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Weekly Refresher

"I don't know the key to success, but the key to failure is trying to please everybody."
- Bill Cosby

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Guilford Gazette

Dilapidated Housing Across from School May be Replaced by Upscale Townhouses



Photo by Ricardo Whitaker

The fate of abandoned properties in the 7300 block of Oakland Mills Road, across from Guilford Elementary School will be considered at a public hearing on June 17th in Ellicott City, Maryland.

by **Amanda Frekot**
Guilford Gazette Intern

The property at 7320 Oakland Mills Road across from Guilford Elementary School is undergoing a rezoning process that would allow townhouses to be built on the property.

The 1.44 acre area is currently zoned as R-12, a single residential zone. The intent is to rezone to R-SA-8, a single-attached residential zone.

Ms. Cindy Hamilton, Division Chief of Zoning Administration and Public Service for Planning and Zoning Howard County, said in an email, "Both this Department and the Planning Board support the proposed rezoning."

The rezoning is part of a comprehensive zoning process by the county that began last fall and occurs every ten years. According to Ms. Hamilton, petitions from property owners were ac-

cepted for possible rezoning from mid-October through mid-December.

7320 Oakland Mills Road, owned by Mr. William Burley, was one of the properties with a proposal for rezoning. The submitted petition can be found on the Howard County website.

Public meetings with the Planning Board for rezoning changes have already taken place. According to Ms. Hamilton, recommendations from these meetings and work sessions helped to refine the plans.

Recently, Mr. Burley's property has been rented to others, but, at one point, it was used by Mr. Burley as a clubhouse and a place to sell barbeque. Mr. Burley's representative, Mr. Brian Owens, called it "the best pit barbeque on the eastern seaboard."

"Mr. Burley had the property for a long time and he was looking to develop it,"

Mr. Owens said. "He tried to sell it back in 2009, but the market fell out."

According to Mr. Owens, the townhouses intended to be built on the property are going to be "high-end." He said by redeveloping the site, the area will be cleaned up and the property value will rise.

The development is not going to occur without consideration for the rest of the community. Mr. Owens said, "It's not going to be overbuilt. There's a traffic issue over there that we're planning on addressing with the county."

The site next to Mr. Burley's property is undergoing the same rezoning process. According to Mr. Owens, Mr. Burley's property is an L-shape, and the adjacent area combined with it makes a square. Mr. Owens intends to get in contact with the owners of that property for more
(Continued on Page 15)

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The Publisher's Notes

It is not time for New Year's Eve celebration or a Chinese New Year parade, but for the Hammond Class of 2013, the year has come to a close. Not only is their academic year over, but also their time well spent in Playland.

I am not suggesting that our academic geniuses were playing during their time at Hammond, but rather that the seriousness of life begins. Oh, graduates will still have fun in life, but the decisions they make are much more critical in nature.

Foolish talk and foolish behavior can have dire consequences. Some graduates are 18 years of age, while others will shortly follow suit.

At this point in life, these young people become voters, owners of automobiles, independent and semi-independent residents, workers, students, and career-seekers.

The graduation at Merriweather Post Pavillion was spectacular in all of its grandeur. The speeches rang out with illustrations of the beauty of the past, and the promise of the future. While most students had a great stint during their first 17 or 18 years of life, as Principal Marcy Leonard pointed out, many enjoyed less than stellar lives. She celebrated their ability to achieve in spite of the challenges they faced.

As for the promise of the future, some will achieve exactly what is on their agendas while others will fall flat, disappointing self and perhaps others. Still, others have no plans. They will wander for a while, seemingly without purpose.

None of the foregoing news is really news. Most of us with any life experience at all, realize that the bed of roses exists for some and not for others. And with those who land in that flower bed, they will experience the sting of thorns from time to time.

The point of this post graduation message is that preparation and wisdom are needed going forward; and continually throughout life.

Earlier, points were made about some of the new responsibilities inherent in growing up. Some will move forward carelessly. Others will move with caution, forethought, and wisdom. With the exercise of wisdom, our young people can avoid many of the scars of living. The reckless person may find himself / herself in continual debt, with preventable diseases, with unwanted pregnancies, long-term joblessness, or in prison.

