

About Town with Ron

Answer our "QUESTION of the WEEK" at facebook.com/theshoreupdate



Bob Snyder, a pilot/instructor with Chesapeake Sport Pilot located in Stevensville, says that he does not make New Year's resolutions. He adds that he really does not have too many bad habits that need resolving. CSP is the largest sport pilot program in the country and has grown tremendously in the past six years, even with a down economy. A former resident of Severna Park in Anne Arundel County, Bob now lives here in QAC and has been with CSP for a few years now. He has experience piloting various types of aircraft, ranging from seaplanes to gyroplanes. He has been an instructor for the past 5 to 6 years, and has been a pilot for the past 35 years.

“ So what's your take on New Year's Resolutions... What's your #1 resolution... Have you made them in the past... Do you keep them?? ”



Chris Holmes, production manager with Lundberg Builders located in Stevensville, did not make any resolutions this year. In fact, he says, he's really not a resolution kind of guy. He says that many people make a resolution and then they forget that they made them in the first place. Chris has been with Lundberg seven years and has worked in the building industry for the last 25 years.

Shelby Farmer, an employee of By the Beach Tanning Salons (their Centreville location), says that she has never made a New Year's resolution. She does try to better herself without making one. Shelby has been with By the Beach since May, and truly loves her work because she gets to meet people and help them with their tanning and overall relaxation experience. She previously worked in retail at the outlets in Queenstown, but is much more content in her current place of employment.



Ann Martin, manager of the Grasonville Senior Center, says that she has tried making resolutions in the past, but she really does not make them on New Year's Eve. She made a resolution to quit smoking and has been successful at that resolution for the past 1-1/4 years. However, for 2012, she wants to get fit and have fun while doing it. Ann has been with the Center for the past few years and truly enjoys the work she does and the people that come through the Center each day.



Kathy Dautel and Leslie Bunker with Mane Effects in Stevensville, both said that they really do not make New Year's resolutions. Kathy does not make resolutions this time of year because she says it's hard to stick to them. Leslie agrees, adding that she is too busy in the hectic pace of life to worry about keeping them, so she does not make a resolution in the first place. They are both excited for the growth they've seen in their new business in the last two months and are looking forward to meeting new customers in the new year.



New Year, New You

Tips for the Mind, Body & Spirit

Simple Way to Manage & Eliminate Stress

Yoga Stress Buster

80% of Americans now report intense, chronic stress over personal finances and the economy. Here's an easy way to help manage and eliminate stress. Breathe, take a full breath in through your nose. Blink your eyes a few times, Relax as you exhale and Smile. Repeat until you feel better. In just a few minutes, you will be more relaxed, alert and breathing more efficiently. You can practice the Breathe, Blink, Relax, Smile technique any time, any place. Weave this yoga technique into your day to feel better. Have a healthy, happy 2012. Namaste.

Phyllis Johnston, M.Ed. E-RYT
Every Body Yoga and Wellness
410-758-0403
www.everybodyyoga.biz

Christ Episcopal Church Day School

Kent Island's Original Preschool

www.cecds.org

The Day School was founded in 1971 and has provided children with a fun, nurturing learning environment ever since. The school is Approved by Maryland State Board of Education and all of our teachers have a minimum of bachelors degrees with an average of 12 years experience at the day school.

Our Program includes:

- Chapel • English Language Arts
- Math • Art • Music • Science
- Creative Movement • Spanish

Nursery (3 year olds) - 2 and 3 day morning classes
Pre-K (4 year olds) 3 and 5 day morning classes and a 3 day afternoon class
Pre-K (4 year old and 5 year old) 5 day full day class

- ❄️ Great Value
- ❄️ Reasonable Tuition
- ❄️ Small Classes;
- ❄️ Teacher and Assistant-Student Ratio 2:14

All ½ day classes are 3 hours
Full day is 6 hours

Call to make an appointment for a private tour

Upcoming Open Houses

January 11th 9:30-Noon and 6:30-8:30
*Snow date January 18th
Registration begins January 11th
February 8th and March 7th

PO Box 141 • 830 Romancoke Road • Stevensville
cecds@verizon.net • 410-643-8248