



The Mighty **SPARTAN**

B. W. Harris Alumni Association-USA WWW.BWHarrisAlumniUSA.Org
E-mail: PublicRelationsCommittee@BWHarrisAlumniUSA.Org



“Our Alma Mater; Our Purpose!”

Fall September 2015 BWHESAA-USA, INC. QUARTERLY NEWSLETTER VOL. 19 ISSUE 19

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Staff

Joanna Freeman Richards, Albertha Gillespie,
Staff Writers

Contributors:

Gudrun Harris, Joe Stewart, Richard Wright,
Mona Diggs

FEATURED SPARTAN: Richard Wright

*By Joanna H. Freeman Richards
National Chair for the
Mighty Spartan*



Richard Wright

B.W.Harris Alumni Association-USA
Perseverance, Achievement & Quality

MS: *When did you enroll at B.W. Harris?*

RAW: I first enrolled at B.W. Harris in 1969. I then left and returned in 1976 and remained until my graduation in 1982.

MS: *Tell us about your time and experience at the school.*

RAW: When I returned to the school in 1976, I was a lot older and could not help but be amazed by all the extracurricular activities that were offered at the school. I especially was blown away by the interaction of the guys and girls as I had not seen anything like that before.

A Word from the National Chair

*By Joanna H. Freeman Richards
National Chair*



I bring you greetings on behalf of the National Officers, the Executive Board and the entire Spartan family. It is a joy to continue working and serving our National Association as the 7th National Chair. Thanks for giving me and my administration the opportunity to serve our alumni association for the next two years. We will continue to work in partnership with the Board of Trustees and the administration of the school for educational excellence and improving the technology standard at our alma mater. **Continued on Page 4.**

FEATURED SPARTAN

Contd.



Richard Wright



RAW: I wanted to be a part of all of this and everything meaningful. Over the years, I would strive to fulfill that. I started off by being involved with the student government and served in various class roles throughout the years. I was so fascinated by the

beautiful voices in the school choir, especially the male bass singers, such that I joined and became one of them. My passion for the military inspired me to become a member of the national militia and also the school's special unit drill team.

My leadership skills started to take shape and in my junior year. I found myself campaigning for student council vice-president alongside Kamah Dennis as president. We overwhelmingly won!

The following year, which was my senior year, I finally made the famous Spartan basketball team. But my excitement was short lived when the team was suspended from competing. That same year, then Principal J. Wah-Doe Bedell tapped me to become the school's first student leader after a controversial student council election.

MS: *How did your time and education at B.W. Harris impact/influence your life as a career man?*

RAW: B.W. Harris taught me the importance of hard work,

teamwork, determination, and instilled in me the drive to succeed at whatever role or project I undertook. I learned to always finish what I started, no matter the outcome and to always give it my best shot. Our school motto of Perseverance, Achievement and Quality is always on display in my professional life.

MS: *What is your most memorable moment at B.W. Harris?*

RAW: There were so many memorable moments over the course of my high school years, but the one that stuck with me the most was the 1981-82 Miss. B.W. Harris beauty pageant where I escorted the then queen from the 10th grade, Miss. Amanda Harris.

**A Word From the National
Chair Continued**

There are challenges, but we are bigger than our challenges.

Let nothing deter us from giving back to our Alma Mater and doing what we have passion for.

We love our Alma Mater and the children of B. W. Harris who are tomorrow's future leaders of Liberia, Africa and the world.

The reason we give back without asking why is because we know that our giving will not be in vain.

Your generous support for this worthy cause is always appreciated.

In union strong success is sure.

**Academic and Scholarship Committee
by Gudrun Harris**



When alumni of B. W. Harris Episcopal School initially met nearly 25 years ago to begin what evolved into today's B. W. Harris Episcopal School Alumni Association-USA, Inc., one of the central themes was to provide opportunities for more students to attend B. W. Harris as it re-emerged from the civil war in Liberia. Today, one of the primary objectives of the Association

is to "fund scholarships for deserving and suitably qualified students registered at B. W. Harris Episcopal School regardless of race, religion, creed, gender, and age or grade level."

