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NEWS

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This Week

- New Pawnbroker in Town
- Football on Decline in State
- Hammond Basketball Update
- Hammond News

Weekly Refresher

"Every great dream always begins with a dreamer. Always remember, you have within you strength, the patience, and the passion to reach for the stars to change the world."

- Harriett Tubman

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Guilford Gazette

Pawn Shop Opens In Columbia Junction



The 5 Mile Pawn shop opened its doors in December at the Columbia Junction Shopping Center in Guilford. George Abell, the owner, says he wants to fill a need in the community.

by **Ricardo L. Whitaker**

Guilford Gazette Publisher
The Guilford area did not have a pawn shop until George Abell came to the Columbia Junction shopping center and opened 5 Mile Pawn on December 10, 2012.

If the idea of a pawn shop in the community sends shivers down your spine, a visit to Mr. Abell's shop might change your mind.

The first impression of the store is that it does not fit the mold of the stereotypical pawn store. The place is new, so there is not much in inventory. The retail space is clean and uncluttered. What he does have in inventory goes fast.

Mr. Abell is not so busy right now. If you stop by his shop, he has a little time to chat and shoot the breeze with his customers. Recently, a browser stopped in to look around while he was waiting for paperwork to clear at the nearby firearms dealer.

Folks stop by 5 Mile Pawn frequently mistaking his store for another store in the shopping center. He goes out of his way to direct folks to the right place. He does not seem bothered at all that folks find him by error.

He takes it all in stride, taking time to help out anyone who needs assistance inside or outside of his shop.

The visiting browser

makes it clear that he is not buying today – just waiting. Mr. Abell has no problem with that. Everyone is a potential customer, so everyone gets equal time and respect.

Mr. Abell has a perspective on his business that one might not expect. He said, "I help people out. We get a bad reputation because of thieves. People get a bad impression of a pawn shop and it shouldn't be. I help people out who are low on money. People who live pay check to pay check. I provide a service to people who are in need."

He makes it clear that he is a business owner who enjoys

(Continued on Page 3)

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The Publisher's Notes

Reprinted from May 2012

The education and general welfare of our children is a critical theme here at Guilford Gazette. While we do not often think of it, the education of a child begins straight out of the womb - perhaps earlier. Usually, the mom is the first teacher. The child learns how to walk and talk, learns manners, and much more. The mother is there through the critical, early phase, and the dad usually fills the gap.

Later, in most cases, the parents pack up the kid and sends her to pre-school or kindergarten. That first day of school can be traumatic for both the parents and the child, or it could be an absolutely delightful experience. Either way, the academic journey formally begins at that point.

On that momentous first day of school, parents should ask themselves if they have a vision for the child's future, and if so, to what extent will the parent be involved? Some parents find themselves deeply involved and even entrenched in their child's education.

The annoying parent – the one who does daily homework checks and asks a myriad of questions each school day – the one who knows the school staff better than the child, that parent typically has the child with the good grades and high test scores. Of course, this is not always the case. There's always that anomaly.

The not-so-annoying parent, who is just as loving, may be in the mindset that the academic education of the child is solely the responsibility of the school. That parent has completed the daily tour of duty by helping the child to be on-time to class.

Recently, I spoke briefly to Cameron Miles, a man with a heart for those teens falling through the cracks. He runs a program at Coppin State University called Mentoring Male Teens. Watching the tremendous work of Cameron is a strong indication that a parent's love is simply not enough. A strategic plan is required to get our children into adulthood fully educated and morally prepared to tackle the challenges in this 21st Century.

In Howard County we are still talking about academic achievement gap. We have achieved very little success in erasing the gap. Somehow it seems that the reason for the gap does not fully rest with the schools. Perhaps it is time to look more closely at the home.

Ricardo L. Whitaker

Pawn Shop from Page 1

his work. "I plan to be here for a long time. I don't want to go anywhere. I am a business owner who likes what I do and I enjoy coming to work everyday."

