

Winter 2025/2026

THE SUSSEX COUNTY Women's Journal™

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



Michelle
Parsons, MD

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Spa: Where your
health and well-
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priorities.*

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Pace Your Life

Photographed by John Mollura

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THE SUSSEX COUNTY WOMAN'S NEWSPAPER

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With holidays approaching, each day seems to get a little shorter and the weather a little cooler. This is the time to make travel and restaurants reservations for the holiday business and family events.

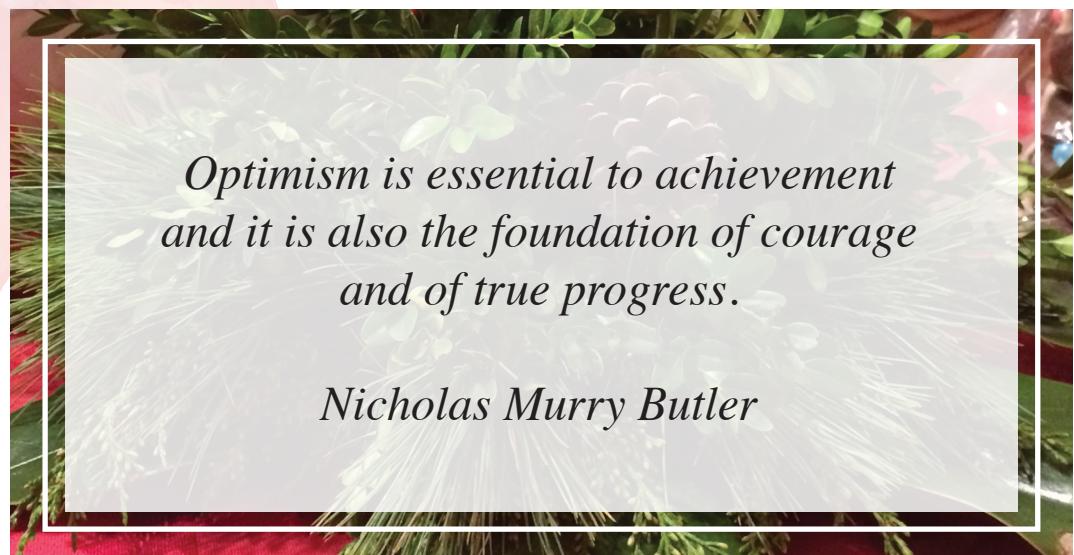
We are starting to anticipate the joys of family gatherings filled with holiday food and gift giving.

This year many will not have that experience, due to the hardship they suffered with floods and disastrous weather; they are just trying to survive. Please keep them in your prayers and put them on your gift-giving list. They can still use your help with food, clothing and money. **SHARE YOUR LOVE!**

Another year has passed and the staff of the County Women Journal's want to thank all of our contributors and readers for making the newspapers so very successful for over 38 years.

We take great pride in publishing this objective, informative and educational newspaper, and we thank our readers for letting us know how much they appreciate it.

The Publisher



Nicholas Murry Butler





Rebuilding Confidence, One Small Promise at a Time

John Mollura is a former rocket scientist who supported NASA missions and elite U.S. military units before launching his current mission—helping people overcome perfectionism and procrastination through his Elite Action™ coaching framework. As a sought-after personal performance coach and speaker, John has guided over 300 one-on-one coaching clients to become the best versions of themselves and has spoken from numerous stages. John lives in Milford with his wife of 22 years and their three children.

Photo Credit: Ginny Art Photography

By John Mollura, Elite Action™
Coaching & Speaking

You're the kind of person who shows up for others. If you say you'll be there—you're there. People count on you, and you don't let them down. You've built a lifetime of reliability—for your family, your work, your community. But somewhere along the way, **keeping promises to yourself got pushed to the bottom of the list.**

You said you'd start that project, take that trip, or finally carve out time for you... but life got busy. And slowly, your confidence began to fade—not because you've failed, but because you've stopped seeing *your own follow-through*.

The good news? Confidence isn't gone forever—it can be rebuilt. And it begins with one small promise.

Step 1: Take One Small Action
Confidence doesn't come from waiting until you're ready—it grows from movement. Start tiny. Drink that glass of water. Write the first sentence. Walk for two minutes. Each small win tells your brain: *"I do what I say I'll do."* That simple act begins to repair self-trust.

"CONFIDENCE ISN'T BUILT FROM HYPE—IT'S BUILT FROM HABIT."

Step 2: Add a Little Bravery
Bravery isn't about being fearless—it's about showing up despite the fear.

The first time I learned this, I was terrified of heights and somehow ended up directing

a rock-climbing program in college. I didn't feel ready (or qualified!), but I said yes anyway and trusted those who were willing to pour into me and teach me. Years later, that decision led to how I found myself leading tests for NASA and elite military units for fifteen years.

Courage doesn't always roar. Sometimes it's a whisper that says, *"I'll try."*

Step 3: Build Confidence Brick by Brick

Every time you take a small, brave action, you prove to yourself that you can be trusted.

That's why I live by a simple formula:

A + B = C Action + Bravery = Confidence

You don't need to overhaul your life overnight. In fact, it is small consistent actions that build sustainable momentum. Just keep one promise to yourself today—and then keep it again tomorrow.

Final Thoughts

Confidence isn't found in accolades or applause—it's built through consistency.

When you start showing up for yourself the same way you've always shown up for everyone else, something powerful happens: you rediscover your own strength and momentum....

"I really appreciated how John met me where I was at. I had many big life transitions going on throughout the coaching sessions, but John's easygoing manner and thoughtful responses helped me to feel seen and grounded in the present." – Jacqueline O.

And guess what? When you rediscover your own strength, you can serve those you care about more deeply and sustainably.

If you'd like guidance on taking those first small, brave steps, my free **Navigators Masterclass** can help you rebuild clarity, confidence, and control—one promise at a time. Scan the QR code below for free access to

my free Masterclass or visit JohnMollura.com/masterclass. In the next issue, we'll dive into how to pursue excellence that empowers you—rather than perfection that exhausts you.

Until then, keep going—you got this!

Onward & Upward,
Coach John

John Mollura
Coach | Speaker 

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What If Your Success Is Quietly Stealing Time?

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

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



hello@johnmollura.com

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

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

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

“... 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

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 ...”

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, Rerove.



Michelle Parsons, MD

ReNove Med Spa

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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 Echoangiograms, 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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Impacts of Untreated Hearing Loss



they have hearing problems.

Unfortunately, allowing hearing loss to remain untreated can lead to some serious consequences. The most recent studies highlight the social, psychological, cognitive and health effects of untreated hearing loss. These effects can vary as well, but all have serious impacts on your quality of life.

The emotional effects of untreated hearing loss

Studies have linked untreated hearing loss to a number of emotional health conditions, including:

- Irritability, negativism and anger
- Fatigue, tension, stress and depression
- Avoidance or withdrawal from social situations
- Social rejection and loneliness
- Reduced alertness and increased risk to personal safety

When you have hearing loss, you may experience difficulty following conversations in a group setting. Due to this problem, you're more likely to socially withdraw from visits with friends and family, which, over time, leads to depression and anxiety. The prospect of being immersed in a work meeting or large gathering, where numerous conversations will occur, can leave you feeling anxious.