We have the Rev. Fr. E. G. W. King, Jr. Memorial Scholarship which is funded directly by the Association. In addition we have the Quillens E. J. Stevens Sr. Scholarship, the Charles Hoffman Engineering Scholarship, the Handel K. C. Diggs Scholarship, the Gudrun Harris Scholarship, the Class of 1975 and Class of 1981 Scholarships, which are specifically funded by donors. In addition to the named scholarships,

individuals, alumni and Friends of B. W. Harris, Sophie Konuwa, Euphemia Jones, Edwin Amoah, Angeline Bishop-Oshoko, and Enid Cole also made special donations to fund 2015-2016 scholarships.

Our scholarship programs are administered by the Academic and Scholarship Committee comprising members of the Association and supporters. The committee has the additional responsibility of working with the principal to improve the educational environment and enhance opportunities for the students.

During the 2015 – 2016 academic years, we will provide scholarships for 37

2015 Convention Survey Results

The responses showed that 67% or two thirds or respondents rated the 2015 Convention overall as “Excellent” or “Very Good.”

The survey showed 21% of respondents considered the 2015 Convention to be “Good” overall.

A small number of respondent 12% characterized the 2015 Convention as “Fair” (9%) or “Poor” (3%).

Significantly, 93% of respondents found the DJ and Music to be “Good” or better, including 53%, who termed them “Excellent.”

A solid majority (63%) believed that overall the Renaissance Ball was “Good” or better.

The Program held during the Renaissance Ball was considered “Poor” by 41% of respondents.

Overall, 91% of respondents believed that the Welcome Party was “Good” or better.

For the Convention Meeting, slightly more than 96% of respondents determined that overall the Convention Meeting was “Good” or better.

Respondents indicated that overall 73% found the Picnic “Good” or better.

The data for the Farewell Party overall indicated that overall 86% of respondents thought the Farewell Party was “Good” or better.

For the Sports Event, 83% found it to be “Good” or better.

A third of respondents (32%) did not attend the Sports Event

News from North Carolina

The North Carolina chapter is looking to boost collection of dues this year.

At the start of the fiscal 2016 year, active members were asked to make sure dues were paid by the end of August. The idea was to encourage less active members to pay their dues also.

The chapter plans to continue hosting the annual “Country Cook” food sale and to start a donation campaign for the students at B.W. Harris. It also plans to reintroduce the Rev. Fr. E.G.W. King fundraising event in 2016, making it a weekend full of activities.

Our members are excited about the opportunities that will help us to make a difference in the lives of our children in Liberia.

Richard Wright

Academic and Scholarship Committee by Gudrun Harris

students at all grade levels that will include two students with interest in engineering and two student athletes. The approximately cost to sponsor these children is \$15,000.00.

We are also looking into establishing 2 new programs, the BIG BROTHER and SISTER and the BREAKFAST program.

Our Association and its scholarship sponsors are assisting in securing the future for Liberia and our one world.

The members of the Academic and Scholarship committees are:

Gudrun Harris – Chair
Owen Neal – Co chair
Scholarship and Academic
Dr. Qualls Stevens - Co-chair
Scholarship
Euphemia Jones – Co-chair - Academic
Charles L. Hoffman – Member

**EDUCATION IS
THE MOST
POWERFUL
WEAPON YOU
CAN USE TO
CHANGE THE
WORLD
NELSON MANDELA**

The Web Committee by Staff Writer

The Web Committee is responsible for managing the information portals of the Association, notably its web site (www.bwharrisalumniusa.org) and Facebook page. These are the gateways to the Association and contain complete information about its governance, programs and activities.

In 2012, the then National Chair Gudrun Harris decided to implement an overhaul of the web site where the focus would be on how the Association was going about accomplishing its not-for-profit objectives and the results as shown by what was going on at B. W. Harris.

The Web Committee working through then member Cllr. Mohamedu F. Jones contracted with ElevationWeb.org to redesign the web site entirely using Joomla, Elevation donated some of its expertise and a member made a substantial contribution to cover the unsubsidized funding.

