

THE SUSSEX COUNTY

Women's Journal™



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



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C.M. Baker Photography

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**THE SUSSEX
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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

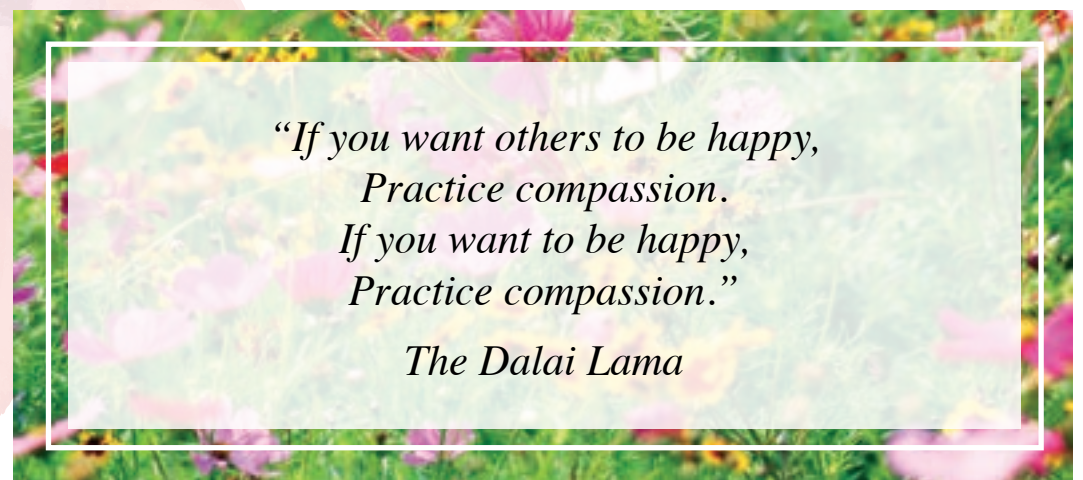
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As you may know, we started the Women's Newspaper in Las Vegas back in 1982. When I think about why we have lasted so long, and have grown to many different counties through the United States, one answer comes to mind, EDUCATION!

When you read this year, you will find we deal with no religion, no politics, and no local news, WHY EDUCATION sells. Learn about something that will help your health and family. Every article has quality of life. By all means share your insight with our authors. We thank you for your continued support and your authorship.

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The Publisher



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READERSHIP 185,000 +

On the Cover



Left to Right: Katie Cotto, Jessica Livingston, Tamara Gibbons and Ashley Catlett

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

This is a story about three different people, living three different challenging lives, who found their place at PACE Your LIFE.

Meet Ronnie – Ronnie lives at home with his daughter. He felt that his average day prior to enrolling in PACE Your LIFE was terrible. He spent most of the day alone because his daughter still works and is managing her family. His daughter researched PACE and realized it would be a great place for him to spend the day while she was at work. Ronnie comes to the center daily and his favorite thing to do at the center is to soak in the bath tub in the personal care room. Now Ronnie recommends PACE to others because according to Ronnie “there is nothing else like PACE Your LIFE.” – Ronnie A.

Dorothy is another participant that lives with her daughter. Before joining PACE Your LIFE, Dorothy’s main daily activity was sitting on the porch. She had also become fearful of falling. Since joining PACE Your LIFE and her favorites things are: the nice people, the great workers and the great bus drivers. She loves the door to door transportation services to and from the Center and to and from her medical appointments. The benefits Dorothy didn’t expect were the variety of exercise options and the ability to see the dentist, audiologist and eye doctor – all at the Center. “PACE is a great place to be!” – Dorothy K.

Ice cream is what made Theresa want to learn more about PACE Your LIFE. The PACE Your LIFE marketing and enrollment team hosted an ice cream social at Theresa’s apartment complex. Although Theresa is active and would take walks at her complex and regularly visit with her daughter and granddaughter, she was tired of being alone so much. She took the chance and joined PACE Your LIFE. Theresa comes to the Center 4 days a week now and loves everything about PACE, “especially the people and the food” – Theresa S.

PACE Your LIFE is a Program of All-Inclusive Care for the Elderly and is a nationally recognized program that has been around since the 1970’s. PACE Your LIFE is a health insurance plan combined with comprehensive medical and social services for adults 55 and better that reside in their home but require assistance with activities of daily living. The program is also for individuals who are eligible for Medicare and/or Medicaid benefits. A team of healthcare professionals provide PACE Your LIFE participants with personalized medical

care. Our goal is to reduce hospitalizations and nursing home stays. PACE gives participants the ability to stay in their home while receiving essential services and maintaining independence and physical and emotional well-being.

PACE Your LIFE is about to celebrate one year of being open and serving our community! We proudly report we have a wonderful group of participants who are thriving and we look forward to many more years providing all-

inclusive, comprehensive health care to those in our community that are 55 and better!

SAVE THE DATE: Come celebrate the first day of Summer and our One Year Anniversary on June 21st, 11:00A – 2:00P at the PACE Your LIFE Center in the Milford Wellness Village. There will be food trucks, photo booth, tours, ice cream, music, valet and more!!! Visit our website paceyourlifemwv.com for more information about our program or to register for our anniversary event!

PACE is the Place for Me!

Hear what PACE Your LIFE participants are saying!



“Since I have enrolled, I have become more lively and social. I like everything about PACE, especially the people and the food!”

- Theresa Shaffer



“My days before PACE Your LIFE were terrible. I was home alone all day. Now I tell people there is nothing else like PACE.”

- Ronnie Armstrong



“Before enrolling in PACE Your LIFE I was depressed. Now I love to mingle with the participants and help them enjoy themselves.”

- Ed Darling

A Program of All-Inclusive Care for the Elderly

PACE Your Life is a comprehensive medical and social program for residents in Milford as well as surrounding towns, who are 55 and older and need assistance with activities of daily living, but want to age in place and remain in their home.



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Inclusion Matters at Easterseals

By Natalie Scott

Today, Scarlett and her older brothers Jackson and Ryder race around the playground exploring every area together. Their parents, Kelsey and Jonathan, beam with pride not only because they want Scarlett to be fully included in her brother's lives, but also because they know that one year ago, these cherished moments would not have been possible. One year ago, Scarlett was not able to stand, let alone run, but now thanks to the help of Easterseals Children's Therapy services, Scarlett can keep up with her brothers.

"When we first got the diagnosis, it was overwhelming. We felt like we were barely keeping our heads above water," Kelsey says. "Easterseals has been there for us, not just physically but emotionally. Michelle, the therapist, always has the patience to work with her whether it is a great day or a bad day. She is always willing to change her plans accordingly. She is always encouraging and motivating. Scarlett loves going to therapy."

Due to weakened muscles, especially in Scarlett's legs, and multiple hospital visits, she was falling behind developmentally. When Scarlett started receiving physical therapy with Easterseals, she was unable to crawl. Since then, she has learned to walk and run, which is a huge milestone since she really enjoys playing with her big brothers. Following a recent surgery, Scarlett also started feeding therapy to help her tolerate more textures as she eats, and expand her food palette.

"Easterseals is such a game changer. There is a world of difference in Scarlett. Her growth is eye opening," Kelsey says. "Her brothers are so helpful. They love her and want to help her. Her victories are their victories. They have a bond like no other."

Celebrating its 75th anniversary this year, Easterseals Delaware & Maryland's Eastern Shore has built a reputation as a trusted provider of children's therapy services, specializing in treating children ages birth through eighteen years with a variety of challenges. For Scarlett, that means continuing to work on more independent steps and gaining strength in her legs through creative, playful activities that go beyond traditional services.

"Everyone at Easterseals is excited about her milestones. Everyone cares and it truly shows. We are grateful for everyone at Easterseals," Kelsey says. "It takes

a village. It is a hard journey to walk, but you are not alone. Keep going knowing tomorrow is a new day."

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.



Losing Weight with Saxenda is Fast and Easy



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

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

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

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

For Weight Loss:

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

For Diabetes:

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

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

Some of the more common side effects include:

- Abdominal cramping
 - Dehydration
 - Nausea
- Dehydration occurs because this class of medication can also inhibit thirst as much as hunger, so often people



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

don't get the thirst cues to drink more water. Therefore planning to drink plenty of water is part of the regimen when prescribed these medications. The GLP-1 class of drugs isn't recommended if you have a personal or family history of medullary thyroid cancer or multiple endocrine neoplasia.

If you are interested in losing weight with a GLP-1 medication, you may wish to start by contacting your insurance company to see if any of the above medications are covered by your health insurance, as the price on the free market is VERY expensive, approximately \$400 to \$1,300 per month. We also

provide training on the self-injection technique, counseling and monthly follow up for you GLP-1 weight loss journey for best results.

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

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

Michelle Parsons, MD | ReNove Med Spa

For appointments please call 302.227.1079

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



R. Alberto Rosa, M.D., FACC

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

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

Coronary Calcium Score: What is it and how it can help me stay heart healthier?

The presence of calcium in the coronary arterial wall is a reliable marker for obstructive coronary artery disease. The coronary artery calcification (CAC) score can be calculated based on CT scan imaging. This is relatively simple to do, at a reasonably low cost and low risk of radiation exposure. The score generated, also called Agatston score, has important predictive value in regards to the probability of major coronary events, such as heart attacks, in the near to intermediate future.

It has been established that a CAC score of 0 is the ideal result for the test. It means that the probability of having significant coronary artery disease is less than 1%. This confers a favorable outlook in terms of the low likelihood of coronary events such as heart attacks or death. A score of 1-99 indicates mild degree of coronary disease, 100-399 moderate disease and greater than 400 is compatible with severe disease. This score

is mostly indicative of the extent of coronary artery disease and less of the severity.

According to the American College of Cardiology and the American Heart Association recommendations, the CAC is more reliable in individuals considered to be at intermediate risk for coronary artery disease as calculated by the Framingham risk score which is based on factors such as age, cholesterol levels and elevated blood pressure. A calculated risk of 10-20% for cardiac events or mortality at 10 years, is the recommended patient in whom to obtain a CAC score for further risk stratification and preventive treatment.

The coronary calcium score works best for individuals in their late 40's to mid 60 's, with no previous cardiovascular history and without symptoms. A moderate to high score (over 100) would indicate a higher probability of heart attacks, stroke or even

cardiac death. This will also lead to making stronger recommendations for more aggressive risk factors, modification, and reduction by your healthcare provider. In addition, further screening for "silent" coronary blockages might be warranted, such as stress testing for those individuals in the higher score categories.