Untreated hearing loss and cognitive decline

In addition to the impacts on your emotional wellbeing, untreated

Many people are aware they're suffering from hearing loss, but find it difficult to get help. Those who have been diagnosed with hearing loss wait, on average, seven years before seeking treatment. The reasons for waiting on help vary; some are frustrated by hearing loss, believing it to be a sign of aging. Others think their condition isn't that severe or may not even realize

hearing loss can also affect your cognitive health. When your ability to hear declines, your brain receives less stimulation than it typically would because it's not working to identify different sounds and nuances. Over time, this lack of exercise for your brain can lead to memory loss or even dementia. Think of your brain in the same way you think of your body; if you work out the different muscle groups of your body, you remain healthy overall. However, if you instead only focused on one specific area, the other parts of your body become weaker. This is how untreated hearing loss impacts your brain. The portion of your brain responsible for transmitting sound becomes weaker, making memory loss more likely.

Benefits of wearing a hearing aid

Treating your hearing loss is the first step toward a healthier, happier life. Wearing a hearing aid can enrich your life and reopen many doors that may have closed for you over the years. Other benefits of treating your hearing loss with hearing aids include:

- Hearing your grandchild's first words
- Hearing nature again
- Feeling safer in cities
- Attending dinners in noisy environments
- Enjoying parties and understanding conversation



How to get help

Hearing loss isn't age-specific; it can affect everyone, from babies to adults and seniors. The best way to know how to get help is to schedule an appointment with a audiologist. He or she will be able to help determine the type and degree of hearing

loss you have. From there, the hearing care professional will be able to suggest a type and style of hearing aid that can help you begin to live a happier, more fulfilled life.

If you think you or a loved one suffers from hearing loss, don't delay another day. Visit a hearing healthcare professional and take the first step toward a world of better hearing.



1320 Middleford Road, Suite 201, Seaford, DE 19973
(302) 404-5084
drmast.com



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.

Losing Weight with Medication is Fast and Easy



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

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

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

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

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

Mounjaro Now Available through Compounding Pharmacies

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

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



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

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

Complimentary Consultation

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

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

Michelle Parsons, MD | ReNove Med Spa
For appointments please call 302.227.1079

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

Living Better, Day by Day



As we grow older, the desire to stay in our own homes, surrounded by familiar people and places, becomes more important than ever. But for many seniors, managing health care, transportation, and daily activities can feel overwhelming. That is where PACE Your LIFE, located at the Milford Wellness Village, comes in.

PACE Your LIFE (Program of All-Inclusive Care for the Elderly) is a Medicare and Medicaid approved program serving upper Sussex and lower Kent Counties. Its mission is simple but powerful:

To help adults 55 and older live safely, independently, and with dignity at home while receiving all the care and support they need under one program.

Every participant at PACE Your LIFE has a personalized care plan created by an Interdisciplinary Team (IDT) that includes doctors, nurses, social workers, therapists, and drivers who meet daily to review care and adjust as needed.

Unlike traditional health plans, PACE Your LIFE becomes both the care provider and the insurance provider, meaning every service is coordinated and covered in one place. There are no confusing networks or multiple bills, just one caring team focused entirely on each participant's well-being.

What PACE Your LIFE Provides

- Full spectrum of medical and support services designed to help participants live life to the fullest.
- Primary care, nursing, therapy, dental, vision, and medications, all managed by one team.
- Hot meals, engaging activities, and social connection that bring purpose and joy to each day.
- Safe, door-to-door transportation to medical appointments and the day center.

19962, 19979, 19946, 19943, 19934

PACE Your LIFE is also proud to be an active part of the local community, partnering with hospitals, rehabilitation centers, and senior organizations across Delaware. Through outreach events, caregiver education, and wellness initiatives, the team continues to build awareness and strengthen connections that help older adults thrive.

For more information or to schedule a tour, contact PACE Your LIFE at 302-865-3565 or visit the Milford Wellness Village.

At PACE Your LIFE, the mission is simple: Helping our neighbors age with grace, independence, and the support they deserve, one day at a time.

“After losing my wife, I felt completely lost. One day, I saw the PACE Your LIFE bus go by my apartment, and something told me to call. A few days later, I met with the team, and joining PACE turned out to be the best decision I ever made. The caring staff, activities, and new friendships have truly changed my life for the better. I've found purpose again through art, painting for the staff, and being part of such a wonderful community. PACE Your LIFE has given me joy, connection, and a reason to smile every day.” – Robert West, proud PACE Your LIFE Participant

PACE Your LIFE is a Program of All-Inclusive Care for the Elderly



PACE Your LIFE is designed for adults 55+ who require assistance with activities of daily living but want to remain in their homes for as long as possible.

- ❖ Coordinated health care
- ❖ Social activities
- ❖ Medication management
- ❖ Transportation and more



302-865-3565
www.paceyourlifemwv.com

New Year's Resolutions for Seniors and Caregivers

As a new year begins, it is a time for seniors and caregivers alike to reflect on the past year and set themselves up for greater success in the months ahead. One major task is re-evaluating healthcare needs and ensuring that the right services and supports are in place. Here are a few tips to get the new year started off on the right foot:

Schedule annual medical appointments.

Seniors should undergo an annual wellness exam to keep up with their health and be proactive in identifying potential problems. If your loved one has been experiencing any new symptoms or changes in their health, make sure to have them evaluated. Schedule any preventive screenings, follow-up care, or specialist appointments they may need as well. Be sure to call well in advance as some office schedules fill up quickly.

Re-evaluate medications.

Make sure your loved one is still taking the appropriate medications in the correct dosages. As they get older or their condition changes, their prescription may need to be adjusted. Review why they are taking each medication as well to ensure that it is still

necessary and there are no overlaps with other drugs. If they have prescriptions from multiple providers, it is essential that everyone is communicating and working in your loved one's best interest.

Create an updated emergency contact plan.

Emergencies can happen at any time and often come with little warning. When was the last time you reviewed your aging parent's emergency contact plan? If they need to evacuate, who will be there to assist them and where will they go? Choose one person as the primary contact who will update the rest of the family and can be trusted to make sound decisions even in high-pressure situations.

Put all of your loved one's important documents such as their birth certificate, social security card, insurance documents, healthcare information, power of attorney, and advanced directives in a fireproof, waterproof lockbox for safekeeping and easy access. If they are forced to leave their home, have a list of what they will take with them.

Update everyone's contact information so that is current, and get together to discuss the emergency plans so that everyone is on the same page and can respond accordingly.



Review Care Needs.

Take the time to talk to your loved one, observe them at home, and determine if additional support is necessary. If they can function fairly well independently but could benefit from help with select activities or during certain times of the day, non-medical in-home care may be beneficial. You can work with a caregiver to decide what services they receive and when. This can reduce some of the pressure on both seniors and families.

If they are already receiving in-home care, review their care plan to see if any changes need to be made to better fit their current situation. Talk with their caregiver to gather their input and insight as well. By working together, you can ensure that your aging parent's needs are being met and enhance their quality of life.

Contact Always Best Care to schedule a free consultation and find out how your loved one could benefit from non-medical in-home care this year.



