

Spring 2024

THE SUSSEX COUNTY

Women's Journal™



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



Michelle
Parsons, MD

*Liquid Facelift
Solutions*

Pages 3, 6, 10 & 23



Ashley
Catlett

*Scalp
Micropigmentation
(SMP)*

Page 19



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

*Blooming
Opportunities*

Page 48

CHESAPEAKE
CABINETRY
DESIGN STUDIO



Chesapeake Cabinetry - Georgetown DE

C.M. Baker Photography

FREE! Please Take One • RECYCLE! Share with a Friend

www.sussexcountywoman.com



THE SUSSEX COUNTY WOMAN'S NEWSPAPER

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

Call Us At:
302.344.1006

Elizabeth Kapke
Publisher

Denise Gallagher
Associate Publisher

Alexandra Gallagher
Editor & Contributor

Barbara Steele
Sales Manager

Edward Muztafago
Director of Corporate Development

Golden Design, LLC
Graphic Design & Layout

The Women's Journal is published quarterly and is available free of charge, by subscription, at display stands in approved private and public establishments and authorized distributors only.

Trademark and U.S. Copyright laws protect The Women's Journal. No part of this paper may be reproduced without the written permission of the publisher.

The Women's Journal is not responsible for any editorial comment (other than its own), typographical errors from advertisements submitted as camera ready or any reproductions of advertisements submitted as camera ready.

If an advertisement does not meet our standards of acceptance, we may revise or cancel it at any time, whether or not it has been already acknowledged and/or previously published. The advertiser assumes sole responsibility for all statements contained in submitted copy and will protect and indemnify The Women's Journal, its owners, publishers, and employees, against any and all liability loss or expense arising out of claims for libel, unfair trade names, patents copyrights and propriety rights, and all violations of the right of privacy or other violations resulting from the publication by this newspaper of its advertising copy.

Publisher shall be under no liability for failure, for any reason, to insert an advertisement. Publisher shall not be liable by reason of error, omission and/or failure to insert any part of an advertisement. Publisher will not be liable for delay or failure in performance in publication and/or distribution if all or any portion of an issue is delayed or suspended for any reason. The publisher will exercise reasonable judgment in these instances and will make adjustments for the advertiser where and when appropriate.

The Women's Journal assumes no responsibility for unsolicited material or reproductions made by advertisers. This newspaper will be published quarterly.

Representations by The Women's Journal COPYRIGHT 1995™

READERSHIP 185,000 +

Thank you, our loyal readers, for your support and total enthusiasm as we publish another issue of the our Women's Journal Newspaper. I especially appreciate those who take the time to call, or write us with comments, concerns and praise. We love to hear from you, so please continue your support.

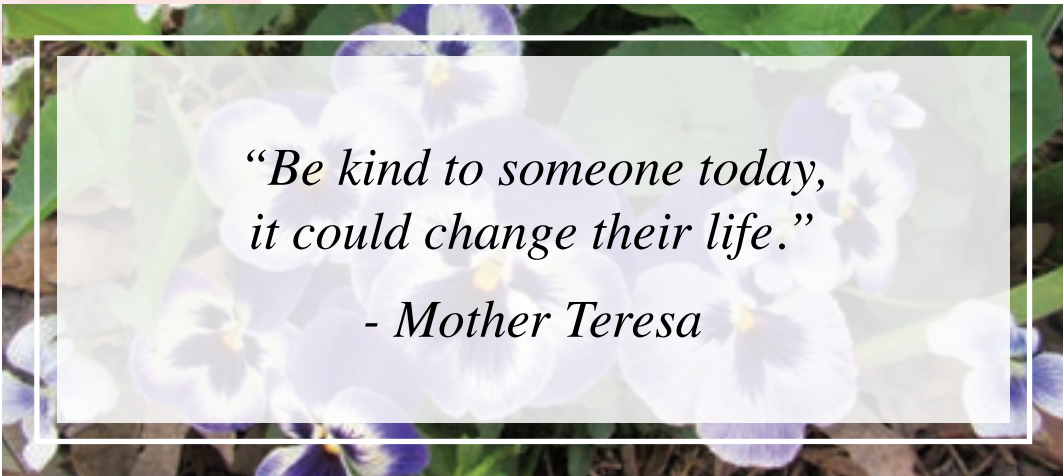
I was truly excited to hear from a reader turned advertiser. She told me when she moved into the area, she used Woman's Journal Newspapers as her complete guide to choose her new doctor, dentist, lawyer and so on; even where she want out to dine. Now she has established her own business and said, "what better place for me to advertise, but in the newspaper I used most to find my own personal references." What a wonderful compliment! I have always believed in "An Educated Consumer is everyone's best patient, client or customer".

The Women's Journal has always taken great pride in being an "Objective, Informative and Educational Newspaper" - this will be always be our philosophy. We thank you contributors: the doctors, lawyers, and professionals who contribute their expertise in their field, so our readers can benefit from their educational articles and knowledge.

Our 44 years of overwhelming success is dependent upon your continuous support. The Women's Journal knows by satisfying our loyal readers we will satisfy our most appreciated advertisers. Please mention to our contributors and advertisers that you read about them in the Women's Journal. Call us any time with your thoughts and comments at 302-344-1006.

Kindly remember to mention to our authors that you read their article in the Women's Newspaper. Have a wonderful spring and remember, let go and let god.

The Publisher



*"Be kind to someone today,
it could change their life."*
- Mother Teresa



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

Liquid Facelift Solutions



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

Feeling down, stressed or not looking quite like you wish? We've got the thing to lift you right up, literally! And it's time for You to take care of YOU :). For the season we will be offering the Liquid Mini-Facelift Treatment with long lasting results at a great price, so you can begin looking refreshed and uplifted, and feeling like your happy self again.



Cheeks enhancement with dermal fillers

The Liquid Facelift is an easy in-office procedure using a variety of dermal filler products, which Dr. Michelle will guide you on selecting the right products just for you, to address each area of concern that you might have about the appearance of your facial areas, with little downtime and little discomfort. You can choose the Upper Face Liquid



Soften nasolabial lines with dermal fillers

Mini-Facelift, the Lower Face Liquid Mini-Facelift or choose the Full Face Liquid Facelift for even more savings!

Upper Face Liquid Mini-Facelift
“Areas that can be addressed with the Liquid Facelift includes the cheeks, that may have fallen or become somewhat sunken in. Utilizing dermal fillers, we can plump up hollowed cheeks, restoring volume and lifting the shape of the cheeks. We can also help re-create higher cheekbones for a more refined look.

Another area that changes that bothers a lot of our patients is the area known as the nasolabial fold area, or the grooves alongside the nose that lead down to the corners of the mouth. With time, this area can become a deeper groove and gives an aged appearance. This area can be filled in to soften that area, to better match the rest of your face.

Sometimes the temples become sunken and gives a hollowed appearance. The temples are easily restored to give an overall lifted effect.

Often we see our eyebrows drop somewhat, giving a tired or frustrated look. In addition to Botox to lift the brows, a filler can be placed in the lateral or “wing” area of the brow to lift up heavy brows and giving a more refreshed look.

And in close proximity to the eyebrows, would be the tear trough area, or the area underneath the eyes, that can become hollowed or sunken in. If you are an appropriate candidate, we can place a dermal

filler in this area to restore lost volume in the tear trough areas so the eyes appear more youthful. No, this treatment does not usually hurt!



Enhance lips and chin with dermal fillers

Lower Face Liquid Mini-Facelift
The lower face is a very common area of concern to many of our patients, as so many of us experience the first signs of aging in this area of our face. So often we hear about concerns of thinning lips and lip lines. A treatment with a lip filler is such an easy solution to restore lip definition, lip moisture, volume and address lip lines. The lips are critical to improve to enhance the overall appearance of the face, as the lips are such a central area of focus on the face. We have different products and different techniques to add just definition and moisture, without volume enhancement or we can restore volume lost with another choice of filler product.

The lower face and in particular the chin, is an area very frequently affected by time. We spend a lot of time addressing this area with many of our patients. So if you have concerns about your chin area, you are not alone! For the lower face and chin area, filler can be placed to soften the marionette lines, or the grooves that start at the corners of the lips and travel down the chin, to refresh your look. Also the chin itself can be enhanced to restore the appearance of lost bone volume. For men and women, we can redefine the jawline too. Treating the angle of the jaw, or the sides of the face, also lift the lower face, softening the appearance of jowls.” - Dr. Michelle Parsons, M.D.

If you would like to see if the liquid facelift with dermal fillers is right for you, you may make a complimentary appointment with Dr. Michelle Parsons, MD. Mention this article for special pricing for a deep discount! Why wait to start feeling and looking your best right now. Contact us at 302-227-1079, info@renovemedspa.org, or book your appointment online at <https://go.booker.com/location/ReNove/detail-summary/585808>. Also claim a \$25 offer at <https://mbo.io/55nETK>.



Michelle Parsons, MD
ReNove Med Spa

416 Rehoboth Avenue • Rehoboth, Delaware

For appointments please call

302.227.1079

www.RenoveMedSpa.org

Info@Renovemedspa.org

A Vision, A Belief, And A Goal

Welcome to Always Best Care of Delaware

Since 1996, Always Best Care has helped thousands of families with non-medical in-home care and assisted living referral services. In select markets we've also added skilled home care for clients that suffer from illness or injury.

Our passion for helping people maintain a safe, independent and dignified lifestyle represents the strong foundation of Always Best Care. Every client receives extraordinary care in an inspiring environment with caring and compassionate people. Our Care Coordinators have worked with thousands of seniors across the country, and we're always ready to help you!

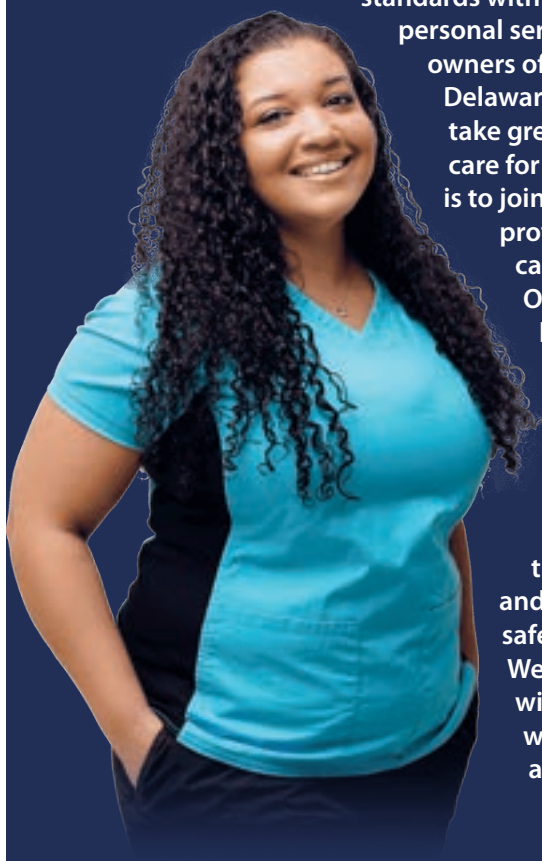
Our vision:

The Always Best Care resources include an extensive library to help you make better informed decisions on senior care and more. Our vision is to work as a united TEAM providing the best senior care in the world – with the broadest range of services, and the most loving and consistent care anywhere.

Service coverage

Always Best Care Senior Services provides senior care in all of Delaware, communities of New Castle, Kent, and Sussex counties.

Always Best Care combines national strength and standards with local accessibility and personal service. Team Greene, the owners of Always Best Care—all of Delaware, are local residents and take great pride in helping families care for their loved ones. Our goal is to join your family's journey and provide the absolute best care plan for your loved one. Our entire team has your loved ones best interests at heart, and we'll ensure that exceptional service and care is provided to all family members. All of our caregivers are carefully screened, thoroughly trained, bonded and insured to provide the safest and highest level of care. We have strong relationships with area hospitals, social workers, senior communities and senior resources across



our communities. We are ready and willing to serve all your special care needs today!

Care Consultation

The first step in our process includes a personal consultation with a Community Outreach Coordinator at no charge to you. In our meeting, we will thoroughly discuss your care needs, create a detailed care plan, and work with you on financing and logistics.

The meeting will consist of:

- A thorough discussion of your care needs
- A highly detailed personal care plan
- A discussion with you, or your loved one to determine how best to meet your requirements
- Assistance with billing of insurance providers
- Individual care plans are constantly being assessed and updated to meet physical, social, emotional and intellectual needs of our clients.

We know that exceptional service sets us apart from all other home care companies. All of our team members and caregivers receive comprehensive training before being assigned to a care plan. Our standard is that "we only hire care providers we would have care for our own loved ones."

