

The Courier

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OPA budget presented

By Jean Marx

Assessments for Ocean Pines property owners will rise \$6 for interior lots to \$915.

Ocean Pines Association (OPA) General Manager, Bob Thompson, presented the proposed OPA budget for the 2015-2016 season to residents on Saturday, February 21. The meeting was quick due to a small crowd who asked only a few questions. Mr. Thompson's presentation consisted of an overview of how and when the budget was compiled as well as comparisons to last year's budget within the main elements of revenue, operating expenses and capital expenses by department.

The budget process started last September when department directors provided a list of their needs, wants (i.e., things that would be nice to have), and desires to further improve the community if money was not an issue. Mr. Thompson was pleased that there were no technology problems experienced by department directors in submitting their budgets electronically. In October Art Carmine began assembling the budget to set the stage for meetings Mr. Thompson and Mr. Carmine had independently with each department director in November. By December, the entire budget picture was compiled and the OPA board of directors provided their initial budget guidance.

On January 8 Mr. Thompson presented the budget to the board, and budget books were provided showing the budget at the summary and detailed levels to board members and the Budget & Finance Committee. Budget & Finance meetings were held from January 12 – 14 to obtain feedback; Mr. Thompson commented that this was probably the best year he has experienced with these meetings. A free exchange of ideas and discussion was held among all parties, and any disagreements that did arise were handled professionally so that the meetings were very productive.

The Budget & Finance Committee made their budget recommendations to the board on January 26 and 27, and again Mr. Thompson said he was very pleased because the changes were

please see opa on page 6



General Manager **William Eash**, Owners **Kelli and Bob Beck**, and Dining Room Manager **Mimi Coltellino**

DeNovo's Trattoria celebrates a decade in business

By Jean Marx

The year 2015 marks the 10-year anniversary for DeNovo's Trattoria Restaurant in Ocean Pines. Nestled off of Manklin Creek Road in the South Gate, the restaurant thrives under the ownership of Bob and Kelli Beck and the services of a loyal staff. At the core of their story is the commitment of Bob and Kelli to pursuing their dream.

Bob's immersion into the restaurant business started when he was 15. He worked his way up the ladder at several different restaurants over the years. While he was the executive chef at a few large country clubs in northern New Jersey, his efforts caught the attention of the owner of a small restaurant in the area. The owner hired Bob to oversee the opening of two additional restaurants on his behalf. This experience provided Bob with the hands-on training he needed to one day open his own restaurant. This was also the period when someone very special en-

tered into his life — his future wife, Kelli. Kelli was one of the hostesses he hired and her vivacious personality was not only a great hit with the customers but it also attracted Bob's attention. The two immediately hit it off and a future dream was born.

Bob explained that the dream didn't come about immediately. When he and Kelli relocated with their young family to Ocean Pines in 2003, Bob could not find a job initially. He and Kelli spent the next 18 months researching and finding the right spot for their restaurant. They saw a space that had been a restaurant and was available for sale. Bob said they made an offer but found out that there was already another offer in the works. Undeterred, Bob submitted a deposit check with the realtor in case the other offer fell through. Less than three months later, the Becks received the auspicious news that their offer was back on the table. Bob and Kelli

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denovos
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closed on the deal 15 days later and were open within a month. They did the majority of the work themselves to get the restaurant ready for opening including hiring some of the staff from the former restaurant.

Dividing up their roles was not a challenge for Bob and Kelli. Bob laughs as he describes, "That was very easy because she can't cook, and I'm not very good at handling the bills." Kelli agrees, adding that they also enjoy bouncing ideas off each other.

One decision they made early on was to retain selling pizza and submarine sandwiches that were two staples of the former restaurant. DeNovo's opened in February 2005 on a Friday night. Kelli described that first weekend as being both daunting and scary: "I'll never forget standing here worrying about why we'd decided to open on a Friday night. Fortunately we stumbled our way through it."

Kelli and Bob acknowledge stumbling at times during their first two years in business. Things they did well were giving DeNovo's a unique branding with their catch-phrase *Ca-*

sual Dining with an Italian Flair that helped get their restaurant noticed in the community and adding an eclectic mix of menu choices that Bob hand-selected. Bob's choices include tried-and-true recipes from his years of cooking commingled with new creations he does from scratch. Kelli admires her husband's knack for creativity: "It's interesting how Bob's brain works because he doesn't write things down. Something will catch his attention such as a single ingredient. Bob will research it, figure it out, and find a way to use the ingredient so that it really works."

Feeling the need to grow, Bob and Kelli completed an expansion to the business in 2007 that they cite as a significant turning point for the better. The expansion enlarged the restaurant by two-thirds, added a small bar, and provided the opportunity to be open for breakfast. With the addition of a liquor license about two years ago, Bob and Kelli began offering a collection of spirits. Kelli said their experience in working with Worcester County to obtain their liquor license was quite positive: "We found everyone to be very helpful and attentive."



Worcester County Commissioner **Chip Bertino** is shown (left) presenting a Proclamation from the Commissioners to DeNovo's Trattoria owner **Bob Beck** and wife **Kelli** in recognition and celebration of 10 years service to the community. The Proclamation was presented at a gala event sponsored by the Ocean Pines Chamber of Commerce Feb. 12 that included a ribbon cutting and attended by a crowd of DeNovo's loyal customers. Photo by Ted Page.

Finding a work-life balance has been another hurdle the Becks have handled well. Ten years ago, their children were ages three and four. They made the decision to close on Sundays so that this day could always be reserved for family time. Their customers have understood and embraced this concept which Bob and Kelli have appreciated.

Another aspect to their business that Bob and Kelli appreciate is their dedicated staff who they view as part of their family. Over time they have entrusted the staff with more of the day-to-day running of the restaurant. Bob explains, "Empowering our employees gives them the opportunity to make decisions on their own. We support their choices, and in the few instances where the decisions haven't worked, we let the staff incorporate what they've learned into an even better result." Kelli wholeheartedly agrees: "We truly believe in the staff we have here now. The trust we instill in them means a lot to them and to us."

Bob and Kelli are thrilled to be embarking on their next decade in business. With the support of their home and work family, they are eager to find new ways to grow but also to give back to the community they love.

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Robert B. Adair 1938-2007

2012 Business of the Year

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The idea of a blood bank was pioneered by Dr. Charles Richard Drew (1904-1950). Dr. Drew was an American medical doctor and surgeon who started the idea of a blood bank and a system for the long term preservation of blood plasma (he found that plasma kept longer than whole blood). His ideas revolutionized the medical profession and saved many, many lives. Dr. Drew set up and operated the blood plasma bank at the Presbyterian Hospital in New York City, NY. Drew's project was the model for the Red Cross' system of blood banks, of which he became the first director.

The potato chip was invented in 1853 by George Crum. Crum was a Native American/African American chef at the Moon Lake Lodge resort in Saratoga Springs, New York, USA. French fries were popular at the restaurant and one day a diner complained that the fries were too thick. Although Crum made a thinner batch, the customer was still unsatisfied. Crum finally made fries that were too thin to eat with a fork, hoping to annoy the extremely fussy customer. The customer, surprisingly enough, was happy - and potato chips were invented!