Mr. Abell entered the pawn business when he was 15 years old. He said, "Someone offered me a job and I showed up having no idea what a pawn shop was. I showed up on a Monday morning and started work."

Mr. Abell said that he tried working a regular job in the corporate world, but the pawn business was always the work he enjoyed most. He has been in and out of the business all of

his life. He decided recently to go into business on his own and work the business his way.

When asked how his business would perform in the area, he replied with confidence and without hesitation, "I think it will do fairly well."

In the interview we asked what advice he would give to young entrepreneurs. His first response was that young folks "should get a government job." We pushed for a deeper, more serious answer. He hesitated but then said that he was not in a position to give advice because "I'm not making any money yet."

On further reflection he spoke more about the pas-

sion of owning a business. He said, "Definitely chase the dream. You got to do what you love." Of his dream he said, "I just like the business. I just don't like working for a big corporation."

Regarding the pitfalls of a owning a business he admitted, "It's a lot of work. Nothing is ever easy." He explained that sometimes customers pawn stolen goods. He made it clear that he does not profit from someone else's bad behavior. "I don't know that the stuff is stolen until the police take a picture of it. I lose that money."

We [pawn brokers] report to a company called Business Watch International."

The information is downloaded to the police department's pawn unit. Mr. Abell explained that he is responsible to hold all incoming goods until the police have cleared the goods through a background check.

Mr. Abell is not afraid of hard work. Although, he just opened his pawn shop he is already planning future ventures.

5 Mile Pawn is open Monday through Saturday and closed on Sundays. The shop is located at 8610 Washington Boulevard in Guilford.

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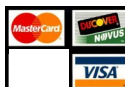


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Political Points

Business Owners Say They Will Suffer with Higher Gas Taxes



Photo by Amber Larkins,
Capital News Service

ANNAPOLIS - Jean Nagalo, the shop manager for FreeState Auto and Truck Service, moves the tow truck bed forward. The company's owner, Charlie Kidwell, worries Gov. Martin O'Malley's gas tax will cause even more pain to his already hurting business.

by **Amber Larkins**
Capital News Service

ANNAPOLIS - Charlie Kidwell, who has owned FreeState Auto and Truck Service in Capitol Heights for nearly 25 years, said his business will be hurt by Gov. Martin O'Malley's gas tax hike, which passed the Senate Friday.

The Infrastructure Investment Act of 2013, which passed the House of Delegates March 22, will raise the cost of doing

business for Kidwell, who owns one tow truck and receives two to four calls a day from people needing towing within a 20 mile radius. The company also provides vehicle service and repairs, but has been hurting during the recession.

Kidwell has scaled back his company from 10 to five employees, and even changed his location in an attempt to get more business.

"I don't know how much longer I'm going to

do this for," Kidwell said. "It's stressful and it's not profitable."

Various small businesses and fuel industry lobbyists are opposed to the gas tax because they say it will negatively affect their businesses.

O'Malley's legislation increases revenue for the Transportation Trust Fund by indexing the motor fuel tax rate to inflation and by imposing a 1 percent sales and use tax July 1. That rate would increase incrementally until it reaches 5

percent in fiscal year 2017 unless federal legislation is enacted on Internet sales taxes, in which case it would top out at 3 percent.

In just over five years, the new tax could increase prices at the pump by 14 cents to 21 cents per gallon, according to the state's legislative analysis. The Transportation Trust Fund, which is used to maintain roads and infrastructure, as well as pay for new projects, is projected to receive 18 percent of its funding from the motor fuel tax in fiscal year 2014.

The bill has been determined to have "a meaningful impact on small business" because it will increase the cost to own and operate vehicles, according to the bill's fiscal note.

