

THE SUSSEX COUNTY

Women's Journal™



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



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and Rebecca
Woolman

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Photography by Mike Baker a Delaware Botanical Gardens

THE SUSSEX COUNTY WOMAN'S NEWSPAPER

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

Call Us At: 302.344.1005
or 302.344.1006

Elizabeth Kapke
Publisher

Denise Gallagher
Associate Publisher

Alexandra Gallagher
Editor & Contributor

Barbara Steele
Sales Manager

Edward Muztafago
Director of Corporate Development

Golden Design, LLC
Graphic Design & Layout

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READERSHIP 185,000 +

The paper is composed of the individual components that affect our everyday lives, whether it is medical, legal, business, fashion, or community events. The articles are featured by local experts in their field to educate the reader, so they can make the best decisions possible in choosing what is best for their lifestyle.

It is good to know that you choose these experts that are available in your communities.

Have a beautiful fall.

The Publisher

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

Mother Teresa

On the Cover



From Left to Right: Linda Forte, Julie Gritton, Shamaya Young,
Sheryl Swed, Lauren Haggerty and Stacy LaMotta

We are Proud Members of the Following Chambers: DEBCC, DSBC,
Western Sussex, Georgetown, Lewes, Milford, Milton, Rehoboth Dewey



Little Teeth Big Problems!



my head was still held high but merely to be on the lookout and prepared to fight or flight! Within a few minutes of being sat down the dental assistant starts to head toward my chair with a Stainless-steel tray on hand and metal instruments making an ominous sound as they roll around on the tray. I see my opportunity to escape vanishing with every step she takes and before she could even put the tray down, I bolted out of the chair and I was out of there! The visit was not successful, and the experience gave me valuable insight into the fears and anxieties children can experience.

By Gerardo Martinez, DMD

For some people just the thought of going to the dentist can be stressful. This is not an irrational fear. After all, dentistry is very much in your face type of deal, literally! Dentists are usually well inside the boundaries of personal space. We also like to have our patients reclined back in a vulnerable position with a bright light pointing right at their face and that is before any of the less enjoyable stuff begins! The wonderful tastes, the yummy smells, the delightful numbness and the occasional gagging!

My first experience at the dentist was when I was around 8 years old. I can vividly remember when the assistant called my name and asked me to follow her to the dental chair. I did so without hesitation, my head held high. But it was not long before my bravery started to wane, by the time I made it to the chair

Pediatric dentistry is a dynamic field with a wide range of treatment options, philosophies and objectives. Just like the toothpaste isle at your local supermarket the options can sometimes be overwhelming and difficult for parents to clearly understand. Our focus when proposing treatment recommendations revolves around what is in the best interest of the child and their health. This often means less invasive options that can be handled better by young children without the need for numbing or drilling. The use of silver

diamine fluoride (SDF) a liquid medication that helps inactivate tooth decay has dramatically reduced the number of children requiring extensive treatment. SDF works by allowing the tooth the opportunity to heal itself by forming a protective layer that functions similarly to a scab on a scraped knee.

At Delaware Pediatric Dentistry we are committed to providing child centered dental care in a friendly environment for all children. It is our goal to empower patients and families with the tools and knowledge to fight against dental decay. Dental caries or “cavities” commonly known as tooth decay is the most common preventable chronic disease in children. It was called a “silent epidemic” in the 2000 surgeons general report on oral health. Most children will experience dental caries by the time they reach kindergarten, and many suffer from chronic pain that impacts their quality



of life and school performance. Dental decay can often grow undetected by parents until symptoms develop. Therefore,

the American Academy of Pediatric Dentistry and the American Academy of Pediatrics recommend all children establish a dental home by their first birthday.

Infant exams are the perfect time to review prevention and evaluate for any possible tongue or lip ties and other growth and development issues.



Delaware
PEDIATRIC DENTISTRY

Keeping Little Teeth Healthy

SERVICES

Dental Exams
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WHO WE ARE

Led by Board Certified Pediatric Dentists, Dr. Gerardo Martinez and Dr. David A. Delgado, Delaware Pediatric Dentistry (DPD) is the first and only Milford full service dental practice devoted to the health of your child's smile, and to ensuring a happy, positive dental experience for both patients and parents.

WHY WE ARE DIFFERENT

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625 N DuPont Blvd. Milford, DE 19663



Everything IV



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.

Super Immune Boosting "Everything" IV Vitamin Infusion Treatment

Dr. Michelle Parsons is happy to introduce her patients to this new AMAZING service at Renove Med Spa, which she calls the "Everything" IV. Unlike other IV vitamin infusions, this formula is called the "Everything IV" because it essentially has every vitamin, mineral, and antioxidant that could be put into a single IV. This is no ordinary formulation, cannot be obtained anywhere else, and has been developed by Dr. Michelle Parsons and the pharmaceutical experts at Saveway Compounding Pharmacy, Newark, Delaware. The pharmaceutical experts at Saveway Compounding Pharmacy have also been working diligently on this formulation ensuring quality control, pH, osmolarity, and solubility. Dr. Parsons may have tied up their lab for quite some time during this research and development process, but Saveway was just as excited as we were at Renove Med Spa to create and deliver this amazing formulation - the Everything IV.

Why Did Dr. Parsons Create this Everything IV Formulation?
"Our patients have become

much more aware of the importance of a healthy immune system and how nutrition plays such a vital role in health, stamina, and vitality. During the worst of the COVID-19 pandemic, many physicians and hospitals learned the importance of helping to treat their patients with intravenous



Kerrie is getting treated with the Everything IV

vitamin therapy and vitamin supplementation at home to minimize symptoms

of COVID-19". Also, Dr. Parsons' undergraduate degree from Rutgers University is in Nutrition and Biochemistry of Vitamins and Minerals, and she has been testing and treating her patients with vitamin therapy for over ten years with blood cell testing such as Spectracell Vitamin and Mineral Testing and treating patients with diagnosed Vitamin B12 deficiency through our MTHFR clinic Vitamin B12 and MTHFR Treatment | Renove (renovemedspa.org/everythingiv).

From the vitamin testing that Dr. Parsons has been doing over the years, we at Renove Med Spa have noted the most common vitamin deficiencies for most of our patients, especially for those who have



Dr. Parsons developed this propriety blend of vitamins and minerals for the Everything IV

common deficiencies. "I am so happy to be able to put my lifelong interest in nutrition and vitamin and mineral metabolism to practical applications and treat my patients to better understand some of the symptoms of vitamin deficiency and to benefit from the restoration of these

deficiencies with appropriate supplementation. And now with this advent in IV technology, I can deliver this amazing product directly into the bloodstream of my patients through intravenous administration of the most essential vitamin, minerals, and antioxidants in under an hour."

Book A Consultation

If you would like to see if you are a good candidate for this treatment with the propriety formulation of the Everything IV, please contact us for a complimentary consultation with Dr. Parsons. Spectracell Micronutrient testing Vitamin & Mineral Testing | Renove (renovemedspa.org) can be provided as well to determine your specific vitamin and mineral deficiencies and personalized treatment plan.

Beauty lies within!



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

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



Dr. Ashley Adams retired after 18 years of military service. Her military career was cut short by an auto accident which required an immense amount of rehabilitation. Her life was transformed when she was treated with acupuncture! Ashley's goal is to support you to achieve life-transforming health outcomes. She earned a Doctorate of Acupuncture and Chinese Herbal Medicine from Maryland University of Integrative Health.

Arthritis Solutions: Live Your Best Life

Arthritis is broken down into two types, osteoarthritis and rheumatoid, and both damage the joints in different ways.

Osteoarthritis (OA) involves wear-and-tear damage to your joint's cartilage, while with rheumatoid arthritis (RA), the body's immune system attacks the lining of the joint capsule (a tough membrane that encloses all the joint parts). The lining becomes inflamed and swollen and this disease will eventually destroy the cartilage and the bone within the joint.

While OA and RA damage the joints differently, both of them involve symptoms

Robert U. of Dover, DE, a patient of Dr. Adams, who suffers from rheumatoid arthritis for the last 13 years, shares his story;

"I was diagnosed with RA 13 years ago, and for the last 11, I haven't been able to live the life I want to live with my children and grandchildren."

When Robert had his consultation with Dr. Ashley



Our Incredible Team

was with my children. But this disease has made it incredibly hard to do so"

Dr. Adams says, "with either OA or RA, pain became 'normal' in my patients everyday lives. Swelling, stiffness, and difficulty moving the joints are also very common symptoms, but each person feels these symptoms differently."

A comprehensive treatment plan was put together for Robert, because the same disease does not affect every person the same way, and he started his journey on the way to relief!

"Our acupuncture treatments combined with ATP

Resonance BioTherapy has shown to increase blood flow and expedite healing and recovery. Depending on the patient, the Ozone Therapy my clinic has is also beneficial!" said Dr. Adams.

"I started my treatment plan with Dr. Adams on a complete whim. I had no idea if this was actually going to help me, but she was confident and I didn't have anything to lose."

Delmarva Acupuncture & Wellness Center have a tremendous success rate with treating the symptoms of both osteoarthritis and rheumatoid arthritis while improving the overall health and wellness

and they would love to help you too!

"Going to see Dr. Adams was the best decision I've made! I'm able to do so many more activities now including watching my grandchildren play sports on bleachers I couldn't even walk to before!"

If you or a loved one is suffering from arthritis, call the team at Delmarva Acupuncture & Wellness Center at **(302) 265-2751** to schedule a consultation appointment with Dr. Adams for only \$40 (normally \$250) for a limited time! If it's more information you are looking for, visit their website at **dmvacu.com**.



that can range from mild discomfort up to debilitating pain. Acupuncture involves inserting very small needles into specific spots of the body, which offers relief from these symptoms.

Adams, you could hear the hurt and suffering he was dealing with every day.

"All I've ever wanted is to be just as active with my grandchildren as I

(302) 265-2751 • dmvacu.com
1005 Mattlind Way Milford
DE 19963





R. Alberto Rosa, MD, 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, Del. Dr. Rosa is trained in non-invasive cardiology, nuclear transesophageal echocardiograms, as well as invasive diagnostic procedures and pacemaker implantations. Dr. Rosa is board certified by the American Boards of Internal Medicine and Cardiology. He is also a Certified Aviation Medical Examiner and is board certified in nuclear cardiology.

Is an Aspirin a day still a valuable tool to prevent cardiovascular events?

There has been a considerable amount of interest in recent months over the efficacy of using aspirin as a preventive measure in reducing cardiovascular events. In the fall of 2018, the publication of 3 major clinical studies offered strong evidence to the contrary. Here is the issue, however that has led to major confusion in a great segment of the general public: We are talking about "Primary Prevention" that is, avoidance of a first cardiovascular event such as a heart attack, stroke, or sudden cardiac death. For patients that have already survived any of those events, or have had cardiac surgery such as coronary bypass or intervention (angioplasty or stents), vascular surgery or intervention, mini strokes (transient ischemic attacks), or peripheral vascular disease, the use of aspirin remains very important, as "Secondary Prevention". In other words, to prevent yet another event or need for further surgery or other procedures.

The recent studies involved a variety of patients ranging from type 2 diabetics to non-diabetics and ages mid to late 50's to over 70 years of age. The use of aspirin to prevent cardiovascular events in patients that have

not yet suffered from such a problem, even by the age of 70 years, showed to reduce the probabilities by 12% (in the best-case scenario) but at a significant cost of a 29 % increase risk of bleeding. Some of the bleedings were serious or even fatal in a small percentage of cases. It is important to note that the dose of aspirin utilized in these trials was 100 mgs against a placebo.

So, what have changed over the years to make the use of aspirin seemingly not that helpful or quite frankly, potentially dangerous? Several factors have been found to play a major role in this paradigm shift. First of all, the old primary prevention trials (late 80's-early 90") included a significantly higher number of smokers, poorly controlled hypertensive patients and diabetics likewise with less strict control of their blood sugar levels. Second, and perhaps more important, there was a relatively low use of cholesterol lowering drugs, particularly statins. In the recent trials, which were named ASPREE, ARRIVE and ASCEND, the use of statins among participants reached 34 %, 43% and 75 %, respectively. Other influential factors nowadays, are better dietary habits and more regular

physical activity in the general population, as a whole.

To summarize the practical implications of the most current medical evidence about the use of aspirin for cardiovascular disease, here are the take home points:

1.-Aspirin remains a very important medication to be used in all cases (unless specific contraindications are present) for patients with a history of heart attack, stroke, or coronary surgery, stents/angioplasty, carotid artery disease/ surgery

or peripheral vascular disease, particularly in diabetics and/ or smokers. This is the Secondary Prevention scenario.

2.- For patients whom have not yet suffered any cardiovascular events, specifically heart attacks, angina, strokes or "ministrokes", or cardiac surgery or intervention (stents or angioplasty) or peripheral vascular disease, the use of aspirin to prevent a first event ("Primary Prevention"), is still beneficial but it comes at a considerable higher risk for bleeding, some of which could

be serious or even fatal.