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The Power Of Holistic Counseling For Mental Health

Presented by: Denise Gallagher, MA

Denise Gallagher 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 place to her clients and their families in a non-judgemental manner. Denise is a published author educating parents on mental health diagnoses and food allergies in children. Denise looks forward to working with you and your family.

"I am so glad I stuck with therapy. Denise brings joy to my day every time I see her."

What Does a Holistic Therapist Do?

A holistic therapist focuses on assessing and treating all domains of the client's life. This approach differs from other types of therapy in the emphasis on treating physical, emotional, social, and emotional well-being. These include the treatment of the mind, body, and a person's belief in spirit. Suppose a client is experiencing physical anxiety symptoms or struggling to define their own spiritual beliefs. In that case, a holistic therapist will address these issues and offer support and tools to cope, rather than simply assessing how these situations might impact the main treatment focus.

What Is an Example of a Holistic Treatment?

An example of holistic treatment could be taking specific vitamins to help with ADHD symptoms. Though it may not work for everyone, a holistic therapist can suggest that a client take certain supplements to help their brain and body function better, potentially helping to reduce the intensity or frequency of ADHD symptoms.

Holistic therapists may also talk about balanced sleep, progressive muscle relaxation, and nutrition support for those with anxiety or depression.

What Are Some Examples of Holistic Therapy Techniques?

Examples of common techniques used in holistic therapy are mindfulness techniques somatic therapy, animal assisted therapy, breathwork, art therapy, biofeedback and faith-based therapy (mind/body integration).

Each of these techniques is chosen and tailored to suit the individual. Many are integrated throughout multiple different types of therapy. However, all apply to holistic treatment due to their versatility, allowing them to be applied to various challenges and areas of life.

What Is the Difference Between Traditional Counseling and Holistic Counseling?

Traditional talk therapy and holistic counseling are often very similar. However, holistic counseling features additional care aspects that traditional therapy may not address.

Holistic counseling is not just about the main issue, but also about strengthening other areas of life and incorporating physical and spiritual care into sessions. Much like traditional talk therapy, holistic care is just as much about immediate relief as it is about taking preventative steps to avoid future problems in specific areas.

Holistic treatment interventions are tailored to the client, but have a wider focus and scope than other approaches. It seeks to help the client find ways to balance their life and provide support for the more direct solutions to big issues.

What Are the 4 Fundamental Components of Holistic Counseling?

Holistic counseling was created to address four kinds of concerns:

Biological: Bodily concerns, physical health
 Psychological: Emotional concerns, mental health
 Environmental: Concerns regarding one's surroundings (physical and relational)
 Spiritual: One's personal philosophy/lifestyle choices

All of these factors are important in their own right, but they are all connected to each other as well. If one area is hurting or neglected, it can impact one's overall well-being, but also the health of other areas.

For example, if an individual is struggling with their physical health, their psychological health can be affected. In turn, if one's mental or psychological health is strained, it can have

an impact on their environmental well-being, causing their home to become disorganized or their relationships to suffer.

Conditions Treated with Holistic Counseling

Since holistic counseling is so versatile, it can be used to support people through many situations and conditions. If someone is feeling intense stress, for example, holistic counseling will focus on emotional relief as well as addressing the impact stress has on the body through stretching, progressive muscle relaxation, and other tools.

Holistic counseling can also build a solid foundation of knowledge and support in oneself, allowing for more targeted approaches to address larger, more specific problems. It can also be used as more of a framework, informing each type of therapy employed.

Benefits of a Holistic Approach to Mental Health

Holistic counseling is widely used in therapeutic practice today. One of its main benefits is that it can support long-term healing and solutions by establishing stability and equilibrium throughout all aspects of one's life. It works to explore areas that may not always be considered to be connected to mental health but actually are—especially spiritual and physical wellness.

It also helps therapists build trust and rapport with their clients more effectively, as it helps them get a fuller picture of their client's life and experiences. Holistic counseling can have an important beneficial impact on one's therapeutic experience. It focuses on healing the whole person and fostering growth through comprehensive care.

"I appreciate everything you have done for the kids and myself-You are truly gifted in what you do. I appreciate it so much!"

Delaware Psychological Service

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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 significant 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.

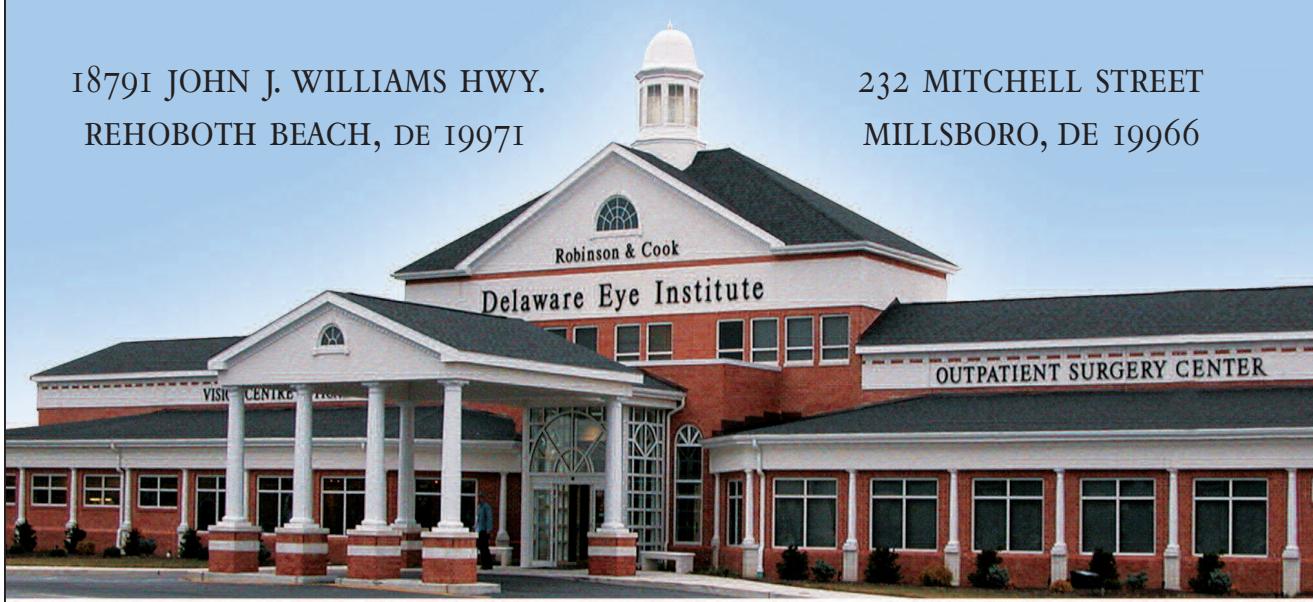
The most ringing endorsement I can give is to echo Dr. Robinson's statement that "If I, or my family members, were having cataract surgery I would insist on my surgeon use the ORA System intraoperatively".

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

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

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

Why Women Connect: Spirit, Heart & the Power of Common Ground

By Dr. Rosemary Baughman DSW, LCSW

There's something deeply beautiful about the way women connect. It's not always loud or obvious—it might begin with a quiet nod, a soft smile, or that familiar "me too" whispered between two strangers. But underneath those simple moments is something powerful: a connection rooted in spirit, heart, and the shared threads of our stories.