Always Best Care provides in-home care services from as little as two hours per day up to 24-hour care, and up to 7 days a week. Whatever your care needs are, Always Best Care is there for you.

Some key home care services we provide include:

- Activities of daily living (dressing, personal care, bathing, incontinence care)
- Meals cooked and served (for the client)
- Escort (medical appointments, errands, shopping, etc.)
- Domestic services (laundry, cleaning, etc.)
- Facilitate social outings and help maintain personal freedom

Please let one of our Care Coordinators meet with you to discuss your needs and to assist in developing a personalized care plan specific to the level of care you need.

Take the first step with us – contact your local Always Best Care representative today.

In-Home Care Services

Supporting you and your loved ones



Join Our Team of Compassionate Caregivers • Call Today for More Information!

Request A Consultation **302.409.3710**
Visit us Online at [alwaysbestcare.com](https://www.alwaysbestcare.com)



SUNMED™ | Your CBD Store®



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

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

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

SUSSEX COUNTY'S **ONLY** BREAST SURGEONS ARE HERE.



Matthew Richards, MD

FELLOWSHIP-TRAINED & BOARD-CERTIFIED
SURGEON SPECIALIZING IN BREAST CARE

Karen Barbosa, DO, FACOS

FELLOWSHIP-TRAINED & BOARD-CERTIFIED
SURGEON SPECIALIZING IN BREAST CARE

Diana Dickson-Witmer, MD, FACS

BOARD-CERTIFIED SURGEON
SPECIALIZING IN BREAST CARE

Our board-certified surgeons offer advanced techniques and expertise that make Beebe the best choice for breast care in Sussex County.

Call to make an appointment
302-703-3595

When you choose Beebe Healthcare, you are choosing more than a compassionate partner in breast cancer care. You're choosing a team backed by Sussex County's only board-certified surgeons specializing in breast care—including Dr. Diana Dickson-Witmer, a visionary who has pioneered the advancement of breast health and surgery in Delaware for more than 25 years, and the newly-welcomed Dr. Karen Barbosa who joins Dr. Matthew Richards as the county's only fellowship-trained breast surgeons. Together, they lead the Center for Breast Health that was designed so patients could receive timely diagnosis and advanced treatment by Beebe's compassionate team of experts in a unified location.



Colon Cancer Screening- One Day Can Save Your Life



Hunterdon Gastroenterology Associates

Dr. Gilbert Cardoso, Dr. Jason Matthews, Dr. Andrea Goldstein, Dr. Maria Georgsson, Dr. Cherag Daruwala, Dr. Anik Patel, Dr. Richard Arrigo, Dr. Devi Patel, and Dr. Steven Mathews
missing from the picture: Dr. Georgsson

HGA is comprised of fellowship trained, board certified gastroenterologists, with two convenient locations in Flemington and Somerville. Established in 1982, Hunterdon Gastroenterology Associates treats all digestive discomfort or potential problems of the esophagus, stomach, liver, colon, or pancreas. Our AAHC- accredited ambulatory Endosurgery Center offers the highest quality treatment with faster access and lower procedure costs while using state of the art technology for your procedure needs.

Expertise, leading-edge technology and personal care: Hunterdon Gastroenterology Associates' formula for the exceptional patient experience and outcomes we strive each day to provide.

I'm too busy... I can't take off work... I can't go a full day without eating... The prep is terrible... I would be so embarrassed...

If these thoughts or others have you delaying getting a colonoscopy, we suggest a different way of thinking...

Colon Cancer Screening- One Day Can Save Your Life

According to data from the American Cancer Society, colon cancer is the 3rd most common cause of cancer-related death for both men and women. That is a disappointing statistic, because colon cancer is one of the most preventable cancers.

Unlike many other cancers, there is an easy and effective way to screen for colon cancer. Colonoscopy is readily available and effective. Large, national studies have shown that colonoscopy reduces an individual's risk of dying from colon cancer by nearly 70%.


Why should I choose colonoscopy?

1. Colonoscopies help detect colon cancer. No other colon cancer screening is as thorough and comprehensive to detect cancer and remove precancerous lesions. It is the most effective means of prevention, diagnosis, and treatment.
2. Colon cancer is typically (but not always) caused by abnormal growths called polyps, or adenomas, that develop very gradually over time to become cancerous. During the colonoscopy, the physician will look for and remove these polyps. By removing polyps early, the risk of developing cancer is reduced. Without colonoscopy, the polyps continue to grow, abnormal cells continue to change, and cancer may develop.
3. Colonoscopies can be used to diagnose colitis, which is a chronic inflammation of the colon, and treatment can be prescribed immediately.
4. Colonoscopies can be used to diagnose diverticulosis, which are pockets in the intestinal wall.
5. Colonoscopies can detect bleeding lesions which can then be treated.
6. Colonoscopies are one of the best ways to help diagnose the cause of abdominal pain. Symptoms like anemia, weight loss, abdominal pain, and / or cramping could arise from many different causes. A colonoscopy can help determine if symptoms are related to a colon disease.

It's time to think about your risk of colorectal cancer... If you are:


- A man or woman 50 or older
- A smoker
- Have a personal or family history of inflammatory bowel disease
- Overweight
- Have a close family member with colorectal cancer
- Have a history of polyps or colon cancer
- Are a woman with a family history of breast, uterine, or ovarian cancer

Be proactive about your health and get screened today, NO MORE EXCUSES! 908-483-4000




60%

OF COLORECTAL CANCER DEATHS COULD BE PREVENTED WITH SCREENING



Don't be a statistic...
Call and schedule your screening today!
(908) 483-4000



Medical Experts in the Treatment of Digestive Diseases

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

Somerville Office
135 West End Avenue
Somerville, NJ 08876

908-483-4000
www.HunterdonGastro.com



R. Alberto Rosa, MD, FACC

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

Dr. Rosa has practiced cardiology in Sussex County since July, 1998. He has served as medical director of the Cardiac Catheterization Laboratory and as chief of the Department of Cardiology at Beebe Medical Center in Lewes, Del. Dr. Rosa is trained in non-invasive cardiology, nuclear transesophageal echocardiograms, as well as invasive diagnostic procedures and pacemaker implantations. Dr. Rosa is board certified by the American Boards of Internal Medicine and Cardiology. He is also a Certified Aviation Medical Examiner and is board certified in nuclear cardiology.

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

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

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

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

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

physical activity in the general population, as a whole.

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

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

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

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

be serious or even fatal.

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

Cardiovascular Consultants

of Southern Delaware

Dr. Kenneth Sunnergren, MD • Dr. R. Alberto Rosa, MD
Dr. Barry Denenberg, MD • Dr. G. Robert Myers, MD
Dr. Ajith Kumar, MD • Penny Johnson, DNP, CRNP
Samantha Weiss, APRN

- Compassionate and Comprehensive Cardiac Care
- Most Advanced Systems and Technology in Delaware

302.645.1233 • www.cvcde.com
Offices in Lewes and Millville



Richard J. Arrigo, D.O.

Dr. Richard Arrigo is a board-certified gastroenterologist who graduated from New York College of Osteopathic Medicine of New York Institute of Technology and then proceeded to complete his Residency at the University of Medicine and Dentistry of New Jersey- New Jersey Medical School and then his fellowship at Rutgers New Jersey Medical School. Prior to his fellowship, Dr. Arrigo was in practice with the Liver Transplant program in Newark, NJ where he managed patients with severe liver disease. Dr. Arrigo is trained to perform Endoscopic Ultrasound (EUS), a procedure that uses sound waves to create visual images of the digestive tract, and Endoscopic Retrograde Cholangiopancreatography (ERCP), a procedure that is used to diagnose diseases of the gallbladder, biliary system, pancreas, and liver. Dr. Arrigo is also trained and certified to perform the Orbera Weight Loss Balloon procedure.

I don't have the time to get all of this done... What is going to happen... *When is this going to be over...*

If these are the thoughts running through your head, you are **STRESSED**.

During these unprecedented times, we all find ourselves living a new "norm". With new work habits and new home responsibilities. This stress can have a direct effect on your digestive system. Stress can cause us to eat more or less than usual. Eating different foods and increased use of alcohol and/or tobacco can result in heartburn and acid reflux. Stress and exhaustion can also increase the frequency and intensity of heartburn pain. It is important to remember to pay careful attention to these symptoms and reach out to your physician if they persist or worsen.

Stress can also cause pain, inflammation, cramping, bloating and other stomach and bowel discomfort. Vomiting, diarrhea and even constipation can result when the stress is severe enough. To help alleviate

these symptoms, it is important to find ways to manage your stress and anxiety.

Get Regular Exercise. Physical activity helps reduce tension.

Avoid, or at least reduce, consumption of Caffeine, Alcohol and Nicotine. Stimulants and depressant and increase your level of stress instead of reducing it. Swap caffeinated and alcoholic drinks for water and herbal teas. Keep yourself hydrated!

Get more sleep. Lack of sleep can add to your stress.

Try relaxation techniques. Incorporate yoga or meditation into your daily routine.

Work on time management. Prioritize your to do list and accept that everything might not get done right away. It is ok to ask for help when needed.

Talk. If you are feeling stressed and overwhelmed, reach

out to a family member, friend, or healthcare professional and talk about your feelings. Problem solve solutions and release the built-up tension.

Remember we are here too. If you are having any of these symptoms, reach out to our office to schedule an appointment today. We can help get to the root of the symptoms.

**Hang in there.
We are all in
this together!**

Hunterdon Gastroenterology Associates is available for appointments paying special attention to the safety of our patients. We have expanded our virtual visit availability times and are available for in-office consultations.



Here is how we will re-establish your access to care with the utmost safety:

- High-level employee protocols that include proper hand hygiene, face masks, eye protection, gloves, and appropriate employee monitoring
- Meticulous cleaning and sanitizing of all surfaces, patient areas, and equipment
- Stringent social distancing measures
- Pre-screening of all patients for symptoms prior to their in-office appointment
- Restricting visitors/companions from the office to reduce potential exposure to others. Only individuals accompanying patients who require assistance will be permitted to remain with the patient.
- Patients are required to wear a face mask – please come to the office wearing one. If you are unable to obtain a mask, please contact the office before leaving your car and a member of our team will assist you.

**The safety of our patients, staff, and physicians is our top priority.
If you have questions or concerns, please do not hesitate to ask.**

**Call today to schedule your appointment (908) 483-4000
Do not let your symptoms go untreated.**



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

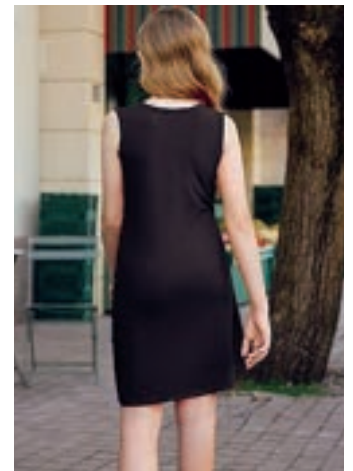
Somerville Office
135 West End Avenue
Somerville, NJ 08876

908-483-4000
www.HunterdonGastro.com

Look Your Best in Your Dress Now with CoolSculpting



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



Winter is a notorious time for putting on a few extra pounds with holiday parties, meals and get togethers, but this year will be different!

In honor of fall and the holidays, we will be offering a combination of targeted fat reduction treatments with CoolSculpting combined with the most powerful appetite suppressant, semaglutide, for even better success with your weight loss goals. Choose one body area to treat with CoolSculpting, such as your abdominal area, and we will treat a second area for free! For example, target your low abdominal area, and add your waist, hips, inner thighs or bra rolls areas at no additional cost! Schedule both areas the same day or within 4 weeks to lock in your savings. In addition to our regular weight loss dietary recommendations, Dr. Parsons can offer an evaluation for an in-office injection of semaglutide, a new class of medication used for weight loss, to further enhance your fat reduction results included with your CoolSculpting treatment

so that you can lose the maximum amount of fat and look your best this holiday season. The more you treat, the more you get FREE!

The Muffin Top

Nope, not blueberry muffins. The number one area we regularly address with CoolSculpting is the abdominal area. Many of us have some extra rolls that we just can't lose in this stubborn area. This fall you can treat to transformation your abdomen and muffin top areas before the holidays. Select a four cycle CoolSculpting package to target your abdominal fat and then to maximize your fat loss results choose another body area to CoolSculpt for free! Book your CoolSculpting Muffin Top package here and we will add the second area of your choice to treat the same day for free!