Shortly following Convention 2015, the Web Committee reactivated the Association's Facebook page, and it fast became the most popular portal for alumni and friends, many of whom who share postings from the Association's Facebook on their personal Facebook pages.

FEATURED SPARTAN

Contd.

RAW: I also performed my very first solo selection from the Commodores (Still) that night on stage at the E.J. Roye Auditorium. At the end of the night, she was crowned Ms. B.W. Harris. Amanda later went on to become my wife.

MS: *Tell about your involvement with the school's alumni association.*

RAW: My involvement with the alumni association has been a very enlightening and rewarding one. Although I knew of its existence and had attended a few reunions, I did not get fully involved until 2012 when I was elected president of the North Carolina chapter. In 2014, under my

leadership, the chapter hosted one of the most memorable reunions in recent school alumni history. I am still the president of that chapter and I will continue to work for and support the national association in any capacity that I can while striving to make a difference.

MS: *What would you list as your greatest achievements since graduating from B.W. Harris?*

RAW: My greatest and most-profound achievement since graduating from B.W. Harris is starting my

beautiful family at a young age. In 1987, my wife of 28 years and I had our first child. We got married, went on to have two more kids. The last one just graduated this year from high school and has gone on to college. Our union grows stronger as the days go by.

MS: *If you could change anything about current conditions at the school, what would that be?*

RAW: - I can't really speak to the current condition of the school, because I don't know that much about it. I trust that Principal Falla is doing everything in her power to continue to instill in the kids, what she got out of the school herself. It is my ardent hope that we will continue to support her as she paves the way for those kids to become educated, law abiding,

God fearing citizens of the country.

MS: *Any teacher or school staff you would want to thank?*

Finally, my thanks and appreciation go out to each and every instructor, administrator and member of the school staff that in some small way helped mold me to become the man I am today. I could never repay you, and for that I am grateful.



2015 Capital Campaign Contributions

Endowment Fund

Tri-State Chapter
 Ophelia Acolatse
 Angeline Bishop-Oshoko
 Pannone Lopes Devereaux & West
 Fr Emmanuel W. Johnson
 Gudrun Harris

Lifetime Membership

Angeline Bishop-Oshoko
 George Fonderson
 Mona Diggs
 Dr. Qualls Stevens
 Georgina Roy-Aikins-Scott
 Cyril Jones
 Abdul Sheriff
 Joe Frank Yuku Stewart
 Mary Washington



Hall of Fame

Tayounnoh Roberts-Gray
 Dr. Qualls Stevens
 Abdul Sheriff
 Albertha Gillespie
 T. Nelson Williams
 Cynthia Jones
 Deston Francis

Spartan Annual Giving

George Fonderson
 Konner Dennis
 Ophelia Acolatse
 Mohamedu F Jones
 Angeline Bishop-Oshoko
 Handel Diggs
 Wanda Jones
 Massa David
 Chalneckia Davies
 Albertha Gillespie
 Cyril Jones

Gold Club

Meyartha C Perry
 Dr. Qualls Stevens
 Cynthia Jones
 T. Nelson Williams
 Rachel Greene Grigsby
 Abdul Sherif

Spartan Pride

Meyartha C Perry
 Angeline Bishop-Oshoko
 Cynthia Jones
 Rachel Grigsby

Wall of Recognition

Rachel Grigsby
 Meyartha C Perry
 Famatta J Sambolah-Lincoln
 Cynthia Jones

Building Infrastructural Dev. Fund

Tri-State Chapter
 Angeline Bishop-Oshoko

2015 Capital Campaign Contributions

<u>Wall of Memory</u>	
By	In Memory of
Abdul Sherif	Fatu Gittens-White
Abdul Sherif	Thorneycroft Findley
Texas Chapter	Mayetta Clarke-Brown
Handel Diggs & Gudrun Harris	Pierre King
Sarah Maximore	James Maximore
Kim Dunbar Dunzo	Amy Dunbar Tebbs
Bella Wariebi Barclay	Ngoutu E. Wariebi
Wanda Jones	Randolph Varney Gbanya, Jr.
Alfred Major	Alfred Yanforh, Sr.
Stella Greaves	Arthur Dweh Bedell
Jurodoe Martin	Konkai D. Harris
Albertha Gillespie	Benetta Gerring-Freeman
Mary Gabbidon	Edwin J. Gabbidon, Jr.