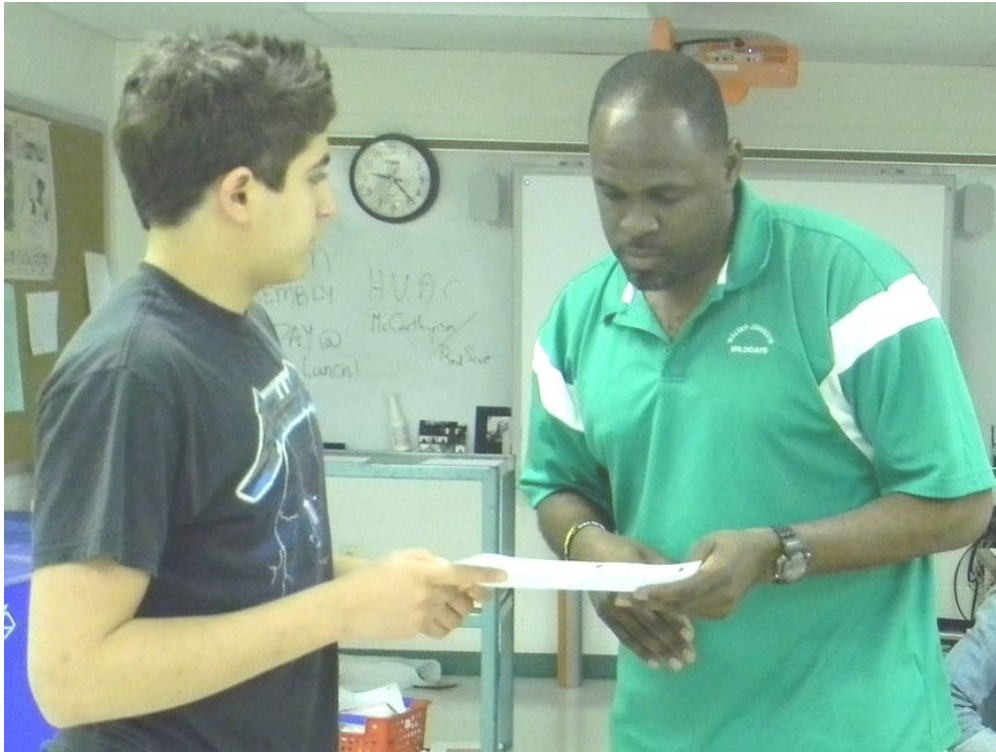
Our walk on planet earth is a serious matter that requires serious thought and preparation. Each young person who graduated not only needs to become smarter sooner rather than later, but he also needs continual love, support, and direction from older adults in the community. Family, friends, neighbors, and spiritual leaders all play a vital role in the support of our newest stars.

Let us give each of our graduates a break and give them a hand up as they navigate the choppy waters of life.

Ricardo L. Whitaker

Political Points

Teacher Diversity In the State Does Not Match Student Ratio



Mike Williams discusses an assignment with Matan Pozczynski, a sophomore at Walter Johnson High School in Bethesda, during an AP World History class.

by **Yagana Shah**
Capital News Service

WASHINGTON - Mike Williams recalls having only one, black, male teacher during his K-12 education in Montgomery County.

"I felt a bit isolated. That's coming from me, and I was fairly popular. I was an athlete," said Williams, 43, now a social studies teacher at Walter Johnson High School in Bethesda.

He is among the 3.7 percent of black, male teachers in Maryland Public

Schools teaching a student body that is nearly 18 percent black and male.

The state continues to recruit a teaching corps to try to accurately reflect its student population because experts say it's good for students to be taught by a diverse faculty. Maryland has managed to boost Asian and Hispanic representation in its teaching corps over the past decade, but still has seen a fall in the representation of black teachers.

"There's been a conscious effort. We want our teaching population to re-

flect our student population. Now that's a very lofty goal," said Jeff Martinez, director of staffing at Montgomery County Public Schools.