Commentary

Casper out! Landscapes Unlimited in!

By **Joe Reynolds**
 OceanPinesForum.com

OPA just sent out the following news release: "The Board of Directors voted today (2/20/2015) to enter into discussions with Landscapes Unlimited regarding a contract for the management of the Ocean Pines Golf and Country Club. Landscapes was selected, by a 4-3 vote over the current manager, Billy Casper Golf. The Board also authorized the General Manager and the current golf working team (i.e., Tom Terry, Jack Collins and Dave Stevens) to represent Ocean Pines in developing the contract, which will subsequently be submitted to the entire Board for approval."



Joe Reynolds

Selection of Landscapes Unlimited came as somewhat of a surprise. Conventional wisdom had the board majority voting for a local group, Haley/Marshall, rather than Casper or Landscapes. The board minority favored giving Casper another chance. This was also my position, to give Casper another year.

However, Landscapes Unlimited did make a strong presentation last Saturday and in the final analysis this could just end up being the best move. Time will tell.

The board decision was made in closed session. Interestingly, Directors Marty Clarke and Sharyn O'Hare voted not to go into closed session and to have the discussion in public. Why the board felt it necessary to do this in private, possibly in violation of the Maryland Homeowners Association

Act, is unclear, especially since the discussion about what contractor would be selected to build the new Yacht Club was done in public, and that amounted to about \$4 million.

Questioned about the eight reasons allowed in Maryland law to move into private session, President Dave Stevens initially said the discussion would go private for "continuation of contract negotiations." Fact is, however, there is at this point no contract to discuss, as clearly stated in the OPA news release. Stevens did not have a copy of the law. Stevens asked to see mine. He read it and then said, "This one. The one about business transactions."

When it was pointed out that using this reason also required the board to declare that any discussion publicly of who might manage the course "could adversely affect the economic interests of the homeowners association," Stevens said he believed it would. Pure nonsense, and no more than a ploy to prevent association members from knowing how the sausage is made. Transparency is always more favor-

able than secrecy. Transparency rarely results in problems; secrecy often results in problems.

Clarke and O'Hare voted for transparency; the other five voted for secrecy.

Based on their public presentation last Saturday, Landscapes Unlimited plans to substantially increase memberships in the Ocean Pines Golf and Country Club, as opposed to Casper's approach of seeing golf as a commodity. Landscapes Unlimited believes the commodity approach is no more than a rush to the lowest price per round in competition with ten or more other nearby courses pursuing the same plan; a race to the bottom. Their marketing efforts will also promote outside play but Landscapes clearly sees membership value as the answer to potential profits.

We can only hope that Landscapes Unlimited is as good at managing golf courses as they say. Their experience is extensive and impressive. Let's welcome them with open arms and a determination to help them succeed. Their success is our success.



Town meeting - Worcester County Commissioner Chip Bertino held his first town meeting at the Ocean Pines library on Saturday.

Commissioner Bertino gave an overview of projects within the county as well as projects taking place along Ocean Parkway. Delegate Mary Beth Carozza was invited to speak about her experiences to date in the Maryland General Assembly. Commissioner President Jim Bunting participated during the question and answer session with Mr. Bertino. The commissioners took questions regarding the the Fiscal 2016 budget as well as construction of the Showell Elementary School and revenue derived from Ocean Downs Casino.

Kelly Brinkley, the Worcester County Volunteer Services Manager gave a presentation on volunteer opportunities within the county.

Above: **Chip Bertino, Mary Beth Carozza and Jim Bunting**
 Inset: **Kelly Brinkley**



The Courier welcomes letters for publication. Preference is given to letters addressing community and county topics and have not appeared in another publication. Letters must be signed and include a phone number where the author can be reached to verify authenticity. Letters are not corrected for spelling or grammar and can be no more than 300 words. E-mail letters to: thecourier@delmarvacourier.com

Adding just something more

My family claims I have a tendency to turn simple events into major productions; that I think on too grand a scale at times. My family really has it wrong about me. It's not that I prefer grand. I prefer unique with a twist.

just a little more fun, under the stars.

What began as my wanting to spend some quality time with my sons, "Hoagies, Stogies and an Old Fogey" has morphed into something a bit more. On that first evening, I invited the boys

to an evening that was just for us, no Mom and no sister. We got several hoagies and sat around a folding table in the garage talking about various and sundry things. For the after dinner entertainment I had checked out an old

movie from the library, "Pride of the Yankees" with Gary Cooper. The boys enjoy baseball and I thought it would be fun. Fortunately I think they liked it too.

In subsequent years, Hoagies, Stogies and an Old Fogey has expanded to include among other things additional old fogeys. Not long ago my son-in-law's father and I were talking about cars which lead to a conversation about the Pontiac Trans Am which led to a conversation about the classic movie, "Smokey and the Bandit." One thing led to another and in short order we had put on the calendar for the following Saturday evening a combination TUTS and Hoagies, Stogies and a Couple of Old Fogeys evening.

That Saturday night the backyard was set up, just waiting for things to get started. Unfortunately, the weather didn't cooperate so we were forced to relocate into the garage. No problem, right? Well, my wife and my son-in-law's mother got to talking and decided to join us. So in the garage that evening there were seven of us crammed around a five foot white folding table munching on hoagies while watching Burt Reynolds outrun Sheriff Buford T. Justice. It was a fun evening made more memorable because although we could have and probably should have been in the house sitting on more comfortable furniture, we were wedged in the garage sitting on folding chairs and outdoor furniture breathing in the residual aroma of onions and vinegar.

See, just give something a name, add some food, cigars, adult beverages, and Old Fogey and a movie, and the ordinary is transformed into something more.

It also helps to have sympathetic family and friends.



It's All About...

By **Chip Bertino**

chipbertino@delmarvacourier.com

Why do things same-old, same-old when with a little creativity a little something more can be added to the ordinary to make it singular and memorable. For instance a couple summers ago my granddaughter (and her mother) came for a visit. I thought it would be nice to have a party so that family and friends could get together and visit. One thing led to another (meaning my daughter and I had many phone conversations dreaming up interesting ideas much to the chagrin of my wife and her mother) and the party turned into what I called "Piazza Palooza 2013." What's the difference between a party and a Piazza Palooza? Imagination and a sense of humor. Maybe I'm not proving my point that my family is wrong about me?

Over the years several events have been created for reasons no more complicated than wanting to have some laughs, good food and conversation. For instance, "Mandek" is a gathering, either planned or impromptu, of men smoking cigars and drinking adult beverages on my deck. Women are not allowed. What's said on Mandek stays on Mandek. It can get raunchy. It can get loud. You could argue that Mandek is just a group of guys getting together to smoke cigars and drink. Yes, but when you call it Mandek a little something extra is added. And if you don't know what that something extra is, Mandek may not be for you.

"Theater Under The Stars" (TUTS) is something we started a while back to overcome my wife's ban on cigar smoking in the house. What is it? I move the television and DVD player from the family room to the outside after dark, thus creating an outdoor theater. This is open to men, women and children. Lawn chairs are set up and something as simple as watching a movie becomes

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Practice weather-related pet safety all year long

Caring for pets is sometimes compared to raising children. Though the two are not exactly the same, there are similarities between raising a child and caring for a pet. Like curious kids, fearless

in the winter.