As women, we are natural connectors. We feel deeply, love hard, and often carry more than we show. We connect through our spirit—that intuitive sense that tells us when we're safe, when we're understood, when we're not alone. We connect through our hearts—opening up in spaces where we feel heard, seen, and held. And we connect through commonalities—those universal experiences of motherhood, sisterhood, work, loss, joy, healing, and growth.

These kinds of connections aren't just "nice to have"—they're life-giving. They remind us that even when we feel alone, we are part of something greater. When we open ourselves up and witness each other without judgment, we create a circle of strength that can carry us through the hardest seasons.

In my work at **Courageous Hearts**, I see the power of these connections every day. Whether it's a small group of women gathered in a barn with our horses or a larger workshop on the farm, the magic is the same: women showing up authentically, ready to connect. Sometimes that means laughter. Sometimes it means tears. Often, it's both—and it's always sacred.

The horses help, too. They don't care what you wear, what your title is, or what you've been through. They respond to your energy, your truth. That's why equine-assisted learning can be so powerful—it creates a space where women can reconnect with themselves, with each other, and with their own inner strength.

These spaces—intimate or expansive—are designed to be safe, inclusive, and nurturing. A place where we can breathe. A place where we can let go. A place where healing begins not because we're "fixed," but because we're finally *seen*.

So here's my invitation to you: seek out these connections. Lean into the conversations, the communities, the circles where your heart feels welcome. You are not alone. And when women come together with intention, courage, and compassion—there's nothing we can't face.

“... But underneath those simple moments is something powerful: a connection rooted in spirit, heart, and the shared threads of our stories ...”



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The Blessed Touch: Supporting Wellness One Session at a Time



At TNT Sincerely Blessed Hands, I believe massage is more than a luxury—it is a necessary part of maintaining balance, peace, and overall well-being. Every session I provide is rooted with intention, care, and respect for the body's natural ability to heal. When clients come to me, I want them to feel seen, cared for, and truly listened to. My goal is to help each person walk away feeling lighter, restored, and more connected to themselves.

One of the most meaningful services I offer is pregnancy massage. Pregnancy brings so many beautiful changes, but it also places new demands on the body. Expecting mothers often experience discomfort in the lower back, hips, legs, and shoulders as their bodies adjust to support new life. To make this experience as comfortable and safe as possible, I use a special designed pregnancy pillow that allows clients to

lie facedown without pressure on the belly or strain on the lower back. My techniques are gentle, thoughtful, and tailored to each stage of pregnancy, easing muscle tension, reducing swelling, increasing circulation, and bringing emotional calm. I strive to create a peaceful environment where moms-to-be can relax and enjoy a moment dedicated solely to their well-being.

In addition to in-office sessions, I also provide mobile massage, which brings the comfort of TNT Sincerely Blessed Hands right to your doorstep. I understand that life gets busy—between work, family, appointments, and responsibilities, scheduling time for yourself can feel impossible. Mobile massage eliminates the rush, the drive, and the stress of trying to fit self-care into an already full day. Whether you are at home, at the office, or hosting an event, I bring

everything needed to create a peaceful, professional massage environment.

This service is perfect for parents with small children, individuals who prefer privacy, clients with mobility challenges, or anyone who simply wants to unwind in their own space. Mobile massage adds convenience without sacrificing quality or intention.

No matter which services you choose, the benefits of massage reach far beyond the session itself. Regular massage can improve circulation, help the body release toxins, reduce chronic pain, and ease muscle

tightness. Many clients notice improved sleep, better flexibility, and a boost in overall mood. Massage also supports mental and emotional well-being by lowering stress levels, calming the nervous system, and creating space for the body to rest and reset. In today's fast-paced world, taking time to slow down and receive intentional touch is essential—not just for physical health, but for emotional balance as well.

At TNT Sincerely Blessed Hands, my mission is to help people experience that peace. I want every client to feel like they are stepping into an atmosphere of comfort, care, and genuine healing. Whether someone is coming in for stress relief, pain management, pregnancy support, or simple relaxation, I approach each



session with purpose and compassion. My hands are blessed to serve, and it is truly an honor to bring healing to others through massage.

Massage is not just a moment of relaxation—it is an investment in your long-term wellness.

When you give yourself permission to slow down, breathe, and care for your body, you create room for healing, clarity, and renewed energy. At TNT Sincerely Blessed Hands, I am committed to helping you care for yourself in the most meaningful way.

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TNT Sincerely Blessed Hands



LaToya

at

Olive & Jules

Massage Therapy

LaToya is a graduate of The Academy of Massage and Bodywork in Bear, Delaware. She has been a CMT doing massages since 2022. Her desire is to help people in physical pain was the reason for her quest to be successful in massage school. She also suffers from fibromyalgia, so she knew firsthand, the tremendous need. LaToya worked at Olive & Jules as a personal assistant for two hairdressers wherein washing hair, giving head massages, and hearing all the compliments gave her further incentive to become a massage therapist. LaToya specializes in Prenatal, Swedish, and Hot Stone Massages. When LaToya is not at work, she is a single mom of a little boy, enjoys spending time with family and church friends, and loves being at church.

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Remove Stubborn Hard to Lose Fat with CoolSculpting



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

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

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



What Is CoolSculpting

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

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

What Can I Expect During a CoolSculpting Treatment

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



When Can I Expect to See Results From CoolSculpting

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

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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Andrea E. Goldstein, M.D.

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

HEMORRHOIDAL TREATMENT

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

How do hemorrhoids develop?

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

Hemorrhoids can cause the following symptoms:

[Itching/Burning](#)
[Bleeding](#)
[Protrusion during Bowel Movements](#)
[Pain](#)
[Hygiene Concerns](#)

Are all hemorrhoids the same?

Hemorrhoids are actually classified into four stages

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

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

What are the treatment options for removing hemorrhoids?

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

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

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

What is the most painless method for treatment?

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

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

Make an appointment with a specialist

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

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

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

HEMORRHOID

"I can't believe I suffered needlessly with hemorrhoid pain for over 3 years!" - **SHELLY R.**

We don't want you to suffer in silence.

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

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

- The newest non-surgical and painless band ligation procedure that lasts under 60 seconds, called the **CRH O'Regan System**. HGA doctors have been specially trained to offer this virtually pain-free, drug-free solution for internal hemorrhoids.
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Name & photo have been changed to protect the privacy of the patient.

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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!

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—Nicole Hammond,
Co-Owner/Online Success Strategist
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Impact Of Injuries On Moms' Mental Load



By Linda Malkin, Esq.

As a mom, I know the feeling of constantly being pulled in every direction. Between my career as an attorney, raising my kids, keeping up with their school and sports schedules, and trying (and often failing) to carve out time for myself, there are days when I feel like I am holding everything together with a single paperclip.

And yet, I see the same thing reflected in the stories of my clients, especially fellow moms. When they are injured at work, they often tell me:

"I didn't have time to go to the doctor."

"I thought it would get better with time."

"I didn't report it because I didn't want to cause trouble."