*Please
Register for
Convention
2016
@TriState*

Highlights from DC Metro Chapter

By
Mona B. Diggs, President

The foundation of the success of the DC Metro Chapter is the passion, involvement, sacrifice, dedication and generosity of its members. This is evident at well attended meetings and all the fundraisers.

We kicked off the year with the Annual Spring DC Metro Chapter Friends and Family Day in the park. The kids, teens, adults and some seniors joined in the fun day

Again, the financial return positioned us on the path to a rewarding and banner year.

As host of Convention 2015, the results were just unprecedented in recording multiple feats: generated the highest convention revenue ever; four consecutive years convention registration winner; the superb financial duo of Treasurer, Ophelia Acolatse and Financial Secretary, Julius King submission of financial information and records to the National Audit Committee in the shortest time post-convention of any convention host and the greatest fun-filled convention ever! The extraordinary attendance at the convention festivities were attributed to Spartans as well as our “friends of Sparta”! We will always be grateful to you.

Now, DC Metro is on the verge of executing one of the “Wonders of Sparta”, the 6th Annual Rev. Dr. Emmanuel W. Johnson, Sr. Awards & Recognition Dinner on October 3, 2015. This spectacular event honors the legacy of our founding principal by recognizing exemplary and distinguished individuals and organizations who join with us in generating funds to give hope to students at our Alma Mater. This will be a star-studded event and you will want to be there!

This is our time; DC Metro Chapter is number one!

A child without
education, is like a
bird without wings.
~Tibetan proverb

From Texas Chapter

We bring you greetings from the Lone Star State of Texas.

On Nov. 7, 2015, the Texas Chapter will host our Henry D. Williamson Black Tie Award Dinner. Tickets are on sale for \$25. On a side note, the Chapter is excited about being selected to host the 2017 national convention in Houston. We are planning early for a successful Convention. (WE DO EVERYTHING BIG IN TEXAS. DON'T MESS WITH TEXAS.)

The Chapter was a licensed vendor at the July 26 park event in Houston this year. We sold

food, sodas and water and we made good money at the event.

We encourage all local Chapters to utilize the various July 26 programs in your state to raise funds for your chapter. It's EASY MONEY.

We also congratulate and support Tri-State for being selected as host for Convention 2016.

The Texas Chapter encourages all Spartans to pay their local Chapter dues and register for Convention even if they can't attend the reunion.

Blessings upon our Association, our school, all Spartans and our country Liberia.

Joe Frank Yuku Stewart/President
B. W. Harris Alumni Association
USA Texas Chapter.



1. What's the term of office for National Elected Officers?
2. Who was the association 1st National Chair and what year was the Chair elected?
3. Who was the first Principal of B. W. Harris School?
4. The national association scholarship is named in honored of who?
5. Where was the 1st Convention held and hosted by which chapter?

ANSWERS

1. Ans. 2 years each, two terms.
2. Ans. Kwaku Addy, 1993
3. Ans. Rev. Dr. Emmanuel W. Johnson
4. Ans. Rev. Fr. Edward G. W. King Jr
5. Ans. White Oak, MD; hosted by DC Metro Chapter



*B. W. Harris Episcopal School-USA, Inc. – Texas Chapter
Presents
The Ambassador Henry D. Williamson, Sr.
Black Tie Award Dinner*



Venue: St. Sava Serbian Orthodox Church
16900 Cypress Rosehill Road
Cypress, TX 77429

Date: November 7, 2015
Time: 7:00 PM - 2:00 AM
Tickets: \$25.00

Contact: Yuku Stewart – 832-594-2905
Tuwlo Stewart – 832-364-1637
Everlinah Cole – 484-888-6670
Rachel Green-Grigsby – 713-449-0434
Irna Williams – 832-295-5329
Marjon Wiles-Greaves 682-465-1448
Naweh George-Scott – 214-384-0646
Konner Dennis -225-993-9727

Dress Code: *Formal/African Attire*





DC Metro Chapter's 6th Annual Rev. Dr. Emmanuel W. Johnson Recognition and Awards Dinner

2015 Honorees



Religion: Rev. Frank J. Stewart, Jr.



