February is American Heart Month

Heart Disease has probably already touched you or someone you know. Make it your mission to fight heart disease and stop the No. 1 killer in America.

Live Better with Life’s Simple 7
All you need is a goal, a plan, and a desire to live better. Below are seven steps you can take to improve your health.

Manage Blood Pressure
Hypertension is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It’s sometimes called “the silent killer” because it has no symptoms. One in three adults has high blood pressure, yet, about 21% don’t even know they have it. Of those with high blood pressure, 69% are receiving treatment, yet, only 45% have their blood pressure controlled.

Get Active
Finding time in our overscheduled lives for exercise is a challenge for all busy Americans. Especially for those who are parents or are working full-time or both. But the benefits far outweigh the sacrifices it takes to carve out that time. And anyone who has successfully managed to do so will tell you how happy they are to have found the time. They’ll tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise. So no more excuses! Take an active role in determining your future. You deserve to give yourself the gift of living well with good health.

Control Cholesterol
Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body’s cells. It’s normal to have cholesterol. Cholesterol is an important part of a healthy body because it’s used for producing cell membranes and some hormones, and serves other needed bodily functions. But too much cholesterol in the blood is a major risk for coronary heart disease (which leads to heart attack) and for stroke.

Eat Better
A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths out there regarding healthy eating. It’s not surprising that a lot of us are confused about the different types of fats. We have lots of questions regarding sodium and meat and dairy. With all the differing opinions, it’s best to get informed from credible sources, so you can make smart choices in your diet for long-term benefits to your heart and health. It’s the overall pattern of your choices that counts most.

Loose Weight
Among Americans age 20 and older, 145 million are overweight or obese (Body Mass Index BMI of 25.0 kg/m2 and higher). That’s 76.9 million men and 68.1 million women. This is of great concern especially since obesity is now recognized as a major independent risk factor for heart disease. If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. When coming up with a fitness and nutrition plan to lose weight, it’s crucial to understand your recommended calorie intake. And then the amount of food calories you’re consuming versus the energy calories you’re burning off with different levels of physical activity. It’s a matter of balancing healthy eating (caloric energy) with the (molecular) energy that leaves your body through a healthy level of exercise.

Reduce Blood Sugar
The American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease. In fact, adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die of some form of heart or blood vessel disease.

Stop Smoking
Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction) and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

See page 2, column 4 for signs and symptoms of Heart Attack...
NEWS....

In lieu of flowers, memorial contributions may be made to First Baptist Church of Eastport; the Eastport Volunteer Fire Department, P.O. Box 3332, Annapolis, MD 21403; or Bessie Marshall’s Fund, attn. Elaine Huttenloch, 4703 Millwood Road., Upper Marlboro, MD 20772

Please keep the Monch family in your thoughts and prayers.

Exposing an Invisible Killer: The Dangers of Carbon Monoxide

Each year in America, unintentional carbon monoxide poisoning claims more than 400 lives and sends another 20,000 people to hospital emergency rooms for treatment. The United States Fire Administration (USFA) and the National Association of Home Builders (NAHB) would like you to know that there are simple steps you can take to protect yourself from deadly carbon monoxide fumes.

What is carbon monoxide? Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

Where does carbon monoxide come from? CO gas can come from several sources: gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces and motor vehicles.

Who is at risk? Everyone is at risk for CO poisoning. Medical experts believe that unborn babies, infants, children, senior citizens and people with heart or lung problems are at even greater risk for CO poisoning.

Protect Yourself and Your Family from CO Poisoning

- Install at least one carbon monoxide alarm with an audible warning signal near the sleeping areas and outside individual bedrooms. Make sure the alarm has been evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL). Carbon monoxide alarms measure levels of CO over time and are designed to sound an alarm before an average, healthy adult would experience symptoms. It is very possible that you may not be experiencing symptoms when you hear the alarm. This does not mean that CO is not present.
- Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year.
- Never use your range or oven to help heat your home and never use a charcoal grill or hibachi in your home or garage.
- Never keep a car running in a garage. Even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.
- When purchasing an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house. The presence of a carbon monoxide alarm in your home can save your life in the event of CO buildup.

Know Your Signs and Symptoms of Heart Attacks

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea, or lightheadedness.

Dolores Lowman Monch, “Dee”, 86, a lifelong resident of Eastport, died February 2 at Genesis Spa Creek. She was born Feb. 29, 1924, in Eastport, Annapolis, to the late Herbert and Gladys Parks Sadler, and attended Annapolis High School. She was employed by Annapolis Banking & Trust, and was the owner of Elite Motel in Ocean City.

Dee was member of the Eastport Volunteer Fire Department Ladies Auxiliary for 27 years.