Pets may be attracted to automotive antifreeze due to its sweet smell and taste. But antifreeze can be toxic. Coolants and antifreeze made with propylene glycol are less toxic to pets, wildlife and even human beings.

Spring

Spring is a season of re-birth and re-

newal when pleasant weather has both people and pets eager to get outdoors again. However, certain springtime dangers may be lurking, and it takes an informed pet owner to keep animals safe.

Spring cleaning is a ritual for many families, and cleaning chemicals and products can be dangerous to inquisitive pets. Use these items properly, and keep dogs and cats away. Birds are especially sensitive to chemical fumes, so move birds out of harm's way when cleaning.

Products used in the yard, such as pesticides, fertilizers, tools, and soil additives, may be harmful if ingested. Sharp tools can injure dogs or cats running around the yard. Keep pets out of garden beds when doing lawn and garden work.

As homeowners throw open windows and doors to let fresh air inside, they may not realize broken or torn screens can let indoor animals escape. Examine entry and exit points, making sure they are not easily penetrated, before leaving pets unattended. A lost pet can be struck by a vehicle or be exposed to yard hazards.

Summer

Hot weather can be very hazardous, as heat stroke and dehydration are potential summertime problems for pets. Old and young pets are less capable of regulating their body temperatures, making them especially susceptible to hot spells. Keep pets indoors during the hottest hours of the day and provide plenty of water.

Chemicals used to maintain a swimming pool are dangerous to pets and people. They should be stored out of reach to prevent accidental contact or ingestion.

Some dogs and cats may be good swimmers, but that does not mean they should be left alone in swimming pools. As you would a child, keep a watchful eye on pets when they're in or around pools.

Warmer weather brings out the bugs, and so keep pets up-to-date with their immunizations. Mosquitoes can spread diseases that can lead to heartworm and other conditions. Talk to a veterinarian about preventative measures to keep pets healthy.

Autumn

Autumn is a great time of year to spend some time outdoors with your pet. But you must be aware of your surroundings and practice safety. Many animals spend the fall storing food or making accommodations for winter hibernation. Snakes may be out looking for burrows and can be in foul moods. A curious pooch can walk away with a bite if he or she comes up against a grumpy snake looking for a den.

The ASPCA Animal Poison Control Center notes mushrooms may be growing in the fall. Unfortunately, it can be difficult to distinguish highly toxic mushrooms from nontoxic ones, so the best way to keep pets from ingesting poisonous mushrooms is to keep them away from areas where mushrooms are growing.

Some people may resort to rodenticides to keep mice and other small animals out of homes when they're seeking warmer places to nest. These products are highly toxic to pets and can result in death. Sometimes eating a mouse that has consumed a rodenticide is enough to harm a pet. Pet owners that use these products must exercise extreme caution or find other methods to curtail rodent infestations.

No matter the season, pet owners must prioritize keeping their pets safe from seasonal hazards.



pets may not understand the potential hazards around them, and some of these dangers differ depending on the season.

Winter

Cold weather and snow may make both pets and people less likely to venture outdoors. Dogs that use the yard to relieve themselves often cannot avoid the ice and snow. These conditions can put pets at risk.

As with humans, animals are susceptible to hypothermia and frostbite. When the weather is cold, pets should not remain outdoors without shelter for extended periods of time. The Humane Society of the United States advises that exposed skin on noses, ears and paw pads can quickly freeze and suffer permanent damage. Dogs and cats are safer and warmer indoors.

Salt and other chemicals used to melt snow and ice can irritate pet paws. When the animal then licks irritated paws, the chemicals can be transferred to the tongue and mouth. Rinse paws after dogs come in from walks, or use protective booties to keep feet covered. Limit the amount of products you use to melt snow, opting for sand or cat litter for traction.

Provide more water during the winter when the effort it takes for pets to keep their bodies warm can quickly deplete their energy stores. Compensate by giving pets a little more food and water

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from page 1

minor. Mr. Thompson then held a detailed review of the budget with the board. Periodic board meetings were held such as on February 4 and 7 to review components of the budget, and then the board proposed their changes to the budget on February 18. The largest changes were to reduce payroll expenses by \$150,000, add \$50,000 for a reserve study, add \$45,000 for the Manklin Meadows complex, add \$40,000 for an electronic sign, and to increase the projected golf losses by \$36,000.

Saturday's meeting was held to give the community a chance to weigh in on the budget. Everyone who attended the meeting was provided a 12-page summary of the current budget that showed a variety of comparisons. The total revenue is estimated to be approximately \$56,000 higher than last year's budget overall but includes putting money back

into the reserve account for large projects such as the Yacht Club whose funding initially came out of the reserve account. No major capital expenditures are planned in this year's budget.

Mr. Thompson said a lot of discussion was held about the 5-Year Funding Plan; it has been renamed the Legacy Plan. He said the \$130 per household that was previously collected for this fund will be used this year and next year to pay off balances in reserve accounts to eventually bring all reserve accounts to zero. He also said that decisions to fund large capital projects that emerge from the reserve study will be determined on a case-by-case basis.

The last major item Mr. Thompson discussed was the proposed change in homeowner assessments. This year's budget shows an increase of less than 1%, from \$909 to \$915. Net expenses in general operations are up by \$35 and in capital are up by \$12, while the combined reserves (i.e., for replacement and legacy reserves) and improvements in

amenity operations are causing a favorable budget variance totaling \$41.

In questions, Joe Reynolds asked for clarification about Mr. Thompson's description of paying down on reserve accounts as "paying off paper losses." Mr. Thompson used the Yacht Club as an explanation. He said that since the project was funded out of 5-year capital reserves, it is equivalent to paying back this loan. Another gentleman asked whether gift cards he has under Casper Golf would be honored by the new golf company, Landscapes Unlimited. Bob Stevens responded that while the contract discussions are underway, the board has every intention of holding Landscapes Unlimited to honoring all previous commitments made by Casper Golf including gift cards and lifetime memberships.

The board meeting to vote on the budget could happen as early as next Saturday, February 28, or it will be sometime in early March.

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So we will play my songs on
stringed instruments** Isaiah 38.20



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MCBP to hold volunteer fair at Ocean Pines

Come to the Ocean Pines Yacht Club located in Ocean Pines, Thursday March 12 from 5 – 7 p.m and learn how you can have fun while volunteering for great causes.

Maryland Coastal Bays Program and the Ocean Pines Association as well as several other non-profit groups including Worcester County Garden Club, Eastern Shore IMBA, Assateague Coastal Trust, Assateague Island Alliance, Berlin Library Garden Project, Lower Shore Land Trust, Ocean Pines Farmers Market, Ocean City Surf Club, and Worcester County Humane Society will be on hand to talk about their organizations and volunteer opportunities.

This is your chance to come out and learn about some of our non-profit organizations and the opportunities available to you to help make a difference in our community.

The Maryland Coastal Bays Program is dedicated to preserving watershed including the five bays behind Ocean City and Assateague through restoration projects, outreach and education.