Kirk McCauley, director of member relations and government affairs for the Washington, Maryland, Delaware Service Station and Automotive Repair Association, said the tax will have dire consequences for some of the stations it represents, especially around the border, (Continued on Page 7)

SPORTS

Bears End Season and Tournament with Eye to Future



Junior guard Andre McFadden score two of his team-high 15 points during Hammond's 75-28 playoff loss to Atholton.

by **Boris McLaughlin**
Guilford Gazette
Staff Writer

The Hammond Golden Bear Men's basketball team closed out the 2012-13 season with a 57-28 drubbing at the hands of the Atholton Raiders in the first-round of the MPSSAA State Basketball Tournament last night at Hammond High School Gymnasium, ending Hammond's season without a win.

Junior guard Andre McFadden led Hammond with 15 points. McFadden returned to the lineup for the first time since suffering a concussion against Centennial on January 18th.

The Raiders jumped out to a 10-0 lead with a stifling 2-3 zone defense that forced seven Hammond turnovers and zero field goals through the first 5:21 of the quarter.

After Golden Bear Head Coach Karl Friedheim called a 2-1-2 full-court press resulting in Hammond ending the quarter on a 6-2 run—this would be the smallest deficit the Golden Bears would face the rest of the game.

Atholton started the second quarter holding the Golden Bears scoreless for the first 3:35 and went on a 7-0 run; fast-breaking off four Hammond missed shots. Friedheim called another timeout, and the Golden Bears finished the quarter getting outscored only 7-6.

The Raiders made nine of 18 free throws, while Hammond made their only two free-throw attempts of the half. The Golden Bears also committed 13 of their 20 turnovers in the first half. Raider 6-foot 4 Senior Forward-Center Ethan

Shapiro scored 12 of his team-high 15 points in the half.

The Golden Bears clamped down on defense in the third quarter, holding Atholton three field goals; however, they only made four field goals and could not cut into Atholton's lead, which ballooned to 21-points by the end of the quarter.

Hammond surrendered an 8-0 run to the Raiders to start the fourth quarter before McFadden stopped the run with a 3-pointer from

the right wing. Atholton outscored the Golden Bears 13-7 to finish the game, and Hammond's season.

Game Stats:

ATHOLTON: Casey-6, D. Bernetti-6, Shapiro-15, Ballmer-3, Courtney-8, Fleming-2, M. Bernetti-9, Mason-2, Florenzo-2, Perdue-2, Brickous-2 (3-PT: 1-5), (FT: 19-31): 57

HAMMOND: Anderson-8, McFadden-15, Do. Ross-4, Collins-2 (3-PT: 4-21), (FT: 4/4): 28.



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High School Football Participation Declines in Maryland

by **Spencer Israel**
Capital News Service

COLLEGE PARK - When the undefeated St. Frances Academy football team prepared to play Friends School of Baltimore last October, they didn't expect to win without playing.

But that's exactly what happened when Friends was forced to forfeit after showing up with only 13 players.

"I was very surprised," said Maryland Interscholastic Athletic Association Executive Director Rick Diggs of the forfeits. "I've been director for 20 years and I can't remember the last forfeit."

What happened to Friends is unusual, but not unheard of in Maryland.

Football participation in Maryland in the 2011-2012 season dropped by nearly 500 student-athletes from the previous year, a 3.5 percent drop, according to the most recent data from the National Federation of State High School Associations.

It's the largest decline the state has seen in seven years, and the third drop in four years.

The MIAA, which oversees the state's private schools, has also seen smaller schools like Friends consistently struggle to field full-sized football rosters. The Friends School forfeit was the first

of two this season in the MIAA.

"You ideally want 35 kids to a roster, but there just aren't enough kids to go around," Diggs said.

To cope with the decline, some schools have begun dropping their freshman or junior varsity squads in an effort to put more players on varsity.

"If the freshman level drops, eventually it will have a larger effect on the varsity program," said A.K. Johnson, student activities coordinator for Charles County. "It will be interesting to see what happens this year."

Eric Michael, supervisor of health athletics and physical education for Washington County, said his schools have also struggled to field multiple teams recently, noting that some teams have hovered around the "20-25 mark" the last three years.

"We've always fielded three teams, but because of our smaller schools, at times it has been difficult to field a JV and freshman team," he said. "You've got to be smart about it. If our numbers are down, we're not going to put a team out there."