The CAC score is a valuable tool for the right patient in helping

determine the level of risk for coronary disease and possibly heart attacks or even death. They should be used in association with other traditional and more established risk factors such as age, high cholesterol, hypertension, sedentary life style, smoking and being overweight. Diabetes mellitus is considered an equivalent to coronary artery disease and the CAC is less reliable in those patients.

You might want to discuss with your healthcare provider the use of this tool, if you are in the right age group, have no symptoms and you are at an intermediate risk for coronary events as calculated by the Framingham risk calculator (10-20% chance in 10 years). Please look this up! It might prove the proverbial "an ounce of prevention is worth a pound of cure" deal for you. Know your calcium score!

Cardiovascular Consultants

of Southern Delaware



Dr. Kenneth Sunnergren, MD • Dr. R. Alberto Rosa, MD
 Dr. Barry Denenberg, MD • Dr. G. Robert Myers, MD
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Offices in Lewes and Millville

CHEER Volunteer Team Is Making a Difference for Seniors



CHEER, Inc. in Sussex County, Delaware, is a team of caring and compassionate people dedicated to making a difference in the lives of others in their community. Volunteers are the service lifeblood of CHEER. Each volunteer is essential to the CHEER mission that many of Sussex County's elderly and disabled friends and neighbors depend on.

Two people from different backgrounds, but the same heart for helping others, are heading up CHEER's Volunteer Team and making it their personal mission to recruit friends and neighbors throughout the county to make the CHEER lifestyle possible for thousands of Sussex County's senior citizens.

Laura Berkin is the Volunteer Director. Laura is a transplant from northern New Jersey who made her permanent home with her husband in the Long Neck area in 2022. They have two grown sons. Before coming to Sussex County, Laura was the Community Liaison for an estate planning attorney.

Assisting Laura is Gayle King who has been a Delaware resident since she was 11 years old. She lives in Millsboro and has one son who is a career Air Force serviceman. She also has two granddaughters. Gayle retired after 25 years working with the Delaware Division of Developmental Disabilities Services where she was the Volunteer Administrator and the Respite Administrator. Twenty-seven years ago, she worked for CHEER as the Oak Orchard Center Director. She said she returned to the non-profit agency because "I love working with seniors and helping provide what CHEER can offer them."

Both ladies have a mutual goal to build the number of volunteers at CHEER and to retain those who have already committed to helping senior citizens.

"Gayle and I want to establish a better orientation process that trains our new volunteers in the operating protocols and standard procedures for handling situations and

tasks," explained Laura. "The more familiar they are with how CHEER works, the more at ease they will be with the seniors."

CHEER has several volunteer opportunities available with only a two-hour-a-month commitment asked. However, more time is always appreciated. Opportunities include:

Homebound Meal Delivery
Drivers for the Meals On

Wheels program to deliver pre-packaged nutritious meals to seniors.

Medical Transportation
Drivers to transport seniors to and from medical appointments.

Administrative Support
to assist Center Directors or agency staff.

Kitchen Assistants to help prepare and/or serve meals to congregate seniors in all seven of the CHEER centers throughout Sussex County.

Phone-A-Friend volunteers to make wellness calls to homebound seniors to check on their health and safety.

CHEER-A-Pet providers to share companionship with an approved pet to CHEER members.

Recreation/Arts Instructors to assist members with arts and crafts, exercise, fun games, as well as helping with

activities and cleaning up afterwards.

Special Events Assistants at special events for the membership or public.

Established in 1971 as a private, non-profit agency, today CHEER serves over half of Sussex County's 50+ population with an array of programs and services including nutrition, transportation, home health assistance, social and recreational activities. CHEER offers a variety of innovative programs designed to promote a healthy physical, mental, and emotional lifestyle that allows seniors to stay in their homes.

Volunteers donate their time to make a difference in the lives of others. For more information or to volunteer, call either Laura or Gayle at 302-515-3040 or email lberkin@cheerde.com or gking@cheerde.com.





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**

Connect. Expand. Create.

Coast Counseling & Healing is a brand new spa-inspired wellness space located in the Sussex Professional Center in Milford, DE., opening its doors in January of 2023 to serve the therapeutic needs of the local community. We offer effective individualized, psychological care. Special attention is given to helping you identify challenges that encumber your ability to heal from past or current trauma, to be present and make meaningful connections with others around you.

Counseling may be beneficial to you if you have ever thought "Where in my life does my sense of purpose lie?" Perhaps you or someone you love is contemplating a life-altering decision, or going through a change in your professional or personal life or feels insecure. Depression, fear, and anxiety are some of the most common and uncomfortable emotions that we can experience at some point in our lives.

You may be feeling anxious or unsure of the direction you are headed. You may be feeling overwhelmed and want help processing your thoughts and feelings. Possibly there is not a specific issue, but you just are not feeling like yourself. Whatever your concerns, we help you identify aspects of your life that you would like to change to get to a place that feels hopeful.

Counseling offers you an opportunity to

- reflect and express your personal feelings and opinions
- develop a sense of direction
- cultivate the ability to trust yourself and
- recover motivation, self-confidence and worth.

We also offer fun specialty workshops (like Menopause & Mental Health, and Rest & Restore Yoga, just to name a few) to learn helpful techniques and engage with others that may be undergoing the same experiences.

Healing Space

The body naturally leans into healing. Our healing space is used to connect with the community and most importantly with ourselves, to slow down and bring awareness to our needs and desires with real time guidance. Coast Counseling & Healing allies with the best, educated and experienced practitioners to give you a unique healing experience.

Offered in the space is

- Yoga (all levels)
- Meditation classes
- Sound baths
- Curated specialty workshops



COAST COUNSELING & HEALING

Connect. Expand. Create.

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WELLNESS SPACE OFFERING:

- Psychotherapy
- Curated workshops
- Mind & Body Interventions

FIND OUR LIST OF UPCOMING
EVENTS ON THE WEBSITE

coastcounselingandhealing.com



Tamara Gibbons, owner and founder
of Coast Counseling & Healing

302-515-6939

401 S. DuPont Blvd. • Milford, DE 19963

Mission: Coast Counseling & Healing aims to help you gain insight and make conscious choices that align with your values and live more authentically. Our mission is to offer support along the way to you becoming the best version of yourself without regret.



11th Annual Broad Creek Bike and Brew

Saturday, September 16, 2023

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

Laurel Elementary School

815 S. Central Ave, Laurel DE, 19956

Features:

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

For more information:

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




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Lori Janosik Morrison, Janosik Family Charitable Foundation Fund

At the Delaware Community Foundation, we help donors and their professional advisors make savvy decisions about charitable giving to maximize tax advantages *and* community impact.





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To learn more, contact **Mike DiPaolo**, vice president for Southern Delaware, at mdipaolo@delcf.org or **302.335.6933**.

SUNMED™ | Your CBD Store®



"... since day one, quality, safety and transparency have been at the heart of everything we do ..."

We are America's largest brick-and-mortar CBD chain. Moreover, if you are not familiar, Sunmed is our premium, hemp-based line of wellness products.

The company's goal was to create a line of products that changed people's lives. We believe in a commitment to good science, openness and simple human kindness.

You will never see our brand making any false claims or promoting products that are not science based and third party tested to be good for you. Instead, think of us as an ally on your personal wellness journey. We are here to help you navigate the benefits of premium CBD products, explore new ways to feel your best, and make every day better than the last.

Our founder, Rachael Quinn, was struggling with a debilitating case of Crohn's disease. After trying just about everything, she eventually found CBD and the results were life changing. It was an experience she knew she had to share. In 2018, the Quinn

family opened the first Your CBD Store in Bradenton, Florida. They became a valued part of the community with our products helping people live their lives they hope to every day. The rest, as they say, is history.

We understand how important it is to feel good about the CBD products and supplements you take. Therefore, since day one, quality, safety and transparency have been at the heart of everything we do. Our products are the result of endless scientific research. We source the best ingredients and maintain a high quality control process that includes third-party double lab testing and in-house chemists to track the entire production process from soil to oil. It has helped us win awards, and more importantly, make a genuine difference in people's lives.

There is a lot that separates us from all other CBD brands. Among them, is the one of a kind in-store experience that Your CBD Store locations provide. There are hundreds of Your CBD Stores across the country where you are always welcome to stop by and sample how and when you want. True to form, we aim to make things as simple as possible. Count on our onsite Wellness Experts to greet you with a smile and provide all the personalized guidance you need.

It is our passion to serve and educate the community while giving others the confidence to advocate for their own physical, mental, and emotional wellbeing. We are proud to be a part of the town of Milford and look forward to a brighter future.

963 N Dupont Blvd. Lot 8 • Milford, DE 19963
302-554-0002 • [getsunmed.com](https://www.getsunmed.com)

Monday 10 am - 7 pm | Tuesday 10 am - 7 pm | Wednesday 10 am - 7 pm
Thursday 10 am - 7 pm | Friday 10 am - 7 pm | Saturday 10 am - 7 pm

coolsculpting® Non-Surgical Fat Removal



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.

CoolSculpting Non-Surgical Fat Removal

The biggest trend in cosmetic surgery is the expansion of non-invasive body contouring technology, one of the best of which is CoolSculpting, which is available at Renove Medical Spa, the aesthetic medicine practice of Dr. Michelle Parsons, located in Rehoboth Beach. CoolSculpting is an FDA Cleared, non-surgical device that uses precisely controlled cooling to destroy fat cells, thereby eliminating unwanted love handles, bra rolls, and stomach fat. Arms and legs can be treated as well. Unlike some other non-surgical technologies that release fat from fat cells, CoolSculpting destroys the fat cells thereby eliminating treated fat cells. CoolSculpting is a unique non-surgical treatment for the removal of fat from localized areas of excess unwanted fat that is an alternative to surgical liposuction.

How Does CoolSculpting Work?

The technology behind CoolSculpting was developed by Harvard scientists who noted that fat was destroyed by cold under certain conditions. CoolSculpting is a result of their efforts to harness and refine this application of cold to selectively remove unwanted fat deposits in a safe manner. During the treatment,

your unwanted fatty area will be pressed and chilled to -11C while keeping your skin protected. At this temperature the fat within the fat cells crystallizes which damages and kills the fat cells. Your skin and other tissues are protected and not damaged during this process. Your body will then eliminate the killed fat cells over time. "The best news is that we do not make many new fat cells as an adult. Fat cells may get bigger or smaller as they store more fat or lose fat, but typically, as adults we do not make new fat cells. This helps the results of CoolSculpting be long lasting if there is no subsequent weight gain. Of those patients who do gain weight after a treatment, the weight may not return to the treated areas".