The Ocean Pines Association's Environment and Natural Assets Advisory Committee provides suggestions and recommendations for improving the health and vitality of our natural resources as well as keeping the Board informed on environmental issues impacting Ocean Pines, a year-round residential community with over 9 miles of waterfront property and directly affecting our bays.

The Ocean Pines Farmers Market is a year-round open air market that supports family-based farming, farmers, food producers, artisans and crafters of the Eastern Shore. The Ocean Pines Farmers Market is open every Saturday from 8 a.m. – 1 p.m. in White Horse Park and is seeking Volunteers to provide support with tasks that include greeting and helping customers, assisting vendors and the setup and closing down of the market.

Assateague Coastal Trust works to protect and enhance the natural resources of the Atlantic Coastal Bays watershed through advocacy, conservation, and education.

The Assateague Island Alliance was created to benefit Assateague Island National Seashore by supporting interpretive, educational and scientific programs and assuring stewardship, restoration and preservation of our land, water, liv-

ing resources and historical sites while balancing high quality resource-compatible recreation.

The Berlin Library Garden is a community project to demonstrate sustainable, chemical-free gardening to the public. Produce is donated to Diakonia (shelter in West Ocean City) and Stevenson United Methodist Church, and used in library programming.

The Lower Shore Land Trust assists landowners and communities to conserve land for the enjoyment and well-being of present and future generations.

The Ocean City Surf Club celebrates our ocean community, its heritage and future and supports area youth through scholarships and mentoring.

The Eastern Shore IMBA was created to organize residents of the Delmarva Peninsula who seek to promote bicycle riding in all forms for all ages. Activities include mountain bike trail creation and maintenance, promotion of youth/BMX programs in the region, group rides and outings, political advocacy, promoting bike safety and healthy lifestyles, and socializing with people with similar interest

For ninety years, members of the Worcester Garden Club have been learning, doing, contributing and advocating for the natural environment. Activities include educational programs, flower shows, garden tours and community service.

The Worcester County Humane Society is a no kill shelter that provides food, vet care, and unconditional love until a suitable, loving and forever homes for abandoned and surrendered animals.

For more information contact Sandi Smith at sandis@mdcoastalbays.org or call 410-213-2297 ext 106.

AGH offers living well cancer workshop

Sometimes individuals with cancer and their families become so focused on handling the immediate effects of treatment – chemotherapy, radiation and/or surgery – that when treatment is complete or nearing completion, no one knows what to do next.

During treatment, patients have to navigate emotional as well as physical challenges that go beyond the actual care plan, dealing with

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concerns of nutrition, strength, the ability to go out in public, and more.

Managing cancer treatment and recovery is unique for each person. After treatment, there can be the worry of the cancer coming back and confusing feelings of anger or sadness. Although many focus on physical changes, some face unexpected emotional and social issues. One of the most challenging obstacles may be coming to terms with what is normal now.

The Regional Cancer Care Center and Supportive Care Services department at Atlantic General Hospi-

tal are available to help patients physically and emotionally throughout their recovery. The hospital also offers a new six-week workshop series, called Living Well – Cancer Thriving and Surviving, for those who are currently undergoing or have completed cancer treatment.

Workshop participants will learn how to manage their pain or fatigue, regain physician fitness during and after treatment, communicate with friends, family and caregivers about the illness, and manage stress and difficult emotions, among other skills.

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Call today to make an appointment

Just Good Business ...

Holland Service Center: A trusted name in auto repairs

By **Jean Marx**

Trust is one of the fundamental traits shared by all strong businesses. For over 50 years, Holland Service Center located at 10438 Old Ocean City Boulevard in Berlin has embodied trust. The company was founded in 1963 by Ronald Holland Sr. to perform automobile repairs and service. Thirty-seven years ago, Mr. Holland Sr. brought on his son, Ronald Holland Jr., to work alongside him in the business. Today Mr. Holland Jr. has the reins to the business and continues the company's outstanding track record.

As Mr. Holland Jr. says, "We try to be honest about our repairs and we don't take our customers for granted." He explains that he has surrounded himself with an excellent crew of employees who work well together and feel comfortable in their roles. As an example, Mr. Holland Jr. works in the back of the store assisting in the auto repairs, and Paul Redding, who has been with him for the past 11 years, runs the front office.

The services that Holland is best known for are automobile repairs,

Maryland inspections for new and used cars, tires, brakes, alignment and oil changes. Customers have been the primary source of the company's advertising because of the trust they place in the company. Through this word-of-mouth advertising, these satisfied customers bring in both repeat business and referrals to Holland Service Center. The photograph accompanying this article was taken two years ago in celebration of the company's 50-year anniversary. Being in business for over 50 years without much direct advertising is testament to serving their customer base well.

In describing aspects of our community that both Mr. Holland Jr. and Mr. Redding enjoy the most, their responses are similar. Mr. Holland Jr. states, "We like the community and how it's a slower-paced lifestyle from big city life." Mr. Redding echoes these sentiments: "People hear about us because we are honest and hard-working, and we do quality work. It is a tight-knit community where everybody knows everybody, and that's been a big benefit."

There have been obstacles the company has faced in these five decades of



Ron Holland Sr., Ron Holland Jr., Paul Redding, Brandon Kelly, and Mike Murray

business but no single crisis experience. Mr. Redding characterizes the company's biggest obstacle as one that the automobile repair industry faces in general. He says the ongoing issue of "the uncontrollables" correlates to gas prices. When gas prices are very high, people tend not to drive much and they stick close to home. Mr. Redding continues, "Now when gas prices drop, people love it and do a lot of driving — and when they do, they wear out their tires, their brakes, their fan belts, etc." This is when Holland Service Center steps in to quickly perform the repairs to get their customers back out on the road. Mr. Redding has been in the automobile business for 35 years. He says that in his experience when the economy isn't doing well, the car repair business heats up. This is because people choose to fix their cars rather than buying a new one.

Both Mr. Holland Jr. and Mr. Redding also agree on what they consider a key aspect to running any successful business. It comes back to hiring good people and getting them to stay with you. They attribute this ingredient as what it takes to build and sustain a business for years to come because the quality work and excellent service these employees provide attract customers and keep them happy. In looking for the car parts they need, the crew at Holland first seek the parts in stores on the Eastern Shore. The tradition of neighbor helping neighbor is alive and well at Holland Service Center. You can experience this for yourself the next time you hear a strange noise in your car and bring it in to be checked out. This author can personally attest that you will not be disappointed in the service you receive.

Soroptimist International of Berlin-Ocean City *Basket and Bag Bingo*

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A bad crabbing day -- Dan Collins of Ocean Pines submitted this photo which is a February 17 view of the channel at Lookout Point in Teal Bay.

NARFE to hold annual fundraiser

The National Association of Retired Federal Employees (NARFE) will hold their annual Alzheimer fundraiser on Saturday, March 28 at Carrabba's Italian Grill in West Ocean City. The event will be between noon and 3 p.m. The cost is \$10 and guests will have a choice of three entrees: chicken marsala, Italian cobb salad and spaghetti and meatballs. For tickets call Jo Fortney at 410-208-6246 or Larry Walton at 443-831-1791.