Take Some Off The Back

Want to look your best in that Holiday party dress without bra roll fat popping through? Then choose this 4 cycle CoolSculpting Lose the Bra Roll and Back Fat

package this month and choose another body area to treat for free or treat the same area twice with a CoolSculpting Fat Attack plan for even better results! Book your Take Some Off the Back CoolSculpting package here and we'll add a second body area of your chose to CoolSculpt for free.

Wave Goodbye Again Arm Fat Package

Wave goodbye to Arm Fat and Bat Wings and wear that sleeveless dress again! CoolSculpting can reduce fat on any part of the arm, and can also improve crepey arm skin with this CoolSculpting

Arm Fat package. Choose the 4 cycle CoolSculpting Wave Goodbye Again arm fat package and select another 4 cycle CoolSculpting package to treat another body area for free!

Heavy Sigh Thigh Treatment

Do you have inner thigh fat that has gotten annoying and won't go away? Say goodbye to annoying Inner thigh fat or fat anywhere on the thighs and walk comfortably in that mini party dress again. We can treat inner knee fat, and fat above the knees too. Choose the 4 cycle CoolSculpting

Thigh package and choose another body area to CoolSculpt for free!

Special Pricing

We will be offering buy one area to CoolSculpt and get an other area for free when you mention this article. Areas are 4 cycles at \$850 each so one area is 4x\$850 = \$3,400. But in November you will pay \$0 for any second area of your choice, that's a Savings of \$3,400!!

The Holidays are here, so book now and start looking and feeling your best right now, You are worth it. *Restore, Reclaim, Renove.*



Freeze Your Fat Away.

One session. One hour.

No surgery. Little to no downtime.

FDA Cleared



Michelle Parsons, MD | ReNove Med Spa

For appointments please call 302.227.1079

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



Making Space

Anxiety, albeit a small word, has incredible impact on our lives. Anxiety has the power to alter the way you live. It stops you from trying new things or going to new places. It can even drive a wedge between you and the people you love because they don't understand. "Why don't you just do it!" they say or "stop worrying about it, everything's fine.". However, that's not what it's like for you, the problem *is a big deal to you*.

You worry that you'll embarrass yourself or that someone will see that you aren't as smart, funny, likeable or even loveable. Perhaps you worry that something dire will happen to you or your family, and the thoughts are intrusive, making it difficult to concentrate. Maybe you're irritable, feel as though you're on edge or can't sleep.

Anxiety is the most common of mental health disorders. Roughly 300+ million individuals, adults and children, struggle with some version of anxiety according to the World Health Organization (2019).

Treatment

The good news is that anxiety is treatable. Please note there isn't a "one size fits all" remedy to disrupting anxious cycles. Everyone is unique and may require different skill sets. It is important to get trusted information and support from your healthcare provider or a licensed psychotherapist. We have extensive knowledge and training and genuinely care about your well-being. You'll learn coping skills to make space for the anxiety, and as a result begin to understand the source of it, reduce its intensity and work toward resolving it.

Healing Space

The mind and the body are not separate systems and should not be treated as such. At CC&H we provide a place for self-awareness and discovery. 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
- Curated specialty workshops

The only way to truly heal is to combine action with awareness (Mate). If you, or someone you love, have been thinking about speaking with someone please reach out today. I leave you with one of my favorite quotes by Sartre, "No matter what a person has been, she can choose to be different."



COAST COUNSELING & HEALING

Connect. Expand. Create.

A TAILORED THERAPEUTIC
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.



Charles D. Curry, M.D.

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.

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 multi-focal 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.

"... Simply the best medical experience of my life. I can see again 20-15 in both eyes. Dr. Curry and his operating staff are the most professional medical group I have ever dealt with. Painless-Quick and No Downtime. I am glad I had it done. Call Dr. Curry, you will be glad you did it ..."





Delaware Eye INSTITUTE
www.delawareeye.com

302.645.2300
DelawareEye.com

18791 John J. Williams Hwy. Rehoboth Beach, DE 19971 | **232 Mitchell Street Millsboro, DE 19966**

Understanding Peanut Allergies



Presented by Alexandra Gallagher

Signs and Symptoms

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

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

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

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

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

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

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

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

Causes

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

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

Exposure to peanuts can occur in three ways:

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

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

- Peanut butter

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

Peanuts may be present in not so obvious foods including:

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

Risk factors

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

a greater chance of developing peanut allergy:

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

Treatment

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

For more information call your pediatrician.

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

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

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

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



Dr. Andrea Goldstein

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

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

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

HEMORRHOIDAL TREATMENT

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

How do hemorrhoids develop?

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

Hemorrhoids can cause the following symptoms:

Itching/Burning
Bleeding
Protrusion during Bowel Movements
Pain
Hygiene Concerns

Are all hemorrhoids the same?

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

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

What are the treatment options for removing hemorrhoids?

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

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

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

What is the most painless method for treatment?

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

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

Make an appointment with a specialist

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

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

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



We don't want you to suffer in silence.

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

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

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

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

Call today for an appointment.
908-483-2047

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

Flemington Office
Hunterdon Doctors Office Building
1100 Wescott Drive
Suite 206 / 207
Flemington, NJ 08822
Somerville Office
135 West End Avenue
Somerville, NJ 08876

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

Say Goodbye to Hemorrhoids!

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

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

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

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

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

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

Most Insurances Accepted

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



**Hunterdon
Gastroenterology
Associates**
Medical Experts in the Treatment of Digestive Diseases

www.HunterdonGastro.com



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

Somerville Office
135 West End Avenue
Somerville, NJ 08876

© HHS 2015

TRY EDUCATION *instead of advertising!*




THE TOP FIVE REASONS YOU SHOULD BE AN EDITORIAL CONTRIBUTOR IN THE SUSSEX COUNTY WOMAN!!!

1. We are the only educational Women's Newspaper in the County with targeted marketing that reaches 40,000-45,000 female readers per county.
2. Your educational article pre-qualifies prospective new patients / clients by answering the most asked questions on your area of expertise. This saves hours explaining the same routine question to new patients or clients.
3. We are the only source that can give references from real professionals that have achieved great success from our educational marketing program. We often have references in your area of expertise. Try getting this type of testimonial from your local paper or ad magazine!
4. We offer you an exclusivity-based marketing option in your area of expertise, thus helping to eliminate your competition. You also will always have the right of first refusal for the following year's renewal.
5. Our new customer inflow during an agreement is 4-5 per year. The referrals each bring is 2-4 more, or an increase of 24-36 new clients / patients. These statistics are backed by references over 40 years and 300 publications.

THE SUSSEX COUNTY



Women's Journal

FOR MORE INFORMATION CALL US
302.344.1005


SYNAPSE

BRAIN & SPINE CENTER

**Healing Now**
19413 Jingle Shell Way Unit 2
Lewes De 
302-200-7901

HYPERBARIC OXYGEN THERAPY

“Dive into a world of healing with hyperbaric oxygen therapy, where oxygen becomes the superhero, accelerating recovery and revitalizing your body from the inside out.”



“Dr. Rob has been absolutely wonderful. I had issues with concentrating at work and feeling low energy throughout the day. After just a few visits with Rob and sitting in the hyperbaric chamber, I was feeling significantly better. The Brain fog is gone and have a dramatic increase in long lasting energy throughout the day” - Matt

Off Label Conditions

Concussion / TBI

Autism

Migraines


Chronic Pain

Lyme Disease

Stroke

Alzheimers

Long Covid





GREATER
Millsboro
CHAMBER OF COMMERCE



Hundreds of members and growing!

Events, Networking, Member Benefits, Outreach opportunities and more!



Ribbon Cuttings and Anniversary Celebrations



Lunch and Learns



Coffee Connects



Member E-blast Opportunities



Business After Hours and Mixers

302-934-6777 

MillsboroChamber.com



"It was a pleasure working with Frank and his team. The cabinetry and granite countertop came out even better than expected !!! The professional service provided was excellent. We would definitely do business with Chesapeake Cabinetry again. Thanks Frank !!!" - Dean

CABINETS | COUNTERTOPS | HARDWARE



We specialize in kitchen and bathroom remodels, and various home renovations, offering superior craftsmanship and innovative design to exceed our customers' expectations in every project we undertake. Through our commitment to quality, integrity, and customer satisfaction, we aspire to inspire others and leave a lasting impression in the realm of cabinetry and home renovations.

302-663-0563 | CHESAPEAKECABINETRY.COM
24514 VENTURE DRIVE | GEORGETOWN, DE 19947



Scalp Micropigmentation (SMP)



Scalp Micropigmentation (SMP) is a form of permanent makeup. It is a cosmetic hair loss solution for men and women who are suffering with pattern baldness or thinning hair. Scalp Micropigmentation doesn't help the hair grow, but replicates tiny hair follicles or stubble. Scalp Micropigmentation is done by depositing permanent inks into the skin, creating the illusion of thicker hair, it can hide birthmarks or scars on the scalp, and can even give the look of a "buzz cut" on bald scalps.

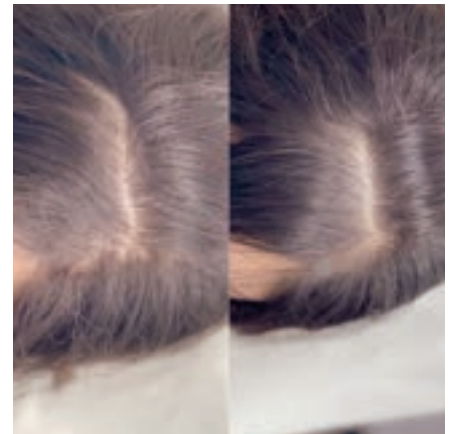
A consultation is highly recommended first to determine if you are a good candidate, the number of sessions that you may need, and to discuss pre and post care. Depending of the size of the area to be treated, multiple sessions may be required to achieve the best results. Typically 2-4 sessions are needed. Results last on average 4-6 years with the proper care.

This treatment has grown great in popularity in states like New York and New Jersey, therefore I am happy to offer this treatment to southern Delaware. This procedure is nearly painless and



there is no downtime. If you are feeling self conscious to due thinning hair, a receding hairline, complete loss of hair, scarring on the scalp from trauma, surgery, or hair transplants than scalp micropigmentation may be a great solution for you!

My goal in this business is to help women and men feel more confident and beautiful by offering various treatments and constantly continuing my education through seminars and in person trainings. I will tell you what will work for you no matter what your skin care goal or permanent makeup goals are and if I can't offer you exactly what you need I will refer you to someone who can.



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

Schedule your consultation today! You may do so by calling 302-525-0822, via email ashley@espmakeup.com or online at www.espmakeup.com. When scheduling online you will click "book now", then select "Eastern Shore Permanent Makeup Consultation", choose an available date and time that works best for you, and complete booking.

I look forward to meeting you!

**34548 Atlantic Avenue
Ocean View, DE 19970**



**302-525-0822
www.espmakeup.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.

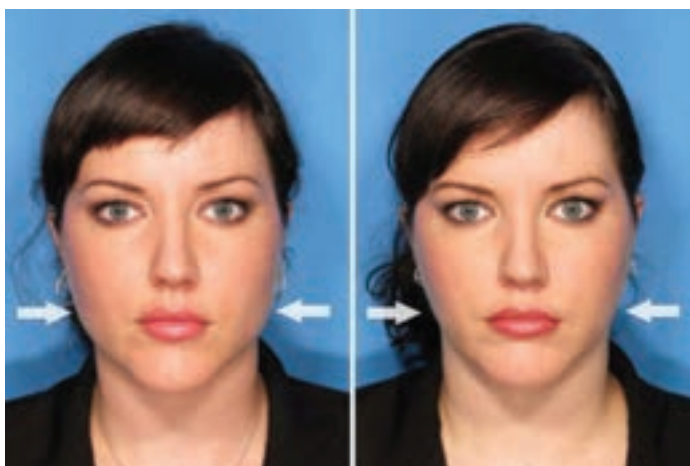


Many people grind their teeth at night and wake up with jaw pain and daily migraine headaches. Prescription mouth guards and pain medications don't always help. Also with prolonged grinding and clenching, the jaw muscles, or the masseter muscles, get thicker and thicker over the years, which can lead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

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

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 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

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 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.

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

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

For appointments please call 302.227.1079

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



Starry, Starry Night Gala

You're invited!

Saturday, April 27, 2024

6:30 - 10 p.m.

Owens Campus | Georgetown, DE

You're invited to our annual Starry, Starry Night Gala, a premier fundraising event for Delaware Technical Community College, Owens Campus!