It is important that, in all cases, before starting or stopping the use of aspirin patients consult with their cardiologists or health care provider responsible for their care. It needs to be done for the right reasons. Aspirin have been around for over 150 years in the medical field and have been a lifesaving drug for millions. Recent evidence brings to light the need for a more careful and thoughtful use of this old and trusted friend. Let's have that conversation!

Cardiovascular Consultants

of Southern Delaware

Dr. Kenneth Sunnergren, MD • Dr. R. Alberto Rosa, MD
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Extra Layer of Support *When You Need It Most*

Presented by Taylor Davis



Delaware Palliative, a program of Delaware Hospice, is focused on providing an extra layer of in-home support when medically appropriate for people diagnosed with a serious illness. Palliative care focuses on managing your symptoms and improving your quality of life while you continue to pursue treatment options with your own doctors. Along with symptom management, Delaware Palliative also offers practical knowledge, resources, and assistance to make the journey smoother.

What is Palliative Care?

Palliative care is available to patients receiving treatment for a serious illness, such as cancer, congestive heart failure, COPD, ALS, Parkinson's disease, Alzheimer's disease, or kidney failure.

Type of support:

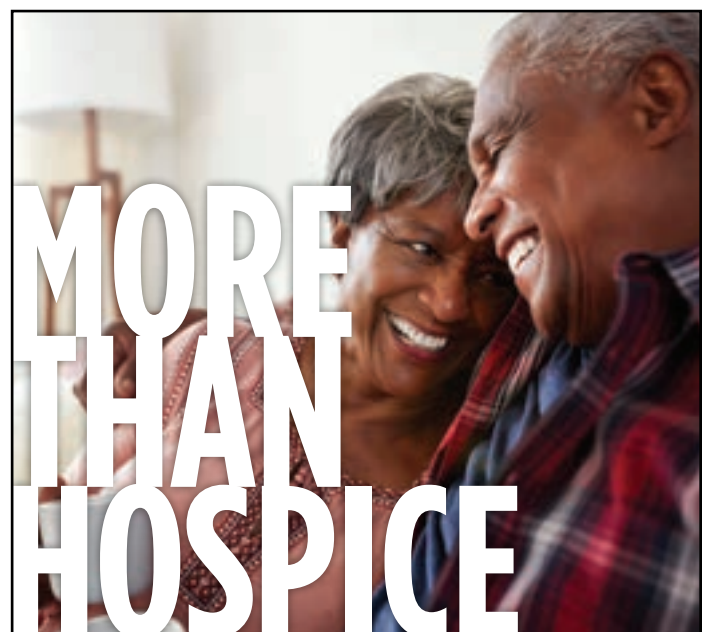
- Symptom management support
- Coordinate and communicate with your physician
- Emotional and spiritual support
- Education about end-of-life care
- Transitioning from hospital to home
- Resource management support
- Assistance with lifestyle changes
- Companionship, assistance, and/or transportation
- Individualized plan of care

Care team: Social Worker, Service Coordinator, Nurse Practitioner

Delaware Hospice is more than just hospice care. We give you the freedom to focus on what matters most. Our compassionate experts take a holistic approach to helping you manage the symptoms and practical details that come with a life-limiting illness. We reduce the daily stress and anxiety of coping with the disease. As a community healthcare agency, our mission is to ensure that everyone in our community needing care receives it.

To learn more about palliative care, please call (302) 478-5707 or visit our website at www.delawarepalliative.org.

"... along with symptom management, Delaware Palliative also offers practical knowledge, resources, and assistance to make the journey smoother ..."



Delaware Hospice provides more than in-home hospice services.

Whether it's palliative care, children's care or bereavement services you are looking for, we have you covered.

40TH ANNIVERSARY
DELAWARE HOSPICE

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302.683.8948

Volunteering at CHEER Makes a Difference for Sisters



Sisters Mary Buck (left) and Rebecca Woolman dedicate every Tuesday to helping CHEER feed the seniors in Sussex County.

We notice a subtle shift in ourselves when we volunteer. We feel more connected to others, and we become less absorbed in the normal stresses of daily life. We share our experiences with others and want to help more. Volunteering can end loneliness, increase socialization, create friends, develop emotional stability, improve self-esteem, promote longevity, reduce risk of Alzheimer's, lead to graceful aging, and add fun to our years.

Sisters Mary Buck and Rebecca Woolman have experienced this shift in their lives because of their dedication to seniors in Milton through delivering Meals on Wheels to them for the past 10 years. The sisters started their decade-long journey with CHEER at the invitation of a third sister, Claudia Scott, who asked them to join her in delivering meals for CHEER. The trio spent every Tuesday together for a few years until Claudia's work responsibilities forced

her to stop. However, Mary and Rebecca kept their Tuesday date with each other and have celebrated a decade of delivering meals to seniors including the residents of Luther Towers in Milton.

Although their route is large, it doesn't stop Mary and Rebecca from visiting with each person to which they deliver. "We always make sure they are alright before we leave," said Mary. If they have concerns about a senior's health, they immediately report it to the CHEER center director who then contacts the proper healthcare agency.

Mary is retired but Rebecca owns a baking business called Nana's Delights. She is a regular vendor at the Milton Farmer's Market, and she has a large following seeking out her cakes, pies, cupcakes, cookies and sweet breads. But Tuesday is dedicated to CHEER.

"Our family knows not to schedule anything on

Tuesday," said Rebecca. "Tuesday is reserved for CHEER."

"This (volunteering) has been such a blessing to us," stated Mary.

Actually, Mary and Rebecca are a blessing to the seniors in Milton, and to CHEER. CHEER, Inc. provides services to citizens 60 years of age and over through an array of programs and services including nutrition, transportation, home health care, social and recreational activities. Tens of thousands of Sussex County senior citizens have been able to remain in their own homes and maintain

healthy and active lifestyles through the efforts of CHEER and its dedicated volunteers.

CHEER has recently received the support of AmeriCorps Seniors to recruit 1,000 volunteers in

Volunteers are the lifeblood of the CHEER nutrition program and this support will help ensure that Sussex seniors continue to receive the CHEER meals they depend on.

If you would like to make



Without the love and dedication of volunteers like Mary and Rebecca to CHEER, hundreds of seniors in Sussex County would not receive the nourishment they need to remain healthy in their own homes.

Sussex County to help local communities recover from the COVID-19 pandemic through service work.

a difference in a senior's life, call 302-515-3040 to volunteer.






**GIVE
your Time, Talents, Heart
to help a senior citizen!**

Homebound Meal Delivery • Office Tasks • Kitchen Help • Medical Appointment Transportation • And More Needs!

**To help, call 302-515-3040
or go to www.cheerde.com**



Easterseals Helps Children Thrive In Life

By Natalie Scott

Nine-year-old Conor and his twin brother Will are often found reading a book and singing along to their favorite songs. Not surprisingly, the twins spend a lot of time together and thanks to Easterseals Children's Therapy services, Conor is meeting his milestones with his brother.

"We love Easterseals and are so thankful Conor has been able to continue with his therapies there. He has made tremendous strides because of the therapies at Easterseals. All of his therapists have been very professional and develop strategies to meet Conor's needs. We would not have access to all of the resources Conor needs to progress without Easterseals," Conor's mom, Donna, says. "Conor loves his weekly therapy sessions!"

When Conor started receiving therapy he was barely able to hold up his head and needed support sitting up. Therapists worked diligently to help strengthen his core so he could become more independent. Later they worked with him to prepare him for school "by challenging him and pushing him to do his best."

"Conor is thriving at school and life thanks to his therapies and the support he receives from his family, teachers, and friends," Donna says. "We suggest investigating all resources available to improve your child's development. It has been helpful to find other families who are going through similar experiences. Be patient because your child will progress on his/her timeline. It can be a frustrating process at times, but keep encouraging and challenging your child."

A trusted provider of children's therapy services for more than 70 years, Easterseals Delaware & Maryland's Eastern Shore specializes in treating children ages birth through eighteen years with a variety of challenges. Easterseals specializes in meeting the needs of children and their families through creative, playful activities that go beyond traditional services.

More than 1,000 children each year receive physical, speech and occupational therapy at the Easterseals Children's Therapy Center in Georgetown and Salisbury.

Easterseals plays a critical role in providing needed therapy for children with a variety of disabilities, short or long term. Children with and without disabilities will find the highest quality services designed to meet their individual needs. For more information about Easterseals Children's Therapy services in Georgetown call 302-253-1111 and in Salisbury, call 410-546-2894.

Easterseals Tunnell Center is located at 22317 DuPont Highway, Georgetown, DE 19947. Our Salisbury location can be found at 1336 Belmont Ave., Suite 502, Salisbury, MD 21804. Please visit our website and see all of our services for people of all ages and abilities: www.de.easterseals.com.



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Delaware & Maryland's
Eastern Shore

Always Best Care Senior Services is Marking and Celebrating 12 Years of Overall Company Success With Providing Excellent in Home Care and Free Assisted Living Placement Services

Always Best Care Senior Services of Philly and Delaware is marking and celebrating 12 years of overall company success with providing excellent in home care and free assisted living placement services.

Congratulations and hats off to Bryant M. Greene, founder, owner/administrator of Always Best Care Senior Services of Philadelphia and Delaware on the achievement of this major milestone in business. Greene is president of the BG and BMG Circle of Life, LLC which owns the multi-franchise unit of Always Best Care Senior Services. He was previously honored as the Franchise of the Year in 2015 and 2019 by the Always Best Care Senior Services national franchisor in Roseville, CA.

He has more than 20 years of experience in customer services, business operations and finance. Prior to operating Always Best Care Senior Services, he utilized his leadership and business management skills in various industries including healthcare and multimedia technology. He previously held leadership positions with Chrysler Financial Corporation, the University of Pennsylvania Health System and Comcast Corporation. He has received numerous awards and honors from business, professional, non-profit, educational organizations, and publications.

Meanwhile, Always Best Care Delaware continues to thrive by providing clients with in home care and free assisted living placement services in Sussex and Kent Counties for a fifth consecutive year since opening its offices at 624 Mulberry Street in Milton, Delaware. “We are just telephone call away and can offer all the assistance people are urgently seeking to allow their loved one to continue to live independently in the comfort and familiar surroundings of the own home,” says Michelle Serrano, agency director for Southern Delaware. “We are currently providing in home care to numerous clients with an outstanding and compassionate office and field staff of employees,” she relates. “However, we are always looking to hire more direct care workers and have immediate full and parttime positions available with competitive wages and benefits, paid time off and much more.

Always Best Care offers a full range of services, both companion and personal in nature. They offer care for Alzheimer’s, dementia and cancer patients and are available weekdays, nights, weekends and holidays. “We are truly a company that never sleeps,” relates Serrano. In addition to comfort and companionship, their range of services includes dressing, escort/transportation, errands, bathing and grooming, incontinence care, light housekeeping, grocery shopping, meal preparation, laundry and medication reminders. The company additionally provides in home skilled care with a full range of professional services, including physical therapy, occupational therapy and speech therapy.

Always Best Care Can be reached at 302-409-3710 or on the web at www.alwaysbestcaredelaware.com. You can also follow them on Twitter and Instagram at [abc_delaware](#). A second office in the first state is located at 1905 N. Market Street in Wilmington, Delaware.





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www.alwaysbestcaredelaware.com

Botox for TMJ and Migraines



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

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



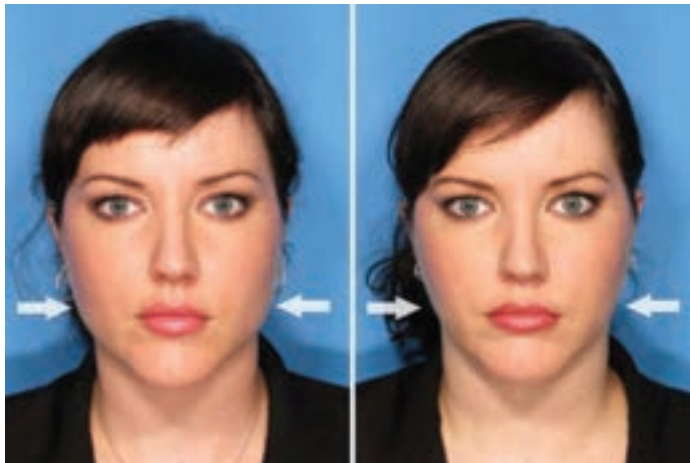
Many people grind their teeth at night and wake up with jaw pain and daily migraine headaches. Prescription mouth guards and pain medications don't always help. Also with prolonged grinding and clenching, the jaw muscles, or the masseter muscles, get thicker and thicker over the years, which can lead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

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

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

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

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



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

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

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

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

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

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

Michelle Parsons, MD | ReNove Med Spa

For appointments please call 302.227.1079

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



WHERE DO WE GO FROM HERE?