These women are hardworking, loyal, and dedicated. They are the type of employees who show up early, stay late, and never want to burden their coworkers or managers. Those same qualities that make them excellent employees can also make them vulnerable when a workplace injury occurs.

When the caregiver needs care

When a mom gets injured at work, her first instinct is rarely, "I need to take care of myself." More often, it is, "Who's going to take care of everything else?"

That "everything else" is the never ending to do list of laundry, dinner, kids' homework, grocery shopping, shuffling kids between sports and dance, and on and on. It is the invisible load. Moms often feel guilty for needing care themselves, and that guilt can lead to hesitation in promptly reporting a work injury or seeking medical treatment for that injury.

Here is the truth I share with my clients: delaying care does not make you stronger, it often makes recovery harder. Moreover, in the world of workers' compensation, early reporting of your injury strongly impacts the credibility of your claim.

Why early reporting matters

I know how easy it is to push through pain, convincing yourself it will go away. However, in my years of handling workers' compensation cases, I have seen how those first few days can determine the outcome of an entire case.

When a workplace injury is not promptly reported, employers and insurance companies often question whether the injury really occurred at work. Memories fade, witnesses move on, and medical records do not always document all the initial pain if treatment was delayed.

Early reporting establishes credibility and ensures details are correctly documented. Reporting a workplace injury is not being dramatic, you are protecting your rights and your health.

Why early treatment matters

Just as importantly, early medical intervention aids in your recovery from a workplace injury. A minor ache that is ignored can develop into a chronic condition.

I often remind my clients: you would not ignore your child if they came to you in pain, so why ignore your own pain? Healing is not selfish, it is necessary.

You cannot care for your family, perform well at work, carry the invisible load or maintain your sanity if you are pushing through untreated pain.

Why a female attorney can make a difference

Having an attorney who not only knows the law but also understands the emotional realities of motherhood can make a real difference. I have stood in your shoes. I am a working mom who worries about missing work, who juggles deadlines and dinner, and who puts everyone else's needs first.

Because of that, I approach every case with empathy and practicality. I know the importance of communication, documentation, and advocacy. I know how to explain your situation in a way that makes sense to insurance adjusters,

defense attorneys and to hearing officers and members of the Industrial Accident Board.

Workplace injuries do not just affect your body, they impact your family routines and the invisible load that you are undeniably carrying. But you do not have to carry it all alone.

If you have been injured at work, report it. Seek treatment. Take the time to heal. You can still be the amazing, loving mom you are, but you will be doing it from a place of health and strength.

If you need someone in your corner who understands both the law and the life you are living, contact me at 302-565-6142, for a free consultation. Sometimes, having another mom who "gets it" can make all the difference in your recovery, inside and outside of the courtroom.



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Teen Driver Insurance, Liability & Responsibility



By Linda Malkin, Esq.

When I imagine my daughter behind the wheel for the first time, my heart races. I am a mom, and I have spent years working in personal injury law. I have handled collision cases where teen drivers were injured and, yes, where teen drivers were responsible. With that in mind, here is what every parent and teen in Delaware should know about insurance, liability, and responsibility.

Parental and owner liability: what you must know

In Delaware, parents or other adult who signs the license application, and vehicle owners can be legally responsible when a minor driver causes an accident. Translation, if your teen causes a crash, the financial risk may extend well beyond the teen's automobile insurance. As a parent, you are in the driver's seat of accountability.

Creating a "family car accident plan"

I handle motor vehicle collision cases daily. Consequently, the idea of my children getting behind the wheel terrifies me. So even though my kids are not driving yet, I have started to craft a "family car accident plan" so that I am prepared when the time comes.

1. Document review – Go through your insurance policy: Who is covered? Does it include the teen? What are the policy limits?

Delaware law outlines the minimum insurance coverage each vehicle must carry. However, for a new teen driver, the minimum legal limits is likely not enough coverage to protect your teen and your family following an accident. I recommend you increase your insurance coverage. Yes, your insurance premium will go up, but as a mom and a lawyer who has handled too many of these cases, the minimal increase to your premium could save you thousands in the future. Also, make sure your policy clearly covers your teen driver. Do not assume simply adding them to your existing policy is seamless. Discuss the changes in detail with your insurance agent.

2. Define rules and consequences – For Delaware teens, the law mandates driving restrictions for the first 12 months. I encourage you to write out your driving expectations for your teen and review them often. Example: curfews, passenger limits, phone use, seat-belt use, etc.

Delaware's DMV website offers plenty of resources available for both parents and new drivers.

3. Financial responsibility discussion – Make sure your teen understands that driving irresponsibly can cost the family. Driving citations or accidents will likely result in higher insurance premiums, civil liability, criminal liability, lawsuits, etc.

I plan to explain to my kids that the decisions they make behind the wheel impact our family and the lives of the drivers around them.

4. Emergency procedures – Make sure your teen knows

exactly what to do if an accident occurs. First, check that everyone is safe and call 911. Next, call you, the parent or another responsible adult. If possible, exchange names, phone numbers, and insurance information with the other drivers involved in the collision. If safe to do so, take photos of the vehicles and the accident scene. Remind your teen to remain at the scene until police to arrive. Encourage your teen to be honest when speaking with officers. Police reports are important documents in any legal matter. Once things are under control, you (the parent) should contact your insurance company to report the incident.

Accidents happen. Having a plan in place can help everyone remain calm and take the necessary next steps.

5. Regular review – Make this "family car accident plan" a recurring discussion. The plan should be constantly evolving. For example: changes to insurance, new drivers, new cars, etc.

6. Role modeling – I constantly remind myself that my driving matters. If I am texting or speeding, I undermine my whole message. Our kids are constantly watching. Start early to instill good driving habits.

I do not want to be that mom, the one frozen in fear every time the keys jingle. I want to be the mom who is informed, prepared, and proactive. By creating a "family car accident plan" now, you are not just planning for the day your teen drives alone, you are safeguarding your family's future.

I understand both the worry of a parent and the challenges that come with navigating a personal injury claim. As a mom and an experienced advocate in this field, I am here to help you through the process. Contact me directly at 302-565-6142.

Bio

See Kent County Woman's Journal People in Profile this issue to read Linda Malkin's full bio.