What are the most common areas treated?

Many people on a weight loss program continue to have stubborn hard to lose areas, no matter how much dieting, sit ups or weight they lose. Such stubborn areas as typical around the abdomen, the love handles and inner thigh areas. Once you are over forty, losing fat in these areas is extremely difficult. These are the areas that CoolSculpt can address. "Most of our patients are interested in losing fatty areas in the upper and lower abdomen, the muffin top, waist, bra fat, back fat, love handles and the "mommy

pooches". We can also treat under the chin fat, the jowls, arms, thighs and the thigh saddle bags."

Are there any side effects from CoolSculpting?

The side effects from a CoolSculpting treatment are minimal. It is possible to have bruising after a treatment, which would resolve in several days. It is not uncommon to have a mild decrease in sensitivity in the treated area lasting 1 to 2 weeks. In some instances patients will develop a burning tingling sensation 5 days after the treatment which can be controlled with an over the counter lidocaine patch.

What does CoolSculpting feel like?

The treatment room is very comfortable where you will relax on a padded recliner. When CoolSculpting is applied to the fatty area to be treated there is a cooling sensation for the first 5 to 10 minutes. Gradually this sensation lessens to the point there really is no discomfort during the treatment. A typical treatment session lasts from 35 minutes to several hours, depending on how many body areas are treated. During the actual treatment, patients have access to Netflix



and Wifi. "Busy moms find this time to themselves a real treat!" Patients only require 1 treatment to see results and treatment can be repeated for even better results.

How quickly do people see results?

After a CoolSculpting treatment, the fat cells do not survive the freezing process and die and will be eliminated naturally by the body over time. Many report seeing changes in as little as 2 weeks. The full benefit will take as long as 90 to even 120 days. Patients are seen back at the office in 8 weeks to evaluate their results. Dr. Parsons may also enroll patients on a weight loss program for several weeks following the CoolSculpting treatment to maximize results.

How long do results last?

Once the fat cells are frozen, killed and naturally eliminated by your body, the results are long lasting. It is recommended

that patients try to maintain their weight so as not to gain any unwanted fat or better yet to try to curb their calorie intake following the treatment and get even better results long term. If a patient were to gain weight, typically the new fat is gained in other body areas, unless you have a particularly stubborn area your body likes to store it's fat and it might go right back there. But if patients stay fit, CoolSculpting is a long term solution to unwanted body fat.

If you are interested in learning more about CoolSculpting and would like to see if you are a good candidate for this effective treatment to lose unwanted fat, please call 302-227-1079 to set up an appointment with Dr. Michelle Parsons at ReNove Medical Spa in Rehoboth Beach. Please mention the Sussex County Woman's Journal to receive a discount on your first CoolSculpting treatment.




Freeze Your Fat Away.
One session. One hour.
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FDA Cleared

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

Michelle Parsons, MD | ReNove Med Spa

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FDA Approves First Drug for Treatment of Peanut Allergy for Children



Presented by Alexandra Gallagher

Today the U. S. Food and Drug Administration approved Palforzia [Peanut (Arachis hypogaea) Allergen Powder-dnfp] to mitigate allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanuts. Treatment with Palforzia may be initiated in individuals ages 4 through 17 years with a confirmed

diagnosis of peanut allergy and may be continued in individuals 4 years of age and older. Those who take Palforzia must continue to avoid peanuts in their diets.

“Peanut allergy affects approximately 1 million children in the U. S. and only 1 out of 5 of these children will outgrow their allergy. Because there is no cure, allergic individuals must strictly avoid exposure to prevent severe and potentially life-threatening reactions,” said Peter Marks, M. D., Ph.D., director of the FDA’s Center for Biologics Evaluation and Research. **“Even with strict avoidance, inadvertent exposures can and do occur. When used in conjunction with peanut avoidance, Palforzia provides an FDA-approved treatment option to help reduce the risk of these allergic reactions in children with peanut allergy.”**

Peanut allergy is a condition in which the body’s immune system mistakenly identifies even small amounts of peanut as harmful. Allergic reactions to peanut are unpredictable in occurrence and in how they present, with some individuals experiencing severe reactions from even trace amounts. Physical symptoms can develop within seconds of exposure and may include skin reactions (e.g., hives, redness or swelling), digestive discomfort, or more dangerous reactions, such as constriction of the throat and airways, and loss of adequate blood flow to vital organs of the body. Antihistamines and epinephrine can be used to treat allergic reactions, but severe reactions can be fatal even with appropriate, prompt treatment. Palforzia cannot be used for the emergency treatment of allergic reactions, including anaphylaxis.

Treatment with Palforzia consists of three phases: Initial Dose Escalation, Up-Dosing, and Maintenance. The Initial Dose Escalation phase is given on a single day. The Up-Dosing phase consists of 11 increasing dose levels and occurs over several months. Initial Dose Escalation, and the first dose of each Up-Dosing level, are administered under supervision of a healthcare professional in a healthcare setting with the ability to manage potentially severe allergic reactions, including anaphylaxis. While anaphylaxis can occur at any time during Palforzia therapy, patients are at highest risk during and after the Initial Dose Escalation and the first dose of each Up-Dosing level. During Up-Dosing, if the patient tolerates the first dose of an increased dose level, the patient may continue that dose level daily at home. After a patient completes all Up-Dosing levels, they may begin the daily maintenance dose. Patients who experience certain allergic reactions due to Palforzia may need to discontinue treatment or have their dosing schedule modified.

Palforzia is a powder that is manufactured from peanuts and packaged in pull-apart color-coded capsules for Dose Escalation and Up-Dosing, and in a sachet for maintenance treatment. The powder is emptied from the capsules or sachet and mixed with a small amount of semisolid food - such as applesauce, yogurt, or pudding - that the patient then consumes.

The effectiveness of Palforzia is supported by a randomized, double-blind, placebo-controlled study conducted in the U. S., Canada and Europe in approximately 500 peanut-allergic individuals. Effectiveness was assessed by evaluating the percentage of study participants tolerating an oral challenge with a single 600 mg dose of peanut protein (twice the daily maintenance dose of Palforzia) with no more than mild allergic symptoms after 6 months of maintenance treatment. The results showed that 67.2% of Palforzia recipients tolerated a 600 mg dose of peanut protein in the challenge, compared to 4.0% of placebo recipients.

The safety of Palforzia was assessed in two double-blind, placebo-controlled studies in approximately 700 peanut-allergic individuals. The most commonly reported side effects of Palforzia were abdominal pain, vomiting, nausea, tingling in the mouth, itching (including in the mouth and ears), cough, runny nose, throat irritation and tightness, hives, wheezing and shortness of breath and anaphylaxis. Palforzia should not be administered to those with uncontrolled asthma.

To mitigate the risk of anaphylaxis associated with Palforzia, the FDA is requiring a Risk Evaluation and Mitigation Strategy (REMS) with this approval, which includes elements to assure safe use. Palforzia will only be available through specially certified healthcare providers, health care settings, and pharmacies to patients who are enrolled in the REMS program. The FDA is requiring that healthcare providers who prescribe Palforzia - and healthcare settings that dispense and administer Palforzia - are educated on the risk of anaphylaxis associated with its use. In addition, the Initial Dose Escalation phase and first dose of each Up-Dosing level must only be administered to patients in a certified healthcare setting equipped to monitor patients and to identify and manage anaphylaxis. Patients or their parents or caregivers must also be counseled on the need for the patients to have injectable epinephrine available for immediate use at all times, the need for continued dietary peanut avoidance, and how to recognize the signs and symptoms of anaphylaxis.

The FDA granted approval of Palforzia to Aimmune Therapeutics.

The FDA, an agency within the U. S. Department of Health and Human Services, protects the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation’s food supply, cosmetics, dietary supplements, products that give off electronic radiation, and for regulating tobacco products.



Alexandra is an undergraduate student at the University of Miami. She is getting two degrees, a B.S. in Neuroscience with a minor in Chemistry and a B.S. in Health Sciences with a minor in Psychology, Biology, and Public Health.

Alexandra is a President’s Honor Roll recipient, a member of the Order of Omega and New Rho Psi honor societies, the Vice President of Communications for the Panhellenic Executive Board and the Vice President of Marketing for the Science of Learning Executive board, along with membership in a variety of different clubs. Alexandra is on the track to becoming a Neurosurgeon with a specialty separating Craniopagus twins.



How To Get The Care You Deserve

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

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

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

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

What are some of the most asked questions? Part 1

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

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

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

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

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

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

- Personal Care: Bathing and Grooming
- Errands
- Companionship

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

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

Testimonial:

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

Amber B. Woodland, Esquire, PWW LAW



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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

1879I JOHN J. WILLIAMS HWY.
REHOBOTH BEACH, DE 19971

232 MITCHELL STREET
MILLSBORO, DE 19966



phone 302.645.2300 web DelawareEye.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.



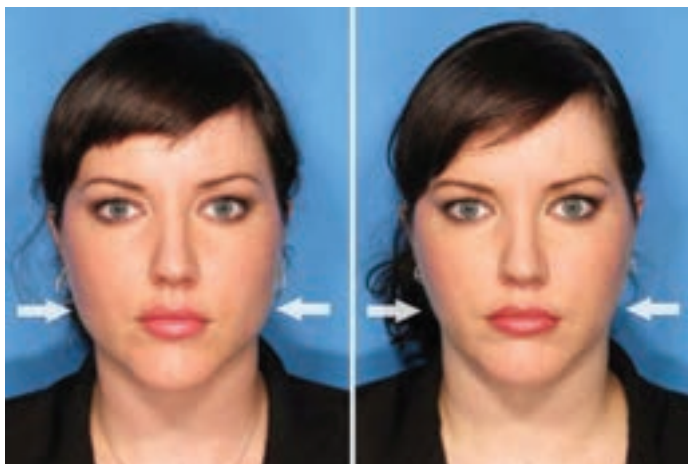
Many people grind their teeth at night and wake up with jaw pain and daily migraine headaches. Prescription mouth guards and pain medications don't always help. Also with prolonged grinding and clenching, the jaw muscles, or the masseter muscles, get thicker and thicker over the years, which can lead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

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

Michelle Parsons, MD | ReNove Med Spa

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SCAN ME!