Bishopville to hold indoor yard sale

The Bishopville Volunteer Fire Auxiliary will hold an indoor yard sale at the main fire station on Satur-

day, March 7, from 7 a.m. to noon. The cost is \$15/table or \$25 for 2 tables. Breakfast food will be available for sale. Call 443-235-2926 for more information or to reserve a table.

Pine'er craft shop to reopen

The quaint craft and gift shop located opposite the Ocean Pines Community Center will re-open for shoppers on Saturday, March 14. The shop, run by members of the Pine'er Craft Club, has been closed for the winter. The opening will feature the latest creations by members of the club. Stop by and see the unique hand crafted items featuring very reasonable prices. Hours are every Saturday from 9 a.m. to 3 p.m. and every Sunday from 11 p.m. to 3 p.m. beginning on March 14.

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House of Delegates Session Highlights

By Delegate Mary Beth Carozza, 38C



Governor Hogan's Gas Tax and "Rain Tax" Legislation:

Over the last week, Del. Carozza has received a number of emails from her constituents across Legislative District 38C asking her to support Governor Hogan's legislative proposal to repeal the automatic increase in the state's gas tax, which has been introduced in the General Assembly as HB 483/SB 589, and his proposal to repeal the state's "rain tax," introduced as HB 481/SB 592. Del. Carozza is a cosponsor of both of these bills in the House of Delegates.

The gas tax legislation will be heard in the House Ways and Means Committee and the Senate Budget and Taxation Committee. Hearing dates have not been set in either house. The "rain tax" legislation will be heard in the House Environment and Transportation Committee and in the Senate Education, Health and Environmental Affairs Committee. A hearing date has not been set in the House, but the Senate committee will hear the "rain tax" bill on March 3 at 1 p.m.

First Meeting of the Veterans Caucus: Del. Carozza has joined the House Veterans Caucus in the Maryland General Assembly and attended its first meeting on Thursday, Febru-

ary 12. The Caucus is chaired by Del. C.T. Wilson (District 28), a U.S. Army veteran, and is composed of members who are military veterans and members who advocate for veterans. At the meeting, Del Carozza made a brief presentation about her veteran-owned small business bill, HB 243, which will be heard in the



Delegate Carozza presenting HB 243

House Health and Government Operations Committee this week.

Maryland Tourism Day: On Friday, February 13, local tourism directors from Ocean City, Worcester and Wicomico counties, and the rest of the Eastern Shore came to Annapolis for Tourism Day to participate in the weekly Eastern Shore Delegation Meeting and attend a forum with Lt. Gov. Boyd Rutherford and Department of Business and Economic Development Secretary R. Michael Gill. Maryland Tourism provides approximately \$2 billion in economic impact statewide each year and is an incredibly important part of our state's economy.

Representatives from the Eastern Shore tourism industry requested that members of the Delegation support Governor Hogan's tourism budget, which includes approximately \$3.7 million for the Office of Tourism Development and approximately \$8.45 million for the Maryland Tourism Development Board. Del. Carozza strongly supports the governor's tourism budget.

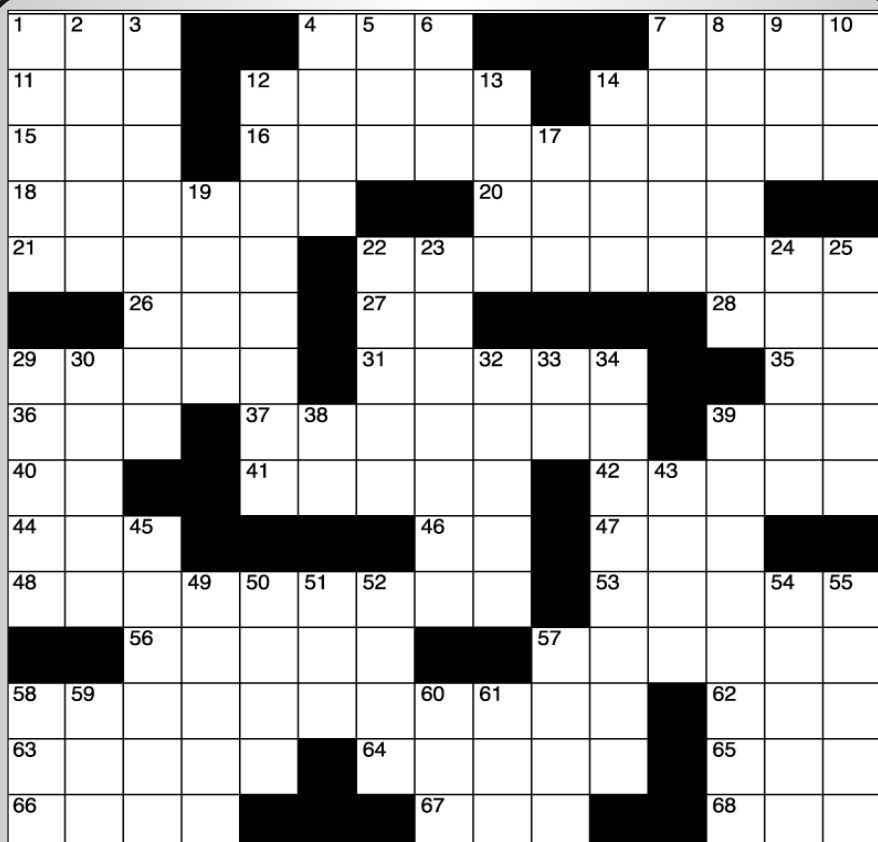
Letters sent to The Courier for publication consideration must be signed and include



a telephone number where the author can be reached to verify authenticity, if necessary. Letters

are not corrected for spelling or grammar and priority will be given to letters of 300 words or less. Letters must be received by Friday at 5 p.m. They can be e-mailed to:

