all the difference.

By the time Delaware’s spring market heats up, you’ll be ready to showcase your home at its best. With *The Julie Gritton Team* by your side, you’ll be positioned to “Buy with Confidence, Sell with Success.”



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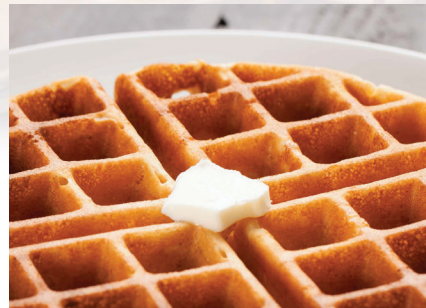
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La Baguette French Bakery started with one location in the heart of downtown Dover seven years ago. They pride themselves on their authentic French products made in-house. Their award-winning bakery makes breads, pastries, desserts such as the “cruffin”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

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

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

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

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

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

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



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PARTYTIME ENTERTAINMENT



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

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

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

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

Testimonials:

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

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

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

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



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

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"What a lifesaver!!! Needed a ride with our bags to Dover AFB passenger terminal from a local motel. Mike was our guy, came recommended by Stephanie of Poppin' Smoke and we're so thankful for his prompt, courteous and comfortable ride! We highly recommend Mike!!!"

★★★★★ Sharon

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

★★★★★ Austin

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

★★★★★ Holly

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

★★★★★ Anna

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

★★★★★ April

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

★★★★★ Kathleen

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