10 REASONS YOUR BUSINESS SHOULD HAVE A PROFESSIONAL WEBSITE DESIGN.



In today's digital age, a professional website is essential for any business to succeed. A website serves as the face of the business, providing an online presence and a platform to reach potential customers. A professionally designed website not only looks good, but it can also bring numerous benefits to your business. Here are ten benefits of having your business website professionally designed:

01. A professional website gives your business credibility and legitimacy in the eyes of potential customers. It shows that you take your business seriously and that you are committed to providing high-quality products or services. A well-designed website can also help establish trust with your customers, which is crucial for long-term success.

02. A professionally designed website is easier to navigate and provides a better user experience. Visitors to your website will be able to find the information they need quickly and easily, and they will be more likely to stay on your site longer, which can lead to increased sales and revenue.

75% of consumers judge a business's credibility based on its website design.

-Stanford Web Credibility Research

03. A professional website is more likely to rank higher in search engine results pages (SERPs). This is because search engines like Google prioritize websites that are well-designed, mobile-friendly, and have relevant content. A higher ranking in search results means more visibility and exposure for your business.

04. A professional website can help ensure that your branding is consistent across all channels. This includes your website, social media profiles, and other marketing materials. Consistent branding can help establish your business as a recognizable and trustworthy brand.

05. With more people accessing the internet on their mobile devices, having a mobile-friendly website is essential. A professional website designer will ensure that your website is optimized for mobile devices, making it easier for mobile users to access your site and engage with your business.

06. A professional website designer will ensure that your website is secure and protected against hackers and other security threats. This is especially important if you are collecting sensitive customer information or accepting payments online.

07. Website speed is an essential factor in user experience and search engine rankings. A professional website designer will optimize your website's code and content to ensure fast load times, improving the user experience and search engine rankings.

08. A professional website designer can integrate your website with marketing tools like email marketing software, social media platforms, and analytics tools. This can help you track and measure the success of your marketing campaigns and improve your overall marketing strategy.

09. A professional website designer can create a custom website that meets your specific business needs and goals. This means that your website can be tailored to your business's unique branding, messaging, and functionality requirements.

10. While a professionally designed website may cost more upfront, it can save you money in the long run. A well-designed website is more scalable, meaning it can grow and evolve with your business. This can save you money on future website redesigns and updates.

A professionally designed website is essential for any business looking to succeed in today's digital age. It can boost credibility, improve the user experience, increase search engine rankings, and provide numerous other benefits that can help your business grow and thrive.

Contact C.A.N. Web Management today for a free consultation!

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!

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- ✓ 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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Recreational Marijuana finally passes in Delaware. What does that mean for you?

Dr. Alarcon and Missy Burbage, Owner



The approval of recreational marijuana has made many people very happy. The Natural Wellness Center has been fielding endless calls, so after confirming some facts with the state office, we would like to make sure everyone understands what will change and what will not. We also will work with patients to determine if they should stay with a medical card or not. The recreational marijuana will be taxed 15%. This is the number to keep in mind to see if you are better off getting a medical card as **medical marijuana will not be taxed**. The average medical marijuana user purchases \$150-\$200 of product per month. **The tax on a \$200 purchase will be \$30. When you multiply that number by 12 months, the purchaser will have paid an extra \$360 in tax. If you are a patient in this category, you would be wise to continue getting the medical card. You will actually save money. New patient visits are \$250 and renewing patients are \$200.**

No applications for recreational use will be accepted until August 1, 2024 and recreational use will not be legal until September 2024 as it takes a while to get all of the regulations in place. This is actually really fast compared to some other states. We do not know what the application

fee will be. The state office in Dover where medical cards are issued will not have anything to do with recreational marijuana.

Important things to keep in mind when making your decision to go medical or recreational:

- It is **still illegal** to operate a motor vehicle under the influence of marijuana
- It is **still illegal** to consume marijuana in an area accessible to the public. This includes moving vehicles. For example, you cannot drive while smoking and you cannot pull over, park and smoke. Think of it like alcohol. The rules are very similar.
- Employers may still enforce a drug-free workplace. This includes pre-employment screening for marijuana. Some employers say they will test more or start testing if they have not done so in the past. **Check with your employer before making the decision to stay medical or go recreational.** There are many businesses that allow medical marijuana to be found during screening, but say they will not use that same thought process behind recreational.
- It is still illegal to possess more than personal use amount of marijuana unless the individual is acting on

behalf of a licensed marijuana business or state agency.

- It is **still illegal to cultivate or sell marijuana** to adults over 21 without holding the appropriate state license. It is illegal for anyone to sell marijuana to those under 21.
- It is still illegal for children or adults under the age of 21 to possess or consume any amount of marijuana, unless they possess a valid Delaware medical marijuana card.

Most people know medical cannabis is legal in Delaware and has been for several years. The stigma has been lifted now that the community realizes the health benefits of medical cannabis and the extreme dangers of getting marijuana off the streets. The fact that smoking is not the only option has helped break down a lot of barriers. Medical cannabis comes in many forms, including capsules and other edibles. At the Natural Wellness Center in Georgetown, we have been helping qualified patients obtain their cannabis cards for almost 5 years. Dr. Alarcon is well known in the area for being ahead of others when it comes to treating addiction and working with medical cannabis. Besides running Atlantic Family Physicians, he works two addiction clinics and sees that all-natural medicine like medical marijuana

can help some patients conquer addiction as well as keep them off narcotics that may lead to addiction.

At the Natural Wellness Center, we are known for making the process as simple as possible. We obtain the patient's medical records to ensure we have enough information for an approval. We have had thousands of patients and never had a denial. Once we have the records, we contact the patient for an appointment, and we are usually able to accommodate appointments with in 2-3 days. Once the appointment is complete, we send the completed application to the state for the final approval. The state has 45 days to get the card to the patient, but they are very efficient and usually get the card to the patient within two weeks.

Give Missy a call at The Natural Wellness Center to get started. If you get denied (which we have never had happen) we would refund your money. We are very sure a patient qualifies before we make the appointment.

We love what we do and love helping people. The success stories we hear every day are our motivation. You can reach us by email at naturalwellnesscenterde@gmail.com or by phone at 302.858.4266.

A few testimonials from our patients:

"I can't thank you enough for another seamless renewal. I recommend everyone to your facility because you guys are the best."

"As a long-term pain management patient, you have been a lifesaver. I am feeling better than I ever have and doing so in a natural way."

"My husband and I appreciate you and Dr. Alarcon so much for making this process so easy."



The Natural Wellness Center
Need a medical cannabis card?

Open Monday through Friday 8:15am-4:30pm

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Ava Cannon Joins Pathways To Success Board Of Directors

“... We are so pleased that Ava has agreed to join our Board. She has been a supporter and advocate for our organization for years and truly believes in our mission ...”

Pathways to Success recently welcomed Ava Cannon as a Board Member. Pathways to Success Founder and Executive Director Fay Blake said, “We are so pleased that Ava has agreed to join our Board. She has been a supporter and advocate for our organization for years and truly believes in our mission.”

When Ava was living in Virginia in the late 1980’s, a dear friend became paralyzed in an accident. The family had mounting medical costs, and a group of friends wanted to help her.

Her friend had been training for a biathlon prior to the accident, so the group decided to organize a **run-bike-run** event for her friend. Ms. Cannon was chosen as the race director and for many years organized the event, called the President’s Biathlon.

When Ava and her husband Gary moved from Virginia to Rehoboth Beach in the 1990s, it felt only natural to run a similar event since no other biathlons or triathlons were being held in the area. The Dewey Beach Sprint Triathlon was born and so many local nonprofits – including the Sussex YMCA, United through Sport USA, and Pathways to Success – have benefited from the event. As Race Director, Ms. Cannon organized logistics and all safety personnel, including state troopers and Dewey Beach police, DeIDOT, EMTs, and Delaware Seashore

State Park staff, lifeguards and other volunteers.

Pathways to Success Outreach and Development Manager Sarah Gilmour said, “Ava genuinely cares about the community in which she lives. She is an empathetic person and the Pathways to Success youth have benefited so much through the Dewey Beach Sprint Triathlon donations!”

Ava has been a real estate agent with Jack Lingo Realtor since 2005. She served on the Sussex Family YMCA’s Board of Directors for sixteen years. She and her husband Gary have three daughters - Coryn who is a nurse in the Operating Room at the University of Utah, Mary Grace, who has a marketing position in Philadelphia, and Jackie, who graduated with a BS in Nursing from the University of Delaware in May.

Her interests include running, attending live music events, walking her dogs on the beach while searching for seaglass, chasing sunsets, and gardening. She is retiring from the race director business and is looking forward to helping Pathways to Success as the organization continues to help youth achieve lifetime goals.

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Pathways to Success students are identified as being at risk of not graduating high school. Students enroll in our program in 9th grade & remain in our C.A.R.E. until 1 year after graduation & placement into college, military, or full-time employment.

Understanding Free Consultations



By Linda L. Malkin, Esq.

We have all heard the phrase “Nothing in life is free,” and often question its accuracy. Surely some things are free, right? I mean, you’re reading this article within a free publication (thank you, Women’s Journal!). Perhaps the eventuality of cost creeps into everything over time, or perhaps things really are good enough to be true. We can argue if this glass is half-full or half-empty later, but, meanwhile, let Kimmel Carter sacrifice our time and resources to ensure your initial visit with us is indeed . . . you guessed it, free!

In the aftermath of an accident, attorney fees should be the last thing on your mind. If you have been injured on the job, navigating the workers’ compensation system can be confusing and overwhelming. That is why Kimmel Carter offers free consultations to advise and counsel injured workers.

What is a free legal consultation?

A free legal consultation is a meeting with a lawyer to discuss your legal issue. During a workers’ compensation consultation, you will have the opportunity to discuss your work-related injury directly with a Kimmel Carter attorney. The purpose of the consultation is to evaluate your case, answer your questions, and provide guidance.

Kimmel Carter has offices conveniently located in Christiana, Wilmington and Rehoboth, Delaware. We also accommodate consultations by telephone or video conferencing.

What should I bring to a consultation for my potential workers’ compensation claim?

To make the most of your free consultation, it is essential to come prepared. Here are some things you should be prepared to provide your attorney:

- Your medical records related to the injury
- A list of witnesses
- Your employer’s name and contact information
- Any correspondence you have received from your employer or the insurance company regarding your work injury
- A list of questions you have about the Delaware workers’ compensation process

What will the lawyer ask me during my workers’ compensation consultation?

During the consultation, the lawyer will ask you questions to better understand your case. These questions may include:

- How and when did the injury occur?
- What injuries did you sustain?
- Have you reported the injury to your employer?
- Have you received medical treatment for the injury?
- Have you missed work due to the injury?
- Did your employer or workers’ compensation carrier pay your medical bills or lost wages?
- Do you have any pre-existing conditions or injuries?