The percentage of black teachers in Maryland Public Schools has dropped more than 4.5 points to 16.57 percent over the past decade, while the percentage of Asian and Hispanic teachers has grown relatively sharply along with their respective student populations, according to a Capital News Service analysis.

The percentage of Asian

students has grown 1.1 percentage points, from 4.85 percent in 2003. The percentage of Hispanic students has grown even more sharply -- more than doubling from 6.39 percent in 2003 to 12.86 percent for the current school year. (The Maryland State Department of Education added Native Hawaiian/Pacific Islander and two or more races as self-reporting categories in 2010, which may contribute to a small degree of variation.)

Diversity in the teaching corps is critical in many ways, education experts say.

"When we look at this particular issue, not only in the state of Maryland but across the country, one of the things we have to understand is that the picture for students of who is in front of the classroom sends a very important message about what they can be when they grow up," said Chance Lewis, professor of urban education at University of North Carolina at Charlotte, who has authored several books on diversity in education.

That message is one that Williams said he received growing up and stayed

(Continued on Page 13)

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HHS Dance Company Wows Audience with Choreography



Photo Courtesy of DorothyDavid2013©

by **Amanda Frekot**
Guilford Gazette Intern

As a Hammond High School graduate and Junior Dance Company alumnus, I always enthusiastically anticipate Hammond's spring dance concert. This year was no different. Recently, dance director Brooke Kuhl-McClelland and the Hammond dance companies and classes presented "Leave Your Legacy," a show presenting 30 pieces and running two-and-a-half hours.

The length of the concert may seem alarming, but I was quite surprised when I

saw that so much time had passed by the end of the show. I was left wanting to see more of what these talented dancers had to offer.

The show started on an energetic note with a Dance Company number called "Party Time!" The girls were animated as they jumped around to an Aaron Carter song and garnered the attention of the crowd immediately.

The Dance Company shined in pieces choreographed by Ms. Kuhl-McClelland, such as the image-centric dance "Start All Over" and "Don't Stop Movin'," which looked

like an intense work-out, although the dancers did not show it or break character.

Ms. Kuhl-McClelland developed a new Dance Company piece this year called "Night Night." The

dancers were wore messy hair and clown-like make-up to create an eerie look that matched the dark choreography.

The nightmarish dance included a closet door prop, which the girls (Continued on Page 6)

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Dance from Page 5

entered and exited from like the monsters a child would fear. The piece was satisfyingly unsettling and ended with the spotlight on senior Dance Company captain Nadira Adams waving goodbye with a creepy smile as she closed the closet door behind her.

Ms. Kuhl-McClelland said that the dance came from the music, which she heard as she was watching the Olympics this past summer. The dance is a great addition to the already-astounding collection of Ms. Kuhl-McClelland's legacy.

Alex Krebs, a guest choreographer for the Dance Company, introduced a piece called "Black Widow," which included unique, memorable moves to a dub-step remix, and ripple effects that flowed tastefully. Krebs's piece provided a refreshing addition to the concert.

Variety was not an issue in the show, however. The dances were mixed and well-rounded in everything from group sizes to style. Tap, modern, jazz, lyrical and hip-hop were only a few of the styles found in this concert.

The Junior Dance Company performed just as well as the Dance Company in upbeat showstoppers like "Some Kinda Wonderful," choreographed by Ms. Kuhl-McClelland and "Poppin' Tags," choreographed by junior and

Dance Company member Alli Richards. They showed a fiercer side but did not lack energy in Ms. Kuhl-McClelland's "Power Full."

The talent of the companies was impressive, but the performance from the classes was a delightful surprise. Within the pieces they choreographed themselves, it was clear that the students had a firm grasp of dance technique as they utilized space, repetition, ripples and other dynamics effectively.

Ms. Kuhl-McClelland seems to have provided a solid foundation for the students to develop a style and identity through dance. She said the pieces that were choreographed as a class assignment were selected based on a ratings system of "entertainment value, choreographic elements, and performance quality."

Although the classes seemed to know what they were doing, the mentors who choreographed pieces for these classes still had their work cut out for them. There were more than 20 students in each class, which created a challenge for the students that were choreographing for these large groups.