Athletics officials said growing parental concerns about safety in football could explain part of the drop.

In 2002, a study was published linking physical violence in football to long

term brain damage known as Chronic Traumatic Encephalopathy, or CTE.

To combat the growing concern over the safety of its players, the NFL has initiated rule changes and new testing protocols to limit hits to the head and concussions. More than 2,000 former players are now suing the league for not warning them about the possible long term ramifications of football.

"The concussion thing is a concern," said John Gillis, associate director for publication and communications at the National Federation of State High School Associations.

"There could be parents out there who have pulled their kids out [because of fear of concussions]."

Michael, the Washington County athletics supervisor, is one of those parents.

"I was a football player, I've been a coach and I'm a parent. And I'm not so sure about my son playing. I held him out this year because I don't want him being improperly taught at this young age."

But officials aren't pointing to safety concerns as the sole reason for the drop.

"We aren't drawing the line at concussions," said Bob Colgate, the director of sports and sports medicine at the National Federation of State High School Associations. "There are many factors our states are

looking at, like consolidation between schools."

"You can hypothesize on many things," said Ned Sparks, executive director of the Maryland Public Secondary Schools Athletic Association. "People not being able to afford the pay to play system because of the economy. Are students playing other sports? We're offering more sports than ever, so that could be a factor."

The decline is also evident at the sport's lowest levels. According to the Sports and Fitness Industry Association, youth football experienced a nearly 20 percent drop in participation from 2008-2011, a decline second only to wrestling during that time.

Maryland high school football officials said they will wait to see data from last season before they consider taking more drastic steps to increase participation. The downward trend of participation in football is being felt more drastically in other states.

Arizona had 7,800 less high school football players in the 2011 season than the year before, about a 39 percent drop, according to the National Federation of State High School Associations. Ohio has lost approximately 16 percent of its players in the last four years, and Illinois, Michigan and Minnesota have all experienced four straight years of decline.

Gas Tax from Page 4

because people will drive to Virginia for gas.

“Some of them will be out of business,” McCauley said.

McCauley would have liked to see a more broadly based sales tax instead of a fuel tax rate indexed to inflation. He doesn't like that it won't go below a certain point.

“It's a forever tax,” said McCauley.

Kimberly Burns, president of Maryland Business for Responsive Government, an organization which educates business owners about policies under consideration by state government, worries about the ripple effect the tax will have throughout Maryland's economy.

“I think the effect of this will be felt everywhere from the pumps to the pizza parlor, but most of all in the pocket books of the Maryland citizens,” Burns said.

Pete Horrigan, president of the Mid-Atlantic Petroleum Dealers Association, actively lobbied against the tax. His association represents petroleum marketers who supply about 1,500 of Maryland's gas stations.

“We don't like it. I don't know how to be any more plain. It's a terrible bill. It's going to put our service stations and businesses in jeopardy,” Horrigan said.

He said the petroleum industry would be affected

by the tax because service stations would lose money.

“They're our customers and that's how we make our money,” Horrigan said.

Supporters of the tax say it will create better highways, more jobs and less traffic congestion.

At least one business owner with a fleet of vehicles supports O'Malley's plan.

Twenty-two years ago, Mark Thistel began Freedom Car, a livery service based in Baltimore with cars that he describes as nicer than a taxi, but not as nice as a stretch limo. It's a \$2 million business with 38 employees.

Thistel said for every penny increase in gas, his company spends an additional \$550 annually.

“It's not a casual thing for me to say, 'sure, I'll pay 7 cents extra'. It's really a net loss,” he said.

Thistel supports the gas tax because bad roads mean he pays more maintenance on his cars.

“Time is money. Breakdowns are money,” Thistel said.

Thistel described the tax increase as the cost of doing business.

“I'm happy to pay taxes. I'm a citizen,” Thistel said. “I don't know why more people don't feel this way.”

The Greater Washington Board of Trade, which represents larger businesses in the metropolitan area, also supports O'Malley's transportation plan.