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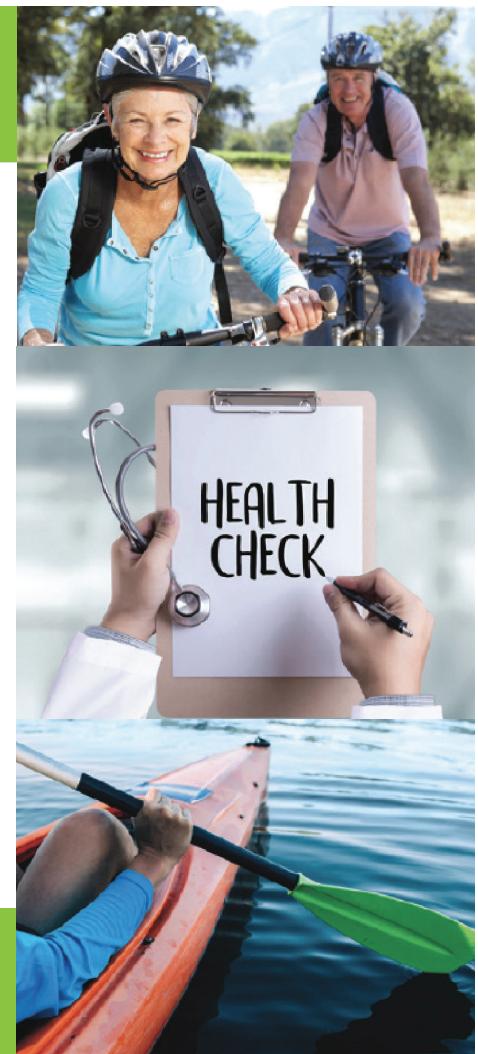
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Jacqueline Sterbach

*President and founder,
What Is Your Voice*

The Transparent Truth of My Journey

My life has been shaped by valleys as deep as the mountains I now climb, and I have learned to hold both with honesty, strength, and faith. My story is not one of perfection, but of perseverance. I grew through seasons marked by hardship, loss, and the quiet battles no one sees—and it was in those moments that I discovered who I truly am. The transparent truth is that my journey has never been easy; yet, every challenge has become a lesson that refined me rather than defined me.

Faith has been the anchor that held me when the ground beneath me felt unsteady. It guided me through uncertainty, reminded me of my purpose, and taught me that resilience is not about avoiding pain, but about rising with intention and hope. Through serving others, advocating for healing, and standing up for the vulnerable, I have found meaning in the places where heartbreak once lived.

I share my journey not because it is extraordinary, but because it is real. My truth is that healing is possible, purpose is born from struggle, and faith can turn even the darkest chapters into testimony. My journey continues—and I walk it now with courage, gratitude, and unwavering belief.



Dr. Rosemary Baughman

*DSW, LCSW, CADC
Courageous Hearts*

Dr. Rosemary Baughman is the owner and founder of Courageous Hearts, a place of healing and hope she has lovingly built—along with an incredibly dedicated team of professionals—over the past 13 years. With more than 30 years of experience in the helping professions, Rosemary has devoted her life to guiding others through their journeys of healing, growth, and self-discovery. Her compassionate presence and heartfelt approach have touched countless lives across clinical, community, and nonprofit settings.

At Courageous Hearts, Rosemary blends her deep clinical expertise with the transformative power of equine-assisted psychotherapy and personal development. She believes in meeting people where they are and walking beside them as they uncover strength, courage, and resilience within themselves. Her leadership reflects her lifelong commitment to learning, empowerment, and creating meaningful connections that inspire lasting change.

Beyond her professional life, Rosemary cherishes time with her amazing family, who live in different parts of the country. She loves to travel, read, and continue her own journey of personal and spiritual growth. Guided by empathy and authenticity, she remains dedicated to helping others live more connected, purposeful, and courageous lives—one heartfelt step at a time.



Sonja Love Felton

*Executive Director
PACE Your LIFE*

Sonja Love Felton is the Executive Director of PACE Your LIFE (Program of All-Inclusive Care for the Elderly) in Milford, Delaware. She relocated in August 2025 from Ann Arbor, Michigan, where she lived with her family for 23 years. Sonja brings over a decade of experience from Huron Valley PACE in Ypsilanti, MI, where she rose from Social Worker to Executive Director.

She holds a Bachelor of Science in Criminal Justice from East Carolina University, graduating with honors. As a Patricia Roberts Harris Fellow, she earned her Master of Public Administration from North Carolina State University, followed by a Master of Social Work from the University of Michigan, where she was a Geriatric Fellow.

Sonja is a widow; her husband of 30 years, John A. Felton, passed away in 2023. She is the proud mother of three children—Ryann, Robbie (with wife Nina), and Romeo—and recently welcomed Nina into the family. She is also an active member of the Dover Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

Sonja is passionate about expanding PACE services across Delaware, believing that every person aged 55 and older should have access to the integrated medical, social, and personal care that PACE provides.



Steve Walsh

*Medical Director
PACE Your Life*

"I am very excited to join the team at PACE Your Life serving as the site's medical director. As a brief background, I am a civil engineer turned physician passionate about not only delivering high quality adult primary care but also in ensuring healthcare remains affordable and accessible for all. Moreover, I am a strong proponent of preventative medicine and in keeping patients happy and healthy within their home setting. Furthermore, I enjoy building long-term relationships with my patients to help them through both the good times and bad with hopefully less sickness and more health along their life's journey. I also try to create an atmosphere where patients, their loved ones, and my professional colleagues all feel at ease in coming to me for assistance. Lastly, what brought me here is a firm belief in the PACE model as a way to improve our healthcare delivery system while also allowing a physician to practice medicine the way I have always envisioned it should be. I look forward to growing our program so that even more of our local friends and neighbors can enjoy a life full of wellness while still remaining active in our community."



John Mollura

Elite Action™ Coaching & Speaking

After years supporting NASA missions and elite U.S. military units as a rocket scientist and test operations leader, John Mollura discovered that the most meaningful missions aren't launched in space—they're launched within ourselves.

Now a sought after speaker and performance coach, John helps professionals, business owners, and community leaders overcome perfectionism and procrastination so they can take confident, consistent action toward what matters most. His science-based Elite Action™ framework has guided hundreds of high achievers worldwide from hesitation to momentum.

A proud resident of Milford, John has been married for over twenty-two years and is the father of three. When he's not coaching or speaking, you'll find him facilitating groups at United Church, staying physically active, or experimenting in the kitchen with his family.

John's approach blends compassion, clarity, and practical tools for personal and professional growth—reminding audiences that it's never too late to launch your next chapter.



Julie Gritton

Coldwell Banker Premier

When you think local expertise with heart, think Julie Gritton. For more than 20 years, Julie has been a trusted leader in Sussex County real estate—helping clients buy and sell homes with confidence and success. As the #1 Coldwell Banker agent in Delaware for the past three years, Julie leads the award-winning Julie Gritton Team, consistently ranked among the Top 1% of Coldwell Banker Teams nationwide.

A proud Cape Henlopen High School graduate and University of Delaware alum with a degree in Business and Real Estate, Julie brings both hometown roots and deep market knowledge to every client relationship. Her focus is simple: deliver exceptional service, transparent communication, and results that make clients feel supported every step of the way.

Julie's commitment to community runs as deep as her passion for real estate. She and her team were honored with the Star of Hope Award from Coldwell Banker and St. Jude Children's Research Hospital, recognizing their ongoing dedication to giving back with every sale.

"Real estate is personal," Julie says. "It's about trust, relationships, and truly understanding what home means to each client."

Julie lives in Milton with her husband, Josh, their two kids, and beloved pets. She continues to support local organizations, sponsor community events, and mentor agents who share her vision for integrity, excellence, and service with heart.