thecourier@delmarvacourier.com



- ACROSS**
- 1. Printing speed measurement
 - 4. Fed
 - 7. A domed or vaulted recess
 - 11. Macaws
 - 12. Neck garment
 - 14. A billionth of an ohm
 - 15. Local area network
 - 16. Cleve. basketball hero
 - 18. Wounded & disfigured
 - 20. Civil Rights group
 - 21. Master of ceremonies
 - 22. Smallest artery branches
 - 26. Ref
 - 27. Exist
 - 28. Diagram of earth's surface
 - 29. SE Asian sarsaparilla soft drink
 - 31. Fire remains
 - 35. 3rd tone
 - 36. Before
 - 37. It breaks down lactose
 - 39. A waterproof raincoat
 - 40. Atomic #18
 - 41. NW Canadian territory
 - 42. Hindquarters
 - 44. Follows sigma
 - 46. Rural delivery
 - 47. Point that is one point N of due E
 - 48. Excels
 - 53. Berkus and Silver
 - 56. Famous for fables
 - 57. Philippine capital
 - 58. Meg Ryan's ex-husband
 - 62. Doleful
 - 63. Arugula genus
 - 64. Nursery verse
 - 65. The 7th Greek letter
 - 66. Container for shipping
 - 67. Charge for services
 - 68. Immature onion plant
- DOWN**
- 1. Swedish statesman Olaf
 - 2. Baltic flat-bottomed boat (alt. sp.)
 - 3. Fingernail treatment
 - 4. Breezed through
 - 5. Check
 - 6. Stray
 - 7. Ancient computing devices
 - 8. Something cheerleaders wave
 - 9. The woman
 - 10. Ambulance rescue initials
 - 12. In a drowsy manner
 - 13. A set of type of one style
 - 14. Not completely closed
 - 17. No (Scottish)
 - 19. Microelectromechanical system
 - 22. Having the wind against the forward side
 - 23. Reestablish
 - 24. Khloe K's former husband
 - 25. Verse forms
 - 29. Places to sit
 - 30. Chilean pianist Claudio
 - 32. Rounds of poker
 - 33. Spanish be
 - 34. Sing and play for somebody
 - 38. Chemical symbol for gold
 - 39. Praying insects
 - 43. Israeli politician Abba
 - 45. 7th planet from the sun
 - 49. Br. plural of a penny
 - 50. Largest continent
 - 51. Distress signal
 - 52. Senate and People of Rome
 - 54. Fill with high spirits
 - 55. Egyptian statesman Anwar
 - 57. Non-verbal entertainer
 - 58. 12th calendar month (abbr.)
 - 59. A major division of geological time
 - 60. Ultrahigh frequency
 - 61. Yes vote



Answers for Feb 18

For Art's Sake ...

Vincent Van Gogh

By **Stasia Heubeck**

*"Starry, starry night.
Paint your palette blue and gray,
Look out on a summer's day,
With eyes that know
the darkness in my soul."*

- Don McLean

Mention Vincent Van Gogh and we think of the Post-Impressionist Dutch artist who cut off his ear, lived in an asylum for the mentally ill, and produced such wonderful paintings as Sunflowers and Starry Night. Above are the opening lyrics to Don McLean's hit song, "Vincent," that appeared on his album, "American Pie" in 1971. That song tells a more poignant story of the life of Vincent Van G o g h .

Born in the Netherlands in 1853 of a father who was a minister and a mother who was an artist, Van Gogh learned about art. As a teenager he went to work for his uncle, an art dealer in The Hague. Eventually, he was transferred to the firm's London dealership. After unsuccessful love affairs, working at other jobs, attempting to become a minister, and painting all this time, he moved to Paris where his younger brother, Theo, lived.

Theo Van Gogh had become a successful art dealer. He was able to support Vincent with money and supplies, so that he could pursue his painting career. The brothers were very close, writing letters to each other as Vincent met other artists and traveled to the south of France to paint. Vincent began to decline physically and mentally, sometimes sipping turpentine and eating paint. Theo asked Paul Gauguin, another Post-Impressionist, to keep an eye on Vincent but the two artists often got into arguments. After one of these conflicts, Vincent cut off part of his ear lobe and gave it to a prostitute. He lived in an asylum for a while in Provence and then Theo arranged for Vincent to move to Auvers, north of Paris, to be under a doc-

tor's care. One day, he left his room to paint and shot himself in the chest. Two days later, on July 29, 1890, he died with Theo at his side. He was 37 years old.

As this year marks the 125th anniversary of Van Gogh's death, museums across Europe are exhibiting their collections of his works. The Van Gogh Museum in Amsterdam has the largest collection of the artist's paintings, letters and drawings. The Museum of



Modern Art in New York owns Starry Night, probably his most famous painting, pictured here. Van Gogh painted over 900 canvases during his lifetime but only sold one, Red Vineyard at Arles, now at the Pushkin Museum of Fine Arts in Moscow. His use of color, especially the complementary colors (yellow and purple, blue and orange, for example) and the use of impasto (brushstrokes of thick paint) made his paintings come alive with feeling and emotion. In her book, "The Story of Painting," Sister Wendy Beckett, the art historian and popular TV art critic of the 1990s, beautifully describes and analyzes Van Gogh's paintings. Currently, there is ongoing research into Van Gogh's life that may shed light on his apparent mental instability and whether he actually committed suicide.

A note on pronunciation: The BBC recommends the Anglicization pronunciation - van, "g" as in get, "kh" as in Scottish loch. Merriam-Webster defines the pronunciation as van-go (long "o"), or van kok (short "o"), rhyming with Bangkok.



Chess Team – Members of Worcester Prep's Chess Team who participated in the tournament in Salisbury on Friday, February 6 were: (l-r) **Ali Khan, Edward Martikyan, Ibrahim Khan, Daniel Chen, Ayush Batra, Pranay Sanwal, and Carter McCabe.** Daniel Chen placed first in his division, Pranay Sanwal, third in his; Ibrahim Khan, third in his division; and Ayush Batra, fifth in his division.



Presentation — Star Charities founder Anna Foulz and her volunteers presented a check for \$4,500 February 19 at the Ocean Pines Community Center to Major General Jim Adkins (retired), Maryland National Guard, to benefit Wounded Soldiers in Maryland. Accepting the check with Gen. Adkins was Col. Charles Kohler, also of the Maryland National Guard. The money was raised through Star Charities' annual Beef and Beer event held January 9 at the Ocean Pines Community Center.

From left: Ocean Pines Association President **Dave Stevens, Lee Tilghman, Col. Charles Kohler, Anna Foulz, Mrs. Adkins, General Adkins, Paul Mazzei, Sandy McAbee, and Peggy Rumberg.** Photo by Ted Page.

Tide and Sun Chart				
* tide is for Ocean City Fishing Pier. Add two hours for Isle of Wight tide				
DATE	HIGH TIDE	LOW TIDE	SUNRISE	SUNSET
Thur., February 26	1:21 a.m. 1:41 p.m.	7:52 a.m. 7:57 p.m.	6:37 a.m.	5:50 p.m.
Fri., February 27	2:29 a.m. 2:48 p.m.	8:59 a.m. 8:58 p.m.	6:35 a.m.	5:51 p.m.
Sat., February 28	3:35 a.m. 3:49 p.m.	10:03 a.m. 9:57 p.m.	6:34 a.m.	5:52 p.m.
Sun., March 1	4:30 a.m. 4:40 p.m.	10:58 a.m. 10:51 p.m.	6:32 a.m.	5:53 p.m.
Mon., March 2	5:15 a.m. 5:24 p.m.	11:42 a.m. 11:38 p.m.	6:31 a.m.	5:54 p.m.
Tues., March 3	5:56 a.m. 6:05 p.m.	12:18 p.m.	6:30 a.m.	5:55 p.m.
Wed., March 4	6:34 a.m. 6:44 p.m.	12:19 a.m. 12:52 p.m.	6:28 a.m.	5:56 p.m.

County Connection



County answers pay as you throw questions

In January 2015, Worcester County began offering homeowners two options for disposing of household trash at the Homeowner Convenience Centers (HOCs), located in Berlin, Snow Hill and Pocomoke, or at the Central Landfill in Newark. Option 1 allows area residents to purchase up to two Homeowner Permits for use at the Landfill and HOCs at a cost of \$100, with the option to purchase additional permits at a cost of \$100 each. Option 2 allows residents to participate in the new economically and environmentally friendly Pay As You Throw (PAYT) pilot program.