On the stage, the dancers looked put-together and in sync. The efforts of the mentors came through in pieces such as "Stop the Madness!," which was choreographed by junior and Dance Company mem-

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ber Katie O'Connell and graduating seniors and Junior Dance Company captains Keiko Lewis and Shannon McCarthy and performed by Dance I/II.

Ms. O'Connell said that she relished the challenge of being a mentor. As a long time dancer, she enjoyed discovering the differences between the way students learned choreography and the way she did. "It was really interesting and fun because the class that I worked with was a mixed class with Dance I and II," she said. "It's fun to teach other people."

Ms. Kuhl-McClelland acknowledged that the mentors and captains went above expectations this year. "I've been having some back problems and neck problems, so they took on teaching when they could," she said. She also added, "Their choreography is stunning. People ask if it's mine."

Although seniors have graced the Hammond stage for the last time in this performance, the talent remaining in both the companies and the classes is

promising for next year's show, which O'Connell called "a special concert." "Next year will be my twenty-fifth year at Hammond, so we're bringing back all the favorites," Ms. Kuhl-McClelland said. After watching this concert, I am eager to see what the Hammond Dance companies and classes have in store.

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Hammond News

Good News!

The Washington Post Emerging Young Journalist Award was awarded to Hammond sophomore Jordan Katz.

Hammond students Advait Chauhan, Jeremy Foust, Sherri Gree, and Daniel Kim participated in the American Regions Mathematics League competition held last week.

Leadership Summit

This leadership workshop

Set for August 12-13 is designed to allow student leaders to participate in the Hammond policies and procedures process. Students may pick up applications at the school's front desk by June 7th.

Leadership Opportunity

Maryland Leadership Workshops' Summer Workshop. Learn communication, project planning, self-awareness, and group dynamics, July 28 through August 3, 2013. Go to

www.mlw.org to apply or call 301-444-8623. Hammond offers a \$100 scholarship.

Concussion Testing

Scheduled for June 17-18 and Aug 12-13, 8AM-Noon and . Forms can be found on the Hammond website.

Fall Sports Meeting

Set for Aug 12th, the annual parent meeting to discuss fall sports information, will be held in the

Auditorium at 7 pm.

Golf Team Tryouts

Interested? Minimal experience is necessary. Send email to:

Scott_osborne@hcpss.org

College Access

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Business

Enhance Your Business; Spring Into Action

by
Jeannine Wescott-Sanders
Guest Columnist

Below is a list of general tips that can be applied to businesses in any industry. Regardless of if you're just starting out or have been in business for some time, these can be beneficial to your business.

1. Listen to Your Customers - Find out what your customers really want and then offer it. You'll both be a lot happier. And you're bottom line will look better too!

2. Make sure your business is financially healthy. Don't run from numbers, doing so will hurt you in the long run. Finances reveal the health of your business. If your business is unhealthy, take action before it gets out of control.

3. Make timely decisions. It's ok to think things through. Planning, research, and reasonable consideration are good. But procrastination leads to missed opportunities.

4. Rebound quickly from setbacks. There is certain to be ups and down in your business. When something

doesn't go according to plan, reflect, learn from it, and move on.

5. Stand out. If your competitors are doing it, don't. Where there's a lot of advertising, products and services that look the same, find a way to be different.

6. Get out of your comfort zone. Try something new. Stay ahead of the game by staying up-to-date with the latest in your industry. Otherwise your competitors and customers will leave you behind.

7. Say thank you. Tell your customers and employees how much you appreciate them. Your business would not survive without them, so do it a lot!

8. Focus. You cannot be all things to all people. Find your niche, narrow your focus, and broaden your appeal.

9. Be optimistic. Always view the glass as half-full. Your attitude will affect all around you, so keep it in check.

10. Build a team. Don't simply hire someone to fill a position. Employ a person to be part of a team to build your business.

Jeannine Wescott-Sanders is president of The Biz Knows LLC, an organization that provides multiple avenues of support for seasoned and aspiring business owners.

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Warm Weather Ripe for Crime

NEWS RELEASE: Howard County Police remind residents to lock up during warm-weather months

With the warm weather upon us, Howard County police are reminding citizens to always keep all doors, including garage doors and rear sliders, closed and locked. In addition, doors leading from the garage to the interior of a home also should be locked.