Jim Dinegar, president and CEO of the Board of Trade, said his organization isn't fond of taxes, but the bill will increase transportation funding for roads and mass transit.

“Transportation for the most part is to get people to work, to get them home, to get the goods and services to market. It's all about the economy,” he said.

Dinegar said the Washington area has some of the greatest traffic congestion in the nation, which would be eased by the implementation of the bill.

“It's a necessary increase,” Dinegar said.

Maryland's transportation system is in bad enough shape that a gas tax is worth the extra cost, said Carl Davis, a senior analyst at the Institute of Taxation and Economic Policy, a think tank.

“There are definite tangible benefits,” Davis said.

Maryland and 34 other states have flat gas tax rates, which get eaten away by inflation over time, Davis said.

Davis said Florida has

the most effective gas tax structure because they tie their tax to general inflation.

If the new tax becomes law, Maryland would join a fairly short list of states that have taken a long term perspective on this tax, Davis said.

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Hammond News

Good News!

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News for Guardians of Graduating Seniors

No date is set for Hammond's graduation ceremony. As soon as Howard County Public Schools releases Hammond's graduation date an announcement will be sent through e-school news.

Spirit Week: April 11th

Upcoming Events

April 11th, Junior Interviews, Spirit Dash 3pm, Music Boosters 7 pm.

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Business

Enhance Your Business; Spring Into Action

by Jeannine Wescott-Sanders
Guest Columnist

Spring is upon us. It's a time of new beginnings. Flowers are blooming, birds are chirping, there are signals of new beginnings all around us. Other than enjoying the change in season, why not apply that concept to your business. Here are some suggestions.

Offer a new or enhanced product. What can you do to freshen up your product line? Are there any products or services your organization could introduce to complement what's already being offering? See what's hot on the market. Find out what similar companies are offering, and determine if something comparable could be a good fit for your organization. Seek feedback from your customers.

It's always a good idea to listen to customers, current and potential. After all if there's no demand; any time, effort, and funding towards launching a new product would be wasted. If not in-line with what customers want, there's potential for a negative impact on bottom line among other things. Just be sure to do your due diligence before moving forward with any new items.

Research is always recommended.

You can avoid immeasurable fruitless resources by simply doing your homework.

Change your office decor. Even if you work from a home office, introducing minimal changes in the decor of your work space can be refreshing and inspiring. Many welcome the new season by spring cleaning their homes as well as with updates to landscaping. Linens, draperies, throw pillows, tableware, and other items are also changed by introducing colors that signify spring. Any of that, and more, can be applied to brighten up the workplace.

Try something new. If you haven't given social media a try, there's no time like the present to do so. It's a great way to connect with and acquire clientele. Plus, it's important to stay up with the times. There are several social media platforms.

Determine which one(s) are best for your type of business and give it a try. Find out if there are any new or upgraded technologies, equipment, or processes with potential to enhance your business operations. Consider sharing knowledge about your area of expertise or even les-

sions learned as an entrepreneur.

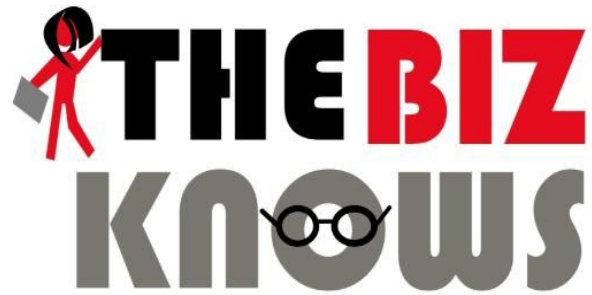
The information you obtain could be quite valuable to those who aspire to follow a similar path. Just breakout of your comfort zone and do something different.

Dust off those tasks you've been avoiding. There may be some essential items that you've been putting on the back burner, simply because other re-

sponsibilities too precedence. Or perhaps are tasks that require more effort than you're willing to exert. It's time to bring them to the forefront and take action.