By Andrea Waters, LCSW
Pathways to Success/Pathways to Well-Being Program Manager

All of us have experienced the challenges and stresses of Covid-19 and beyond. Working from home and feeling of isolation. Losing our job. Witnessing friends or a family member die from Covid-19. Making sure our children and grandchildren were well taken care of and fed, and the list goes on and on.

But even though none of that is our fault, we beat ourselves up. “I should’ve, I could’ve, I would’ve” goes around and around in our heads. We oftentimes think of others before we do ourselves.

Now, what do we do with that? “How can we stop it? Where do we go from here?”

In my experience, we need to shut off the “should’ve, could’ve, would’ve” and replace it with self-care, self-worth, and self-confidence. No more beating ourselves up; but learning to create a healthy balance. Self-care is so important. To care for others, we must take care of ourselves, physically and mentally.

One of the women I treated was going through a very challenging time. We talked to each other, then about her need for self-care, we were able to develop a self-care plan. I encouraged and guided her as she transitioned to owning her own business --- all the while being a single parent of three children.

Questions you can ask yourself are:

- Have you ever felt overwhelmed?
- Have you ever felt inadequate?
- Have you ever felt emotionally drained?

If you can answer yes to any of these questions, consider yourself a candidate

to practice self-care. You can practice the following self-care techniques:

- Recognize negative self-talk (when automatic thoughts in your head say, “I can’t.”).
- Take 10-15 minutes daily to decompress (quiet time, listening to music or deep breathing).
- Rest, exercise and stay hydrated.
- Pamper yourself (get a manicure, pedicure, make a hair appointment, treat yourself to a spa day).
- Acknowledge and celebrate small successes and accomplishments.

You can talk to us. The Pathways to Well-Being program was founded during that dark time in 2020 as we realized more and more of the Pathways to Success students needed additional attention and care. Now we are ready to help our community as well.

So, if you need support, please contact me at 302-858-4861, ext. 303 or cell 302-535-6716. Email is awaters@pathways-2-success.org. If you’re uninsured, we can help with that. If you don’t know where to go, you can come here. We will work on “Where Do We Go From Here” together!



22440 Lewes-Georgetown Hwy.
Georgetown, DE 19947

PROGRAM GOALS

- We provide behavioral health services to youth, individuals and families in Kent and Sussex Counties.
- We want to improve your quality of life.
- We want to help you engage and re-connect (with life, your family, other people, school).
- We treat individuals and families using a holistic approach.

Contact Pathways to Success/Pathways to Well-Being
Program Manager Andrea Waters, LCSW at 302-858-4861, extension 303
or cell 302-535-6716 • awaters@pathways-2-success.org

We Listen, We Care, We Help



Osteoporosis (and why you should see your local physical therapist)

Tom Gottstein, PT, DPT, Orthopedic Clinical Specialist and Director at Benchmark in Georgetown since 2019.

By: Tom Gottstein, PT, DPT

What is Osteoporosis?

As we age, we all experience changes in our body. Many changes are obvious to us based on what we can see and/or feel, however there are some changes that we may not know about until something goes wrong. One of these silent changes is osteoporosis. Osteoporosis literally translates to 'porous bone', meaning that the bone in our body has lost density and is weaker than it normally should be. With weakened bones, there is a much higher risk for fractures either with or without a fall. With osteoporosis, fractures can occur from something as simple as coughing, sneezing, bumping into a piece of furniture, or even for no reason at all. Fractures are most common in the hip and spine, but can happen anywhere. Once a fracture occurs, there is a much higher risk of future fractures and with this an increased risk of disability and loss of independence.

Who does Osteoporosis effect?

Peak bone density occurs around 20-30 years of age, after which the process of bone being broken down and rebuilt slowly slows overtime. As this process slows, people become more susceptible to developing osteoporosis. Some of the main risk factors are: **Age** (>50 years old increases risk), **Gender** (Women, especially post-menopausal, are about twice as likely as men to develop osteoporosis), **ethnicity** (White or Asian women are at greatest risk), **family history** (having an immediate family member who has/had osteoporosis increases risk), **body composition** (more slender/petite frame increases risk), **excessive alcohol intake**, **history of eating disorders**, **history of GI surgeries**.

How to manage Osteoporosis:

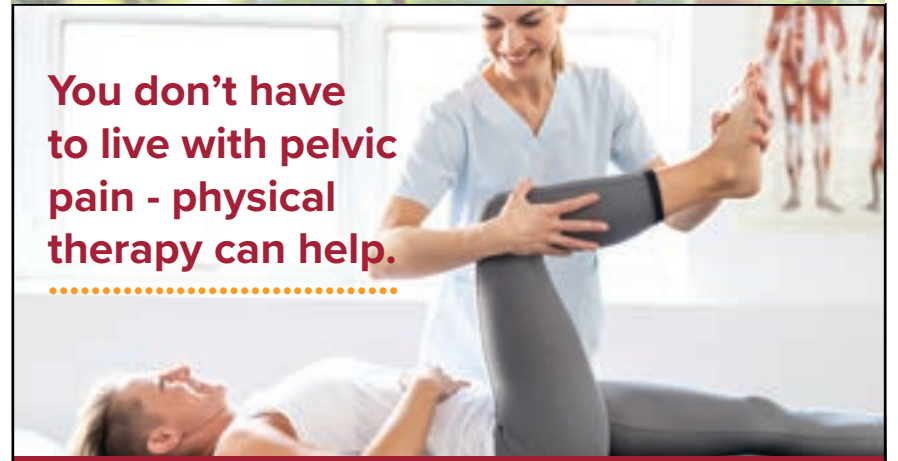
The first step to managing osteoporosis is to know that you have developed it. If you fall into multiple of the above categories, it may be a good idea to discuss osteoporosis with your healthcare team. Once you are diagnosed with osteoporosis (diagnosis occurs after a bone density scan), the next step is to make a plan to manage the condition. Working as a team with your healthcare providers, you may be prescribed medication, make changes your diet, or start an exercise routine.

Physical Therapy and osteoporosis:

It may seem like exercising with osteoporosis is a bad idea, however not all exercise is a bad idea! High impact or high intensity exercise likely running, plyometrics, or heavy weight lifting are not the best idea as they will increase fracture risk, however low impact exercise is actually a great way to promote bone growth and slow the effects of osteoporosis. If you have been diagnosed with osteoporosis reach out to your local physical therapist to discuss some options to get you on a good, safe exercise program that is tailored to fit your needs and goals.



**You don't have
to live with pelvic
pain - physical
therapy can help.**



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PHYSICAL THERAPY

Request an appointment at benchmarkpt.com

Say Goodbye to Hemorrhoids!

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

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

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

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

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

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

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

Somerville Office
135 West End Avenue
Somerville, NJ 08876



Improve Your Health & Quality of Life

The only thing more painful than a lower gastrointestinal health issue is talking about it.



Cailyn Hillier, PA-C

Master of Science in Physician Assistant Studies: King's College • Bachelor of Science Degree in Medical Studies: King's College • NCCPA Board Certified

Cailyn grew up in Central Maine and fulfilled her lifelong dream of becoming a medical professional by graduating with her physician assistant degree from King's College in Wilkes-Barre, Pennsylvania.

Working in a gastroenterology practice allows her to prioritize her favorite parts of medicine; patient care and the use of diagnostic procedures to diagnose and treat the whole patient. Spending time getting to know her patients and giving quality, easy to understand education is her passion.

At Hunterdon Gastroenterology Associates (HGA) we have two goals:

1. To make you feel comfortable discussing your symptoms, so we have all the information we need for an accurate diagnosis
2. To give you the most appropriate and proven treatment for long-lasting relief

Using the most advanced diagnostic technology, we work to diagnose and treat common lower gastrointestinal problems including:

- **Inflammatory bowel disease (IBD).** This includes Crohn's disease and Ulcerative colitis. Symptoms may range from abdominal pain and diarrhea to loss of appetite, fatigue, nausea, bleeding, and unexplained weight loss.
- **Food poisoning.** Contaminated food or water can cause diarrhea, nausea and vomiting that often resolves on its own. Medical attention from a digestive health specialist may be in order.
- **Irritable bowel syndrome (IBS).** The most diagnosed gastrointestinal condition, IBS includes symptoms such as a change in bowel habits (constipation, diarrhea or alternating between the two) and cramping in the lower abdomen.
- **Lactose intolerance.** Cramps, diarrhea, and gas could be symptoms of an inability to digest lactose, the main sugar in milk and other dairy products.

We offer the latest testing and treatment options for timely, comfortable, and cost-effective care. Our specialists provide treatment in our offices and in our accredited ambulatory surgery center — *the only one of its kind in Hunterdon County.*

- **Capsule endoscopy.** This procedure involves swallowing a small capsule that encases a digital camera and transmits data to a recording device you wear for several hours. This allows us to view areas of the intestine that would otherwise be difficult to examine.
- **Infusion therapy.** Remicade, Entyvio, and Stelara are just a few of the drugs effective for treating Crohn's disease and Ulcerative colitis. For this in-office therapy, our staff closely monitors the delivery of intravenous medications. It can offer rapid relief of symptoms

and put Crohn's disease and Ulcerative colitis into remission. This type of therapy has been proven effective for reducing symptoms of Crohn's disease and Ulcerative colitis for patients who have not achieved good results from oral medical therapy.

Do not wait to find relief from your lower gastrointestinal condition. Schedule your appointment with Hunterdon Gastroenterology Associates today.

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

Flemington Office
Monday thru Friday: 7:30am-4:30pm
Monday and Thursday: 7:30am-8:00pm

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

Procedure Appointments

Hunterdon Endosurgery Center
Monday thru Friday: 7:00am-8:00pm
Saturday and Sunday: 7:00am-2:00pm



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

Somerville Office
135 West End Avenue
Somerville, NJ 08876

908-483-4000
www.HunterdonGastro.com

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



At Mast Audiology, Your Hearing is Our Priority

After working in the Sussex County and Eastern Shore area since 2013, Dr. Shekinah Mast decided to open her own audiology practice in January of 2022. Conveniently located across from the Tidal Health hospital in Seaford, Mast Audiology

Services provides comprehensive diagnostic hearing testing, hearing aid consultations, hearing aid fittings, cerumen (ear wax) removal, and ongoing hearing aid maintenance and care to the residents of Seaford, Delaware and the surrounding community.

Hearing loss affects 15% of adults over the age of 18 according to National Health Interview Surveys. Additionally, among the adults aged 20 to 69 that would benefit from hearing aids, only approximately 16% use them. The goal of Mast Audiology Services is to reach as many of these people in need as possible.

Locally owned and operated, Dr. Mast is an active member of her community and a member of the Western Sussex Chamber of Commerce. At her office, you will always receive straightforward and competitive pricing. There are no gimmicks or high-pressure salesmen. Mast Audiology Services offers a wide range of products and services, as well as multiple service package options for hearing aid purchases.



At our office, you aren't just a number. Every patient can and should expect to receive personalized and professional care. We are absolutely committed to bringing each and every patient exceptional service. Our patients overwhelmingly offer feedback reporting their high satisfaction with the personalized and quality service they receive at our office. For example, Mr. Pat Cavanaugh said the following when asked about his experience here: "The extent to which Dr. Mast strives to provide her patients with perfect hearing results is quite extraordinary. Those under her care are indeed fortunate."

Testimonials

I highly recommend Dr Mast. I was feeling old and was not happy to be in need of hearing aids. Hearing aid technology has come a long way!

- Linda Hildebrandt

Dr. Mast is very knowledgeable about the most recent trends in audiology and provides customer service like no other!

- Tracy Niles

She is amazing! She has always been so professional and kind to us. Would highly recommend her to anyone in need of hearing care.

- Rebecca Martin

Doctor Mast is extraordinarily kind and knowledgeable. I appreciated how she took the time to really get to know and help my son.

- Jonathan Dooling

Dr. Mast has been my doctor for many years now, she helped diagnose my APD when it had slipped past everyone else my whole childhood.

- Rachel Martin

Dr. Shekinah Mast is absolutely wonderful. She is gentle, caring, professional and talks to you in ways to understand easily.

- Tara Yerkie

The first time she conducted my hearing exam and she was very professional and very knowledgeable. Very pleased with everything.

- Jonathan Fourquet

We found a gem! Very professional and answered every question I had. Thank you Dr. Mast and Staff

- Judy Harvey

I went to Dr. Mast for cleaning and service on my hearing aids. She did a very professional job and addressed my concerns about my hearing aids and answered all my questions about future hearing testing and service.

- Russell Daudelin

She conducted herself with the utmost professionalism. She was kind, caring, and very knowledgeable. I was very impressed.

- Judy Nazelrod



*Mast Audiology
Services*

Dr. Shekinah Mast,
AuD CCC-A

**New location, same trusted
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Perfect Chemical Peel



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.