She served as President of the Ladies Auxiliary to the Anne Arundel County Volunteer Firefighters Association from 1960 - 1961. She also served as President to the Ladies Auxiliary of the Maryland State Firemen’s Association 1967 - 1968, the Ladies Auxiliary Harbor Hospital, and the AARP Chapter 680, Annapolis. She was also a member of First Baptist Church of Eastport.

In addition to her parents, she was preceded in death by her former husband, Ralph Lowman. She is survived by her husband, Daniel Monch, whom she married in 1984; three sisters, Pat Sadler Carrigan of Annapolis, Betty Sadler Meade of Annapolis and Dottie Sadler Hemphill of Lutherville; and 10 nieces and nephews.

PP Roger Steger talked with PP Raymond Adkins recently. He has been experiencing some problems. We will keep you updated as we receive any news. Please keep Ray in your thoughts and prayers.
Winter Storm Fire Safety

A wide range of natural disasters occurs within the United States every year. Natural disasters can have a devastating effect on you and your home. The U.S. Fire Administration encourages you to use the following safety tips to help protect yourself, your family and your home from the potential threat of fire during or after a winter storm. You can greatly reduce your chances of becoming a fire casualty by being able to identify potential hazards and following the outlined safety tips.

Some Types of Fire Related Hazards Present During and After a Winter Storm
- Alternative heating devices used incorrectly create fire hazards.
- Damaged or downed utility lines can present a fire and life safety hazard.
- Water damaged appliances and utilities can be electrically charged.
- Frozen water pipes can burst and cause safety hazards.
- Leaking gas lines, damaged or leaking gas propane containers, and leaking vehicle gas tanks may explode or ignite.
- Generators are often used during power outages. Generators that are not properly used and maintained can be very hazardous.

Chemical Safety
- Look for combustible liquids like gasoline, lighter fluid, and paint thinner that may have spilled. Thoroughly clean the spill and place containers in a well-ventilated area.
- Keep combustible liquids away from heat sources.

Electrical Safety
- If your home has sustained flood or water damage, and you can safely get to the main breaker or fuse box, turn off the power.
- Assume all wires on the ground are electrically charged. This includes cable TV feeds.
- Look for and replace frayed or cracked extension and appliance cords, loose prongs, and plugs.
- Exposed outlets and wiring could present a fire and life safety hazard.
- Appliances that emit smoke or sparks should be repaired or replaced.
- Have a licensed electrician check your home for damage.

Gas Safety
- Smell and listen for leaky gas connections. If you believe there is a gas leak, immediately leave the house and leave the door(s) open.
- Never strike a match. Any size flame can spark an explosion.
- Before turning the gas back on, have the gas system checked by a professional.
- Follow the manufacturer's instructions and guidelines when using generators.
- Use a generator or other fuel-powered machines outside the home. CO fumes are odorless and can quickly overwhelm you indoors.
- Use the appropriate sized and type power cords to carry cords can overheat and cause fires.
- Never run cords under rugs or carpets where heat might build up or damage to a cord may go unnoticed.
- Never connect generators to another power source such as power lines. The reverse flow of electricity or 'backfeed' can electrocute an unsuspecting utility worker.

Heating Safety
- Kerosene heaters may not be legal in your area and should only be used where approved by authorities.
- Do not use the kitchen oven range to heat your home. In addition to being a fire hazard, it can be a source of toxic fumes.
- Alternative heaters need their space. Keep anything combustible at least 3 feet away.
- Make sure your alternative heaters have 'tip switches.' These 'tip switches' are designed to automatically turn off the heater in the event they tip over.
- Only use the type of fuel recommended by the manufacturer and follow suggested guidelines.
- Never refill a space heater while it is operating or still hot.
- Refuel heaters only outdoors.
- Make sure wood stoves are properly installed, and at least 3 feet away from combustible materials. Ensure they have the proper floor support and adequate ventilation. Use a glass or metal screen in front of your fireplace to prevent sparks from igniting nearby carpets, furniture or other combustible items.

and Remember...
- Be careful when using candles. Keep the flame away from combustible objects and out of the reach of children.
- Some smoke alarms may be dependent on your home's electrical service and could be inoperative during a power outage. Check to see if your smoke alarm uses a back-up battery and install a new battery at least once a year.
- Smoke alarms should be installed on every level of your home and inside and outside of sleeping areas.
- All smoke alarms should be tested monthly. All batteries should be replaced with new ones at least once a year.

If there is a fire hydrant near your home, keep it clear of debris for easy access by the fire department.
Once you have established the goals you want and the price you're willing to pay, you can ignore the minor hurts, the opponent's pressure and the temporary failures.

~ Vince Lombardi

Birthday:

March 4  Terry Deamond  March 16  Robert Knippenburg
March 6  Robert Jacobs  March 14  Joan Cumberland
March 15  Frank & Renee Underwood  March 21  Joyce Thorne

Anniversaries

February 26  Pat & Terry Deamond
March 15  Frank & Renee Underwood