Over the past month, the new PAYT option has generated a great deal of interest from area residents. Here are a few key things to consider when deciding whether the PAYT option or the annual Homeowner Permit will best serve the waste disposal needs of your household.

How does the PAYT program work? Homeowners can purchase tags, at a cost of \$1 per tag and to be sold in units of five, and affix one tag to each 33-gallon bag to be disposed of at the HOCs.

Can I drop off bags larger than 33 gallons with the PAYT program?

Yes. Bags larger than 33 gallons are permitted under the PAYT program provided two tags are affixed to each oversized bag.

Do PAYT tags expire? No. PAYT tags do not expire. They can be used at any time regardless of the purchase date.

Is yard waste included in the PAYT program? No. Those selecting the PAYT option will not be permitted to drop off bags containing yard waste at the HOCs. However, they can take yard waste to the Central Landfill where a tipping charge will be assessed. Only those who purchase Homeowner Permits will be permitted to dispose of yard waste at the HOCs.

PAYT tags and Homeowner Permits can be purchased at any of the three following locations: Worcester County Treasurer's Offices, located in the Worcester County Government Center in Snow Hill and the Isle of Wight Office in Bishopville, and the Worcester County Landfill in Newark.

According to the Environmental Protection Agency, communities utilizing PAYT programs have seen increases in recycling and reductions in solid waste. This uses fewer natural resources and results in a decrease in greenhouse gas emissions.

"The new PAYT program treats trash disposal just like electricity, gas, water and other utilities," Public Works Director John Tustin said. "Households pay a variable rate depending on the amount of solid waste disposed of. This creates a direct economic incentive to recycle more and generate less waste because the less individuals throw away the less they pay."

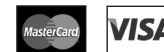
For more information, please call 410-632-0686 and select option 4 or 410-632-3177 between 8 a.m. and 4 p.m. Monday through Friday.

AARP set to meet

The next meeting for AARP will be March 2 at the Community Center in Ocean Pines. Social time begins at 9:30 a.m. and the meeting starts at 10 a.m. This month's speaker will be Jackie Harper from AARP Services.

Attendees are asked to bring a can of food for Diakonia to help stock the pantry.

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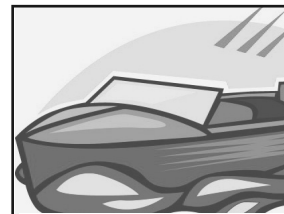
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Low-cost art and creativity workshops for beginners

The Art League of Ocean City is offering one-time, low-cost art workshops for beginning artists and those who have no experience with art on February 25 and February 28 at the Ocean City Center for the Arts on 94th St. in Ocean City.

Guest artist Sarah D'Alessandro will teach the no-pressure workshops on the subjects of drawing and creativity. She will instruct both non-artists and artists on how to see to produce a drawing and how to fuel their creative brains.

"It's the perfect chance for novices to step into drawing or creativity with no risk and lots of reward," D'Alessandro said.

The "Drawing 101: Seeing Values" workshop will be held on Wednesday, Feb. 25 from 6-8 p.m. It will take adult students, complete beginners and hobby artists beyond the drawing of lines to explore how to see the dark and light values that create dynamic drawings. Students will work in charcoal, pencil, and chalk. The cost of the drawing class is \$10 for members of the Art League, and \$15 for non-members, and materials are included.

The free "Thinking Outside the Box: Creativity 101" workshop will be held on Saturday, Feb. 28 from noon-3 p.m. This workshop is a chance for budding artists to delve into the creative side of the brain and think outside the box. Students will learn how to activate and exercise their creativity and strengthen it through drawing, writing, action, and discussion. There is no cost for this workshop, but class size is limited to 20 students.

Reservations for the workshops may be made by calling 410-524-9433.

The Ocean City Center for the Arts at 502 94th Street is the home of the Art League of Ocean City, a non-profit organization dedicated to promoting the visual arts in the Ocean City area through education, exhibits, scholarships, programs and community art events. The arts center is supported by memberships, corporate and civic funding, donations and sales of art. More information is available at www.artleagueofoceancity.org.

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Published

Evan Todd, a student in Mrs. Monica Piern's second grade class at Ocean City Elementary School stands proudly as he displays his recently published "snail photograph." Evan submitted his photograph to the "National Geographic for Kids Magazine" and it was selected and published in the February 2015 issue.

SELL IT FAST
IN THE CLASSIFIEDS!

Community Calendar

When submitting items for the calendar please include the event name, date, where held, time and a little about the event. Items being considered for the calendar need to be in by noon on Friday. E-mail to thecourier@delmarvacourier.com

Mondays

Ocean Pines Poker Club

Poker players wanted in Ocean Pines area for Monday evenings. Call 410-208-1928

Open every Monday through October: **Historic St. Martin's Church Museum.** 1-4 pm. 11413 Worcester Highway, Showell, MD. For more information, call 410-251-2849

Sweet Adelines

The Delmarva Sweet Adeline Chorus meets from 7 to 9 p.m. in the Ocean Pines Community Center. Call 410-641-6876.

Mon. & Tues.

Sanctioned Duplicate Bridge

Open bridge games Monday at 12 p.m., Tuesday at 10 a.m. at OP Community Center. Call Mary Stover 410-726-1795

Mon., Wed. & Sat.

Church Thrift Shop

OC Baptist Church's Thrift Shop by Seaside Christian Academy behind White Marlin Mall open 10 a.m.-2 p.m. Mon. & Wed., 9 a.m. to 3 p.m. Sat. Call 410-251-6971.

Tuesdays

Families Anonymous

From 7 p.m. to 8:30 p.m. at room 37 in the the Community Church at Ocean Pines on Rte. 589. For more information call Carol at 410-208-4515.

Take off Pounds Sensibly Meeting.

Berlin group No. 331, Worcester County Health Center 9730 Healthway Dr., Berlin, 5:30-7:00 p.m. TOPS is a support and educational group promoting weight loss and healthy lifestyle. It meets weekly on Tuesdays. Info: jean-duck47@gmail.com

Tuesdays and Thursdays

Poker players wanted for Gentlemen's Poker in North Gate area Ocean Pines. Game played

every Tuesday & Thursday evening 5:45 p.m. to 10:45 p.m. on Pinehurst Rd. Ocean Pines. Call 410-208-0063 for more information.

Wednesdays

Kiwanis Club Meeting

Weekly meetings at 8 a.m. on Wednesdays in the Ocean Pines Community Center. Doors open 7 a.m. October through April.

Elks Bingo

Ocean City Elks in Ocean City (behind Fenwick Inn) open at 5:30 p.m. Early birds at 6:30 and bingo at 7 p.m. Call 410-250-2645.

Delmarva Hand Dancing

Dancing at The Fenwick Inn in Ocean City from 5:30 to 9 p.m. Contact 302-934-7951 or info@delmarvahanddancing.com

Rotary Club

Ocean City/Berlin Rotary Club meetings are held at 5:45 p.m. at the Captains Table in Ocean City. Contact Stan.Kahn@carouselhotel.com.

Square Dancing

The Pinesteppers have introduction to square dancing at the OP Community Center at 7 p.m. Call Bruce Barrett at 410-208-6777.