Winter is the perfect time of year to refresh and restart new skin growth. We are often too busy, going too many places, visiting too many people, to take the time to have a little down time and refresh our sluggish skin cells with a revitalizing chemical peel. This is a perfect time of year to take the time to address our skin's needs.

Chemical peels work by drying out the top layer of dead skin cells so they can be exfoliated and sloughed off, to stimulate new skin growth with soft, smooth, refreshed skin underneath. Chemical peels are also very effective at controlling acne breakouts and to even

pigment from previous acne.

Here at Renove Med Spa, we offer the best superficial, medium and deep chemical peels available. In addition to our glycolic peels of various strengths, we have the powerful ViPeel and this month we are introducing the Perfect Derma Peel. <https://www.renovemedspa.org/chemical-peels>

The Perfect Derma Peel contains several powerful ingredients instead of just one ingredient to affect the skin in multiple ways. The Perfect Derma Peel includes TCA, Kojic Acid, Retinoic Acid, Salicylic

Acid, Phenol, Vitamin C and the anti oxidant Glutathione. It is this combination that produces the best exfoliation, lightening, brightening, active acne treatment and smoothing combination vs a single ingredient chemical peel. This peel can be used on all skin types.

For the month of February when you book a Perfect Derma Peel we will add the neck and chest areas at no additional charge, a \$200 savings, and complimentary anti-itch lotion and sunscreen. Both the ViPeel and the Perfect Derma Peel are \$350 and the price of our glycolic peels varies.

What Can I Expect During a Chemical Peel?

We will prep and cleanse your skin with alcohol or another drying agent to allow effective penetration of the chemical peel. As we apply the chemical peel, you may notice a mild tingling sensation. This sensation is minimal for the both the ViPeel and the Perfect Derma Peel, as the ingredient phenol, present



in both peels, is a numbing agent. Upon completion of application of the chemical peel there will be no discomfort.

What Happens After the Chemical Peel?

Immediately after your chemical peel application, you will leave with the chemical peel still on and you will wash it off later when you are home. You will be given several

post peel towlettes than have active ingredients to continue the peel process that you will use for the next several nights. Typically the peeling begins on day 3, and you will continue to peel and shed old skin for the next few days. It will be important during this time to use the moisturizer and sunscreen that we send you home with. The peeling is typically completed by the 6th day, leaving you with new baby skin day 7! Peeling can last longer on the neck and chest.

So if you are ready for smoother, softer skin and a more even complexion, give us a call to book your peel or a complimentary consultation!



Michelle Parsons, MD | ReNove Med Spa

For appointments please call 302.227.1079

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

Understanding Peanut Allergies



Presented by Alexandra Gallagher

Signs and Symptoms

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

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

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

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

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

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

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

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

Causes

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

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

Exposure to peanuts can occur in three ways:

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

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

- Peanut butter

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

Peanuts may be present in not so obvious foods including:

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

Risk factors

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

a greater chance of developing peanut allergy:

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

Treatment

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

For more information call your pediatrician.

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

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

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

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



5K WALK/RUN

JOIN US! All are welcome!

UPCOMING EVENTS

2ND ANNUAL Dave's Dewey Dash 5k Walk/Run

DATE:
10/1/2022 | 9am Start

LOCATION:
The Rusty Rudder
113 Dickinson Street,
Dewey Beach, DE

REGISTER:
bit.ly/davesdeweydash2022

Ashby-Huff Open

DATE:
9/30/2022 | 9am Start

LOCATION:
Jonathan's Landing Golf Course
1309 Ponderosa Drive
Magnolia, DE

REGISTER:
bit.ly/ashby-huff-golf2022

Please join us and help raise awareness about sudden cardiac arrest and the tools available to identify and treat irregular heartbeat.

My 28-year-old son David passed away suddenly and unexpectedly from an SCA (Sudden Cardiac Arrest) On October 19, 2019. Dave was my oldest of two sons and lived with his brother Mike in a townhome he purchased in Dewey Beach. He was a graduate of UD, a construction manager with CBG, and a friend to literally hundreds of people throughout Delaware.

Dave lived life to the fullest! On his Halloween birthdays, Dave re-created Will Ferrell characters keeping friends amused. He loved 'muscle cars', the beach, crabbing and fishing, and was very good at painting, sculpting, and drawing. He was kind and generous, had compassion for others challenges and was a loyal friend. He is missed by many.

Dave's friends and family are dedicated to raising awareness about this silent killer. 200,000 to 300,000 people die each year in the US due to SCA. Without immediate intervention (CPR and or AED shock) death is eminent.

October 1st, 2022 is our 2nd annual **Dave's Dewey Dash**; a Races2Run 5K Walk/Run starting and ending at the Rusty Rudder in Dewey Beach. Thank you to The Rudder for hosting once again! The 5K will include food, drinks, awards, giveaways and of course race T-shirts for all participants and volunteers. We will be on hand teaching hands-only CPR!

September 30th, 2022, join us for the **Ashby-Huff Open**, hosted by Delaware Golf Events, an 18-hole tournament in Magnolia Delaware at Jonathon's Landing Golf Course. We are grateful and excited about the potential!

This year, we've teamed up with Simon's Heart, a 501c3 organization dedicated to a future in which communities do not lose loved ones to sudden cardiac arrest. All donations will be 100% tax deductible.

100% of proceeds will be used to purchase AED machines and associated training for Dewey lifeguards and local businesses. If our goals are met, we hope to provide youth athletes with heart screening to safeguard students from an unexpected attack.

Whether you are a runner, golfer, or spectator, please join us in our efforts to spread the word about undiagnosed cardiac arrhythmia. We'd love to have you as a virtual runner, as a donor, or sponsor. All are welcome!

Deepest thanks,
Laura Ashby | Dave's Mom

Here is What Our Advertisers Say



Chris Rementer
Budget Blinds

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



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



Dr. Tracy Hudson
Henlopen Chiropractic
and Acupuncture

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



Michelle Serrano
Always Best Care

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



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



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



Cathy Basenese
ReStore Manager,
Sussex County Habitat
for Humanity

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



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

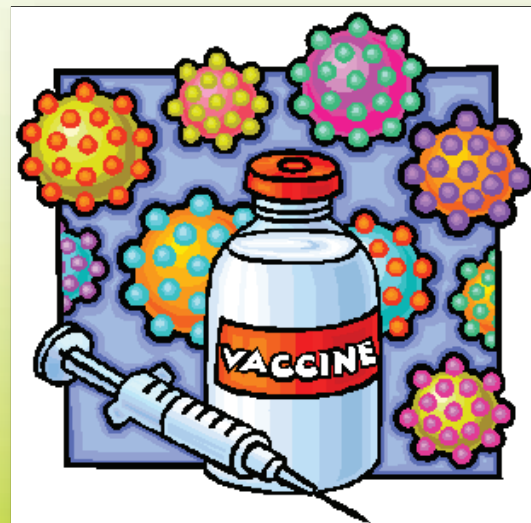
Coaches are here for you too! Walgreens Pharmacy Chat and the quit line at Smokefree.gov <<http://Smokefree.gov>> can offer support to answer questions or provide counseling to help you accomplish your tobacco-free goal.

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*Pamela
J. Rizzo*

Twenty two years ago I had never even heard of the Women's Journal, and today I can honestly say the Women's Journal most

definitely changed my life. I had always made good money with my different business ventures, but the Women's Journal has given me the freedom to control my own financial life, and also have the freedom to enjoy my family. I took a concept and gave it my own touch, and with hard work and consistently following the concept that I was trained in I have built an extremely successful paper.

Lynn K. Wolf

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

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



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Charles Curry, MD

"I enjoy being the primary care physician of the eye. My training and experience allow me to address all aspects of eye care, both surgically and medically." Following five years of private practice in Indiana, and years of Rehoboth Beach family vacations, Dr. Curry joined the Delaware Eye Institute in January 2007. Since that time he has established himself as a caring and skilled practitioner. His practice ranges from the surgical treatment of cataracts, to the medical treatment of such ailments as glaucoma and diabetic eye disease to ongoing and preventive care through routine eye exams.

Dr. Curry trained in ophthalmology at Wake Forest School of Medicine in North Carolina. "Wake was a hands-on program that allowed us to care for our own patients while we were there. It also gave us great access to the faculty." Following residency, Dr. Curry became certified with the American Board of Ophthalmology in 2003. During his career, Dr. Curry has witnessed great improvements in the technology of eye care. "I believe that ophthalmology has benefited more than most other specialties when it comes to surgical and diagnostic technology." Dr. Curry utilizes modern technologies such as Optical Coherence Tomography for diagnosis and White Star Phacoemulsification for cataract surgery.

Evolutions In Cataract Surgical Options

Technology and innovation are the key words of modern life. Without being open to new options, much of the joy of living can be lost. Cataract surgeons have, through the past 50 years or more, proven up to the task of changing with the times to offer new techniques and technologies that have taken a surgery done only as a last resort, with an expectation of prolonged and unpredictable recovery, to an option that people look forward to, knowing results are much more predictable and the techniques are much safer. That knowledge is what excites me about doing cataract surgery, striving to provide the unmatched results that modern surgical technique can help us attain.

I'm going to hit on a few of these advancements in cataract surgery in this article, hoping to get you as excited about the possibilities, when the time for cataract surgery comes for you, as I am excited to be able to offer them. However, in the midst of our excitement about the options open to us, we should never lose sight of two important issues :

1) Cataract surgery still involves risk. It is not to be undertaken lightly. While the vast majority of patients have excellent results, there can be complications. Even the best surgeons, with exceptional surgical skills can have poor outcomes. The human body is far too complex and amazing to be completely predictable. Make sure you have a good functional reason for undergoing surgery, so potential benefit outweighs the small, but real, risks involved.

2) The "best options" at the time of surgery are different for each patient. Those options should be discussed and a specific plan arrived at for each individual patient. Cost, the patient's work and leisure visual demands, and realistic expectations for each technology all must be considered.

With that disclaimer here are a few cataract surgery options we're excited about:

ORA Wavefront Aberrometry has been discussed in a previous article in this magazine, but in way of quick review, it offers another way to choose appropriate lens implant power at the time of surgery.

Without good measurements, even the best lens technologies are unable to provide good results in terms of minimizing glasses need after surgery. Following the old mantra of measure twice, cut once, the cataract surgeon's ability, with the ORA, to choose a lens for a specific patient is enhanced by both preoperative measurements of lens power, done through the cataract prior to surgery, and repeat measurement with the ORA at the time of surgery.

Toric intraocular lenses provide a way to predictably compensate for astigmatism at the time of cataract surgery. Traditionally lens implants at the time of surgery were able to correct near-sightedness and far-sightedness, but not astigmatism. Astigmatism is irregularity of the shape of the front of the eye - a football shaped eye instead

of a baseball shaped eye. This irregularity distorts images and causes blurred images both close and far. In the past this was typically dealt with by the use of glasses after surgery that would correct the astigmatism by having more power in one direction of the lens than the other. Toric lenses incorporate that difference in power into the lens that is implanted inside the eye, so that the patient is less likely to have to wear glasses for the distance after surgery.

Finally, multi-focal intraocular lenses take glasses independence a step further. Not only do these lenses offer the ability to correct distance vision without glasses, but they provide hope for eliminating the need for distance, intermediate, and near vision correction - no more cheaters! I have been especially excited

with the results I am attaining with the most recently FDA-approved multifocal lens, the SYMFONY by Abbott Medical Optics. The SYMFONY works by extending our depth of focus of the eye. I think of this like the difference between an old-fashioned movie camera that would show a close-up with all the background being unclear (our old monofocal lens technology) vs. modern cameras that can perform close-ups while the background stays in focus (the SYMFONY). Not only does this lens seamlessly focus between various distances (near, far, and intermediate), but it also comes available in a toric form, meaning it can correct astigmatism at the same time.

Again it is important to remember that all of these options, as exciting as they

are, are not right for everyone. There are expenses to each of these options that are typically not covered by insurance. Even those who can afford to pay for the most expensive of these options cannot be guaranteed total glasses independence. We are dealing with technologies and measurements made by humans on other humans. I think we would all agree that humans are both fallible and unpredictable, so we do everything we can to compensate for our fallibility and improve our predictability. We are light-years ahead of where we started, we are successful in the vast majority of patients, but I continue to look forward to several more years of advancements that I get to incorporate into my practice to continue to improve our results.



Delaware Eye Institute

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Linda Forte

*Community Marketing Representative
Easterseals Delaware
& Maryland's Eastern Shore*

Good experiences with family, friends and the Sussex County community fill my heart! My husband Fred, now a retired Guidance Counselor, and I came to Sussex County from suburban Philadelphia in 1979. We have shared the joy of raising our 4 children, Jay, Greg, Jonathan & Cait, in Fenwick Island. We now treasure our times with the "Forte Party of 4"! which includes 2 delightful little grandsons!