Please join us under the tent for cocktails, hors d'oeuvres, and live music from the band Amsterdam. We are looking forward to hosting our community friends and supporters.

dtccgala.com

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



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

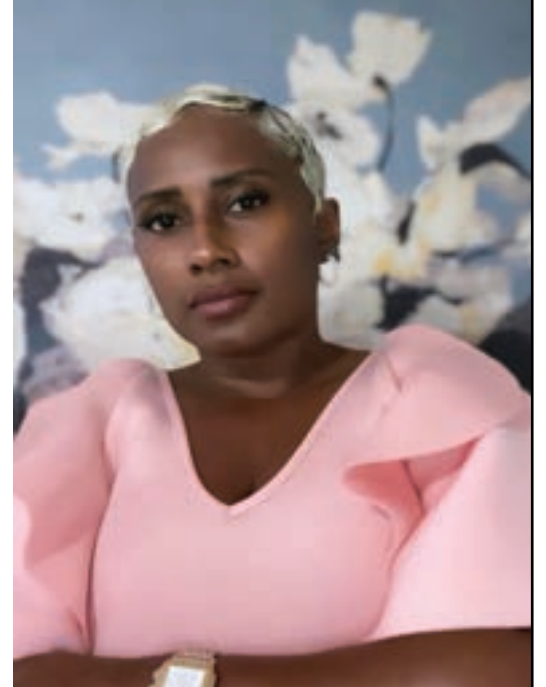
"Together, we are stronger"


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

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

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

Ayanna Khan
Founder, President & CEO



 1105 North Market St
Suite 102 Mezzanine Floor
Wilmington, DE 19801

 Office (302) 384.7761

 Email email@debcc.org
www.debcc.org



Dr. Gerardo Martinez

Dr. Martinez's training, life and work experience has prepared him to confidently care for the dental health needs of children of all ages, as well as actively engaging and educating parents about children's dental health. Dr. Martinez seeks to improve the health of his patients by focusing on education and prevention.

My Tongue Tie Journey

By Dr. Gerardo Martinez

Many of us have heard of the term 'tongue tie' or the medical term, Ankyloglossia, which literally translates to: anker of the tongue. It is a condition that has existed in newborns for thousands of years. In the middle ages, Midwives used to cut the tissue restricting the tongue with a sharp fingernail. Over the centuries, the procedure has been performed to facilitate nursing which is usually the first sign of an issue. The term 'tongue tie' has become a controversial and oftentimes divisive topic among many healthcare professionals. Even among fellow pediatric dentist colleagues, the procedure can spark heated debates with others having strong opinions for and against it. The issue is so controversial that most of my dental training, including residency in pediatric dentistry, the topic was barely discussed let alone doing a full dive into proper evaluation and treatment.

I practiced as a Board Certified Pediatric Dentist for nearly a decade before the issue of tongue ties came knocking at my own door. My own two children were afflicted with the condition. I was not able to recognize all of the signs and symptoms until years after they were born. My son was born in 2015 and we couldn't have been happier as a family. The whole experience was incredible until it came time to nurse our baby. He would not latch on and would cry hysterically in hunger and desperation. The hospital staff recommended we use formula to help calm him down. My wife wanted to breastfeed our son, and having a bottle of formula within the first hours of life was not part of the plan. After the first couple of sleepless nights, we gave in and started to use formula before we had even left the hospital. We did not have a lactation consultant meeting with us until we were walking out of the room with our bags and a fussy newborn. It was a quick conversation that did not involve actually nursing our newborn. More theory than practice. On our follow up visits, my son was labeled as a "lazy baby" and my wife as a "new mom". After many continued attempts, my wife gave up on nursing. It became too difficult both physically and emotionally. She pumped for 1 year, 2 days, and 6 hours!

In 2016, we welcomed our 2nd child into the world. Our daughter looked more tongue and lip tied than our son yet she nursed without any issues. I vividly remember telling my wife.. Maybe the lazy baby/new mom diagnosis was right! But that was not the case. Difficulty with nursing is just one of the first signs of a problem, but it is not the only one. Many children like my daughter may nurse well but other issues will soon start to appear. Tongue ties can interfere with normal nasal breathing by narrowing the space available in the airway. This often results in tongue tied children developing into mouth breathers. Mouth breathing is associated with a host of negative outcomes such as a higher chance to develop frequent nasal congestion, asthma, eczema, and sleep disorder breathing. Our daughter



developed all of the above. Both of my children have been released and are doing better. Although, tongue tie problems are not solved but just cutting it. It is about a collaborative approach between primary healthcare providers, lactation consultants, speech therapists, and other medical specialists to help improve the quality of life of the children we serve. Their journey to a full recovery is still on it's way.

"... The issue is so controversial that most of my dental training, including residency in pediatric dentistry, the topic was barely discussed let alone doing a full dive into proper evaluation and treatment ..."

The assessment questionnaire included was recently published by Dr. Richard Baxter, author of the best seller 'Tongue Tied', to help identify patients who may need a thorough evaluation by a trained provider. You can find the link to the full article on our website at www.DelPD.com.

By far, one of the most professional and kind pediatric dentists I have ever encountered. The entire staff went above and beyond to make sure my children were taken care of, and most of all, went out of their way to make my babies feel comfortable. Highly recommend Delaware Pediatric Dentistry. They are the absolute best!

- Gina R



Lift and Tighten Facial Skin with Ultherapy



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

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

What Is Ultherapy?

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

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

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

What Can I Expect During the Ultherapy Treatment?

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

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

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

What Areas Are Treated with Ultherapy?

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

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

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

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

How Long Will My Results from Ultherapy Last?

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

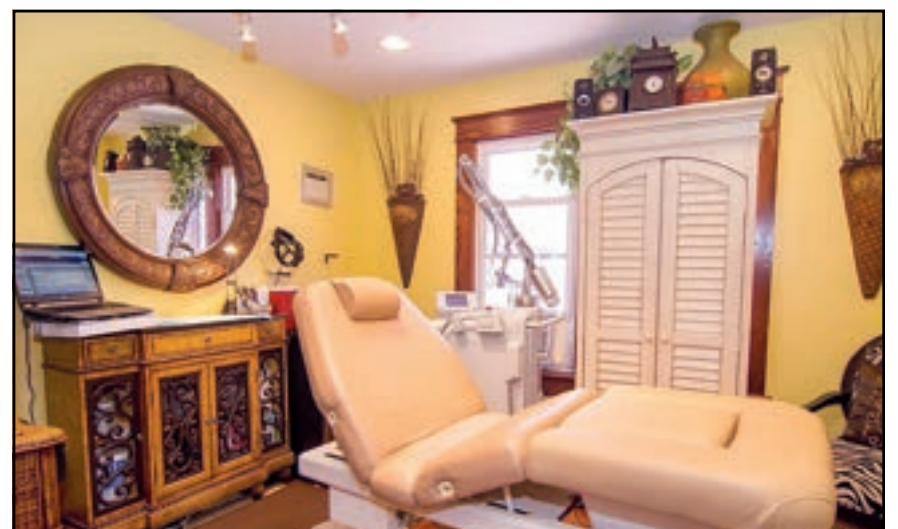
The improvement in facial skin firming and lifting will continue to evolve and improve over the next few months and sometimes even as long as a year after the one treatment. Results from Ultherapy are long lasting, as there has been stimulation of new natural collagen and tightening of the deeper fascial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



Sussex County Women's Journal Special Pricing

We will be offering \$500 off a Full Face Ultherapy treatment AND receive 25 units of Daxxify for free when you mention this article. That's an \$825 savings!

The New Year is right around the corner, so book now and start looking and feeling your best right now, You are worth it. Restore, Reclaim, Remove.



Michelle Parsons, MD

ReNove Med Spa

416 Rehoboth Avenue • Rehoboth, Delaware

For appointments please call

302.227.1079

www.RenoveMedSpa.org

Info@Renovemedspa.org



2024

KENT • SUSSEX • WICOMICO

Business Report

The Heart of Delmarva

The Business Report is published monthly by Morning Star Publications. Coverage area includes Kent and Sussex Counties in Delaware and Wicomico County in Maryland.

Focus on Area Chamber Updates and Local Business News

951 Norman Eskridge Hwy.
Seaford, DE 19973

For advertising information call or email sales@mspublications.com
website: Starpublications.online msbusinessreport.com

UPCOMING MONTHLY FEATURES

APRIL Business Supporting Business MAY Real Estate, Construction, and Home Improvement JUNE Agriculture	JULY Transportation and Technology AUGUST Retirement SEPTEMBER Women in Business	OCTOBER Health and Wellness NOVEMBER Holiday Shop and Dine DECEMBER Family in Business DECEMBER Finance
---	--	--




302-629-9788

BEST SHOT

INDOOR RANGE. PRO SHOP. TRAINING CENTER.

ARMED & EDUCATED







FIREARM TRAINING
Multi-State Concealed Carry
Introduction to Handguns
AR Fundamentals
Defensive Pistol Shooting
First Aid & Treatment
and more...

RETAIL SHOP
Open to the Public
Memberships Available

INDOOR RANGE
15yd Handgun Bay
25yd Rifle Bay
Top of the Line Technology

302-567-2530

www.bestshotde.com

16797 Coastal Hwy, Lewes, DE 19958



DelawareLibraries.org/emedial

WHATEVER YOUR PASSION, DELAWARE LIBRARIES SUPPORT IT.

Explore your passion with millions of books, eBooks, magazines, eMagazines, movies, music, newspapers, internet access, programs, workshops, community collaborations, and more! The best part, it's all FREE with your Delaware Library Card! Sign up online today to get started!

DelawareLibraries.org/LibraryCard

DelawareLibraries.org




THE SUSSEX COUNTY WOMEN’S JOURNAL IS PROUD TO SPONSOR THIS AD FOR OUR LIBRARIES.

Local SEO Essentials: Elevating Women-Owned Businesses



Nicole Hammond, Co-Owner CAN Web Management

In the ever-evolving digital landscape, local search engine optimization (SEO) has become a crucial aspect of online success for businesses. For women-led enterprises aiming to thrive in their local communities, a well-crafted local SEO strategy can make all the difference. In this article, we'll explore the key components of effective local SEO and how it can empower women-led businesses to enhance their online visibility and attract local customers.

Understanding the Essence of Local SEO:

Local SEO is the practice of optimizing a website to increase its visibility in local search results. For women-led businesses, this means tailoring online strategies to resonate with the local community and reach potential customers in the vicinity. Here's a breakdown of essential local SEO tactics:

Local Keyword Research:

Begin by identifying relevant local keywords that align with your business and target audience. Incorporate location-specific terms that potential customers might use when searching for products or services in your area.

Google My Business (GMB) Optimization:

Claim and optimize your Google My Business listing. Ensure that all information, including business hours, contact details, and address, is accurate and up-to-date. Encourage satisfied customers to leave positive reviews to enhance your business's credibility.

Localized Content Creation:

Develop content that speaks directly to your local

audience. Share stories, events, and news that are relevant to your community. This not only engages your audience but also signals to search engines that your business is an integral part of the local scene.

On-Page SEO with Local Focus:

Optimize your website's meta tags, headings, and content with a local focus. Include your location in title tags and meta descriptions, and create unique landing pages for different services or locations if applicable.

Mobile Optimization:

Given the prevalence of mobile searches, ensure that your website is mobile-friendly. Google prioritizes mobile-friendly sites in search results, and a seamless mobile experience contributes to better local rankings.

The Impact of Local SEO on Women-Led Businesses:

For women-led businesses, the benefits of a strong local SEO strategy are manifold. It goes beyond just online visibility; it's about connecting with the local community and establishing a trustworthy online presence.

Building Community Trust:

A prominent online presence through local SEO signals to the community that your business is not just present but actively engaged. Trust is crucial for any business, and local SEO helps build credibility within your community.

Attracting Local Customers:

By optimizing for local search terms, your business becomes more discoverable to potential customers in the area. This is particularly important for women-led businesses seeking to connect with their local customer base.

Competing Effectively:

Local SEO levels the playing field for smaller



businesses. Women-led enterprises can compete more effectively with larger counterparts by targeting local keywords and leveraging their community ties.

Enhancing Customer Experience:

Local SEO ensures that customers can easily find accurate information about your business, such as location, hours of operation, and contact details. This improves the overall customer experience and encourages local customers to choose your business.

Conclusion:

In the dynamic world of digital marketing, local SEO emerges as a powerful tool for women-led businesses looking to make an impact in their communities. By incorporating these strategies, businesses can not only enhance their online visibility but also foster stronger connections with local customers.

As you embark on the journey of optimizing your business for local success, remember that mastering local SEO can be a complex task. If you're looking to amplify your efforts or seek professional guidance in implementing these strategies, our expert team is here to help. Our SEO services help take your online presence to new heights and ensure that your business thrives in the local digital landscape. After all, success is not just about being seen—it's about being seen by the right audience at the right time. Partner with CAN to forge strong community connections through the power of SEO.