If you allow it, that stack will grow and some items may get lost, only to rear its head once too late to take action. Make time to deal with those items.

(Continued on Page 10)



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Business from Page 9

Once tackled, you'll be glad they're no longer on your to-do list. If you're a new business owner, complete that business and/or marketing plan, or whatever outstanding tasks require attention. Seasoned entrepreneurs may need to evaluate or create a retention plan, have an old piece of equipment replaced, evaluate business processes and/or personnel, implement a process that has potential to enhance your business, or any other tasks that have been avoided. Spring into action.

Jeannine Wescott-Sanders is president of The Biz Knows LLC, an organization that provides multiple avenues of support for seasoned and aspiring business owners. For more information visit www.thebizknows.com. Follow The Biz Knows on Facebook and Twitter @thebizknows.

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Howard County Crime Beat

Addresses are shown in hundred blocks.

ROBBERY - COMMERCIAL

Beat B1 PIZZA HUT, 9200 OLD ANNAPOLIS RD, 03/30 0100: Unknown suspects approached victim making a money drop. Suspects displayed a knife or stick and yelled at victim to drop the money. The victim dropped the money and called 911. 13-29251
 Suspect #1: Black male; 5 feet 9 inches; 150 pounds; mustache; black ski mask with large hole in face area; wearing tight fitting clothes.

Suspect #2: similar clothing to suspect one. No further description

ROBBERY - STREET
 Beat B1 PHELPS LUCK RD & HIGH TOR HILL, 03/29 2051: Male subject robbed on foot path. No further information. 13-29140

BURGLARY - RESIDENTIAL
 Beat E2 8700 BALTIMORE ST, 03/30 0901: Unknown suspect(s) entered a shed and stole tools and a bicycle. Suspect(s) attempted to remove a radio from a vehicle on the

property. 13-29350
 Beat C4 6600 FARBELL ROW, 03/30 1700 - 2100: Victim returned home and discovered a rear window pried open and the rear slider open. Nothing taken. 13-29556
 Beat E2 8600 GARNET ROCK GATE, 03/20 2300 - 03/30 0800, CATBURGLARY: Unknown suspect(s) entered the home through an unlocked garage door and stole a purse from the kitchen counter. 13-29704

BURGLARY - COMMERCIAL
 Beat E2 TOOLS & AC-

CESSORIES CORP, 8900 HENKELS LN, 04/01 0326: Officers responding to an alarm discovered a stolen van backed up to the front of this business with the engine running and the door open. The front door glass and windows to the business were smashed out. A chain had been attached to the business door and the bumper of the van. It appears after that attempt to open the door failed, suspect(s) backed the vehicle into the door. At this time, the only thing missing appears to be several display tools from the front of the business. 13-29931

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Crossword Puzzle

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20									21						
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26	27	28	29			30				31					
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41									42						
43								44							
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48	49	50	51	52		53				54	55				
56						57				58		59	60	61	62
63									64	65					
66						67						68			
69						70						71			

- Across**
- Young salmon
 - Kisser
 - Droops
 - Lowest point
 - ___ believer
 - Small gull
 - 1952 novel, with The
 - Split
 - Rowboat adjunct
 - Not too brainy
 - ___ Rebellion of 1857-59
 - Twisted
 - Hoodlum
 - Fuse
 - Sniff out
 - Author of 17 and 63 Across
 - Meager
 - Broad view
 - Square
 - Che or gen followers
 - Item with a ladder
 - Pastoral poems (var.)
 - Wheels for mom
 - Lest
 - 1929 novel
 - Cost of living?
 - Ashtabula's lake
 - Exhaust
 - Deuce topper
 - Turned blue, maybe
 - Interesting
- Down**
- Prig
 - French Sudan, today
 - Betting data
 - Beer garnish
 - ___ housing
 - "Harper Valley ___"
 - Ashes holder
 - Logic game
 - "La Scala di ___" (Rossini opera)
 - Inscribed stone
 - Greek moralist
 - Artist, with El
 - Sinuuous
 - ___ degree
 - "48 ___"
 - Yen
 - Sang like a canary
 - Scores high
 - Do the trick
 - Doctor Who villainess, with The
 - Big bang matter
 - Beam
 - Sixth sense
 - Peeper problem
 - "Walking on Thin Ice" singer
 - Shrek, e.g.
 - Holiday opener
 - Weak
 - Young falcon
 - Lots
 - Napa Valley area
 - Sting
 - Certain inmate
 - Empty
 - Kind of pool
 - "Give It To You" rapper
 - Illuminated
 - Muzzle
 - Blown away
 - Hombre's home
 - "Iliad" warrior
 - Blue books?
 - See
 - Go horizontal
 - Directed