It is important to answer these questions honestly and thoroughly. The more

information you provide the attorney, the better we can evaluate your case and provide guidance.

What happens next?

After reviewing your case, the lawyer will provide an overview of your legal rights. We will explain the Delaware workers’ compensation process and the benefits you may be entitled to receive. If we believe you can benefit from legal representation, we will explain what Kimmel Carter can do for your case.

Every work accident claim is unique. There are no guarantees when it comes to legal matters. It is important to keep in mind that the lawyer’s assessment is not a guarantee of any outcome. However, our firm can provide you with guidance and information to help you make informed decisions about your case.

What are my options after the consultation?

After the consultation, you

will have a better understanding of your legal options. At the conclusion of our meeting, it is your decision whether to retain our firm. No fee is charged, regardless of whether you choose to hire us as counsel.

Seeking a free legal consultation to review your workers’ compensation rights can be a valuable resource if you’ve been injured on the job. Our goal is to answer your questions and explain the Delaware workers’ compensation system. By coming prepared and being truthful during the consultation, you can make the most of this free service and make an informed decision on how to proceed with your potential claim.

Linda Malkin, Esq. is an attorney with Kimmel, Carter, Roman, Peltz & O’Neill, Delaware’s largest law firm exclusively handling Claimant’s workers’ compensation and personal injury cases. For more information or a free consultation, call (302) 565-6100



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Summer Heat Taking The Wheel



By Linda L. Malkin, Esq.

The summer activities we all love and cherish are upon us! The longer days energize our ambitions and fuel our freedom. This much anticipated seasonal excitement often leads to travel. With this increased travel, comes increased potential for transportation accidents.

Between Memorial Day and Labor Day, an influx of family vacationers, beach-goers, campers and other motorists hit the road for summer adventures. The warmer weather also entices increased pedestrians, bicyclists, and motorcyclists to share the road. To keep our fellow Delawareans safe this summer, it is crucial for our motorists to pay attention to these other modes of transportation. Driving inattentively for seconds can forever alter the course of our lives and others. We must be aware of our fellow commuters, on foot or on wheels, to ensure everyone gets to their intended destination safely.

Pedestrians

As the weather warms up, more people will be out walking, jogging, and running on sidewalks and roadways. Pedestrians are particularly vulnerable because they have no protection. Delaware law gives pedestrians the right-of-way in crosswalks and on sidewalks. When driving in areas with a lot of foot traffic, drivers should slow

down and be prepared to stop quickly.

Given the severe nature of pedestrian accidents, it is often a good idea to contact an attorney if you have been hit by a vehicle. Even when pedestrian accidents are not fatal, they can require extensive surgery or medical attention.

Bicyclists

Many people choose to bike to work, school, or for recreation during the warmer months. Unfortunately, drivers often forget to watch out for bicyclists on the road. In Delaware, bicyclists have the right to use all roads, with a few specific exceptions. It is important to be aware of bicyclists and to give them plenty of space when safely passing them on roadways.

In addition to potentially being injured by a driver, bicyclists can be injured due to dangerous road conditions – such as uneven sidewalks or defective products. Victims of a bicycle accidents can suffer abrasions, broken bones, internal injuries, or worse. Our attorneys have the skill and insight necessary to obtain suitable compensation for our clients who have suffered

a serious injury in bicycle accidents.



Motorcyclist

Summer is also a popular time for motorcycle enthusiasts. With more motorcycles on the road, drivers need to be extra vigilant. Motorcycles can be difficult to see. Motor vehicle drivers should always double-check all mirrors and their blind spots before making any maneuvers. Motorists should also keep a greater distance behind a motorcycle, as motorcycles can stop more abruptly. Motor vehicle drivers should also be aware of the unique challenges that motorcycles face, such as slippery road conditions, and be prepared to share the road safely.

With so little protection from the elements, as well as

other vehicles, a motorcycle crash can easily result in catastrophic injuries. Under these circumstances, you want the strongest people on your side. The Kimmel Carter team has in-depth experience with the unique nature of motorcycle accident cases and an impressive record of victories for motorcycle riders.

When you're injured in a car accident, as a pedestrian, on a bicycle, on a motorcycle or other personal injury, you will likely face some powerful adversaries, including huge insurance companies, that do everything they can to silence your injury claim. Since we know firsthand how difficult it can be to deal with such tough opponents, it's our goal to pull our collective resources to carry that burden for you, and to get you back on your feet as soon as possible.

If you have been injured in an accident, the attorneys at Kimmel, Carter, Roman, Peltz & O'Neill are here to help. Contact us today at 302-565-6100 for a free review of your case.

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Tamara Gibbons, MS, NCC, Psychotherapist
Coast Counseling & Healing, LLC

My name is Tamara Gibbons and I am a licensed psychotherapist. I'm also the owner of Coast Counseling & Healing, LLC, a wellness space that offers counseling, yoga, meditation classes and workshops centered around holistic health.

My educational background includes a Master of Science Degree in Clinical Mental Health Counseling from Wilmington University, a Bachelor of Arts in Psychology from Salisbury University, and an Associate of Applied Science in Chemical Dependency Counseling from Wor-Wic Community College (thanks, Wor-Wic).

I opened Coast Counseling & Healing with one specific goal in mind: to integrate alternate forms of care with evidence-based research that supports emotional, spiritual, and mental well-being. My purpose truly lies in helping people heal from stressful or traumatic experiences.

Outside of the office I am committed to family, traveling to new places, education, and just recently kick-boxing! I love to volunteer my time to organizations that are dedicated to equality and alleviating deficits within the community.

I am available to answer any questions you may have about therapy. For a free consultation please call 302-515-6939 or email me directly at tamara@coastcounselingandhealing.com. Coast Counseling & Healing LLC 401 S DuPont Blvd. www.coastcounselingandhealing.com



Katie Cotto
Sunmed

Katie Cotto resides in Dover, De with her husband Carlos and four boys, Benjamin, Reese, Jaxson and Elijah. She enjoys cooking, crafting, cleaning and family vacations.

Katie has suffered from chronic depression and debilitating anxiety for over 20 years. When her husband was deployed on a year long overseas she had her youngest son, her anxiety and depression was at an all time high. She was on multiple medications daily. Her friend and now business partner Bobby Spencer had introduced her to some Sunmed products that helped him and she soon developed a daily CBD regimen that she currently still does. SUNMED's products were life changing for her, which helped her to not fully depend on her prescription medications. Overall, her quality of life has improved drastically. As a military spouse, she hopes to help veterans who suffer from ptsd, depression, anxiety or chronic pain by educating and bringing awareness on the health benefits of hemp infused products.

Katie partnered with Bobby and Jennifer Spencer in opening Sunmed Your CBD Store in Milford De to help spread the word on the benefits of a holistic lifestyle, and all natural approach to modern health and wellness.



Ashley Catlett

Eastern Shore Permanent Make Up & Bellissima Skin, LLC

Ashley Catlett was born and raised in Northern Virginia, after moving to Delaware in 2003 she decided to pursue a career in Aesthetics. Ashley has not stopped pursuing education in the field since. She is a graduate of Delaware Learning Institute of Cosmetology, Wilmington University, and The Beau Institute of Permanent Makeup. She is a Dermalogica Expert and a select artist with the Sauler Institute of Tattooing for Permanent and Paramedical Cosmetics. After 7 1/2 years of teaching aestheticians full time, Ashley decided to start her own business. She now owns and operates Eastern Shore Permanent Makeup and Bellissima Skin located in Ocean View, DE on Atlantic Avenue. She also teaches advanced education courses at Delaware Learning Institute of Cosmetology and serves on the Board of Cosmetology and Barbering in the state of Delaware. Ashley thoroughly enjoys helping her clients to feel their ultimate best through each service that she provides.

Ashley has perfected multiple services to provide not only customized treatments but real results. Her favorite services included permanent cosmetics. She specializes in eyebrows, eyeliner, lips, scalp micro-pigmentation, scar camouflage, and areola reconstruction. She creates a connection with each client to make them feel extra special when creating a treatment plan unique to them. In her free time, Ashley enjoys spending time outdoors and traveling with her three children; Macie, Dominic, Gianni, her partner Ryan and their dogs. She hopes that you enjoy all she has to offer, and that you will share your experience with others.



Jessica Livingston, LBSW

Delaware Hospice

Jessica Livingston, LBSW, was born in New Jersey and moved to Selbyville, Delaware when she was eight years old. She graduated from Salisbury State University with a bachelor’s degree in social work. After graduating college, Jessica worked at Belin Nursing & Rehab Center from 2000-2012. She has worked at Delaware Hospice ever since.

“Working in healthcare from the beginning of my career, I always knew I had the “hospice heart” and it led me to Delaware Hospice. I didn’t choose hospice, hospice chose me! I can’t change the outcome for our patients, but I can influence how they get there. My focus is always on finding out what is most important to the patient and making sure they and their family feel supported. It is such a special and intimate experience to be on that journey with them. I feel a sense of gratitude and honor every day at my job.”

Jessica resides in Delaware with her loving husband, Wes, and two children, Sierra and James. She loves spending time with her family, going to the beach, camping, and being the best dog Mom to her three miniature dachshunds!