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

Advisor to philanthropists.

Trusted partner and resource
to **professional advisors.**

"The DCF is a trusted resource. I have Delaware roots, and I think the DCF is a great steward for charitable resources. It's great for channeling dollars toward meaningful causes and needs in our communities."

Omari Simmons, former Milford resident
Cynthia and Nathaniel Simmons Memorial Scholarship 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.

DCF Delaware
Community
Foundation™
Engaging Communities, Empowering Giving™



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

delcf.org/daf



Your stuff builds homes.

Donate your used
furniture, appliances
and other home goods.



Habitat
for Humanity®

ReStore

18501 Stamper Drive Lewes, DE 19958 302-855-1156
Open Tuesday – Saturday 10-4pm
CLOSED Sunday and Monday

CHANGE YOUR LIFE IN 2024

Licenses Available in Your County

Join 371 other counties that are publishing or have an option to publish in the United States **and be your own boss!** We are looking for a few bright, energetic, creative women and men to publish our newspapers **in your county, in your state, in your own business!**

Join the fastest growing educational Woman's Newspaper syndicate in the United States. MINIMAL INVESTMENT REQUIRED!

With maximum returns: be your own boss, set your own hours, and make your life mean more!

*Women
Publishing
Entrepreneurs
Wanted*

*If you are interested in
developing with us in 2024
in your STATE,
in your COUNTY call,
references and
total training provided.*

*Join the #1
Woman's
Educational
Newspaper
in America!*



Call Today!
302.344.1006

Here is What Our Advertisers Say

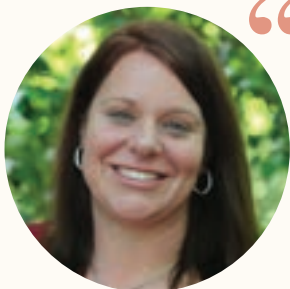


Chris Rementer
Budget Blinds

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



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



Dr. Tracy Hudson
Henlopen Chiropractic
and Acupuncture

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



Michelle Serrano
Always Best Care

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



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



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



Cathy Basenese
ReStore Manager,
Sussex County Habitat
for Humanity

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



Reaching 100,000 + Readers Throughout Delaware

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

302.344.1005

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

5 Problems Caused From a Leaky Roof

Roof leaks can cost you a lot of money.

According to This Old House, the average cost of a roof repair is \$1,000. If you've got a leak, here is some of the potential damage that leaks can cause.

1. Ceiling Damage

When water first begins leaking through your roof, the ceiling is the first thing that's damaged. Drywall absorbs a lot of water, so you may notice a wet spot and discoloration on your ceiling. Over time, you may notice this spot begin to swell as water builds up in the drywall, and it will eventually burst.

2. Insulation Damage

There's insulation all throughout your home, so insulation damage is one of the most common consequences of leaks. Reinsulating your house costs a lot of money, so it's best to hire a roofing company before you let leaks damage your insulation and ceiling.

3. Stained Walls

As water from the leak works its way further into your home, it will eventually start to drip down the walls and cause staining. These stains typically appear in a dripping pattern, which gives you an idea of where the water is coming from. If you have stains on your walls as a result of a leak, there may be substantial water damage overhead.



4. Structural Damage

As wood beams and other building materials are constantly soaked with water, they start to lose some of their structural integrity. Eventually, wood can rot and fail altogether, which can cause parts of your roof to cave in. This isn't the most common problem, but it's something roofing companies see from time to time.

5. Flooring Damage

If you're letting water from a roof leak drip onto your floor, you're risking serious flooring damage. Water isn't good for building materials, and the water that drips on your floor isn't going to dry out on its own. Fixing leaks as soon as possible is a great way to protect your flooring from water damage.

Roofing problems are a major concern for homeowners, and there's nothing worse than having a bad leak that's causing serious damage. If your roof is leaking and you want to avoid expensive repair bills, give G. Fedale a call and we'll take care of it!



Testimonial

"From start to finish G. Fedale was very professional. I started with Scott H., the project consultant. He came to the house to get all of the information he needed to give me an estimate to replace my roof and gutters. The next day I had the estimate with a couple of choices. Scott went over it with me and was not pushy. He told me to let him know when I had come to a decision and if I had any questions to please let him know. When I did come to a decision, he got me the best deal possible. I was truly happy with the deal. I was told it may be 3 to 5 weeks for the job to start and that was great, but then a couple days later I got a call from Tyler S., the project manager, saying they were going to start the job. He asked if I had any questions and I didn't but made sure I knew how to get ahold of him in case I did. the crew showed up bright and early with 7 guys and the site manager, Cjhris, who got with me and told me what was going to happen. The crew showed up at 7:30a.m. and was wrapping up by 3p.m. I don't have a small roof and am very impressed. The gutter crew showed up a couple of days after the Christmas weekend and knocked out the gutters. All I can say is that Scott, Chris and Tyler were all professional and polite. They kept me informed to the point I really never had any questions and if I ever need anything done to my house that G. Fedale does, I will hire them in a minute. Thank you all...a Happy Home Owner.

- Robert Hepner



We Treat Your Home As If It's Our Own



DON'T WAIT!
Call Or Visit Us Online Today!
Gfedale.com
302.216.ROOF



ROOFING • SIDING • WINDOWS • GUTTERS



BENNETT

TERMITE & PEST SOLUTIONS

Quality Isn't Expensive - It's Priceless

410-352-3222 www.BennettTermite.com



Pest Control Solutions
With ECOPEST



Crawl Space Solutions
With DRITIME



Bed Bug Solutions
With HEAT'N TREAT

Ants-Spiders-Fleas
Rodents-Ticks
Termites-Mosquitoes

Dehumidifiers-Sump Pumps
French Drain-Encapsulation
Insulation Install & Removal

Hotels-Homes-Rentals
Mobile Homes-Boats
Canine Inspections

Call Today for a Free Estimate or Inspection

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 dissapointed in there work. Special shout out to Jennifer and Bruce. Thank you !!!

“The Best Little Boat Dealer In Delaware”

Lingo Marine is your full-service boat dealer, representing manufacturers such as Xpress Boats, Veranda Pontoons, Mercury and Suzuki outboards, and LoadRite trailers.

Our 10-person service department is led by factory-trained techs with over 40-years combined experience, specializing in Mercury, Mercruiser, Suzuki, and Yamaha outboard motor repairs.

Marine services include boat bottom painting, fiberglass repair, pontoon repair, custom canvas work, rigging, and boat storage, including hauling and launching.

We maintain an inventory of the parts most often needed by our customers, along with accessories to compliment everyday boating activities.

Our new and used boats inventory varies with the season. If you’re looking for a bass boat, deck boat, or pontoon - aluminum or fiberglass - hunting boat or for fishing - check with us often. And, we regularly accept consignments.

Lingo Marine is a third generation business serving local boating needs since 1961.



Winter Storage!



121 Delaware Avenue • Millsboro, DE 19966
“Tax Free Delaware”
302-934-9877 • lingomarine.com

An Award-winning
Chamber with Nationally
Recognized Events

Voted Best Chamber 2 Years in a Row!



Our focus is on businesses with
0 to 100 employees and any
business that economically
supports our local small
business community.

Designed with you in mind...

We offer monthly or yearly subscription
plans. Become a Member today!

**Learn More at www.dsbchamber.com
or Call (302) 482-2120**

Please go to our Events Calendar at www.dsbchamber.com

ONE STOP AUTO - A COMMITMENT TO SERVICE



**DON'T TAKE A CHANCE
WITH YOUR AUTO!**

CALL ONE STOP AND HERE IS WHY:



DO YOU TRUST YOUR MECHANIC?



"As females, dealing with car issues & not truly knowing anything about mechanics can make us feel vulnerable. That's why it is so important to trust your mechanic.

The Women's Journal trusts & loves our mechanic, One Stop Auto in Milford, DE.

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

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

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

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

Lube & Oil Change – Brakes

Service – Shocks – Struts

Mufflers – Tune-Ups – Custom Exhaust Work

Serving Kent/Sussex/New Castle Counties

2-Year, 24,000-Mile Warranty On All Repairs /
All After Market Warranties Accepted

Pick-Up & Delivery Service (Limited Area)

24/7 Tow Service Private & 



"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



Prepare Your Vehicle For The Season

OIL CHANGE & LUBE WITH 16 POINT INSPECTION

ONLY \$44.95*

*Price varies on synthetic oil

MENTION AD WHEN YOU CALL FOR APPOINTMENT

WWW.ONESTOPAUTOSHOPDE.COM



THE SERVICE YOU DESERVE...

Guaranteed!



2098 Bay Road • Milford • 302-422-6026 • 302-335-1100 • Hours: Mon.-Fri. 8am-5pm

BUDGET[®] BLINDS

Style and service for every budget.[®]

Custom Window Coverings



"I loved working with budget blinds. They were recommended to us by friends who used them. Service was great. Sales associates helped with choices. Installers were terrific. Mark and Doug our installers were knowledgeable and professional."
- Nancy M., Millville, DE



BUDGETBLINDS.COM

FREE In-Home Consultations & Estimates
CALL TODAY! 302.856.6799

Each Franchise Independently Owned and Operated

I Got Hurt At Work . . . Now What?



By Emily L. Rasis, Esq.

Knowledge is power. Unfortunately, most people know very little about workers' compensation until it's too late. Knowing how to handle your workers' compensation claim early in the process can often result in a much stronger case.

In most cases, workers injured in Delaware have two years from the date of injury to get their workers' compensation claim accepted – this is called the statute of limitations. If your employer does not willingly acknowledge your claim within the appropriate timeline, you must file a petition with the Delaware Workers' Compensation Department of Labor. Failure to get your claim accepted, or file a petition within the statute of limitations, may result in a reduced compensation or foreclose your recovery completely.

While you have two years (for physical injury claims) to get your injury claim accepted, it is in your best interest to report the injury to your employer as soon as it happens. Timely reporting of the incident can ensure relevant and helpful evidence, such as witness statements and video, is properly preserved.

Additionally, it is important to seek medical attention soon after your injury. What may seem

like a minor injury at first, could later manifest into something more serious.

Benefits can be confusing. A claim number does not mean your claim is accepted. Just because your employer has paid for benefits does not necessarily mean that your claim will be accepted. Employers can pay benefits "IN DISPUTE," which means they are not obligated to accept your claim.

Getting injured at work can be overwhelming and stressful for so many reasons. You may feel a little like David versus Goliath, fighting the deep pockets of the insurance company. It's important to have a strong advocate in your corner. As workers' compensation attorneys, we are not afraid to stand up to the insurance company and will fight to ensure you are getting all benefits to which you are entitled. If you were injured at work, make sure your benefits are protected. Contact one of our experienced workers' compensation attorneys at 302-565-6100 for a free consultation.

Bio

A graduate of Catholic University and Widener School of Law, Emily L. Rasis, is a senior associate in the Newark office of Kimmel, Carter, Roman, Peltz & O'Neill, P.A.

Emily has been with Kimmel Carter for more than a decade, starting out as a law clerk during her time at Widener law and becoming an attorney with the firm upon passing the Delaware Bar. Praised by the firm's leadership for her superior research skills, legal writing and her strong rapport with clients, Emily is a zealous advocate for her clients. She is barred in Delaware, Pennsylvania, New Jersey, and the U.S. District Court of Delaware. She is also a member of the American

Association for Justice (AHA) and the Delaware Trial Lawyers Association (DTLA). She was recognized by Delaware Today Top Lawyers 2023 and US News Best Lawyers One to Watch 2024.

Emily is a lifelong Delawarean and she is ready to do what it takes to get First State injury victims the compensation they deserve.

Testimonials

"Emily Rasis is a terrific attorney and works with a fantastic team. She is knowledgeable and reassuring and I truly appreciate her

assistance with my case. Thanks Emily!" ~ L.B.

"Emily, you and your staff were tremendous, always communicated updates even when sick. You were the perfect person for my case. You have great knowledge and communication skills. Thank you so much and I will recommend you always." ~ S.S.





Kimmel Carter

Your Delaware Injury Lawyers

Serving Delaware Since 1972



MOTOR VEHICLE ACCIDENTS • WORKERS' COMPENSATION

Injured?

Call or Text: (302) 565- 6100

Wilmington • Newark • Rehoboth Beach

Common Lawsuit Misconceptions Debunked



By Emily L. Raisis, Esq.