We have been involved in our community from soccer tournaments to church activities, and we appreciate the beauty of nature that surrounds us. We love the outdoors and enjoy it from gardening to surfing – and most especially to riding our bikes!

Another highlight in my life is attaining my Masters degree in Practical Theology from Loyola University Institute for Ministry, which has blessed my life.

My career serving the community began in 1981 at Delaware Tech, which has led me to know and love Sussex County! Specifically serving seniors in the lifelong learning division, I learned about the need for services for seniors. At the same time, caring for my Mom, I became very aware of the limitations of quality services. Fortunately that has changed. The partnerships and resources with so many quality agencies in Sussex and throughout the State continue to grow and improve the quality of life for many individuals and families.

These experiences now fuel my excitement as I share the good news of EASTERSEALS. I see our staff enrich life for many – because it is a calling, not a job. From children's therapy to services that help seniors maintain their independence, Easterseals makes a difference.



Shamaya Young

Pathways to Success

Shamaya Young was born and raised in Seaford, Delaware. She attended Seaford High school and graduated in 2019. In high school, Shamaya actively participated in extracurricular activities and excelled academically. She was a Secretary of Education award recipient in 2019 and served as Miss Seaford in 2017 and Miss Seaford Bluejay in 2019. She joined Pathways to Success in her Sophomore year of high school, which she acknowledges made a significant impact in her life for her personal, mental and professional growth.

Shamaya is now a rising senior majoring in social work and an honors student at Delaware State University. She maintains her 4.0 GPA while a member and Vice President of the Phi Alpha Honor Society of Social Work and the President and Founder of Pathways to Success-College. While at DSU, Shamaya has served as the Miss Honors Student Association for the 2021-2022 school year and as the Corresponding Secretary for the organization for the 2022-2023 school year. She has interned with Pathways for the last two summers and works heavily in the Pathways to Well-being sector. Shamaya plans to pursue her Master's degree in Social work from DSU in one year by utilizing their advanced standing program. From there, she plans to obtain her license to become a Licensed Clinical Social Worker. Ultimately, she aspires to become a therapist specializing in adolescents, families, and couples. Her dream is to open emotional safe space centers to aid people in effectively dealing with their vulnerable emotions.



Stacy LaMotta

Creative Coastal Connections Corp.

Stacy loves life, she thrives on adventure, challenges and peace in her heart! She loves to meet and hang out with people who share her vision of Giving. One of the things she was put on this earth to do is to share her gifts with people and the community. Eight years ago she started her own Non-profit company.... Creative Coastal Connections Corp, with the mission to raise money and awareness for other charitable organizations through event planning, implementation and execution. Her "baby" is the Southern Delaware Wine, Food & Music Festival which is in its eighth year! Through this one annual festival, nearly \$200,000 has been awarded to many different local non-profits. Stacy also uses her knowledge to consult with individuals, and non-profit and for-profit businesses in any and all stages of the event planning process!

A large part of Stacy's life orbits around her devotion to yoga, wellness and all definitions of fitness as they relate to mind, body and spirit. For over 40 years, she has been helping people improve the quality of their lives through healthy living, stress management and all kinds of movement/exercise. Her newest venture is as a Holistic & Functional Nutrition Counselor.



Lauren Haggerty
MSPT, BCN
Brain Love Neurotherapy

Lauren Haggerty received a Master of Science in Physical Therapy from Marymount University. She is a Board Certified Neurotherapist.

Lauren worked for Easter Seals in Georgetown with children and families for 8 years prior to starting Brain Love. She started Brain Love after dealing with her own whiplash injury. Lauren began treating clients with a simple two channel system before falling in love with the robust Neurofield system at a symposium. The ability to work on the brain as well as the body is part of the Neurofield suite of treatments. Brain Love opened at its current location in Rehoboth Beach in 2015. In November of 2021, a second location opened in Dover so Northern clientele would not have to travel as far.

The mission of Brain Love is to utilize state-of-the-art equipment and training to help clients regulate their brains. Brain Love is a Woman owned small business.

For every client, an electroencephalogram or EEG cap is placed on the head and a recording of brainwaves is captured. The brain maps created show where a client's brain is regulated and where dysregulation of either speed or connection is occurring. This guides the building of custom protocols unique to each client.

Brain Love is a vendor for the state of Delaware Traumatic Brain Injury (TBI) fund. If a person has a diagnosed concussion or TBI, they can receive a round of therapy (10 sessions) that are paid for by the state after applying.

Lauren is available to give talks in the community to educate about this exciting modality. For some clients, Brain Love is a stop along their healing journey. For other clients, it is THE stop. Either way, the client leaves with a brighter brain and education on how to best take care of this amazing organ.

Lauren is a member of the Cape Business Network, a group that meets locally to network and give back to the community.



Sheryl Swed
Delaware Botanic Gardens

Giving back is a blessing. My parents were my first and strongest role models for giving back. They both volunteered throughout their lives — the PTA, scouts or our town planning committee—they always gave back. They imbued me with the importance of public good and community service. I have tried to live my professional and personal life with the values I learned from them.

Professionally, throughout my career in the public and private sectors and in the nonprofit world, I have been fortunate to find ways to give back. From my work in 1978 at the U. S. Commission on the Observance of International Women's Year to serving for 8 years as President of the U. S. Committee for the United Nations Development Fund for Women (Now UN Women), and most recently since 2012 here at the Delaware Botanic Gardens (DBG). Working with like-minded citizens we have created an amazing give back project for Sussex County and our entire Delmarva community.

As Executive Director of this entrepreneurial start up nonprofit, my responsibilities at DBG are focused on insuring that each day supports our mission of creating and maintaining an outstanding public garden. Some days are more focused on internal issues of staffing, budgeting and Board communications. Other days are focused on external issues of donor relations and fund raising, community outreach and media. The day to day management of this multimillion project is a full time give back opportunity to bring together the efforts of our dedicated Board, our hardworking executive team, our talented staff, our amazingly dedicated volunteers, our generous corporate partners and foundations and our devoted members.

I love the work I am doing right now. I am grateful to have a challenging and demanding role which also enables me to give back to our community and state this very special public garden which adds to the quality of life of our great region.



Julie Gritton
Coldwell Banker Premier

When you think LOCAL, think Julie Gritton. For over the past 18 years Julie has been actively selling real estate in the Sussex County Community. For 2021, she received the Sussex County Association of REALTORS Good Neighbor Award and she ranked in the top 1% for all Coldwell Banker Agents Internationally. Julie is a local Cape Henlopen High School Graduate and has her Bachelor's Degree in Business and Associates in Marketing. She has extensive real estate experience of Southern Delaware focusing on First Time Home Buyers, Investors, Luxury Homes, Land & Acreage, and Beach Properties including both Sales, and Rentals. Having experience in both rental and sales distinguishes Julie from the competition and helps advise customers and the community with up-to-date knowledge of the compete local real estate market. Julie understands that buying or selling a home is more than just a transaction: "it's a life-changing experience and a chance to support our local community. That's why I am highly dedicated to providing exceptional, personalized service for all my clients and I focus on giving back to local charities like St Jude's Children's Research, Food Bank of Delaware, and Brandywine SPCA with every sale." Today's buyers and sellers need a trusted resource that can guide them through the complex world of real estate. With my extensive knowledge and commitment to providing only the best and most timely information to my clients, I strive to be their go-to source for real estate industry insight and advice. "My philosophy is simple: Always keep a clients come first attitude and give back and support your local community. I don't measure success through awards, but through the satisfaction of my clients and the support I can provide to my community. The best compliment I can receive is a client or community referral to a friend, relative or neighbor."



Sutton Ward
Martin's Water Treatment

Sutton is our head sales consultant and also runs our online marketing/social media department. Originally from the greater Philadelphia area, he moved to West Los Angeles where he studied at the Los Angeles Film Academy, and worked in the fitness business, helping people achieve their fitness goals. After 13 years, Sutton moved back to the east coast and joined Martin's Water Treatment. He trained with our founder, Allen, for over a year, learning about water testing and the service and installation of water equipment before moving into the sales department. During this time, he also began implementing various marketing strategies to increase our online presence and social media visibility. When you schedule a free in-home consultation, Sutton will be the one to come to your home and provide you with a customized treatment plan based on your specific water readings and results.

"The most gratifying part of this job is the ability to help people achieve a higher standard of living by giving the gift of clean, healthy water to people who are struggling to find a solution to the problems they are having with their water," says Sutton, and we couldn't agree more!



Rachel Martin
Martin's Water Treatment

Rachel is the daughter of our founder/owner, Allen Martin. She is our office manager and handles all of our scheduling, customer financing, and keeps our day to day operations on track with outstanding efficiency. Growing up around water treatment, she has a great understanding of the problems that people have with their water. This knowledge base makes her a great resource for customers when they call us with questions. Rachel is the first person people speak to when reaching out to our business, and she takes great pride in making the first impression be a stellar one.

Rachel says, "For me, making the customer know they are our top priority is of the utmost importance. Many people come to us feeling overlooked and forgotten by other companies they have worked with, or overwhelmed by all of the issues their water is causing them. The best part of my job is putting the customers' fears to rest and making them feel like they are part of our family and have finally found a home here at Martin's Water Treatment."



Mike Baker
C.M.Baker Photography

Mike Baker is the founder of C.M.Baker Photography with over 25 years experience. His photography ventures have been quite diverse. Throughout the year you may find him shooting a wedding, a Quinceañera, in the pits of a NASCAR race at Dover Downs and now at front stage at the Firefly Festival or flying over doing aerials. Giving back to the community has always been an important part of it all. Mike was awarded "Volunteer of the Year" from CDCC (Central De Chamber of Comm.) in 2005, "Volunteer of the Year" from Kent County Tourism 2010, "Chairman's Outstanding Partnership Award from CDCC in 2010 along with "Business Person of the Year" from CDCC in 2008. Since 1997, Mike has been the "official" photographer for the KC Heart Ball and for the "Go Red" in Kent County since it's onset. Some of the past and present organizations have been: MD Kidney Foundation, De Breast Cancer Coalition, Various De Fire Companies, Bayhealth Foundation, Beebe Hospital, Dover Air Force Base, Autism DE, Relay for Life, MS Bike to the Bay and the Amish Bike Tour, to name a few.

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Peninsula Veterinary Services

Testimonials

Great veterinary practice. Appreciate the great relationship between Dr. Reid and staff. Dr. Reid takes all my concerns seriously and is always available to talk to in person and via text. - *Julie S*

I really love how Dr. Reid, her staff and even other clients are so caring and personable when we visit. The atmosphere gives us a feeling of comfort. Dr. Reid is a wonderful person and very responsive to my questions, email and even small talk. - *Marty V*

I have been overly pleased with services, we are new to the area. Not only is the office clean and pleasant, I appreciate the way the practice is run. Doctor is efficient and thorough and does not over test or treat. If anyone asks, I tell people they are the best! - *Ann R*

We love Dr. Reid and the staff is friendly, helpful and professional. Beautiful offices and really appreciate the calm and kind care for our unruly critter. - *Alexandra B*

Love Dr. Reid and staff. They truly care about my dog. - *Katherine B*

Dr. Reid and staff are kind and delightful people. Dr. Reid makes sure to educate us about the services and medical options for our animals so we are making the best informed decisions possible. And...she uses an inclusive approach to our animals care so we make a team. Slam dunk for animal care! - *Valerie M*

Love, love love this veterinary office! The staff and vet are outstanding! - *Deb S*

The staff and Dr. Reid are so kind and caring. They have gone out of their way to help us out with our rescue dog who came with so many health issues. I would recommend this service to anyone with dogs and cats. - *Adrienne M*

Always enjoy bringing Jenny in to get her what she needs. Dr. Reid and the staff is always so nice. - *Nancy M*

I have been very impressed with the care Beth has received . I would highly recommend the practice. - *Debbie Z*

Very personable staff. The wait time was short, cost reasonable and friendly atmosphere. - *Sandra H*

I was very pleased with the staff and Dr. Reid. All were very friendly and professional. The facility was very neat and clean. I explored other options but they came highly recommended. I would refer others here without any reservations. - *Robin B*

Everyone was great from the second we walked in. Very helpful and attentive. Won't go anywhere else, so much better than any other place also not over-priced. - *William S*

The office was friendly and thorough. I appreciated the fact they are not pushy salespeople-they want to take care of your pet, not perform unnecessary tests and sell you one of everything. Those things are available if needed, but it was a good, laid-back experience. - *Ellen S*

I love Peninsula Veterinary Services. The vet is so knowledgeable and they are so friendly and caring. I would strongly recommend them to anyone with an animal who needs veterinary care. - *Cindy D*





Peninsula Veterinary Services is a full-service, AAHA-accredited hospital located in Millsboro, Delaware. Owner Dr. April Reid moved from Brooklyn, New York in 2015 to start a practice in this area after spending summers in Rehoboth as a child. Dr. Reid is a graduate of Ross University School of Veterinary Medicine. She previously owned a thoroughbred racetrack practice for 14 years before switching to small animal practice. Dr. Reid works closely with several local rescue organizations and is past president of the Delaware Veterinary Medical Association. In her spare time, Dr. Reid enjoys spending time with her two Great Danes, Ambrose and Amelia, and her two cats.