In warmer months, the police department typically sees an increased number of burglaries in which criminals walk into open garages and through the unlocked interior door

leading inside the house. Detectives also see an increased number of cases in which burglars walk into homes by opening unlocked rear sliding glass doors.

Residents frequently leave garage doors open while doing yard work or spending time around the house. Burglars often use this opportunity to steal property from the garage or gain access to the interior of the home.

Some residents forget to lock sliding glass doors, especially in the back of the home. This has been a popular point of entry for burglars, who will move

on from a locked slider until they find one that is unsecured and easily opened.

It's also important to keep vehicles locked, whether at home or away from home. Drivers are reminded to lock their cars as they enjoy the county's parks, pools and other activity centers this summer.

In an effort to keep homes and neighborhoods secure, the police department is offering the following tips to residents:

- Always keep all doors, including your garage door and rear slider, closed and locked. Ensure that the door leading from your

garage to the interior of your home also is locked.

- Always lock your vehicles and remove valuable property. Remember that a garage door opener in an unlocked car is like a key to your home!

- Keep valuables in an unexpected place. For example, don't keep your most valuable jewelry in your jewelry box. Burglars want to get in and out quick, so don't make it easy for them to find your valuable or sentimental items.

- Always report suspicious activity or people by calling 911.

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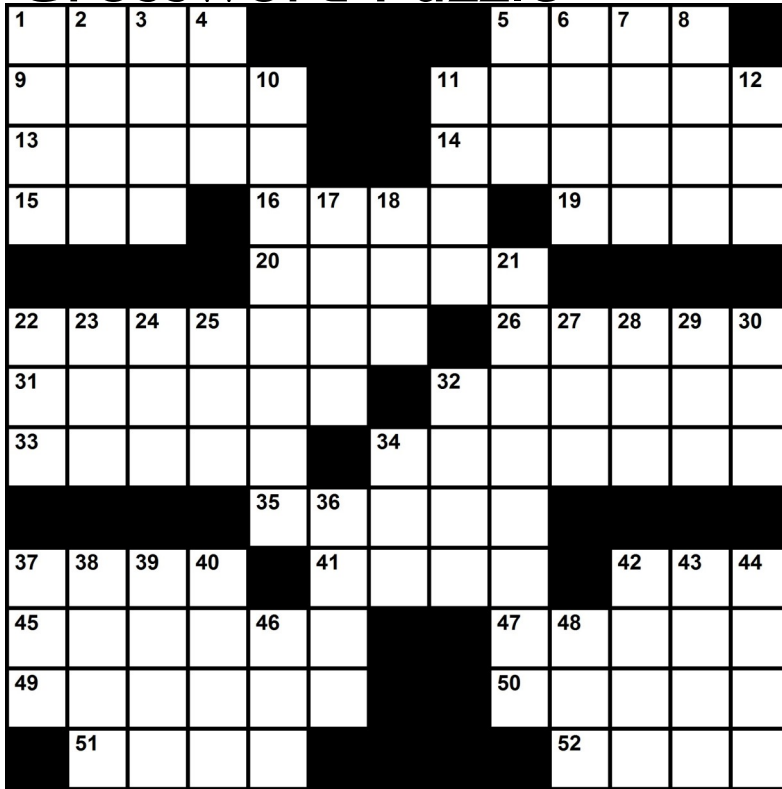


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- 5. Burst
- 9. Posed
- 11. Oregonian
- 13. Like some lingerie
- 14. Marvel at
- 15. Haul off
- 16. Bible book
- 19. Ran, as colors
- 20. Not as good
- 22. In a rush
- 26. Townie
- 31. Harsh
- 32. House check and balance
- 33. Lacing
- 34. Paid for
- 35. "Naughty you!"
- 37. Kuwaiti
- 41. Sign in a store window
- 42. Martini ingredient
- 45. Carmaker's woe
- 47. Exchange your car
- 49. Deserved
- 50. Things to deck
- 51. Take a breather
- 52. Convene