AL-Anon/OP-West OC-Berlin

Wednesday Night Bayside Beginnings Al-Anon family meetings are held at the Ocean Pines Community Center at 7:30 p.m.

Wed., Thurs. & Fri.

Church Thrift Shop

Stevenson United Methodist Church in Berlin is open Wed. - Fri. 10 a.m. - 2 p.m. Sale Fridays. Call 410-641-1137.

Wed., Thurs., Fri. & Sat.

Church Thrift Shop

The Shepherd's Nook at Community Church at Ocean Pines is

open 9 a.m. to 1 p.m. Call 410-641-5433.

Diakonia Thrift Shop

'Used to be Mine' offers clothing, furniture, household items and more. Proceeds benefit Diakonia shelter and pantry. Located at Rte. 611 and Sunset Ave. Open 10 - 4. Call 410-213-0243.

Thursdays

Story Time

Stories, music and crafts at 10:30 a.m. for children ages 3-5 at Ocean Pines library. Call 410-208-4014.

Beach Singles

Beach Singles 45 for Happy Hour at Harpoon Hanna's at 4 p.m. Call Arlene at 302-436-9577, Kate at 410-524-0649 or Dianne at 302-541-4642.

Legion Bingo

American Legion in Ocean City opens doors at 5:30 p.m., games begin at 7. For information call 410-289-3166.

Gamblers Anonymous

Group meets at 8 p.m. at the Atlantic Club, 11827 Ocean Gateway, West Ocean City. Call 888-424-3577 for help.

Fridays

Knights of Columbus Bingo

Bingo will be held behind St. Luke's Church, 100th St. in Ocean City. Doors open at 5 p.m. and games begin at 6:30 p.m. Refreshments available. Call 410-524-7994.

Sundays

Sunday Night Serenity **Al-Anon Family Group** at The Woodlands/Independent Living Apt. Bldg. 1135 Ocean Parkway-Ocean Pines, Md. 21811

Third Sunday

Sharing Sunday

Bring non-perishable groceries and paper goods to the Ocean Pines southside fire hall 1 -3 p.m. to benefit local food banks.

Third Monday

Democratic Women

The Democratic Women meet 9:30 a.m. for coffee followed by a meeting at 10 a.m. at the Ocean Pines Community Center. Guests and new members are welcome.

Third Tuesday

Widows & Widowers Social Club.

Group meets in Ocean Pines at 1 p.m. for luncheon meeting. Call 410-208-1398.

Third Wednesday

Survivors of Suicide Meeting

Starts at 6 p.m. at the Worcester County Health Department. 9730 Healthway Drive, Berlin. Open to anyone who has lost a friend or loved one to suicide. Quiet listening, caring people, no judgment. For more information, call 410-629-0164 or visit www.choosetoliveMaryland.org.

Fourth Wednesday

Marine Corps League

First State Detachment Marine Corps League raises funds for a variety of charities and meets at 7 p.m. in VFW Post 8296, 66th St. Ocean City. Open to all fellow Marines and FMF Corpsmen. Visit www.firststatemarines.org.





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Love your heart

By Dawn Denton, RN

February is the month for love and that makes us think of hearts. Our heart is what keeps us alive so we should love and take care of it. Of course the first thing that comes to mind in heart health is exercise and that's very important. The heart is a muscle and just like any muscle in our body if we don't use it then it will become weak and stop working. So get moving and get the heart pumping hard.

Of course when you mention the heart then blood pressure comes to mind. What is the blood pressure? It is the force of blood against the artery walls as it is pumped out of the heart and throughout the body. The top number or systolic is the pressure against the arteries caused when the heart pumps (or beats). The bottom number or diastolic is the pressure against the arteries when the heart relaxes between beats. Things that cause these numbers to rise are when the arteries become narrow or stiff. As we age our blood vessels naturally be-

come less flexible, like our joints but eating healthy and exercising can slow down that process. Other things that can make our blood pressure go up are being inactive, tobacco use, drinking alcohol (more than one drink a day for women and two for men), stress and family history. African Americans are more likely to get high pressure.

Also what we eat has a great effect on the condition of our blood vessels. Fats are important in our diet but only certain types, unsaturated fats. So when choosing oils choose olive or canola oils or oils from nuts, seeds or fish. These provide the oils our bodies need without narrowing our arteries. Oils that come from animals, saturated fats and trans fats are bad fats and will get stuck in the arteries causing them to narrow. This in turn raises blood pressure.

Salt is another thing that raises the blood pressure. Another word for salt is sodium; this is how it is listed on food labels. Only a small amount of sodium is naturally found in food but is added to most packaged foods to

give them flavor and make them last longer. One teaspoon of salt is 2,300 milligrams of sodium which is as much as anyone should have in a day. If we are over 51 years old, African American, have high blood pressure, diabetes or kidney disease we should lower that to only 1,500 milligrams of sodium per day. If you eat one turkey and cheese sandwich on sliced loaf bread you have consumed more than 1,500 milligrams of sodium.

So how do we decrease the amount of sodium we eat? Buy fresh fruits, vegetables and meat; very little sodium is contained in fresh foods. Canned products have sodium added; there are lower sodium (salt) versions but still fresh is better. If fresh is not available or too expensive then buy frozen, it has less sodium added unless it comes with sauce or cheese. Avoid packaged dinners, lunch meats, cured meats like bacon and ham. About 80% of the sodium we eat is already in the food before it goes on

our plate. Restaurant foods are often high in sodium. Though they may list the calories on the menu, few list the sodium amount – sometimes you can find it on their web site. Since it is difficult to know the amount of sodium in restaurant food remember when eating out, eat small portions, go for the green stuff, order healthier side dishes, ask for low sodium options, skip the sauces, condiments and breads.

Learn to read food labels when shopping and track the amount of sodium you eat. Write down how much you eat at each meal. When cooking use spices instead of salt to flavor foods. Remove the salt shaker from the table or fill it with a no-salt seasoning.

Have your blood pressure checked regularly. If the doctor has prescribed blood pressure medicine for you then

take it as directed. Make healthy choices in eating, exercises and other lifestyle habits. Managing blood pressure means you are less likely to have a stroke, heart attack and kidney disease. It is one of the keys to a long healthy life.



Ocean Pines Chamber of Commerce

The Local's Chamber!

Since 1975 our mission has always been the same:

- to strengthen our local economic development by promoting our local businesses.
- to be an important resource for the local residential communities *We are the local's chamber!*

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- The Ocean Pines Chamber holds dozens of business to business networking events; Monthly Business After Hours, Breakfast Networking, Annual Business Expo, Learning Luncheons & more!

PROMOTION The Ocean Pines Chamber:

- publishes a yearly Business Directory listing of all the area businesses.
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- has an interactive website for residents and visitors to search for local businesses including direct links to all of our members websites!

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Nov 13 - Business After Hours
at Plaza Tapatia 5-7pm

Nov 20 - Business Networking
Breakfast at Maho's Kitchen 8:30am

Dec 11 - Business After Hours
at the Ocean Pines Yacht Club 5-7pm

www.OceanPinesChamber.org

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