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*

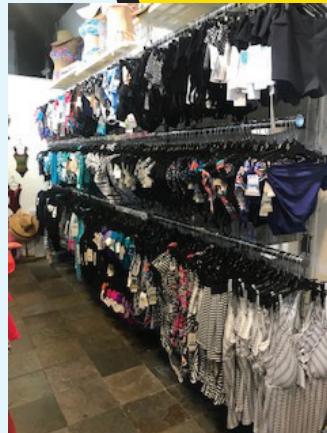
“The ladies in Pineapple Princess are very knowledgeable and take their time working with your body type. I highly recommend using this business.” - *Jen, Lancaster, PA*

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

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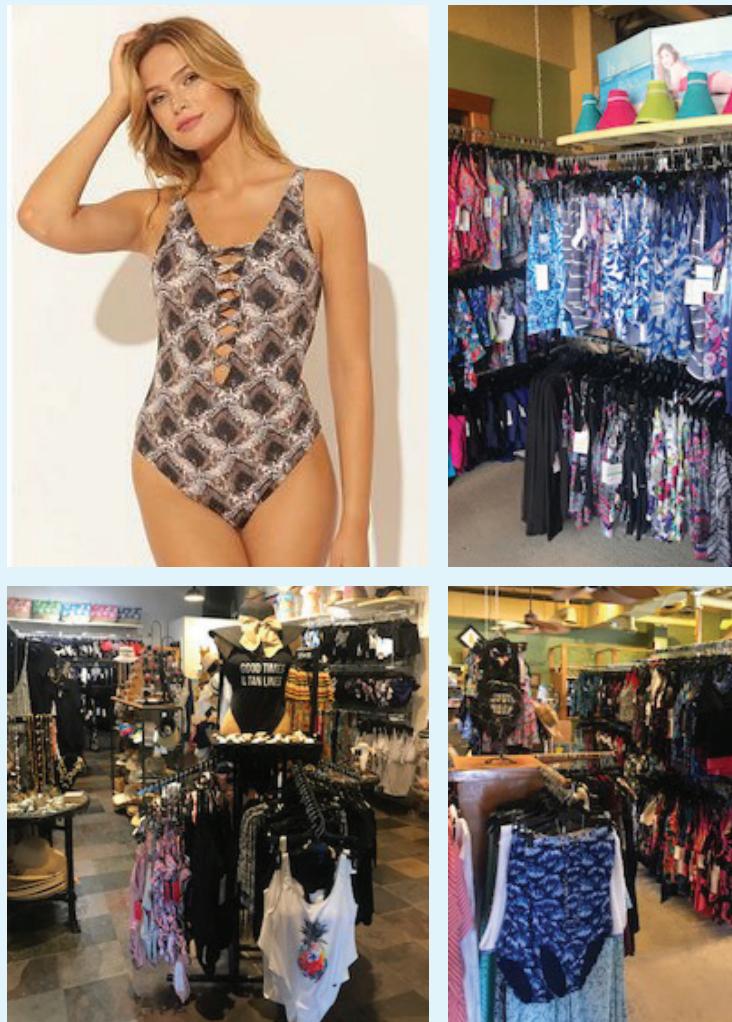
Another summer season has come and gone for Pineapple Princess Swimwear and this was one for the record books we will never forgot. Covid-19 threw a big wrench in alot of peoples summer plans and holidays yet the show must go on! With winter approaching now, this time of year is usually full of holiday 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 its safe and healthy.

Pineapple Princess Swimwear is a local boutique in downtown Rehoboth Beach ,De 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 lets 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. Its 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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- Mary Pallanti

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If you would like a price quote to "foreverize" your memories, email us at: thedigitizeguy@gmail.com or give me a call at 703-888-9874.

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*in time***



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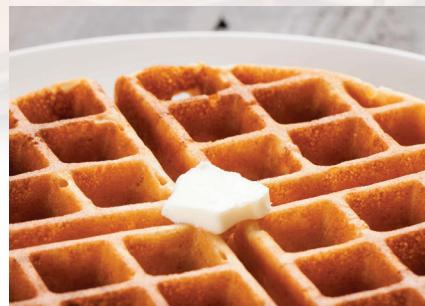


The PALACE

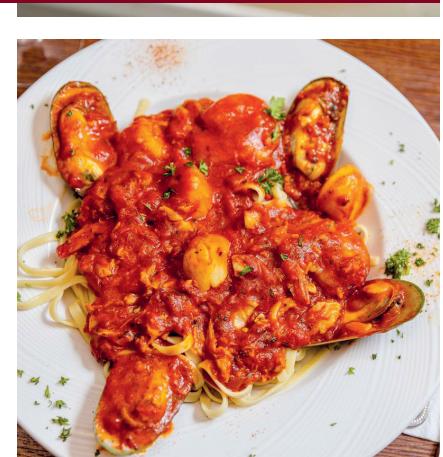
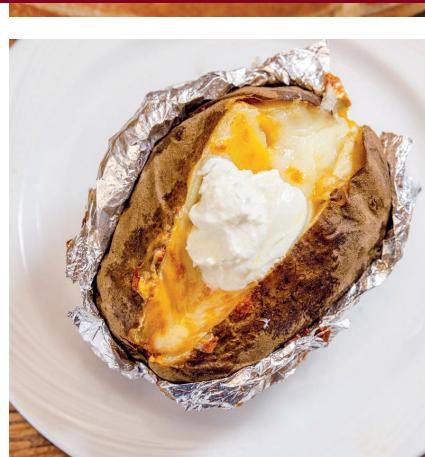
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G&E/Hocker's Supermarket and Hocker's Super Center have been family owned and operated for over 60 years. Gerald Hocker, president of G&E and Hocker's, purchased the business from his Uncle Jake in 1971. We are committed to providing our loyal customers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

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- 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!!!

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feel empowered and secure that they are not being taken care of. They are always reliable and fair, and they fix the problem, without doing work that is not needed.

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

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

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Effortless Convenience With Our Smart Home Collection

Control the positioning of your window coverings for effortless, on-demand privacy and energy savings with our Smart Home collection. These smart home window shades and blinds keep your family and pets safer with their cordless design and motorized sensors keep everyone cooler with automatic adjustments in rising temperatures.

Customizations & Options

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

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

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

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

Benefits of Smart Home Window Shades and Blinds

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

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

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

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

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

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

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

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

Multiple Control Options at Your Fingertips

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

Smart Home Window Shades & Blinds Considerations & Alternatives

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

Weight and Installation

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

Looking to Optimize Energy Efficiency and Gain UV Protection?

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

Cost-Effectiveness and Long-Term Value

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



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If you're thinking about selling your home this winter in Sussex County, you're in for a frost-tastic adventure! Don't let the chill fool you—this season can be the perfect time for a hot property sale. The Julie Gritton Team is here with creative, Sussex-specific tips to make your home shine. Grab your mittens, a cup of cocoa, and let's dive in!

"Let It Glow": Twinkle Lights and Candles - Enjoy activities like Schellville & Lewes Lights

Sussex County's coastal towns, like Lewes, Rehoboth

Snow Way! How to List Your Home for Sale in Sussex County's Winter Market

Beach, and Bethany Beach, are known for their festive holiday spirit. Channel that charm by adding twinkling lights and beach-themed candles to your home. Create a cozy beach atmosphere with coastal touches like a seashell-trimmed tree or mantle.