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*

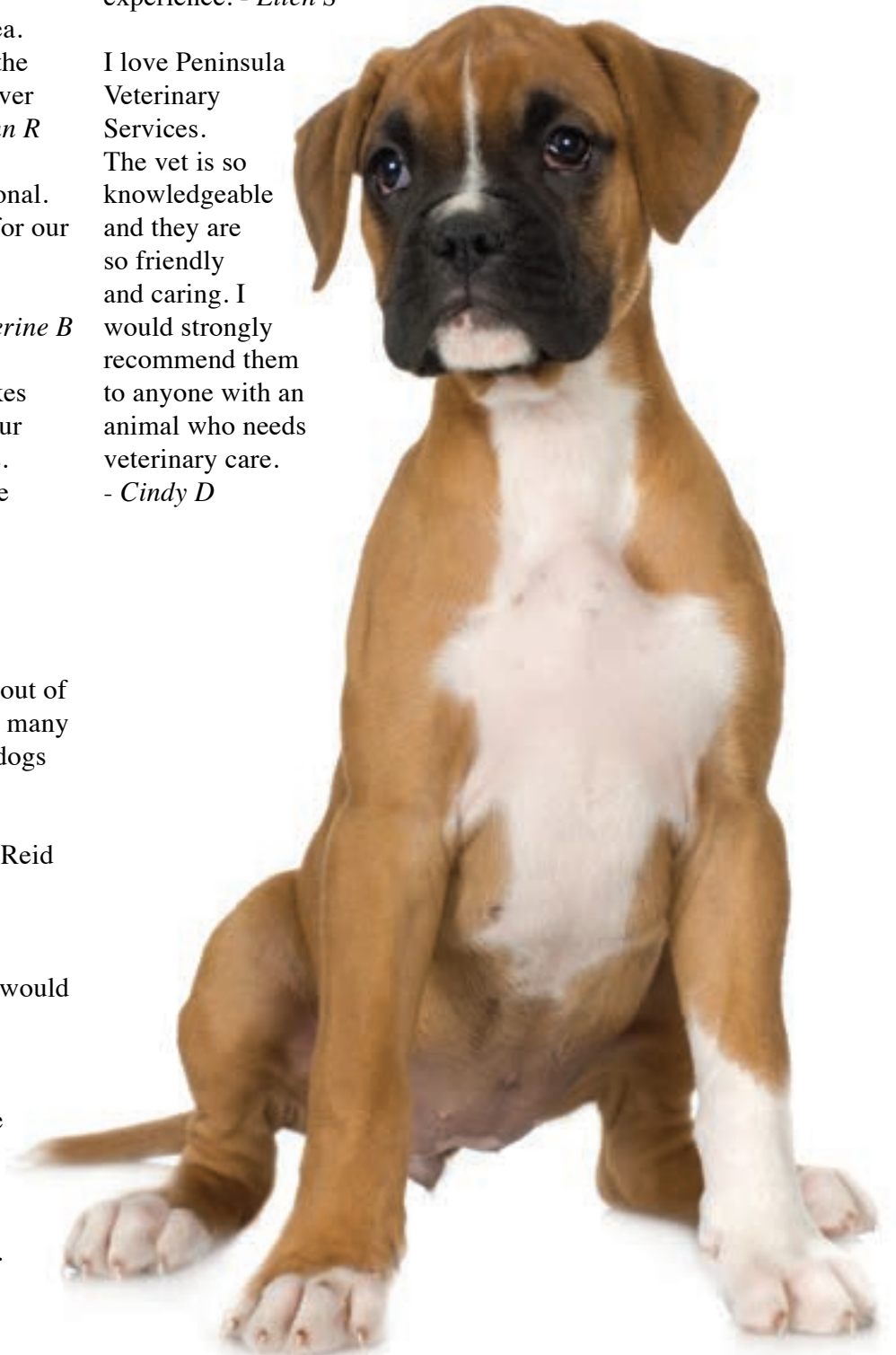
Very personable staff. The wait time was short, cost reasonable and friendly atmosphere. - *Sandra H*

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 Long Neck, Delaware. Owner Dr. April Reid moved from Brooklyn, New York in 2015 to start her own practice in this area after spending summers in Rehoboth growing up. Dr. Reid is a graduate of Ross University School of Veterinary Medicine. She previously owned a thoroughbred racetrack practice for 14 years before making the move to small animal practice. Dr. Reid works closely with several local rescue organizations. In her spare time, Dr. Reid enjoys being with her two Great Danes, Ambrose and Amelia, and her three cats.



Warm Weather Risks for Pets

Spring! The days are getting warmer and longer and everyone wants to be outside-especially pets! While this is the best time of year, there are several things that can potentially be problematic.

Allergies

Sneezing, coughing and runny eyes is suffering from anxiety is to figure out if the behavior in question is really anxiety or if it is a fear or phobia, as each of these conditions is treated differently. Fear comprises physiological, behavioral and emotional responses to an object, situation or stimulus. Fear is not always a negative behavior; it evolved as a protective mechanism. However, certain fears may seem irrational to the owner. Closely related to fear is phobia, which is an intense fear to a particular situation or object. Both fear and phobia are usually best treated with a behaviorist. Your pet's veterinarian can discuss socialization windows for your pet with you as well as different ways to help your pet feel more comfortable.

Anxiety in pets has received a great deal of attention lately and the reasons for this are varied. There is much less stigma in discussing anxiety

among the general public as it is so prevalent in today's fast-paced society. Pets are very skilled at reading their owner's emotions, so change in the household, health issues and general stress definitely affects them. The number of pets that are adopted as rescues has increased and most of these pets do not come with much history and owners tend to assume the worst about the previous life of the pet.

Some pets, like people, are naturally anxious. We will most likely never turn the fearful Chihuahua into the exuberant Golden Retriever. However, the goal should be to reduce the amount of cortisol and stress our pet feels to a level where it is not harming them. There are several mainstays of anxiety treatment. Pheromone therapy can be very helpful and these products are sold in pet stores. Thunder shirts and other compression garments are wonderful if the pet tolerates them. Behavioral training is by far the most important tool and your veterinarian should be able to provide you with basic exercises to work on with your pet as well as refer you to a behaviorist/dog trainer if needed. Finally, pharmaceuticals may be a useful addition.

The majority of pets that are surrendered to shelters are for behavior issues. Anxiety in your pet and the often-destructive behaviors that can sometimes result may not be cured overnight, but finding the right team to work with is imperative. "Happy Visits" and "Fear-Free" veterinary visits are relatively new concepts that can make a huge difference in your stress, as

well as your pet's stress, when going to the veterinarian.

All of the above information is applicable to both cats and dogs. If you dread taking your cat to the vet as much as he/she hates going, please know that cat anxiety is a very real and treatable condition as well.



Peninsula Veterinary Services

32038 Long Neck Road • Millsboro Delaware 19966

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www.peninsulaveterinaryservices.com

A Wish Come True: Returning to the River Soccer Club



“As the sounds of the Shofar reverberated through the clubhouse and onto the soccer fields, Mr. Gerken’s eyes sparkled as he witnessed one of his final wishes come true.”

Mr. Gerken’s beaming smile dwarfed the sunshine as he took in his cherished soccer fields, the newly renovated clubhouse, and “Gerken’s Garage,” the building that houses grounds keeping machinery, named in his honor. Mrs. Gerken chuckled as she announced, “He’s been up since 4am thinking about today!”

According to Rebecca Mais, President of the River Soccer Club, “Howard has influenced thousands of young people in this area, not only through soccer, but as an educator.” He spent 30+ years as a teacher and administrator in the Indian River School District, beginning his career in 1968. During his tenure, Gerken served as the Principal at Selbyville Middle School and Sussex Central High School.

Mais went on to say, “River Soccer Club would not exist today if it were not for Howard. Every year River Soccer provides opportunities for young people in this community to learn and just have fun playing soccer. We are eternally grateful for this great man.”

Since the organization’s inception, it has grown from three teams and 48 players to 15 representative (travel) teams and about 600 players. Even Howard’s wife has been part of the history, having started the TOPSoccer program for children with disabilities.

After an hour breathing in the fresh country air, everyone settled in to the clubhouse for an intimate ceremony performed by Brett Buchler, a local author, surfer, and Christian Minister. Mr. Buchler, a friend of the Gerkens, shared several of his Shofars (ram’s horns) and explained the deeply spiritual meaning behind their powerful sounds. To conclude the ceremony, Mr. Buchler sounded one horn of particular

importance, the horn of healing and victory. As the sounds of the Shofar reverberated through the clubhouse and onto the soccer fields, Mr. Gerken’s eyes sparkled as he witnessed one of his final wishes come true.

Find out how Delaware Hospice can help you and your loved ones live comfortably. Visit us at www.delawarehospice.org or contact us at 800-838-9800.

When Howard Gerken, a Delaware Hospice patient, shared a special wish with his Social Worker, Jessica Livingston, Jessica jumped into action. Mr. Gerken, a resilient man who has endured the past 20 years with Parkinson’s disease, mentioned that he wanted to see his beloved River Soccer Club, an organization he played an integral part in founding in 1996.

Jessica emailed several Delaware Hospice colleagues who immediately arranged a special transport and contacted the River Soccer Club for more information about this incredible man. Within a few hours, plans were made and a date was set: April 11, 2023.

April 11th turned out to be a gorgeous day filled with sunshine, a calming breeze, and a wish come true for Mr. Gerken. When his ambulance transport arrived at the River Soccer Club around 1:30pm, children’s laughter could be heard on the adjacent soccer field where over a dozen young athletes were practicing their drills. As Mr. Gerken descended from the ambulance in his wheelchair, he was greeted by an entourage of people; his immediate family, his Delaware Hospice care team, and numerous friends from “the Club” who wanted to celebrate this amazing individual.





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THE
Julie Gritton
TEAM



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

Welcome to the thrilling world of real estate, where the Julie Gritton Team is ready to take you on an adventure like no other! Buckle up and get ready to

navigate the twists and turns of the industry with confidence and excitement. Don't let the complex jargon and technical terms intimidate you - we're here to guide you through the process and make it an unforgettable experience. With over 50 years of combined experience, our team knows the ins and outs of the local market and is passionate about helping you find your dream home or make a smart investment. Additionally by learning the top real estate terms, you'll be equipped to make informed decisions and seize every opportunity that comes your way. So what are you waiting for? Join us on this thrilling journey and let's make your real estate dreams a reality with the Julie Gritton Team!

1. Appraisal: A professional assessment of a property's value based on various factors such as location, condition, and comparable sales.
2. Closing costs: The fees and charges associated with the finalizing of a real estate transaction, such as title search, appraisal, and legal fees.
3. Equity: The value of a property minus any outstanding mortgages or liens.
4. Mortgage: A loan used to purchase a property, typically with a fixed or adjustable interest rate and a set repayment period.
5. Title: The legal document that proves ownership of a property.
6. Zoning: The laws and regulations that govern how land can be used, including

residential, commercial, and industrial zoning.

7. Escrow: The process of holding money or property in a third-party account until a transaction is completed.
8. Home inspection: A thorough examination of a property's condition, typically conducted by a licensed inspector, to identify any potential issues or repairs that need to be made.
9. Listing: A property that is actively for sale and advertised by a real estate agent or broker.
10. Commission: The fee paid to a real estate agent or broker for their services in helping to buy or sell a property.
11. Down payment: The initial payment made by a buyer when purchasing a property, typically a percentage of the total purchase price.
12. Property tax: A tax assessed on the value of a property, usually paid annually to the local government.
13. Homeowners association (HOA): An organization that sets and enforces rules and regulations for a community or

condominium complex, often collecting fees to maintain common areas and amenities.