At Kimmel Carter, we consult with dozens of people injured in motor vehicle collisions every week. There are many misconceptions when it comes to personal injury cases in Delaware. Being well informed is important. Here are a few common misconceptions debunked:

I have full coverage, so I am covered

Delaware law requires every driver to carry automobile insurance when operating a vehicle. However, when selecting a policy, you select coverage amounts. Getting a good rate doesn't always mean you are well insured. Choose high personal injury protection, liability, and uninsured/underinsured motorist limits. While you can't control other drivers or what insurance they carry, you can protect yourself. Ask one of our attorneys about your coverage to ensure you are properly insured.

My insurance company has my best interest in mind

Unfortunately, even though you pay a premium for coverage, your insurance company doesn't always have your best interest in mind. Insurance companies are businesses. They often try to get away with paying as little as possible on a claim. The attorneys at Kimmel Carter can

help ensure that your insurance company is paying for the benefits they are supposed to under the policy you've selected.

Personal injury claims = quick easy money

As many injured people can attest, recovery can be a slow process followed by good and bad days. Generally speaking, once you accept a settlement from the insurance company, you won't receive any additional funds for recovery regardless of the progression of your injury. Therefore, it is important to wait to accept any settlement until you have a full understanding of your injury and the extent of your recovery. That

being said, there is a timeline. If you are not in a position to accept a settlement within two years of the date of injury, you must file a lawsuit to preserve your right to bring a claim at a later date.

I'll have to go to court if I get a lawyer

Our job as your lawyer is to get the best outcome for your case. That doesn't always mean going to court. Many cases are resolved through negotiations of our skilled attorneys, making going to court unnecessary. However, if the insurance company is undervaluing your case, or not offering a fair resolution, court may be necessary. If that's the case, we

are skilled trial attorneys and will advocate zealously for you.

You don't need a lawyer for a personal injury case

While it is certainly possible to represent yourself if you are injured, there are many advantages in seeking representation. Retaining a good lawyer can result in higher settlements and ensure your rights are protected. At Kimmel Carter, we will advocate for you, navigate the law, and ensure you are getting maximum compensation for your injuries. Contact us today at 302-565-6100 for a free consultation and to learn how we can add value to your case.



**Kimmel
Carter**

Your Delaware Injury Lawyers

Injured?

Call or Text:
(302) 565-6100

MOTOR VEHICLE ACCIDENTS • WORKERS' COMPENSATION

Wilmington • Newark • Rehoboth Beach






Linda Malkin

Amanda Dobies

Emily Raisis

Jennifer Donnelly

Volunteers Are The Lifeblood Of CHEER Services



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. Since 1971, dedicated employees have provided services that help to keep seniors in their homes. However, 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.

Mom needs someone to help her with the housework and bathing. A Direct Care Worker in CHEER's Personal Assistance Service can come to her home and help.

Dad needs supervision during the day that you can't give him because you must work. CHEER's Adult Day Program is available to help take care of Dad every day or just one or two times a week.

Next door neighbor Miss Sally loves to play cards and visit with others.

However, her husband died three months ago so now all she does is sit in the house watching television because she doesn't drive and can't go anywhere. CHEER's fleet of buses can pick her up at her house and take her to one of CHEER's seven activity centers where she can meet new friends and receive the socialization she craves.

Aunt Betsy can still take care of herself at home, but she doesn't drive. Taking her shopping and to medical appointments often conflicts with your schedule. CHEER's mobile mini market can bring groceries to her front door, and a CHEER volunteer can take her to her doctor's appointments. Another volunteer can deliver a nutritious meal to her every day to guarantee she receives the nourishment she needs and put your mind at ease that Aunt Betsy is okay and not exposed to a potential fire danger by trying to do the cooking herself.

CHEER has several volunteer opportunities available with only a two-

hour-a-month commitment asked of them. 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 non-emergency 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.

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

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.

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

allows seniors to stay in their homes.

Established in 1971 as a private, non-profit agency, today CHEER serves over half of Sussex County's 50+ population

Volunteers donate their time to make a difference in the lives of others. For more information or to volunteer, call 302-515-3040.



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



The T-Shirt Guy
302-616-1050
custom printed apparel embroidery promo products signs

Bethany Paddle Co.

Paddleboards from Beginner to Expert
Starting @ \$595.00

Recycled, Reprocessed, & Organic Board
Shorts and Tees for both Men & Women

Next to Al Casapulla's Millville  **INFINITY**  In front of T-Shirt Guy
(302) 539-6170

Making the Most of Fall Harvest, Compliments of Chef Steph

Autumn Vegetable Medley with Rosemary and Nutmeg



Serves 6

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

Preheat oven to 425°.

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

Recipe by: Cutting Board Creations

GIVE THE WATER A STANDING OVATION

JETBLASTER® // FREESTYLE SERIES



©2023 Yamaha Motor Corporation, USA. All rights reserved. Follow instructional materials and obey all laws. Ride responsibly, wearing protective apparel and USCG-approved personal flotation device. Always ride within your capabilities, allowing time and distance for maneuvering, and respect others around you. Never drink and ride. WaveRunner® is a Yamaha brand personal watercraft and not a generic term.



CONTACT US:

BERLIN, MD 410.641.3040
OCEAN VIEW, DE 302.402.6266

VISIT & FOLLOW:

WWW.BAYSIDEJETDRIVE.COM



FIND YOURSELF IN THE MIDDLE OF NOWHERE



This document contains many of Yamaha's valuable trademarks. It may also contain trademarks belonging to other companies. Any references to other companies or their products are for identification purposes only, and are not intended to be an endorsement. Follow instructional materials and obey all laws. Ride responsibly, wearing protective apparel and USCG-approved personal flotation device. Always drive within your capabilities, allowing time and distance for maneuvering, and respect others around you. Never drink and ride.
©2022 Yamaha Motor Corporation, U.S.A. All rights reserved.



CONTACT US:

BERLIN, MD 410.641.3040
OCEAN VIEW, DE 302.402.6266

VISIT & FOLLOW:

WWW.BAYSIDEJETDRIVE.COM





Chris Rementer

Budget Blinds

Chris and his brother, Tony, started Budget Blinds back in 2005 and now they and their highly experienced staff cover the southern half of Delaware from just south of Dover on down and three counties in Maryland. Both he and his brother are native Sussex Countians in fact their family has been here for many generations and self employment was a model presented to them early with one grandfather an area farmer and the other owning a shoe shop just off the circle in Georgetown. Growing up in a close family, they were taught the virtues of love, grace, loyalty, and hard work. They were always taught to be accountable to one another, to work first, play later and if it's worth doing, it is worth doing right. They carry those values into both their personal lives and in the business that they run.

After almost twenty years of Budget Blinds they have acquired a great deal of knowledge about window coverings and running a business in general but they feel that one of their best assets is the desire to learn more and improve along the way. With only 10 full time employees, including the two of them, and one part time, they have nearly 70 years of experience when combined. That is a particular point of pride because they feel it is an indicator of what really makes a good company, which is employees that love what they do. They know that a person who is enjoying their job, will do it better and with more care. That leads to what Chris and Tony feel is their most important skill and that is choosing employees. "If we make sure our employees and our clients are happy, our happiness will always fall right in line." says Chris.

Chris is Married to his wife Julie who is a speech pathologist for a local elementary school and they have 2 boys, Gavin and Parker. He loves just being around his family, reading, golfing and fishing.



Meghan Palazzo

Assistant Director, Georgetown Public Library

Meghan Palazzo is the Assistant Director of the Georgetown Public Library. She graduated with a Bachelor of Arts degree in History in 2018. Meghan grew up going to her local library and her passion for reading was instilled in her by her mother, who is also an avid reader. Even so, she did not initially consider libraries as a career option, until her local librarian approached her about a position at the library. Now she has worked in libraries for six years and is a current member of the Delaware Libraries Association. Before coming to Georgetown as the Assistant Director, she was the Circulation Supervisor of the Frankford Public Library.

As Assistant Director, she has learned a lot and can wear many hats in a day. Each day holds a new challenge and she looks forward to each one. She loves talking with patrons about the book they just finished or the next book they are looking forward to reading. She loves sharing her passion for libraries and books with anyone that will listen. Libraries are so much more than just books. Library patrons can check out Wi-Fi hotspots, Chromebooks, blood pressure cuffs, and even litter clean up kits. Businesses and organizations can rent the library's meeting room. This year, the Georgetown Library will host the Sussex County Children's Book Festival.

Outside of the library, Meghan enjoys traveling with her husband, Sergio and spending time with family.



Katie Millard

*Director of Development and Advocacy
at Sussex County Habitat for Humanity*

Katie Millard started as a volunteer with Habitat for Humanity 15 years ago and currently serves as the Director of Development and Advocacy at Sussex County Habitat for Humanity. At Sussex County Habitat, Katie oversees all grants, fundraising, communications, and marketing, and advocates to increase access to safe, decent, and affordable housing in Sussex County and throughout the State of Delaware.

Katie received a Master's in Public Policy and Management from Carnegie Mellon University's Heinz College and her Bachelor's in Political Science from Rutgers University. Over her career, Katie has made it her personal and professional mission to work for organizations that promote fair housing and access to affordable homes. Katie has secured nearly \$20 million dollars to build affordable housing in Sussex County and has advocated to increase funding for affordable housing production on the local, state, and federal levels. She has previously worked at the Federal Home Loan Bank of Pittsburgh, Urban Redevelopment Authority of Pittsburgh, and Morris Habitat for Humanity. She currently serves as the Chair of the Sussex Housing Group's Advocacy Committee, sits on the Delaware Community Foundation's Grant Review Committee, is a member of the Delaware Affordable Housing Coalition, and is President Elect of the Rotary Club of Lewes-Rehoboth Beach. Katie was honored to be part of Delaware Business Times' list of top 40 under 40 young professionals in 2021 and a Spur Impact 2022 Impact Award awardee in 2022.



Ali Gutierrez

Office Coordinator

Ali has been with Chesapeake Cabinetry for almost 2 years. She has a background in scheduling, office coordination and customer service. Her prior management experience helps to maintain efficiency in Chesapeake through her tasks of ordering and receiving products and scheduling delivery to customers, builders and vendors. She also maintains and organizes the warehouse with materials received. Ali loves to learn and take on new challenges with her team. She is forklift certified and proud of it!

Danielle Lucas

Sales Coordinator/Assistant

Danielle has been with Chesapeake Cabinetry for a year. She has a background in graphic design, customer service and management positions. Her passion for the construction/remodeling industry shows in her dedication to the details with each job from design to install. She enjoys working and coordinating with the team to help with daily tasks. Her hope is to continue her education in design skills to further grow the company and future opportunities.

WELCOME DR. URBAN

Beebe Healthcare is proud to welcome plastic and reconstructive surgeon, **DaKota Urban, MD**, to Beebe Medical Group.

Dr. Urban's specializations are diverse and include breast reconstruction, malignant and benign skin lesion excision and reconstruction, post-weight loss surgery procedures (abdominoplasty/panniculectomy, brachioplasty, and thighplasty), soft tissue trauma care, wound reconstruction, and cosmetic surgery.



Beebe Plastic and Reconstructive Surgery

18947 John J Williams Highway Suite 205, Rehoboth Beach, DE

Now accepting new patients!

302-291-6250



A Historic Year-Round Destination

Great shopping, dining, and fun throughout the year!

2024 EVENTS

March 29–April 14	Tulip Celebration
March 29	Great Delaware Kite Festival
May 4	British Motorcar Show
June 15	Lewes Garden Tour 10 a.m.–4 p.m.
July 4	Old Fashioned 4th of July Children's Games, Boat Parade, Doo Dah Parade, and fireworks
October 5	Boast the Coast Maritime Festival
December 5	Merchants' Hospitality Night
December 7	Old Fashioned Christmas Parade

Contact the Lewes Chamber of Commerce for more information—Located in the Fisher–Martin House, 120 Kings Highway • www.leweschamber.com
email: inquiry@leweschamber.com • toll-free 877-465-3937 • 302-645-8073



Stop in or call for a Visitor's Guide or a Historic Lewes Map

Have you tried quitting smoking *without telling anyone?*

You quietly stop cold turkey, but when a stressful situation or cravings overwhelm you, you're back smoking again. That's okay; no one knows you tried to quit and failed.

How about a different way to quit, this time using the internet to support your goal to quit? You could announce your resolve on Facebook, Twitter or upload a YouTube video of your experiences with quitting which could help others and keep yourself accountable. Research shows that support from social networks is more effective than traditional methods alone. Smokers trying to kick the habit were more than twice as likely (32 percent) to successfully quit when using an app or online tool compared to those who used a hotline service (14 percent).^{1,2} A quick internet search will give you plenty of apps, text messaging, blogs, and websites to help you start, one step at a time. Hearing about other people's experiences can help you feel that you are not alone.