Down

- 1. Hold up
- 2. Parrot
- 3. Fret
- 4. Recognize
- 5. Greenhouse plot
- 6. Souvlaki meat
- 7. Google promised not to be
- 8. Wolf type
- 10. Lotteries

- 12. Scarlet or burgundy
- 17. Icy
- 18. Attempt
- 21. Hour before midnight
- 22. QB's cry
- 23. "___ calls?"
- 24. Mountain shoe
- 25. Metal
- 27. Number
- 28. Garage contents
- 29. Devoured
- 30. Was ahead
- 32. Just a little bit
- 34. Baseball hat
- 36. Reserve
- 37. "We ___ Family"
- 38. Back end
- 39. Farm unit
- 40. Forbids
- 42. Strong wind
- 43. Like some threats
- 44. Branch headquarters?
- 46. Court decision
- 48. Computer memory

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Teachers from Page 4

with him until he got to college.

“It was going to Howard University and seeing others like me...other black males, despite what you saw in the media, despite all the negative images, I saw how brilliant and sharp black men were,” Williams said.

Those examples of outstanding black men at Howard University instilled extra motivation in him to achieve.

The diversity of teachers, or lack thereof, sends a strong message to students as it did to Williams.

“When you look at African-American teachers, African-American students along with students from other racial groups see low or no representation and so the perceived ability for

African-American students to become a teacher doesn’t become real,” Lewis said.

That’s why Williams originally wanted to work for Prince George’s County Schools when he entered teaching in 2002. Black students are 66.1 percent of the population in Prince George’s County Schools, and Williams saw this as an opportunity to serve as a positive role model for them.

He ended up landing a job with Montgomery County Schools but quickly came to realize that it’s not only important for black students to see teachers that look like him.

“It’s just as important for white, Asian and Latino students to see me as an African-American, male teacher,” Williams said. “Diversity across the board is essential because what

we’re trying to do is dispel myths that help us to equalize and treat people as people first, as opposed to stereotypes.” Montgomery County is one of the more diverse districts in the state, with more than 25 percent of its students identifying as Hispanic and nearly 15 percent identifying as Asian.

Its teaching corps has grown from 3.4 and 3.6 percent Asian and Hispanic teachers, respectively, to 5.3 percent of each in the past decade, mirroring the same upward trend as the state. The Asian student population has stayed relatively steady over the past decade but the percentage of Hispanic students has grown almost 8 percentage points, up to 26.6 percent since 2003.

“We’ve gone from a suburban sort of school district

to a very dramatic urban school district...part of what we want kids to do is see they have opportunities and that those opportunities are represented in front of them with the people that are teaching them,” Martinez said.

The percentage of Asian teachers statewide has more than doubled to 3.29 percent through an addition of more than 1,150 teachers in the last decade. The percentage of Hispanic teachers statewide has also grown nearly a point, up to 2.24 percent, an addition of nearly 550 teachers.

Montgomery County Schools have made considerable efforts in attracting diverse candidates in recent years, Martinez said.

The district has stepped up recruiting efforts at Maryland’s many historic- (Continued on Page 15)

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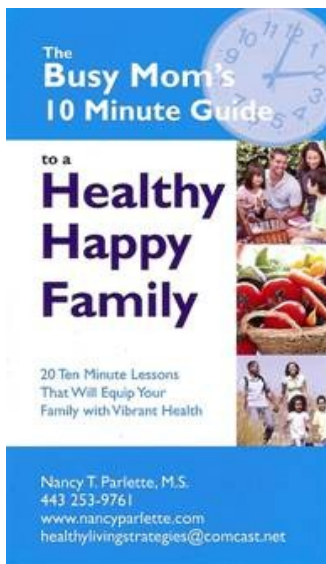
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Healthy Living

Seven Ways That Skipping Sleep Hinders Our Health



Nancy Parlette, a local author, wrote *The Busy Mom's 10 Minute Guide*, and serves as an occasional guest columnist for the *Guilford Gazette*.

by **Nancy Parlette**
Guest Columnist

After reviewing more than 15 articles on sleep, I agree with the experts that lack of sleep is one of the key hindrances to good health.