14. Amortization: The process of gradually paying off a mortgage over time through regular payments.

15. Deed: A legal document that transfers ownership of a property from one party to another.

Are you ready to buy or sell in 2023?

Call the Julie Gritton Team today. We are passionate about helping buyers find their dream homes and make smart investments in our vibrant real estate market and sellers sell their home in an ever changing market. From cozy family homes to luxurious waterfront properties, we have the expertise and local knowledge to guide you through every step of the process. Plus, with our friendly and personalized approach to service, you'll feel like you're working with old friends. So why wait? Contact the Julie Gritton Team today and let us show you how to Buy with Confidence, Sell with Success in our amazing local Delaware real estate market!



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What Our Customers Have to Say ...

We ate here on a busy Sat night. Food was great! We were nervous that the service would be slow but it was prompt and friendly! Very large portions for a very reasonable price! Will definitely return and already recommended to a few people since visiting!
- Leslie P.

This place was a welcomed treat after a 12 hour drive. I had the rockfish and shrimp- it was divine... while my partner enjoyed the chicken marsala. If we are ever in the area again this is a must stop.
- Pa L.



"Best dining experience around. Awesome food, very attentive staff, great atmosphere. Prices much better than you would expect. New Favorite!!!!" - Norval T.



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

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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*

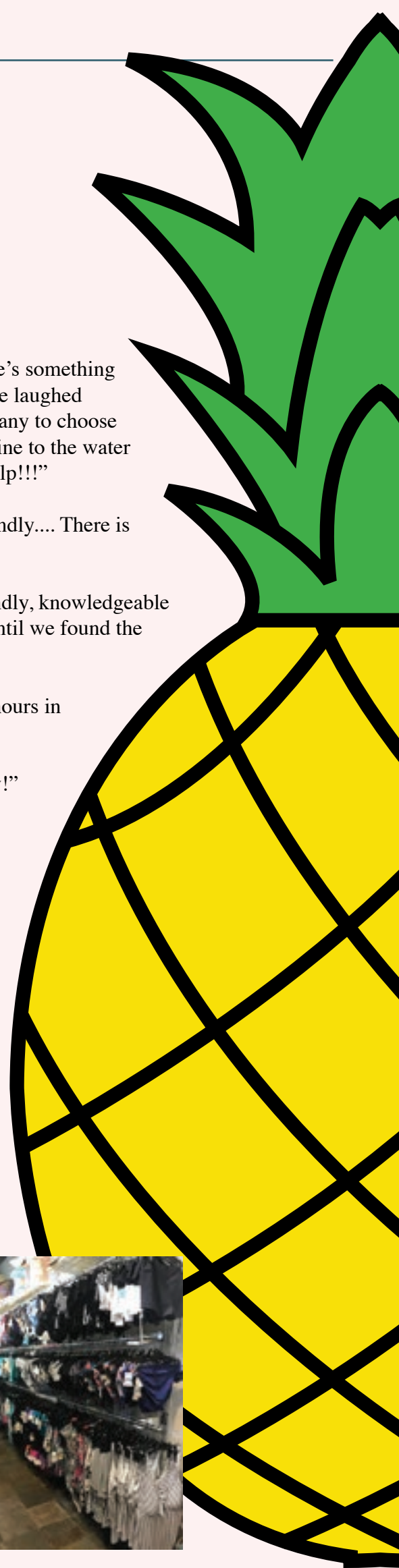
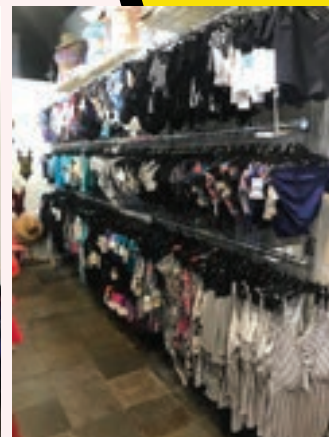
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.”
- *Angelica, upstate New York*

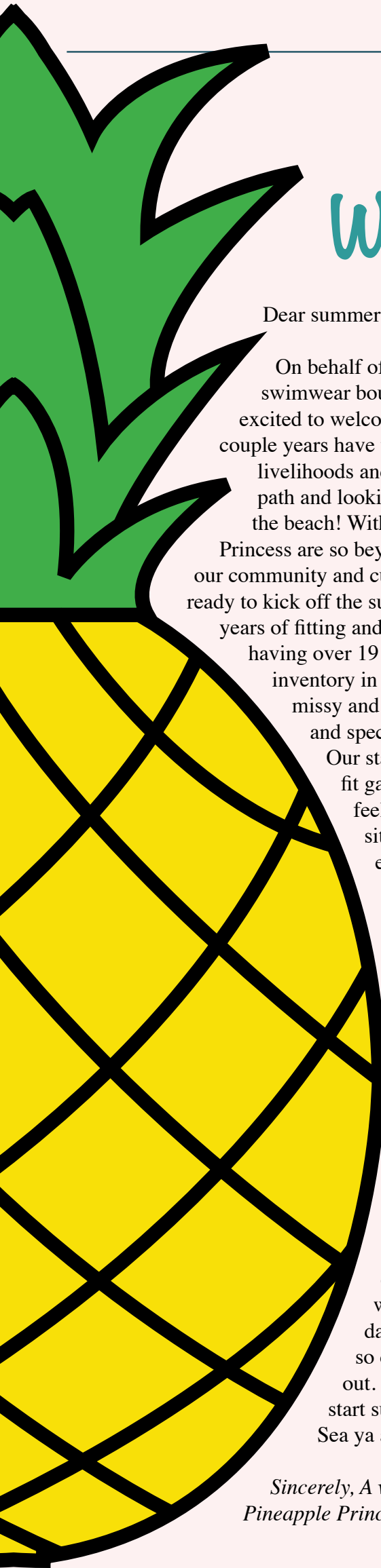
“I found my bathing suit mecca!!” - *Nancy, Towson, MD*

“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*





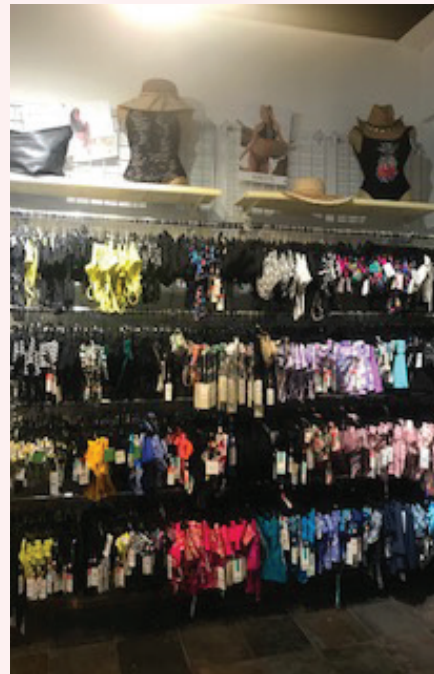
Welcome Summer 2023!

Dear summer 2023,

On behalf of everyone at the Pineapple Princess swimwear boutique, I can safely say we are so excited to welcome this summer season! The last couple years have tested our country's economy, livelihoods and strengths but we are on the right path and looking forward to a busy summer here at the beach! With that being said, we at the Pineapple Princess are so beyond grateful for the love and support our community and customers have shown us and we are ready to kick off the summer! The owner, having over 30 years of fitting and making swimwear, and the manager, having over 19 years experience, have an extensive inventory in the boutique to offer for women, missy and junior ranging in sizes XS(0)- 4X(24) and specializing in fitting cup sizes A-H.

Our staff prides themselves on helping to fit gals into that perfect suit to make you feel and look your best. We offer on site alterations to help make swim fit even better or adjust certain areas on swim to make it fit properly. We help with mastectomy, maternity, repairs and sell cuppies. Brands we carry include Tommy Bahama, Swim Systems, Sunsets, Kate Spade, Anne Cole, Seafolly, Hobie, Gottex, Anita and Longitude to just name a few. Looking for cute beach accessories? We have you covered from coverups to dresses to beach bags, hats, jewelry to even pool floats! The possibilities are endless in our boutique. Located in downtown Rehoboth Beach, we are open all year long daily 10-7 with hours varying so call or stop in and check us out. Let's hope 2022 is the fresh start summer we all are ready for! Sea ya at the beach!

*Sincerely, A very excited
Pineapple Princess*





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New patio, Ocean View Delaware



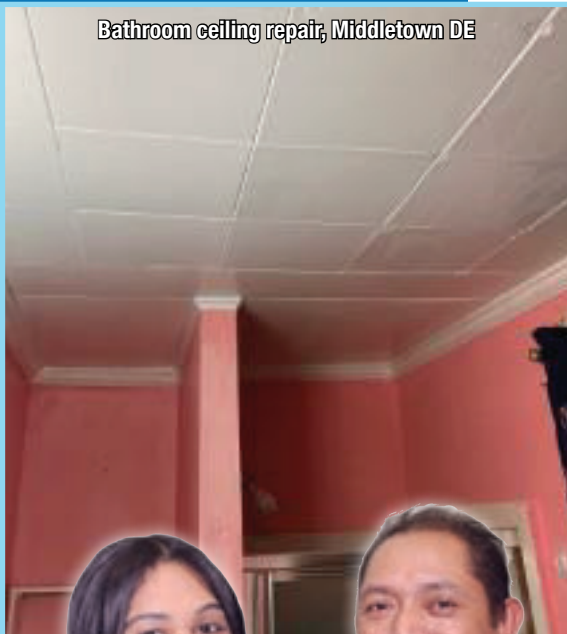
Before flooring upgrade for Church in Milford, DE



After Church flooring upgrade



Upgraded bathroom



Bathroom ceiling repair, Middletown DE



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C & F General Contracting LLC was built on Enrique's 14 years of experience and talents. He opened his own business in 2020. He and Yannette's bilingual credentials and many satisfied customers who have referred others have helped this fine business grow greatly.

Enrique and his team are experts at remodeling and installation of everything related to carpentry and residential reconstruction. They provide the following services: facade, remodeling, painting, door installation, windows, laminates, drywall, full kitchen, tile and custom work. They are characterized by their excellent service, experience, talents, and customer service!



In an effort to hold back the sand from this customer's boardwalk we repurposed piling ends to form a barrier, while at the same time not taking away from the nautical look of being on the water, and also added a certain aesthetic.

The above photo is an after of the interior courtyard of Brookdale senior living which had fallen into neglect from the previous landscaper. We removed the old plantings and added approximately 100 new plants and added 20,000 pounds of stone which all needed to be taken though the building as it was the only access to the courtyard.