Why Is It So Difficult To Get An Appointment With My Veterinarian?

The difficulty of getting a veterinary appointment for your pet is a world-wide problem and not just confined to this area as many people probably assume. As everyone knows, Sussex County has undergone a phenomenal growth in population during the last three years. This has placed pressure on the medical, dental and veterinary businesses in this area.

No one was prepared for 2020. Veterinary hospitals were essential businesses. Immediately, it was necessary to move to the curbside model of practice. Except there was no such model. People were not comfortable giving their pet to a veterinary technician or assistant in a parking lot. Appointments became longer as communication styles between the veterinarian and client were worked out. Veterinary teams were getting the virus as well and there was no one to replace them.

Technicians and assistants (and veterinarians) became so physically and mentally overwhelmed that many people left the profession altogether. It is known that the suicide rate in the profession of veterinary medicine is higher than that of the general population. The emotional toll it takes on the type of person who choose this profession can become unbearable and the amount of work during the pandemic added to the problem. Veterinarians and support staff also had to deal with childcare issues and many veterinarians that were close to retirement decided to do so then rather than risk getting the virus.

Besides relocation, people adopted pets at a rate never seen before and

they were at home with the pets watching and worrying about them. So appointment numbers were increasing while the number of staff working at any time was not able to be predicted. Entire clinics had to be shut down. Schools were closed and virtual learning was difficult, especially for the fourth-year students who were supposed to be in their clinical year, which is completely hands-on. Veterinary schools in the United States graduate approximately 3,000 students a year. Only about half of those students go into private practice; many begin internships and residencies to become specialized in different areas of clinical practice. Combined with the number of veterinarians retiring, the situation became a perfect storm of understaffed practices.

As curbside slowly lifted, veterinary practices began to be booked months out and that continues to this day. Oftentimes, it takes 4-5 phone calls to find an emergency clinic willing to take a transfer from a private hospital. That hospital may be hours away. The wait at emergency clinics can now be between 4-6 hours. Understandably, owners are upset; pets are part of their family and now are having to wait longer for appointments for lameness, allergies, ear infections, etc. and don't understand the reason why. Veterinarians physically cannot see all the pets and routine visits are booked out for months.

Please know that when an owner calls a clinic and is told they are not accepting new clients it is because the veterinarian can not take on anymore and still feel that they are giving current clients the care they deserve. Leaving a bad review because they

are unable to be taken as a client at this time or being rude to staff only makes the situation worse. Know that when you do have an appointment, there may be a wait as there are still emergencies that come in and need to be seen urgently.

Unfortunately, there may not be a return to "normal" anytime soon. It had already been predicted that the US would be short about 41,000

veterinarians by 2030 due to reasons above and the boomer generation retiring. New schools are opening and class size has increased when schools are able to do so without lowering educational standards.

Whatever the future brings, please be compassionate. No one would be in this profession if they did not love animals and want to provide the best care possible for them.



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Elks Lodge #817

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Oct. 2

Baywood Greens

Long Neck, DE



Delmarva Ambassador, Tina



Salisbury Ambassador, Conor



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The County Woman’s Journal

Fall 2022 | 31

Offshore Wind, Delaware, and Me



By Mike Dunmyer, US Wind Delaware Development Manager

My dad served in the army for 20 years, so I grew up moving all over the country. Fortunately, my grandmother bought a small cottage in Dewey Beach in 1947, and that's where I spent my summers. That Dewey cottage was an emotional touchstone and was the one constant in my life. As a result, I saw Sussex County as home, and decided to raise my family here. We live in Lewes, continue to maintain a home in Dewey, and feel fortunate to be part of those communities.

Having spent so much of my life here, I understand what's special about the area. I also know that history, legacy, and preserving our unique character matters. A lot. So, when US Wind approached me about joining their team, I jumped at the chance because I know offshore wind can play a key role in protecting the Sussex County we love.

The fact is that sea level rise is already affecting us. Bayside flooding is an issue for nearly every coastal town, while arable farmland is being lost to saltwater inundation. The situation has been getting worse and will continue to unless we act now. Based on the amount of carbon dioxide already in the atmosphere, current models predict local sea levels will rise another 12 – 18 inches over the next thirty years. The Delaware Sea Level Rise Advisory Committee projects that we'll lose 8% of our land if sea levels rise beyond 24 inches. Thus, the decisions we make now will determine what kind of Sussex County we leave to our children and grandchildren.

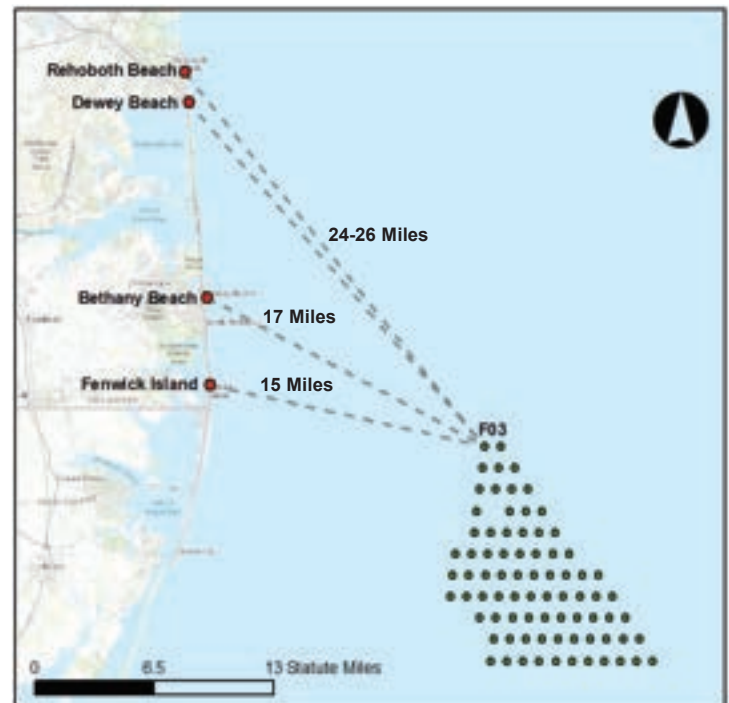
One of the most impactful things we can do is switch to renewable energies, and the abundant renewable resource in our area is offshore wind. US Wind is developing 1,100 megawatts (MW) of offshore wind energy in a leased area of the ocean that runs from Fenwick Island south along the Maryland coast. That's enough energy to power over 380,000 area homes. Just as importantly, we are committed to developing this project safely and responsibly, taking care to protect the marine ecosystem and all the life within it.

Our project, along with 19 others along the Atlantic coast will deliver more than 35,000 MW of clean domestic energy. Combining that with solar, geothermal, and onshore wind can literally "stem the tide" of coastal flooding to preserve the special place we all call home.



Mike Dunmyer is US Wind's Delaware Development Manager. He lives in Lewes with his family.

If you have any questions, please reach out to Mike at m.dunmyer@uswindinc.com.



Benefits for Delaware

- US Wind's offshore wind projects will make landfall and connect to the grid in Sussex County, bringing a number of benefits to Delaware, including:
 - **Clean, local energy.** 1,100 MW of clean, renewable energy brought to the grid to feed growing local and regional demand.
 - **Improved infrastructure.** Hundreds of millions of dollars invested to improve local grid capacity.
 - **Jobs** for grid enhancement and cable burial, and project **opportunities for local businesses** including civil scope & supply chain roles.
 - US Wind will look to **invest in and utilize local startups** launched to support the offshore wind industry.
 - **Contributions to mission-aligned organizations** like The Center for the Inland Bays and the Delaware Prosperity Partnership.
 - **Support** for coastal communities.





**COLDWELL BANKER
PREMIER**

THE
Julie Gritton
TEAM



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

When you think LOCAL, think Julie Gritton. For over the past 18 years Julie has been actively selling real estate in the Sussex County Community and her real estate team has

over 50 years combined real estate experience. 2021 Sussex County Association of REALTORS Good Neighbor Award and ranked in the top 1% for all Coldwell Banker Agents Internationally. Julie is a local Cape Henlopen High School Graduate and has her Bachelor's Degree in Business and Associates in Marketing. She has extensive real estate experience of Southern Delaware focusing on

- First Time Home Buyers
- New Construction
- Investment Properties & 2nd Homes
- Luxury Homes
- Land & Acreage
- Commercial
- Relocation

I understand that buying or selling a home is more than just a transaction: "it's a life-changing experience and a chance to support our local community. That's why I am highly dedicated to providing exceptional, personalized service for all my clients and I focus on giving back to local charities like St Jude's Children's Research, Food

Bank of Delaware, and Brandywine SPCA with every sale." Today's buyers and sellers need a trusted resource that can guide them through the complex world of real estate. With my extensive knowledge and commitment to providing only the best and most timely information to my clients, I strive to be their go-to source for real estate industry insight and advice. "My philosophy is simple: Clients Satisfaction is top priority, give back and support your local community. I don't measure success through awards, but through the satisfaction of my clients and the support I can provide to my community. The best compliment I can receive is a client or community referral to a friend, relative or neighbor."

Buy with Confidence, Sell with Success.



Did you know ...

Julie Gritton loves to hike local trails! She has been on almost all the trails at all the Delaware State Parks. She also loves to visit waterfalls outside of the state and she has hiked many trails in Acadia National Park in Maine, Shenandoah National Park and the

Smoky Mountains in Tennessee. Know of a great place to visit next? She is always looking forward to discussing traveling with friends and clients to find that next beautiful spot to admire.



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THE
Julie Gritton
TEAM

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Testimonials

"Best experience of our lives. Every house we looked at she understood all our questions, answered all with ease and was professional every step of the way . Julie is a warm hearted person and is wonderful and a pleasure to work with. She had all the knowledge of every house we looked at and there was a lot but kept on showing till we got the right place. Everything about her and the team we loved . She answered all of our questions and listened to everything we asked for till she got us the perfect place that we could afford. Words can not express or explain the process that she handled with ease. Professional warm hearted, loving, and knowledgeable all comes to mind when she is on site at any house we looked at." - Nagel, Harrington, DE

"Julie is simply the best agent at the shore. This is the second property that she sold for us. Smart, low key and effective. She helped us with lots of decisions and was always available 24/7." - Verrico, Villages Of Five Points, Lewes, DE

"I appreciate all the hard work that Julie Gritton has done to help me secure this property. I have purchased a lot of properties in my lifetime and I am thoroughly impressed with Julie Gritton and her team. It is very rewarding to know that there are people in the Lewes area that are dedicated and give 100% in the realty service. I am glad that an old high school classmate recommended to me that I give Julie Gritton a chance in securing a property for me.

I must admit I was and still am very surprised in the professional support and service they have given me. They went way above the mark and when I need to purchase or sell another property I will be using Julie Gritton for my choice. I am glad I did and the end results are nothing less than outstanding service." - Neff, Broadkill Beach, Milton, DE

"After placing our Mother in a nursing home, we needed to sell her home. On the recommendation of my brother in law I interviewed Julie. I was immediately impressed with her professionalism and knowledge of the area. The home was a mobile home in a 55+ park outside of Lewes. I hired Julie without interviewing anyone else, a first for me. Julie set me up with a phone app to apprise me of when the home was showing including feedback from potential buyers. The feedback was extremely helpful in our decision to lower the price, which led to our accepted offer. Julie kept me informed through the closing process and we had an uneventful close. Julie was a great pleasure to work with and she gives the same level of service regardless of your price point. I can honestly say Julie is the first realtor I have dealt with that I did not have any acrimonious interactions. I recommend Julie for all your real estate needs." - Dean, Lewes, DE













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14th Annual

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Visit wings-wheels.com or scan the QR code.

Event parking: \$5 | Visit our website for parking information.
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SCAN ME

THE SUSSEX COUNTY WOMEN'S JOURNAL IS PROUD TO SPONSOR THIS EVENT.

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Want something new and creative to do at your wedding? Check out our heart picture of you and your wedding guests that can be taken with our drone. It is possible to do this at any wedding that the Shasta

CMBaker Photography help you create memories at your next event.