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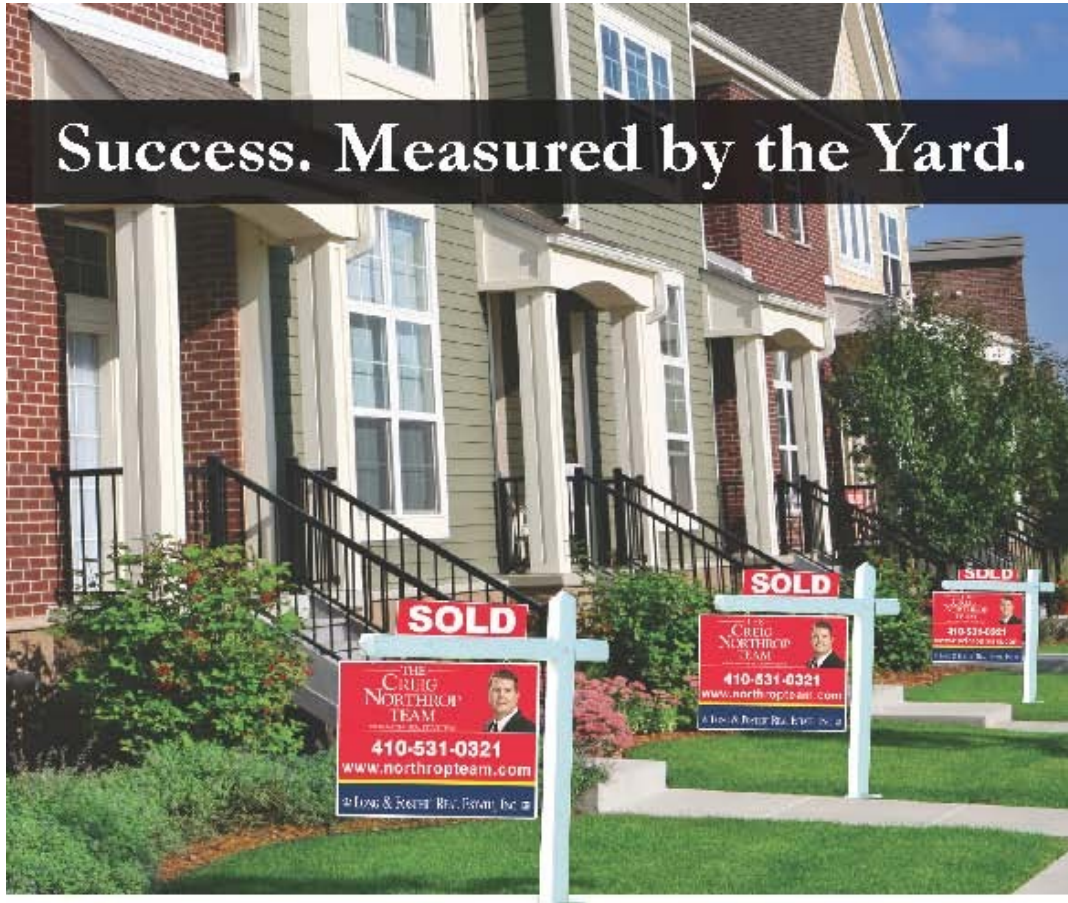
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A Snowy Kings Contrivance



As spring is now upon with the occasional warm temperatures we take a glimpse back to last week when Old Man Winter re-visited the area with a blast of snow. Above you see the Kings Contrivance Village Center imitating a Norman Rockwell moment. The snow is no match for the Howard County Transit. One of the contributor to the Guilford Gazette. You can expect to find Mr. Dozat's written, inspirational works at Guilford Gazette.com and right here in this newspaper.