To have a healthy lawn in Delaware it is almost always necessary to treat the soil for grubs as most of the new developments were built on what was once farmland which is prone to root eating insects. Regular mowing and maintenance is always necessary to have a thick full lawn.



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"Andrew was responsive and followed through as discussed. Compared to others, his pricing for the job was the best. I would hire him without reservation in the future."

- Linda S. Dewey Beach, DE

Andrew Short, Horticulture Specialist

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It is necessary for good scheduling to have a balance of both residential customers which are often completed quickly and also to have large contracts that can be started at times that it would be inconvenient to complete other work. With this form of scheduling everything runs smoothly and efficiently. This year we will be accepting only two more commercial contracts. With having been in the lawn maintenance business for over ten years you can rest assured that our team can accomplish any task in an efficient and timely manner. We offer statewide service, available 24-7.

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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



“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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LOVE IS IN *the hair*

Sun-Kissed Styles: Sizzlin Summer Hair Color Trends at Our Salon

As Love is in the Hair approaches its third summer in operation, I must again express my gratitude and love to all the clients, friends, and family that make it possible. Because of you, the salon is so successful and has enabled us to help many, community-wide. We look forward to another summer season filled with renewed activity, warm weather, and loving times with friends and family.

Our last piece discussed some of our salon's latest hair color trends. Today, we want to update you on newer trends, like champagne and butterscotch blonde. We'll also discuss what's coming next, Gemini color and Money Piece highlights. Champagne blonde is becoming more popular due to its light and elegant golden tones, adding a luxurious feel to any hairstyle. As for butterscotch blonde, it remains a favorite for those looking for a warm and natural look.

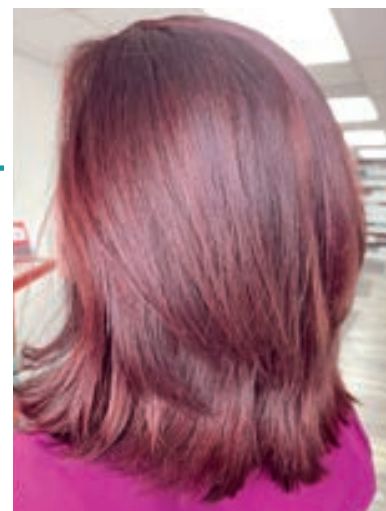
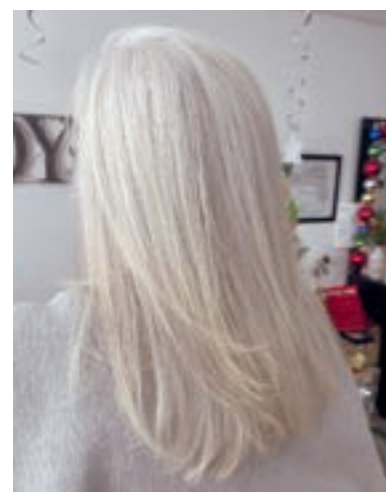
Looking for a fun new way to express yourself through your hair? Check out the Gemini color technique! Unlike the Balayage or Ombré techniques, this method uses two contrasting colors to create a truly unique and captivating look. In addition, we are witnessing the revival of chunky highlights (also known as Money Piece highlights), albeit with a contemporary adaptation. The updated version of these striking highlights incorporates a slightly blended approach, resulting in a

more flattering and dimensional appearance. In addition, this modern interpretation offers a fresh perspective on the once-popular trend.

As we continue celebrating the beauty and power of self-expression, we invite you to join us in embracing these exciting hair color trends. Let your hair be a canvas for your creativity, and take this opportunity to step outside your comfort zone. Our experienced stylists are here to help you find the perfect color combination that complements your style and makes a bold statement.

It's time to make a change and showcase your unique personality through your hair. Visit our salon or book an appointment by phone to discover the transformative impact of these trendsetting techniques. Then, remember to share your stunning new look on social media using the hashtag #HairTransformation to inspire and empower other women to embrace their individuality. Together, we can create a movement that celebrates beauty in diverse forms. So, what are you waiting for? Let's paint the world with color, one strand at a time!

*A message from Janet Charlsen,
Owner & Master Stylist*



*Empowering all people, connecting community,
and honoring individual expression.*

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Making Each Client Feel and Look Their Best

By Ashley Catlett, Licensed Aesthetician Instructor
Permanent Makeup/Paramedical Specialist & Owner
Eastern Shore Permanent Make Up & Bellissima Skin, LLC.



At Eastern Shore Permanent Makeup and Bellissima Skin my top priority is making each client feel and look their best. Permanent makeup and paramedical tattooing can make a world of a difference for a client. So let's dive right in as I explain what each entails and how to get the most from your appointment.

What is Permanent Makeup?

Permanent Makeup is a tattoo. There are many different techniques and methods used based on the client's skin type and desired results. Permanent makeup services include eyebrows, eyeliner, and lips. With eyebrows there are four different looks that can be created; Powder brow, nano hair strokes, ombre powder brow, and combination brow. Each can be designed to be very soft and natural to very bold. With eyeliner, you can have upper and/or lower eyeliner done, it can be very thin or even bold with a wing. For the lips, there are three options; lip liner, lip liner with shading, and full lip blush. All new permanent make up appointments do require two appointments 6 weeks apart for perfection. Permanent makeup does fade overtime, touch up

appointments range every 18-24 months.

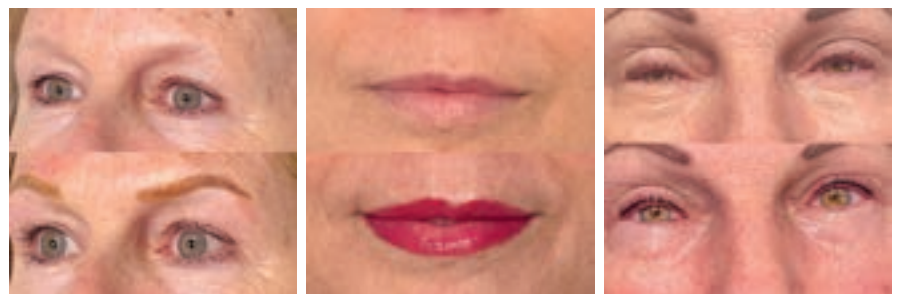
What is Paramedical Tattooing?

Paramedical tattooing includes scar camouflage, scalp micro-pigmentation, and areola restoration. Scar camouflage is a form of micro-pigmentation tattooing to help conceal an unsightly scar. Scalp micro-pigmentation is a great new procedure for clients who have thinning hair, a receding hair line, or who have lost all of their hair. Areola restoration is a form of micro-pigmentation to create new areolas for clients who have lost theirs due to surgery or to help correct/enhance the shape. Each case is different and may require multiple sessions.

Special funding may be available for clients who have fought cancer and would like eyebrows or areola restoration, please contact Ashley for more information

Do you need a consultation?

It is always best to schedule a consultation prior to scheduling your procedure. Having a consultation ensures that the client is a great candidate for their



Client Reviews:

Ashley was amazing so kind & friendly making you feel comfortable and welcome. She did a great job on my brows, for me it was completely painless. I feel like Ashley and I have been friends before we ever met. Trust me you will be happy you chose Eastern Shore Permanent Makeup. - Dora Vinogradov

I just got my eyebrows done by Ashley. It was painless and I love the results. My lips were done 6 weeks ago and they look amazing. I highly recommend Ashley. - Kathy Carey

desired procedure and is informed of pricing, future appointments, aftercare, and required waiting periods for certain medications and products. It is extremely important to read all paperwork and follow your pre and post care.

Tips to get the most out of your permanent make up service?

Schedule your procedure appointment for when you are ok with taking a break from swimming

and the gym. Follow the guidelines on the pre procedure form that is reviewed during your consultation. The first ten days following your procedure are the most critical, during this time you do not want to swim, sunbathe, or sweat. While you are healing protect your permanent makeup from the sun by wearing a hat and/or sunglasses, when you are completely healed protect your permanent make up from the sun with sunscreen as well.

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Update your home *with modern window treatments!*

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

Kitchen



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

Living and Family Rooms



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

Bathroom



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

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

Bedroom



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

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

Still not sure where to start?

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



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What Can a New Roof Do for Your Home's Value?

Although a roof is a long-term asset to your home, even the best-made roofs need to get replaced eventually. According to Roof Advisor, you should replace asphalt shingle roofs roughly every 15 to 30 years. Adding a new roof to your home does more than just enhance your curb appeal; it also improves your home's value. Here are a few reasons why.

Home Buyers Like New Roofs

If you're planning to sell your home in the future, replacing your roof can add immense curb appeal. A new roof helps protect the home from moisture and other elements, making it more attractive to potential buyers. It can also help reduce energy bills, which is important for buyers who are looking for an energy-efficient home.

A New Roof Can Save You Money on Repair Costs

New roofs are **generally** safer and more durable than older ones, reducing long-term repair costs. Installing one can also come with a warranty that can give you peace of mind for decades. Asphalt shingles in particular are popular for roofers to install because of their durability and affordability.

Better Technology Has Improved Roofing Materials

Like **many** other sectors of the construction industry, roofing has seen significant technological improvements over the years. Some of these improvements have made it easier to install roofs and improved their durability. The materials used are better, and this can spike your home value.

When to Call a Roofing Contractor

Professional roofers have a knack for knowing when it's time to replace your roof. It's recommended to get an inspection at least every two years. During the process, your contractor will examine your roof and advise you on whether you need to replace it. If your roof is more than 20 years old, there's a high chance you will need



a new one. You should also call a contractor immediately if your roof has been damaged by a storm or some other natural disaster.

When it comes to your property, investing in a new roof will add significant value. No matter what materials you select, replacing your roof is an excellent way to make your home more desirable. The first step is reaching out to a professional to form a plan of action. Don't hesitate to contact G. Fedale today for a free estimate.



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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!!

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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 ever 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 dissatisfied in their work. Special shout out to Jennifer and Bruce. Thank you !!!



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UPCOMING EVENTS

3RD ANNUAL

Dave's Dewey Dash 5k Walk/Run

DATE:
9/30/2023 | 9am Start

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

REGISTER:
bit.ly/davesdeweydash2023

Ashby-Huff Open

DATE:
9/29/2023 | 9am Start

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

REGISTER:
bit.ly/ashbyhuffopen2023

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.

September 30th, 2023 is our 3rd 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 29th, 2023, 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 place AED devices and provide associated training to local organizations and business in the community.

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

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