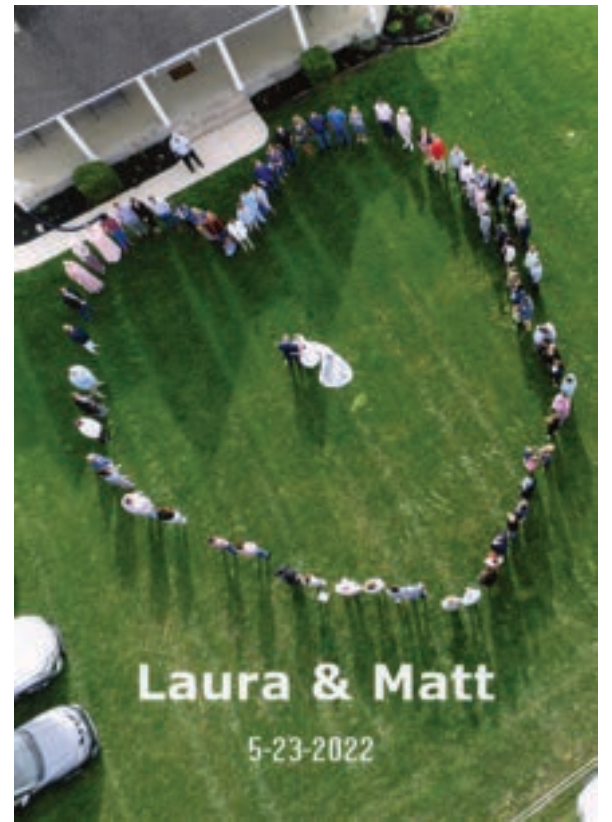
The Shasta was also present on Saturday and Sunday Dover Motor Speedway in the Fan Zone. Most everything was free to the public. There was even a free concert with the Amish Outlaws. Great show. Also entertaining on the stage was Delaware's own Jimmy Allen. Another great concert!!

June 3rd Weekend will be Alumni Weekend at University of Delaware. The "Shasta" will be there on Friday evening. We will also be there at a few events on Saturday.



Shutterbug is attending (at additional cost) and offering prints onsite for guests at the wedding. Please make sure it is agreeable with your wedding photographer. We are licensed, certified by FAA Part 107, and insured to do this or any other commercial drone photography.

Bride and Groom Allison & Brandon Blades.
Photo was taken in Dagsboro, DE on June 5, 2021.



Drone photo of the wedding of Laura and Matt Porter, taken at their residence in the Felton area. 4-23-22

I have included various photo strips from some of our functions in this article to give you any ideas for your event. If you need promo or headshots, we can accommodate you and normally takes about 15-20 minutes to come set up. We have done these for many years for big or small companies. Since the start of digital photography, we have always been able to produce prints on-site. With all the up-to-date equipment, 5x7 prints take about two minutes to be printed and in a folder. We have done many large and small gala events over the years – Inaugural Balls, Military Balls, or Charity Balls along with any holiday events. We are on Facebook and website, cmbaker.com and would love



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Pineapple Princess Testimonials

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

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

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

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

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

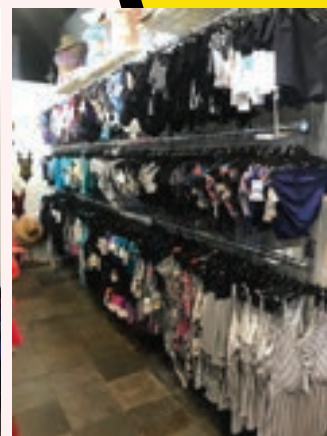
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.”
- *Angelica, upstate New York*

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

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

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

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

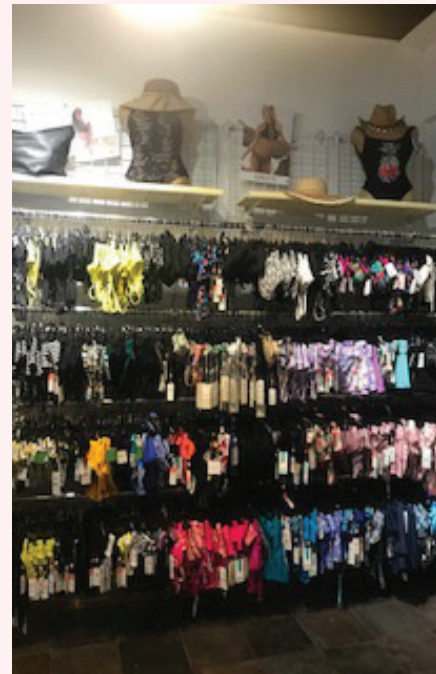


Welcome Fall 2022!

Dear Fall 2022,

On behalf of everyone at Pineapple Princess swimwear, we would like to thank our customers for a wonderful summer season! The last couple months at the beach have been busy and overwhelming in such a heartwarming way and now the “off season” or as the locals call it the best time of the year is approaching. Our boutique stays open all year long with amazing sales so it is a great time to stock up or if you have a trip planned to get a swimsuit. The owner, having over 30 years of fitting and making swimwear, and the manager, having 20 years of experience, have an extensive inventory in the boutique to offer women. Sizes range from XS(0)-4X(24) and we specialize in fitting cup sizes A-I. Our staff prides themselves on customer service to help gals find the perfect swimsuit and to feel your best. On site alterations are offered to help the swimwear fit properly if needed. We help with mastectomy, maternity, repairs and cuppies. Brands we carry include Tommy Bahama, Swim Systems, Sunsets, Kate Spade, Anne Cole, Seafolly, Cabana Life, Gottex, Trina Turk, Miraclesuit and Longitude to just name a few. Looking for a cute beach coverup or accessory? We have what you need from coverups to dresses to beach bags, hats, jewelry and even pool floats. The possibilities are endless in our boutique located in downtown Rehoboth Beach, DE. Our store hours are 10-5 all year long but closed two days a week so call for hours 302-227-8705. Sea ya at the beach!

Sincerely,
Pineapple Princesses



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Elizabeth Kapke, The Publisher



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

*Barbara S.
Milford, Delaware*

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

*Kathy M
Bethany Beach, Delaware*



"I used one of ONE STOP coupons for an oil change and now I give them all my work on my husband's car and mine."

*Joyce W.
Seaford, Delaware*



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"I bought a used Chevy from a Dealer. They said it was mechanically perfect. I drove it to ONE STOP. They found 2 leaks that were not disclosed by the Dealer. The Dealer adjusted the price."

*Betty Lou G.
Georgetown, Delaware*

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- Patti P.



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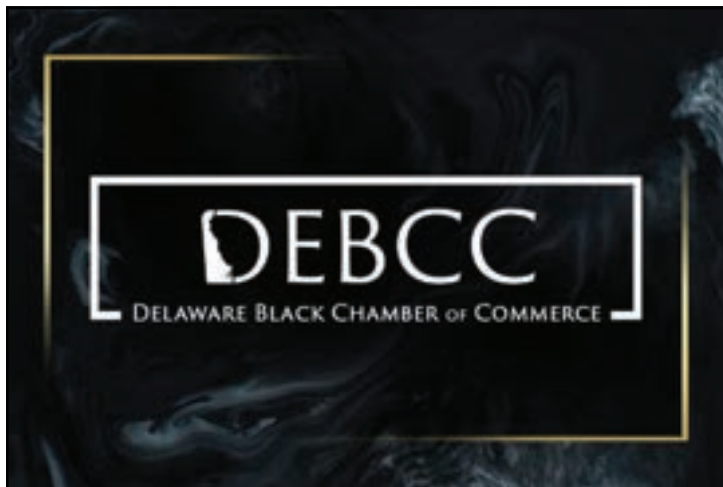
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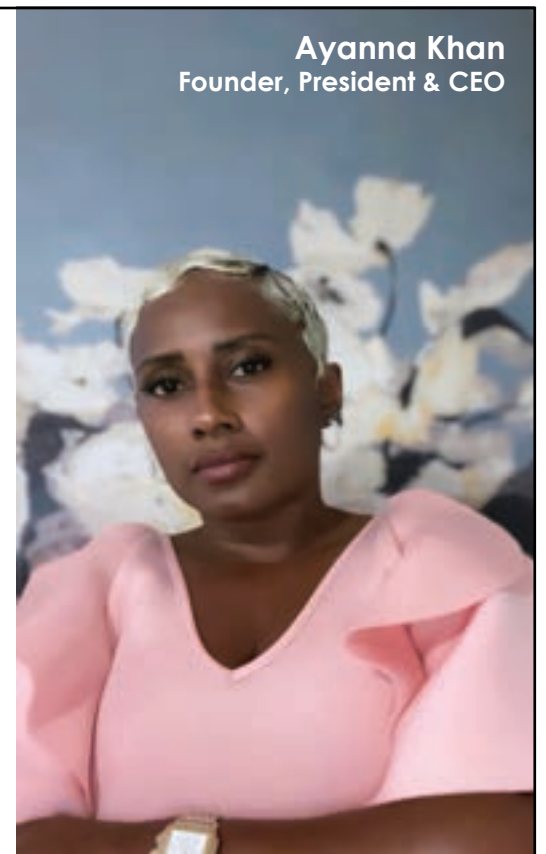
At the Delaware Black Chamber of Commerce (DEBCC), we are driven to do our part in changing the economic footprint for small businesses in the First State and beyond. The Chamber remains a solid voice for the Black business community while continuously refocusing its efforts to meet the ever-changing needs of its members.

"Together, we are stronger"


The founder of Khan Consulting LLC is Ayanna Khan. Ayanna received her Master's in Human Services Administration from Wilmington University in 2013; Ayanna has a background in finance for a major communication and technology Dow 30 company for 10 years prior to starting Khan Consulting LLC in 2015.


She is the Founder, President & CEO of the Delaware Black Chamber of Commerce (DEBCC), which aims to support small businesses by helping them connect with larger companies and one another; providing business development training and education; and raising awareness about Delaware's Black business community.

"At the Delaware Black Chamber of Commerce (DEBCC), we are ALL-INCLUSIVE, and the DEBCC is driven to do our part in changing the economic footprint for small businesses in the First State and beyond."



Ayanna Khan
Founder, President & CEO

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LEVERAGING SOCIAL MEDIA FOR YOUR BUSINESS

CAN Web Management

Milford, DE 19963

302-503-3187

Social Media can be a powerful tool when it comes to growing your business, but it can also be a huge waste of time and money if lacking strategy.

First, you will want to pick the right platform(s). That's right, you don't have to be everywhere; you just have to be where your audience is. Of course, in order to do that you'll need to get clear on exactly *who* your target audience is. Once you have this down, choosing your social platforms will simply be a matter of deciding on which platforms this audience spends most of their time.

Need help defining your target audience, clarifying your brand message, or selecting the best social platforms? Book a free online success consultation with CAN Web Management!

Next, you will want to develop an **Organic Posting Strategy.**

Organic posts are those which do not involve paid boosts or reach. They are the regular, everyday posts that you share to your business profile.

It is extremely rare for a person to make a purchase after their first exposure with a product/company. This is why it is so important to post on a consistent basis. Whatever that posting schedule is though, is completely up to you.

No one can represent your business better than someone on the inside. Thus, we always recommend having an employee (or several) handle organic posting for you. These staff members should also be responsible for replying to comments and messages on behalf of your company.

Finally, fill-in-the-blanks with a **Paid Ad Strategy.**

While your organic posting strategy is centered on sharing useful information, company insights, and building a community; you'll want to accompany that with hyper-targeted, action-driving content. This is where paid ads come in.

Paid ads are more complicated than a simple *boosted* post. They require real strategy, based in a deep understanding of your audience, industry, and company goals. To make the most of your ad budget, this is best outsourced to an agency/individual with knowledge of the algorithms of the platform in use, as well as the general principles of digital marketing and graphic design.

Tips to Organic Posting:

1. **Keep it consistent.** Whether posting once a day, or thrice per week, maintain a reliable schedule.
2. **Keep it fun.** Share content that reveals company culture and builds trust with your brand.
3. **Keep it educational.** Share useful insights that re-establish your authority in your niche/industry.
4. **Audience-first.** Make it a point to speak **to** your audience, rather than always speaking **about** your business.

Nicole is the Co-Owner and Online Success Strategist for CAN Web Management in Milford, Delaware. With over a decade of experience in web development and digital marketing, she is on a mission to help small businesses leverage the internet.

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

-Nicole Hammond

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

Soon to be Continued!

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

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- Apple Smoked Pit Beef (when avail. or by special order) • Maple Cured Ham (sliced to order in the deli)
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except Sunday 7am - 7pm



DELAWARE BOTANIC GARDENS

Albert Einstein reportedly said that Compound Interest is the Eighth Wonder of the World. Giving Back is the human equivalent to Compound Interest. The more you give back the greater the award the recipient gains and the greater the award the giver receives. **Volunteers at the Delaware Botanic Gardens (DBG) experience the joy and satisfaction of giving back as they transform a former soy bean field and a deer-ravaged woodlands into an award winning public garden.** The smiles and thanks from our visitors plus the beauty of the gardens are the great rewards that Giving Back at DBG bestows to our volunteers. Please join us. — Raymond J. Sander, DBG President



Volunteers on the mound in the Piet Oudolf Meadow



Docents and Garden Stewards

Visit



Photos by Ray Bojarski

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7TH ANNUAL FESTIVAL



Saturday, October 1st • Noon - 3:30 pm

NEW LOCATION
Hopkins Heartland Covered Bridge in Lewes

Your ticket includes

- 20 + Top Restaurants Serving Amazing Food
- 75+ Tastes of Wines, Craft Beer & Cocktails
- Chef Throwdown Ho-Down Competition
- 4 Bands • Silent Auction
- Wine Wall
- On-Site Free Parking




2022 Beneficiaries




Join us a VIP Dinner & Wine Pairing
Friday, September 30th, 2022 at 6:30 pm
Only 50 Tickets Available for this pre-festival event.