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

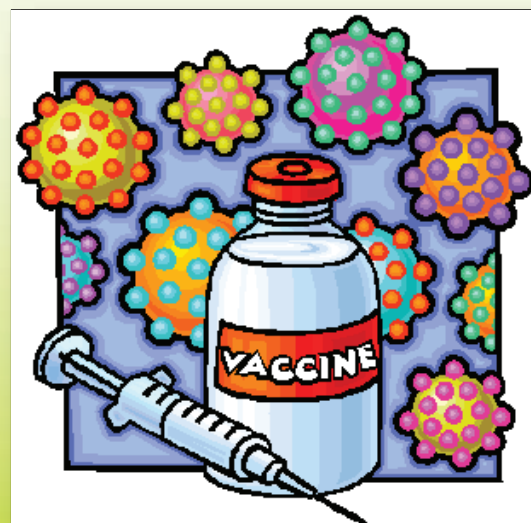
Coaches are here for you too! Walgreens Pharmacy Chat and the quit line at Smokefree.gov <<http://Smokefree.gov>> can offer support to answer questions or provide counseling to help you accomplish your tobacco-free goal.

Remember, you're not alone. We're here for you. Together, with a strong social network, YOU CAN BE SMOKE FREE!

Walgreens

AT THE CORNER OF **HAPPY** & **HEALTHY**™

Come in and get your Vaccine at *Walgreens* TODAY!



Flu Shots

Hepatitis A & B Vaccine

Pneumonia vaccine

Blood Pressure Measuring

Shingles vaccine

Tdap Vaccine

No appointment necessary! See pharmacy for details.

Most Insurances accepted

W prescription savings club

- 5-20% discount on all immunizations including flu and Tdap shots

- Savings on ALL Generics, many Brand medications, and even Pet meds. Plus, earn 10% rebate on Walgreens-brand products & Photos.

- Comprehensive benefits for diabetics, including insulin, glucose monitors, test strips and supplies

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*

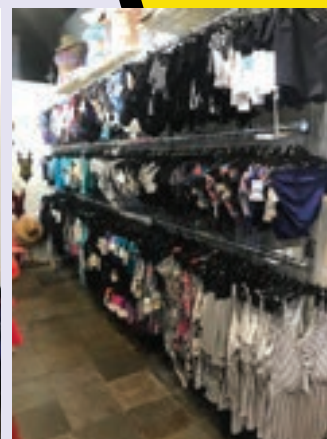
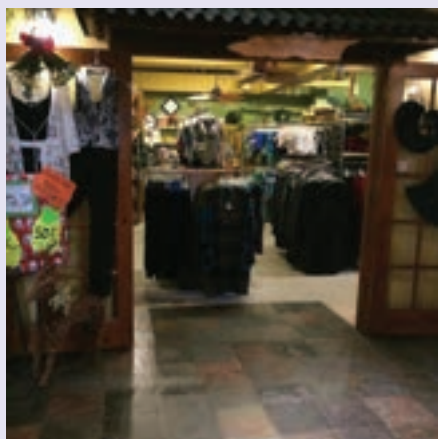
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.”
- *Angelica, upstate New York*

“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*

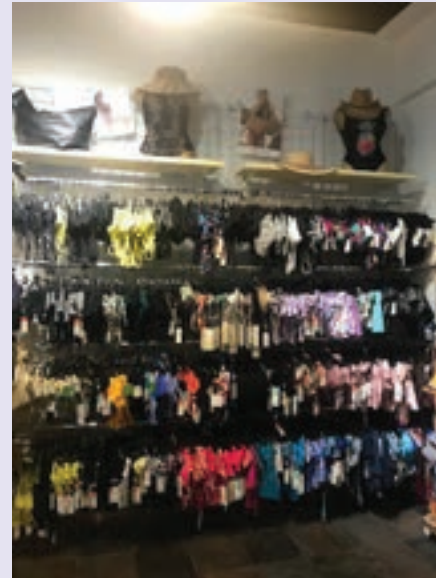
“Awesome customer service and the best selection of suits around. Fell in love With this shop!”
- *Mary, Fenwick Ian’s, DE*

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



New Spring Collection for 2024

 Vacation time is just around the corner and soon everyone will start planning their summer getaways. The Pineapple Princess swimwear is the one stop shop for all your travel needs thru out the spring and summer. We are located on Rehoboth Avenue in Rehoboth Beach, DE and have our racks full and restocked with our sales. Brands such as Tommy Bahama, Seafolly, Captiva, Jvaldi, Kate Spade, Sunsets, Becca and Seawaves are just a few that fill our store. The staff is trained and very knowledgeable when it comes to fitting the customer. Now, we all know that daunting task of bathing suit shopping and how it isn't the "highlight" of every lady's day, but at the Pineapple Princess we take this task with pride and try and make it as enjoyable and pleasant for every gal. Our selection of over 50 brands including coverups, apparel and accessories give our gals plenty of options and we help guide you in finding the perfect fit. We carry a wide variety of sizes in junior, missy and plus (xs-3x) and cup sizes A-H in one pieces, tankini separates and bikini separates. To make for an even better fit we have an in house seamstress to alter and adjust any swimsuit. The owner has 30 years of sewing experience on swimwear and can work wonders for any body type. The options are fun and endless! We are open daily 10a-5p with amazing sales! Hope to see everyone at the beach this summer... oh and no parking meters, which is a bonus! A big thank you to all of our amazing customers for making these last 13 years beyond what we could've imagine and cheers to many more!



Large selection of swim and resort wear for men and women
Junior · Missy · Plus

PINEAPPLE PRINCESS



301 Rehoboth Ave. (located inside The Shops At The Pearl)
Rehoboth Beach · 302-227-8705

  Open year 'round · Call for hours



LOVE IS IN *the hair*

Spring Edition: Women's Journal

As the winter chill slowly starts to fade away and the vibrant hues of spring begin to bloom, it's the perfect time to refresh not only our surroundings but also our personal style. At Love is in the Hair, we believe that a new season brings with it a fresh opportunity to embrace change and celebrate individuality. Looking forward to the arrival of spring, let's explore some of the upcoming hair trends that will inspire us to step into the season with confidence and flair.

Color Trends:

1. Vanilla Chai Highlights:

- Indulge in the warmth and richness of our Vanilla Chai Highlights, a sophisticated blend of grown-out rooted blonde with sandy/beige hues and natural undertones. This subtle yet striking color palette adds depth and dimension to your locks, creating a look that's as comforting as it is chic.

2. Latte Hair Color:

- Experience the creamy decadence of our Latte Hair Color trend, featuring light to medium brunette shades enhanced with warm baby lights or light brown balayage. Reminiscent of your favorite coffeehouse beverage, this multidimensional color creates a luscious, sun-kissed glow that's perfect for the spring season.

Style Trends:

1. Scandinavian Hairline (aka lift-lights):

- Elevate your look with our Scandinavian Hairline technique, where our expert colorists strategically highlight baby hairs and the hairline to a lighter shade than the base color. Say goodbye to harsh roots and hello to a radiant, luminous glow that captures the sun-kissed look before summer rolls around.

2. Classic Cuts with a Twist:

- Longer Layers and Curtain Bangs: Timeless cuts that add movement and versatility to any look, longer layers and curtain

bangs are perfect for the modern woman looking for a classic style.

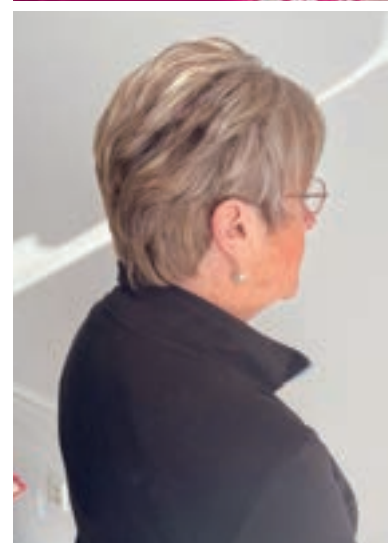
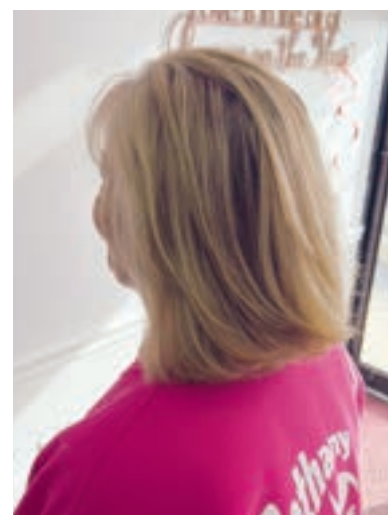
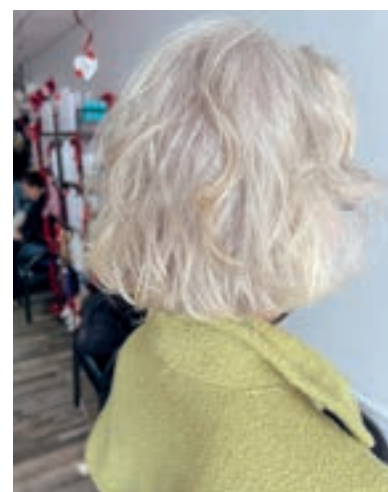
- Bobs: From sleek chin-length bobs to playful textured lob, the bob is a continuous favorite that never fails to make a statement.
- Short Cropped Layered Cuts: Bold and daring, short cropped and layered cuts offer an edgy yet feminine appeal for those seeking a dramatic change.

In reflection of our commitment to the community, we're thrilled to share the tremendous success of our 2023 year-end food drive. Thanks to the generosity of our clients and the support of our community members, our small business was able to make the largest donation ever received by St. Vincent de Paul's Food Drive. This achievement fills us with gratitude and reinforces our belief in the power of collective action to create positive change.

Serving the community in which we live and work is a privilege we hold dear, and we're humbled by the opportunity to make a meaningful difference in the lives of others. The success of the food drive reaffirms our dedication to giving back and inspires us to continue seeking out ways to support and uplift those in need.

As we look ahead to the future, we're excited to announce some big news: Love is in the Hair is expanding! In our ongoing commitment to providing the best possible service and fostering continued growth, we'll be making some exciting changes within the salon. We can't wait to share more details with you in the coming months, and we're grateful for your continued support as we embark on this new chapter together.

Thank you for joining us on this journey of community, compassion, and growth. Your support makes all the difference, and we're honored to have you by our side as we continue to make a positive impact, both inside and outside the salon.



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

35265 ATLANTIC AVENUE UNIT 5 MILLVILLE, DE 19967
302-539-8400 • LOVEISINTHEHAIRDE@GMAIL.COM

C.M. Baker Photography

THROUGH THE YEARS



With Deadliest Catch Captains



With Oliver North



With Catherine Bell



Inaugural Parade 1997

I am trying to search for certain images but going through more work than I realized it would be. And I am just beginning. I have come across a few more memories that I hope some people will recognize. Gary "U.S." Bonds, which I had to research. I totally remembered after listening to his music. Some of these people were very nice. One entertainer that I met that surprised me was Lou Rawls. He walked over to me and started talking to me and gave me the feeling that I had known him for years. A real gentleman. I also included Captain and Tenille, which many older people will remember. Everyone will remember Billy Ray Cyrus with his huge hit, Achy Breaky Heart. I caught Charleton Heston making a stop at "Where Pigs Fly Restaurant" while doing some campaigning for a US Senator. That was due to a call from the owners to let me know he would be there. With the Delaware State Fair having shows every summer giving everyone a chance to catch some entertainment. It gave me a chance to meet Allen Jackson. He was my wife's favorite country musician at the time. I was able to take her on his bus and do a meet and greet. She was surprised. Very quiet talking person. Regis Philbin was at Dover Downs one evening as I got a few images of him.

Keep in mind that many of these pictures were taken with no flash. The stage lights were all the

light we could get. Before the digital cameras came around, it was not easy. At one of the races I shot, we were fortunate to have actress Catherine Bell visit us as the Grand Marshall. I used to watch her in the show J.A.G. and Army Wives. It rained and the race was canceled to run the following day, which gave us time to enjoy her presence with her and her husband. I also included an image of marching in the Inaugural Parade just as we were walking by the Presidents box(1997?)

That's about it for this issue. Check us out on our website cmbaker.com or Facebook, C M Baker Photography.