"Snow Stoop, Curb Appeal Loop": Sandy Beach Meets Winter Wonderland

Clear the snow and ice from your driveway and walkways to ensure potential buyers have easy access. Sussex County's vibrant communities are a year-round draw. Add a coastal or traditional wreath to welcome buyers and tie into the season.

"Jack Frost Nipping at Your Toes"

Winter can be chilly, but your home doesn't have to be. Set the thermostat to a comfortable temperature and light the fireplace to create a warm, inviting ambiance. Offer buyers a cup of cocoa while showcasing your home's best features.

"Ice the Competition with Stunning Photos"

Sussex County's beaches and neighborhoods are just as beautiful in winter as they are in summer. The Julie Gritton Team works with local photographers to capture your home's best features, ensuring it looks bright and welcoming no matter the weather.

"Winterize Wisely: Energy Efficiency"

Highlight your home's energy-efficient features

such as insulated windows, added insulation, or a high-efficiency heating system. Winter buyers appreciate these details, and the Julie Gritton Team will help you promote them in your marketing.

"Winter-Proof Your Property"

Be ready to answer questions about your home's ability to handle coastal winters. If you've taken steps to protect your property—like winterizing irrigation or outdoor showers—make sure buyers know. Need help with vendors? The Julie Gritton Team can connect you with trusted local professionals to prepare your home for the season.

"Build a Snow Day Story by the Sea"

Share your personal winter experiences in Sussex County. Mention favorite seasonal activities like parades, tree lightings, or local sledding spots. These small stories create emotional connections and help buyers picture themselves enjoying the community.

Selling your home in Sussex County during the winter can be both delightful and rewarding when you tap into the unique charm of our coastal towns. By embracing the season and highlighting what makes Sussex County special, you can make your property stand out in today's market. So don't hibernate—get out there and sleigh your winter home sale adventure!



Agent Spotlight



Melissa is a full-time real estate agent who has been in the industry for 6+ years and brings many additional years of legal and customer service experience to the team. She was previously a Paralegal and Military Real Estate Agent with AHRN. She specializes in luxury properties and residential real estate. Her passion is to provide all home buyers and sellers

with professional, responsive and attentive real estate services and assist any client in the buying and selling process.



With over 15 years of real estate experience, Sarah Russ is a dual-licensed Realtor® in Delaware and Maryland, proudly serving as part of The Julie Gritton Team with Coldwell Banker Premier. Specializing in coastal luxury homes and high-performing commercial properties, Sarah has built a reputation for her deep market knowledge and unwavering dedication to her clients. A Sussex County native for more than 28 years, she offers an insider's perspective on the region's most desirable communities. Her expertise spans residential sales, multi-family investments, and commercial development, making her a trusted advisor for a wide range of buyers and investors. Beyond real estate, Sarah remains active in her community, volunteering for local charities and organizations close to her heart.

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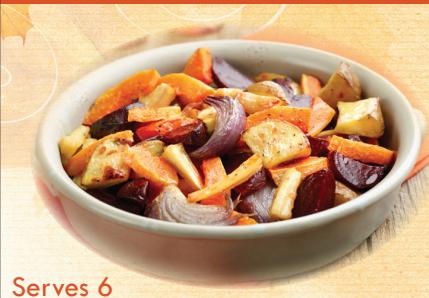


INFINITY



In front of T-Shirt Guy
(302) 539-6170

Making the Most of Fall Harvest, Compliments of Chef Steph Autumn Vegetable Medley with Rosemary and Nutmeg



Serves 6

9 ounce(s) fennel bulb with stalks
2 cup(s) butternut squash cut into 1/2 cubes
1 1/2 cup(s) parsnip cut into 1 inch thick slices
1 1/2 cup(s) carrot cut into 1 inch thick slices
1 tablespoon(s) olive oil
1 1/2 teaspoon(s) rosemary, fresh chopped
1/2 teaspoon(s) salt
1/4 teaspoon(s) pepper
1 dash(es) nutmeg freshly grated
1/3 cup(s) Parmesan cheese

Preheat oven to 425°.

Trim tough outer leaves from fennel. Cut fennel bulb in half lengthwise; discard core. Cut each half into three wedges. Combine fennel, squash, and next 7 ingredients (through nutmeg) in a large shallow roasting pan coated with cooking spray. Bake at 425° for 35 minutes or until vegetables are tender, stirring occasionally. Sprinkle vegetable mixture with cheese, if desired, just before serving.

Recipe by: Cutting Board Creations

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HGA's 9 Step Prescription for Good Digestive Health Improve Your Vitality & Eliminate Discomfort

The key to good nutrition depends on two things:

Eating the right foods and maintaining a strong digestive system that allows your body to break down and absorb the nutrients from the foods you eat



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

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

Office Consultation Appointments

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Somerville Office

Thursday and Friday: 7:30am-4:30pm
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Pamela J. Rizzo

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



Lynn K. Wolf

With the experience of publishing nine different County Woman publications, I can confidently inform you that this is one of the most exciting, rewarding, and successful business ventures for women entrepreneurs in any part of the nation. I originally born and raised in Minnesota and I have lived on the West Coast and the East Coast and many states in between. Some of my past careers include being a National Insurance Account Executive,

Retail Operations Manager, Certified New Jersey Teacher and Teacher of the Year, but of these, I have being a County Woman Publisher to be the most gratifying on many levels. I guarantee that you will meet many incredible business owners and community leaders. Your publication will be the critical component in helping to launch a new business and/or successfully grown an existing business. The personal rewards are endless.

Robin Coppinger



I have been the owner of the Bucks County Women's Journal for 7 years. It has been a pleasure to be part of the National Women's Journal family. I have enjoyed publishing the paper, and have had a rewarding and successful career.

I also appreciate the continued help and support I have received from both Bob Kapke and other owners over the years. I look forward to working with Bob for many years to come.



Celeste Kline

Purchasing the Women's Journal has been the best decision I have ever made. Not only giving me financial freedom, but allowing me to make my own schedule and my own business decisions. I only wish I had done it sooner.



Dorri C. Scott

Becoming a Publisher has been a dream come true for me. Always a writer, I am an educator and continue teaching as a college Professor.

Every two months, I "Give birth and deliver a new child" – my magazines in 2 counties. YES! I love what I do and am growing. The opportunity has been lucrative – though the learning curve has been keen, the support from Bob Kapke has been priceless.

Passionate about what I do, over the past 18 months I have met, connected and helped so many people. The powerful resource is one that I highly recommend if you want to work hard, stay focused and make money too. Have the heart and work ethic to do something for both you and others? I highly recommend that you take the step and join a phenomenal group of publisher/owners who are happy going to work every day. Do it and don't look back!

Linda Hunsicker



Publishing three Women's Journals is very rewarding and fits with my high energy lifestyle. It allows me to be my own boss, be creative and work with the public. Recently, I opened the Finger Lakes Woman and it has been very well received. Now, I can go to my vacation home in upstate NY, make money and be respected and recognized as a local business woman with a great educational publication.



Lea Southwick

I was new to publishing but the training provided was excellent & fun! Most importantly I was given a clear, step by step system to follow that ensured my success. The beauty of the Woman's Journal is that it is rewarding for everyone; the publisher, the contributing advertisers & the readers. No wonder its been around so long! I am very happy with my decision to become a publisher!



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