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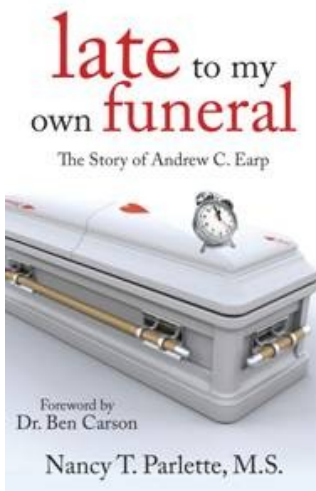
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Healthy Living

Six Ways We Can Lower the Risk of Type 2 Diabetes



Nancy Parlette, a local author wrote *Late to My Own Funeral*. Above is the promo.

by Nancy Parlette
Guest Columnist

What can we do about Type 2 Diabetes?

You can lower your risk of developing diabetes with these helpful tips and if you have diabetes, type 2, you can greatly improve your blood sugar levels and overall health by applying these tactics.

Exercise – a 30 minute walk every day can help protect you from insulin resistance. Drink WATER & Ditch the Soda – even DIET soda. All soda impacts you negatively.

Feast on Fiber – use whole grains, beans, len-

tils, & loads of vegetables. This slows sugar absorption, lowers cholesterol, and helps you lose weight, if needed.

Reject the refined foods – Stop eating the white pasta, rice, breads and pastries as well as all the candy and desserts. Besides added sugar they are usually full of trans-fats.

Limit the animal products – they are full of saturated fats. Replace meat with cold water fish like salmon and add in vegetarian meals each week.

Add cinnamon to your food. As little as ½ tsp. a day has been shown to help lower blood glucose levels.

Twenty-five years ago we only heard about senior citizens getting type 2 diabetes, but today there are many young adults who are discovering they have it.

What exactly IS diabetes type 2? Our body uses glucose (converted from food) to make energy - it is food for our cells. Just like our stomach can only hold so much food at a time, our cells can only take in so much glucose at a time.

If there is extra floating around in our blood stream it gets stored as fat for lat-

er use. Diabetes begins when the glucose in our blood gets too high because we have either routinely put in WAY too much sugar and/or because we eat way too much fat which hinders our body from getting the glucose into the cells.

Our pancreas makes insulin which is a hormone that attaches to the glucose and carries it to the cells and acts like a key to open the cell door and let in the glucose. Our body is designed to make enough insulin for normal metabolism; however, the way most people over-eat the poor pancreas is pushed to its limit for pumping out insulin.

Over time, the excess sugars and fats cause the body to become insulin resistant. Think of how your ears adjust after awhile to really loud music. You start to tune it out. In the same way it gets harder and harder to get the glucose into the cells.

This is when it becomes dangerous and our blood sugar rises to an unsafe level. The body reacts by becoming extremely thirsty to help flush out the sugar and the

person can become dehydrated from the frequent urination.

The body gets very stressed because the cells are not getting fed; they are like a starving person standing outside of a restaurant drooling at a huge smorgasbord of which they can't partake.

The person will begin to get very hungry and thirsty but it won't satisfy them since the insulin isn't working to take it to the cells. They will feel drowsy and get blurred vision. If it gets really serious they can go into a coma. It is important to get a good check -up if you have any of these symptoms. For more foods to eat that help stabilize blood sugar visit:

<http://nparlette.wordpress.com>

Nancy Parlette has a Master's of Science in Nutrition. A resident of Clarksville, Ms. Parlette is an author, speaker, and health coach with Healthy Living Strategies. She can be found at www.nancyparlette.com or call her on 443-253-9761.

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