**For Tickets, to Volunteer
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Chef/Owner Kevin Reading

Acclaimed Chef Kevin Reading has been in the restaurant business for over 35 years & has opened many award winning restaurants within that time period throughout the state including The Fox Point Grill, Sweet Dreams Bakery, Espuma, Nage, Abbott's & Brick Works Brewing & Eats.

Located in the heart of downtown Laurel on the beautiful Broad Creek, Chef Kevin invites you to come experience his cooking at Abbott's on Broad Creek for yourself as he prides himself in serving fresh, innovative American cuisine sourcing much of what is offered from local farms. *Gather at the grill.*

"Relaxed location, great food. Well worth the few minutes drive off the main highway to relax and enjoy a meal."
-Scott, Google Review



-Beautiful, Outdoor Waterfront Dining

-Lunch, Dinner, Events

-Daily Happy Hour

-Let's Do Trivia, Live Music & Weekly Specials

-On & Off Site Catering w/ Spacious Banquet Room



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Surf & Turf Bar & Grill has Reopened for Business!



Surf and Turf Bar & Grill is Mahmut (Steve) Akoglu's third restaurant. Steve Akoglu came to this country when he was 18 years old. He started out as a dishwasher, knowing very little English but with his determination and hard work he has turned into the restaurant entrepreneur that he is today. Steve opened his first restaurant in 2006, Georgetown Family Restaurant. The success of that restaurant was the foundation to open The Palace in 2009. With the success of running two restaurants for over 10 years, Steve ceased the opportunity when the old Bob Evans went up for sale here in Milford in 2018. "I always felt Milford needed something dedicated to steak and seafood. When this location came available, I purchased it," said Steve. When the pandemic hit in 2019, it put a damper into the construction process, slowing down the original projected

opening date. Surf & Turf first opened in June of 2021 and remained open until the end of the summer. A few months after the opening, Surf & Turf had to close its doors temporarily due to the pandemic that was causing staffing shortages. However, in February 2022, Steve announced that the restaurant had reopened for business.

Steve has built an entire management team of female leadership, across all three of his locations. Leading the charge is General Manager Katlyn Carter. Katlyn has worked for Steve for 10 years, and has been managing for 4 of those years. She was recently promoted to General Manager of all three restaurant locations in July of 2022. Working alongside her is Surf & Turf Manager Cindy Wilson. Cindy has been employed by Steve for 12 years and has been managing for 1 year. You should expect many great things from the female powerhouse.

When Surf & Turf reopened it changed the name from Steakhouse to Bar & Grill to become more Milford friendly. "The prices reflect the town and families, therefore we changed the name to show we are reopening with a new concept to be more family oriented,

while still maintaining the high level of service, ambiance and amazing dishes," said Katlyn, GM.

Surf & Turf Bar & Grill serves steak grilled to perfection and a big variety of mouth watering seafood. They also offer wraps, sandwiches, and a wide variety of salads. There has been a lot of excitement surrounding the reopening of the restaurant and it has exceeded many people's expectations. "We have already started building regulars who visit us weekly. Some come in multiple times a week."

Surf & Turf Bar & Grill has been improving and growing ever since it reopened its doors for our community and out-of-state guests. They have recently added new dishes and drinks on the menu and now offer live entertainment on weekends. Also, Surf & Turf is planning to host wine and beer tasting events for their guests. In fact, their first Wine Tasting Night event got sold out in just a few days and took place on August 24th.

More information about Surf & Turf Bar & Grill and most recent updates can be found on the website www.surfturfhouse.com, Facebook and Instagram pages (@surfturf302).



What Our Customers Have to Say ...

Our experience at Surf & Turf was extraordinary. Absolutely everything from walking in to a warm greeting to the service and of course, the meal itself was outstanding. My prime rib and my wife's filet were both cooked perfectly. We will definitely be back, it was worth the drive for us. - Sean M.

I had an exquisite meal and experience at the newly reopened Surf & Turf this past weekend. The stuffed shrimp was above par with fresh and soft steamed vegetables on the side, mouth watering imperial sauce topping off my steamed shrimp stuffed with crab. Service was quick, polite, and helpful. Atmosphere was very welcoming and positive. Overall an amazing experience and I will be dining in again! - Genevieve D.



surfturfhouse.com

Surf & Turf
Bar & Grill

(302) 503-5555
(302) 503-5000

947 N Dupont Blvd • Milford, DE • 19963



Martin's Will Treat Your Water Right!



OUR STORY

Here at Martin's Water Treatment, we are committed to serving our customers and community at the highest level. Our small family business was established 16 years ago in 2006 by owner/operator Allen Martin. After 10 years of water treatment business experience under his belt already, Allen took his knowledge, experience, and passion for helping others and opened the doors to Martin's Water Treatment. His mission was to provide top quality, USA made products built by Clack, at an affordable price to as many people as possible throughout the state of Delaware and Eastern Shore Maryland. Since that time, Martin's Water Treatment has grown and flourished, giving us the privilege to help countless individuals and businesses solve the often complicated issues that problematic water can present.

OUR SERVICES & GOALS

We offer treatment solutions for a wide range of common and not so common water problems such as iron, bacteria, hardness, odor, low pH, nitrates, arsenic, lead, tannins, copper, and chemicals, just to name a few! It is important to remember that there is no "one size fits all" answer for water treatment. Different problems require different solutions, and each house, each business, each well, and even each municipal area is different. We provide our customers with free, in home, lab grade testing which we perform right there on the spot with you. Once we have your readings, we will be able to provide you with a custom treatment plan unique to your home or business, sized proportionately to your individual water readings, and prioritized correctly based off your personal concerns. Our goal with each customer is to provide an accurate, easy to understand breakdown of the issues being presented, along with a comprehensive treatment plan to get the job done right the first time. We want to provide you

with long term solutions, not quick fixes! Most importantly we want to help you give the gift of good health to yourself, and the people you care about. That means making sure the water in your home is pure, clean, and contaminant free – water is the basis of life as we know it, so nothing could be more important than making sure the water you and your family use every single day is of the highest caliber.

COMMON ISSUES & SOLUTIONS

Here are 3 examples of common issues we see every day, along with their solutions.

If you are experiencing unsightly brown staining, metallic odor, or a white, cement like residue in your showers and sinks, your water has iron and/or hardness present. We use a conditioner/softener, sized proportionately to your readings, to treat both issues at the same time.

If you are suffering from a low pH, or acidity in the water, you may have had to purchase a new hot water heater or 2 in recent years due to the acid eating up the old one. Acid water

will corrode any metal it encounters, ruining your home, and depositing heavy metals into your water which then make their way into your body! Acid water is "neutralized" by installing a neutralizer, which distributes a natural mineral called calcite into the water, removing the acid, and raising the pH up to a neutral 7.

Bacteria is another common issue we see regularly. People selling their homes will often find they have a bacteria contamination in their well and must get it fixed in order to have the sale go through. We work with many realtors, sellers, and buyers daily to provide not only lab testing and sample pulls, but also well shocks, and UV light system installs to fix the issue of bacteria. Our UV lights are a guaranteed and permanent fix for bacteria, and we include a guaranteed passing bacteria test in the price of installation. If you're a realtor, or buying/selling a home, we can help you work through whatever water issues might arise during the sales process.

OUR PHILOSOPHY

We believe what truly

makes us unique in this business is our desire to genuinely help others. Being a small family business, we believe in treating YOU, the customer, like you are a member of our family as well, treating your home like it's our home, and going above and beyond to provide you

with an experience without comparison. It would be our distinct privilege to have the opportunity to earn your business and trust, so call us today to find out what everyone already knows – at Martin's Water Treatment, we treat your water RIGHT!!

"Couldn't be more thankful to have found the wonderful people at Martin's Water Treatment. The acidity problem I had with my water was ruining all my pipes and appliances and staining my clothes. I called Martin's Water Treatment and they came out and were able to correct my issues in less that 48 hours, completely installed and done. Total pros!!" - Carla K.



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What Our Customers Say!



Although we use Bennett Termite & Pest Control for routine pest control and inspections, we had an emergency issue arise. Bennett handled our call promptly and came out to determine the extent of the problem. They performed the heat-treatments required and arranged for a special certification. The problem was solved quickly and perfectly. We would highly recommend Bennett Termite and Pest Control services to anyone.

We use Bennett Termite and Pest Control for our routine pest control and for inspections. However, we had an emergency this past week. Bennett arrived quickly and evaluated my problem. They provided a Heat Treatment and arranged for a special certification. As always Dean and his staff were courteous, explained things well, and provided great service. We highly recommend Bennett Termite and Pest Control for all your pest control problems.

Bennett is known for their termite & pest control but their crawl space encapsulation programs are the top of the line. You can not get better prices. Very professional and timely. Local guy Dean Bennett and Bruce very easy to talk with no pressure!

Our neighborhood has had a termite scare, with several infestations. After reading all the great reviews for Bennett, we chose them to inspect for peace of mind. Robert came out within two days, was very nice and very professional, and inspected for free (!!!). Luckily we don't have any termites, but Robert showed me exactly what to look for, and I will definitely call Bennett if any issues every arise. Highly recommend, a company that seems to pride themselves on honesty and customer service.

Had a really bad ant problem, talked to dean about it and he didnt hesitate to have me put on the schedule and have a guy out to my house ON TIME and when scheduled, the guy was very nice, explained everything he was doing and it wasnt expensive at all. Definitely recommend Bennett Pest Solutions, honest and affordable! Thanks!!!!

I highly recommend Bennett Termite and Pest. They are professional , prompt , and do an excellent job . I am in property management in OCMD. and I count on Bennett often. I have never been dissapointed in there work. Special shout out to Jennifer and Bruce. Thank you !!!

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Our Customers Say...

I am very pleased with my clean carpets from Godwin's carpet cleaning. Mr Godwin did an excellent job and was very friendly and professional. I would highly recommend his service.

- Delores Mast

Great job and very affordable very pleased. - John Gaydos

Friendly, professional, great work! And the Bonus is COWBOYLOVE! Second time using and will look forward to future work! - Kymmr Barker

Great service, the best !!! Owner very well mannered and does an excellent job on carpet, chairs, cars etc. - Jerry Smith-FeShields

I Would definitely recommend God Waynes carpet care for anyone who needs carpet service on time Pelee great service great job my carpets look 10 times better than what they've ever looked. - Roza Montoza

Awesome!! - Sabrina Hurst

Awesome experience with Godwins! Sean Sr & Sean Jr. did a fantastic job cleaning my carpets and sofa. They were friendly , professional and thorough. I highly recommend them for any of your spring cleaning needs. - Denise Di Sabatino Hoban

The best! From start to finish, great timing, very friendly! My carpet looks brand new. - Ronald JR Deshields

A great experience from start to finish. Very professional, courteous, and knowledgeable. You won't be sorry. - Mary Reed

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Hardwood Cleaning Available

He came to my home amd did my furniture and family room carpet. it looks great am so pleased. i was at work but my father said that the person who came was very pleasant . Would recommend to give them a try if you are in the need. - Cecelia Toomey

I would highly recommend Godwin's. He did a wonderful good on my carpet and fouton and his rates are very reasonable if you want "quality"! - Lyndon N Babie

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Before
and After



Testimonials

G. Fedale recently completed an extensive shingle removal/replacement on the Union United Methodist Church in Bridgeville, DE due to storm damage this past winter. We found the organization to be very professional and efficient from representing the church in discussions with the insurance carrier to installation of the shingles. The on-site supervisor, Luke, handled the job very well and was responsive to any questions. Also, Frank Starkey, kept the Church informed of any issues and was pleasant to deal with. UUMC was very pleased with G. Fedale's work and would recommend this company.
- Union United Methodist Church

Brad the salesman was very helpful. The men arrived a little early. Shortly after that the dumpster arrived and was placed appropriately. The project manager Mike introduced himself to me. The plywood and tarps were quickly put in place and the job started. With a team of over a half dozen men the roof was removed and quickly replaced. All within one day. During the process I made a few minor changes, which Mike was happy to have completed. The price was not the cheapest but I feel I've got a very nice job, in a reasonable amount of time and the cleanup was excellent. Even the dumpster was removed the next morning.
Thanks guys! Two thumbs up.
- Jeff