Billy Ray Cyrus



Charleton Heston



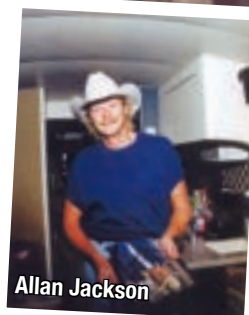
Charlie Daniels



Gary U.S. Bond



Lou Rawls



Allen Jackson



Regis Philbin



Captain & Tenille

C. M. Baker Photography

We Specialize in:

Photo Booths (indoor and outdoor)

Reunions • Proms • Engagements

Corporate and Private Parties and Gala Events

Father-Daughter Dances • Aerials w/Drones (FAA Certified)

Let CM Baker Photography capture the Memories on your special day.

(302) 242-6643

(302) 335-1500 • Cmbaker.com



Blooming Opportunities: Navigating the Spring Real Estate Market in Sussex County, Delaware

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

As the vibrant hues of spring start to paint the landscape, the real estate market in Sussex County, Delaware, is also blossoming with opportunities for both buyers and sellers. Whether you're looking for a resort getaway or a permanent residence, the coastal charm and diverse offerings of Sussex County make it a highly sought-after destination. In this article, we'll guide you through the key aspects of the spring real estate market, providing expert advice to help you make informed decisions.

Buying in Sussex County: Finding Your Coastal Haven

For those eager to embrace the coastal lifestyle, Sussex County offers a plethora of options, from tranquil beachfront properties to charming inland residences. As you embark on your home-buying journey, consider these essential tips:

Location Matters: Whether you're eyeing a resort property or a primary home, the location is paramount. Coastal communities like Rehoboth Beach, Bethany Beach, and Lewes offer unique atmospheres, so explore each area to find the one that aligns with your lifestyle. Looking more inland communities like Millsboro, Milford, and Seaford offer larger lots while maintaining the convenience of stores, restaurants, and more just a short drive to the beaches.

Timing Is Key: The spring market in Sussex County is vibrant, so be prepared to act swiftly. Consult with one of our trusted agents at the Julie Gritton Team who understands the nuances of the market and can help you navigate the sometimes fast-paced transactions.

Beach and Beyond: While proximity to the beach is undoubtedly appealing, don't overlook other amenities. Consider factors like accessibility to restaurants, entertainment, and medical facilities to ensure your chosen property caters to your needs.

Selling Your Slice of Sussex: Attracting the Right Buyer

If you find yourself on the selling side this spring, make the most of the season's buoyant market with these strategies:

Curb Appeal Sells: The charm of Sussex County extends beyond the beaches, and buyers are drawn to well-maintained properties. Enhance your home's curb appeal by tidying up the landscaping and giving your exterior a fresh coat of paint and/or power washing.

Capture the Season: Showcase your property in its springtime glory. Open curtains to let in natural light, add fresh flowers, and consider a thorough spring cleaning. Highlighting your home's potential for outdoor enjoyment can be a significant selling point.

Set the Right Price: Consult with a member of the Julie Gritton Team to determine a competitive yet realistic listing price. In a market like Sussex County, finding the sweet spot can attract motivated buyers and facilitate a smoother selling process.

Expert Advice for a Seamless Experience

To ensure a successful real estate transaction, we are here dedicated to you as a trusted real estate resource in our community. Specializing in Sussex County we can provide valuable insights into the local market trends, help you navigate the intricacies of contracts, and guide you through the closing process.

As you embark on your real estate journey in Sussex County this spring, embrace the season's opportunities with a blend of enthusiasm and prudence. Whether buying or selling, the coastal charm and diverse offerings make Sussex County a destination with something for everyone. Happy house hunting! Call The Julie Gritton Team today for a real estate market update 302-645-1111.

Scan the QR Code for a market update on your home or to start searching for your new home today!






Direct: 302.645.1111 • Office: 302.645.2881 • www.SellTheShore.com



EXPERIENCED,
UNIQUE,
AFFORDABLE.

WE MAKE MEMORIES
One Plate at a Time.

*Redefining Food & Event
Production for Over
40 Years*



302.542.4086
lighthousecateringdel@gmail.com
www.lighthousecateringde.com

SCAN HERE
TO SEE WHAT WE CAN
CREATE FOR YOU





*Pamela J.
Rizzo*

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



Lynn K. Wolf

With the experience of publishing nine different County Woman publications, I can confidently inform you that this is one of the most exciting, rewarding, and successful business ventures for women entrepreneurs in any part of the nation. I originally born and raised in Minnesota and I have lived on the West Coast and the East Coast and many states in between. Some of my past careers include being a National Insurance Account Executive, Retail Operations Manager, Certified New Jersey Teacher and Teacher of the Year, but of these, I have being a County Woman Publisher to be the most gratifying on many levels. I guarantee that you will meet many incredible business owners and community leaders. Your publication will be the critical component in helping to launch a new business and/or successfully grown an existing business. The personal rewards are endless.

CALL 302-344-1006 • 302-841-3467

PUBLISHER'S RESTAURANT POLICY

Our criteria said it all!

First and foremost, the food has to be of the highest quality and freshness. **Second**, the staff must be courteous and friendly. **Third**, is the consistency. Knowing that each and every time you dine at that restaurant, it will always live up to its reputation.

This is the most controversial category in all our newspapers. So, we thought we would answer honestly and objectively the most frequently asked questions by our friends and readers.

"Why do you have so few restaurants in your newspapers?"

Simple!

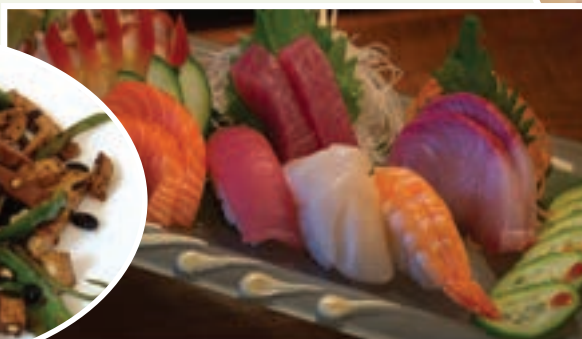
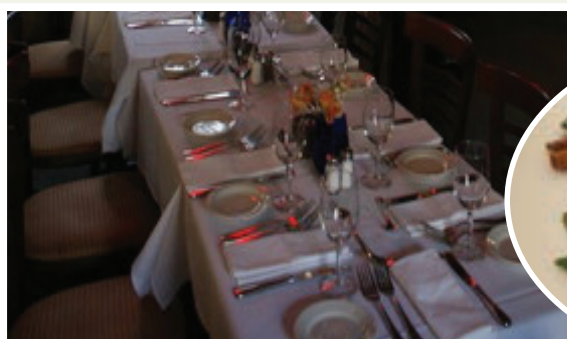
The following restaurants in this Women's newspaper are the only restaurants we **HAVE INVITED** to join our list of restaurants, and that we could absolutely guarantee met our criteria.

Try any of the restaurants listed in this paper and if you don't agree with us, call us at 1-800-993-3822 or if you have other restaurants that you would recommend, please let us know. We will review them.

We unconditionally guarantee the foods reviews in all our newspapers. They have been prepared by the restaurants that have been personally invited to be with us."

The restaurants that you see on the following pages are not advertisers. We are presenting them to you as hand selected skillful artists who take pride in preparing the best meals possible.

No other newspaper syndicate turns down advertising from restaurants. **WE DO!** In fact 95% of all restaurants that contact us are not invited to be with us, after we try them. We take the time to go through our criteria and only select the best for your enjoyment.



ag
ABBOTT'S
ON BROAD CREEK

The
Back Porch Café
"Quietly cooking slow food for over 36 years"

FORGOTTEN FIFTY DISTILLING
50
BERLIN MARYLAND

La Baguette
French Bakery

The Cafe on 26



Chef/Owner Kevin Reading

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

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

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



-Lunch, Dinner, Events

-Daily Happy Hour

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

-On & Off Site Catering w/ Spacious Banquet Room



111 Delaware Avenue Laurel, DE
302.280.6172

www.abbottsgill.com



*Celebrating
50
Years*



*See you
in the
Spring!*



(302) 227-3674 • www.backporchcafe.com

“There is no love sincerer than the love of food.”

George Bernard Shaw

59 Rehoboth Avenue • Rehoboth Beach, Delaware

Welcome to Forgotten Fifty Distilling

AN UPSCALE, CASUAL CULINARY ADVENTURE

Step into a world of Spirits & Cuisine with a Modern Flair as you discover the art of cocktails. From classic concoctions to innovative blends, the world of cocktails offers a never-ending array of possibilities for your taste buds to explore. Whether you prefer something sweet and fruity or bold and savory, there is a cocktail out there that will perfectly suit your palate. So, take a seat at the bar and get ready to embark on a journey of discovery.



We're no ordinary venue; we're working hard to bring something different and special. We craft premium Spirits & Cuisine with a Modern Flair. Craftsmanship is our strength – We dedicate time to perfecting our art, delivering unforgettable tastes. Our kitchen will be producing a variety of innovative small bites and sharing plates alongside some larger dishes that harmonize food and drinks.

We want to share with you the captivating world of cocktails, liquors, and tastes that show our fascination with food and beverage.



10103 Old Ocean City Blvd • Berlin, MD 21811 • 667-288-1573

Open 11:30am-10pm Daily • forgotten50distilling.com

Celebrating Our 14 Year Anniversary!



RESERVATIONS ONLY

THE BEACH'S PREMIER BOUTIQUE RESTAURANT



Voted The Only 5 Star Restaurant on Route 26

— THE SUSSEX COUNTY
Women's Journal

Voted Best Down State Restaurant at the Beach



2017 Best American Restaurant, Southern DE

OUTDOOR DINING
NOW AVAILABLE!

OPEN YEAR ROUND • CALL FOR CURRENT HOURS

The Cafe on 26



84 ATLANTIC AVE • OCEAN VIEW, DE • (302) 539 CAFE • THECAFEON26.COM

Anita and Ludovic met and got married in France. After many years of pondering about having their own store front to provide fine French breads and pastries for all to enjoy, their dream came true in February of 2017 when they opened the award-winning La Baguette in Dover!

Chef Ludovic Bezy graduated from Culinary Arts School in St.Dizier, France in 1986. He has worked in many different restaurants, catering services, and has training in breads, pastries and more from his time in France. He was Chef De Cuisine at Michele's Restaurant and was at Dover Downs for 12 years. Ludovic is also a local artist and does oil on canvas, sketching, and water colors. He is also passionate about photography.

Anita Wheeler-Bezy has a degree in Hospitality Management and is Marketing Director for Chef Ludovic and all of his projects. She is French/ American and went to school in both countries. Anita is retired from the ophthalmology field after 21 years. She loves music and ballroom dancing.

Together, Anita and Ludovic make a winning team! They are working owners for both Dover and Lewes locations.



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

labaguettede.com

33323 East Chesapeake Street, Suite 33,
Villages at Five Points - Lewes, DE 19958

(302) 200-7946

323 South Governors Avenue,
Dover, DE 19904

(302) 741-0180

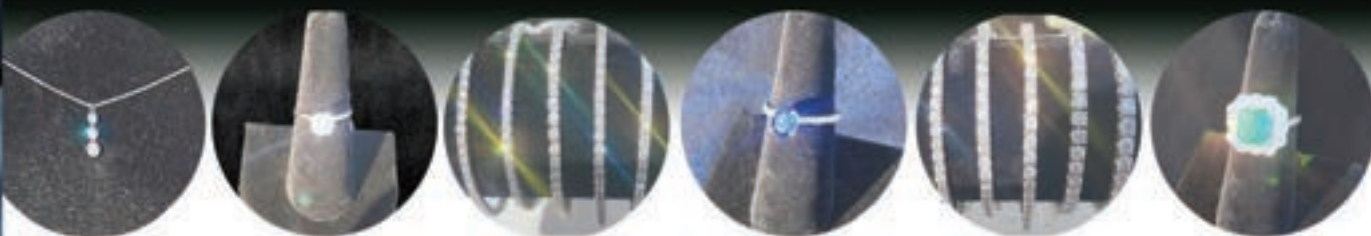
JAMES FINE JEWELRY



STEVEN JAMES
GIA AJP, GIA DIAMOND GRADUATE

A Legacy Continues

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



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

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

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

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

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

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

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

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

JAMES FINE JEWELRY

Formerly O'Neal's Antiques

Jewelry Repair

Sizing

Written Appraisals

Shirley O'Neal

PHONE: 302.542.2241


SPECIALIZING IN HIGH QUALITY
NATURAL DIAMOND, GEMSTONE, AND
ESTATE JEWELRY

JAMESFINEJEWELRY.COM



Engagement Rings

Loose Diamonds

Unique Pieces

Steven James

PHONE: 302.841.1241

ONLINE APPOINTMENT SCHEDULING