Sleep is a chemical stress that affects all levels of health. According to the American Academy of Sleep Medicine, insomnia affects one out of three people during their lifetime. In the past 50 years we have cut our sleep time

by two hours per night.

Many people equate sleeping with laziness and see it as an indulgence. I am here to tell you that getting the proper amount of sleep is not a sin – it's just the opposite. It is being a good steward of your body.

If we want to overflow with vibrant health, we have to allow the body to have time to rejuvenate. Dr. Doug Graham, advisor to world class athletes and trainers, and author of best selling books such as "The High Energy Diet" says, "Energy is accumulated during sleep. If you do not have enough energy to start the day, you need more sleep. If you need coffee, cigarettes, foods rich in refined sugar, or other stimulants in order to make it through the day, you need more sleep. If it takes an alarm clock to wake you in the morning, you need more sleep."¹

What are the problems that arise from sleep deprivation?

1. We eat more to get stimulation so we gain weight
2. Studies show it will increase insulin resistance
3. It will lower productivity and performance
4. We get decreased im-

munity and slower healing

5. Hindered concentration and memory – accidents
6. Increased depression, irritability, anxiety, mood swings, and behavior problems
7. Higher incidence of obesity, heart disease, and diabetes

According to sleep expert David Dinges of the University of Pennsylvania School of Medicine, 100,000 car crashes a year are because of driver fatigue². Accidents from drowsiness do not only happen on the road, they also happen in factories, on construction sites, and at home.

We do not perform as well on anything, whether on the road, on the job, in the classroom, or in athletic endeavors.

Sleep deprivation suppresses our immune system. While we sleep our pituitary gland releases a growth hormone that helps build bone and muscle tissue.

Numerous studies have been done that show how lack of sleep causes our metabolism to slow down and appetites to go up due to changes in Leptin and Cortisol hormone levels. Because of this we will

store more body fat and our blood sugar levels will be higher.

For example, a study at the University of Chicago restricted 11 healthy young men to only four hours of sleep per night for six nights, and by the end their bodies were responding just like diabetics who do not process glucose properly.

I see this frequently when a person who is exercising and eating in a healthy manner cannot figure out why they will not lose weight. I ask them how much sleep they get and invariably it is less than six hours.

Action Steps: The proper amount of sleep for adults is 7 – 9 hours, teens need nine or more hours, children ages 6-12 need 10-11 hours, and children ages 3-5 need 11-13 hours. If you or your children are not getting these amounts then begin going to bed 15 minutes earlier at night adding on more every few nights until you get to your optimal amount. *Nancy 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.*

Rezoning from Page 1

planning.

A public hearing will occur in front of the Howard County Council for this property and other proposed rezoning sites in the central area June 17 at 5 p.m. in the Banneker Room in Ellicott City, according to the Howard County website. This hearing is open to the community.

Ms. Hamilton said in an email, "Once they adopt a bill, it will become effective 61 days following signature by the County Executive."

However, the plans for the proposed townhouse development are not finite. Ms. Hamilton said in an

email, "Although we have not received specific plans showing exactly how the townhouse community would be designed, we did receive some concept plans with the rezoning application." These plans can be found on the Howard County website with the proposal.

Mr. Owens said that since the submission of the original proposal, "the plans have changed multiple times." According to Ms. Hamilton, approval from the council would mean more detailed plans for the townhouses would have to be submitted for review.

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Teachers from Page 13

historically black colleges and universities and offers career paths for support staff who want to transition into teaching. Many support roles are filled by minorities, which helps explain the upward trend, Martinez said.

"We've been diversifying pretty consistently. It's not where we want it to be yet, but we're always making an effort," he said.

There are still challenges when it comes to minority growth, educators and districts say.

Prince George's County Schools have seen growth in the percentage of both Asian and Hispanic teach-

ers since 2003, but school officials say they have to balance that with maintaining the highest number of black teachers in the state.

"We're trying to keep our pace with African Americans and we have to work at it. We target all diversity," said Robert Gaskin, director of human resource operations.

Gaskin said compensation is a key challenge in remaining competitive as a district, when districts across the region are often vying for diverse candidates from the same pool.

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