Lifetime Achievement: MacDella Cooper



Entrepreneur: Maisie Dunbar



Science & Technology:
Reginald A. Sherman



Medicine: Dr. Bonita Jude-Harrison



Community Service
Rev. A. Momolue Diggs



Community Service:
Checago Bright-Sawo

Education:
Sierra Leone Association of University Women



Education:
Sarah Louise Givens Carey

Saturday, October 3, 2015, 7pm to 2am

Kahler Hall
5440 Old Tucker Row, Columbia, MD 21044

Tickets: Patron \$50.00

Regular \$35.00

Tri-State Chapter of the B. W. Harris Alumni Association

Invites You To The



2015 BOARD MEETING
Saturday, October 24th, 2015
12: 00 pm - 3:00 pm
Lunch: \$10.00

**Annual Board Fundraiser
Installation
And
AMATEUR TALENT SEARCH**



(adds to an unforgettable evening of fun, cheering and laughter)

8:00pm - 2:00am

Entrance Fee: \$25.00 per person

Dress Code: Casual

Drinks & Finger food will be sold at reasonable prices.

**St. Ann's Hall
108 16th Ave.
Newark, NJ**

Calling on **ALL** talents-Youth, Adults, Seniors- in our community
in the category of music, dance & poetry. A chance to show us what you got! Only 10
contestants will be accepted so waste no time sharing the news. Winner receives \$100 but
everyone gets an award.

For more information, please contact the following persons:

President, Joe Freeman - 732-582-9656

1st Vice President, Eugenia Jelani - 203-964-6383

Treasurer, Muriel Wayne - 718-406-6256

Board Member, Elyne Padmore - 917-318-5112

Too Much or Too Little Sleep Can Lead to Weight Gain and Disease

You may know that your genetic makeup, what you eat, how often you exercise -- and even stress -- affect your weight and health. But, did you know that how much sleep you get -- too much or too little -- also can affect body weight and health? If you're trying to slim down or even maintain your weight, getting your zzzz's is just as important as hitting the gym.

National Sleep Foundation Recommendations

The National Sleep Foundation recommends adults and kids get the following amount of sleep:

Newborns -- 14 to 17 hours

Infants -- 12 to 15 hours

Toddlers -- 11 to 14 hours

Preschoolers -- 10 to 13 hours

School age -- 9 to 11 hours

Teens -- 8 to 10 hours

Young adults -- 7 to 9 hours

Adults -- 7 to 9 hours

Older Adults 65+ -- 7 to 8 hours

However, most Americans aren't getting enough sleep, according to the National Sleep Foundation. On average, U.S. adults reported sleeping seven hours and 36 minutes (on average) on weekdays. A Gallup Poll concurred, revealing that 40 percent of Americans get less than seven hours of sleep each

night. Chronic partial sleep loss may increase the risk of obesity and weight gain, and weaken the immune system, according to research reported by the European Society of Endocrinology, the Mayo Clinic, and the National Center for Biotechnology Information. Sleep has an important influence on neuroendocrine function and glucose metabolism in children as well as in adults. The National Center for Biotechnology Information (NCBI) reports that adequate sleep duration and quality are important for the normal functioning of daily metabolic and hormonal processes and appetite regulation. Chronic sleep deprivation has harmful effects on carbohydrate metabolism and is associated with an increased risk of diabetes.

Sleep restriction can decrease glucose and insulin sensitivity, two critical factors involved in the development or prevention of diabetes.

Lack of Sleep Increases Energy and Fat Intake

Another major problem associated with a lack of sleep is an increased daytime cortisol level, according to NCBI. High levels of cortisol destroy healthy muscle and bone, and slow down the healing and regeneration process. Altered levels of hormones central to appetite regulation, such as leptin and ghrelin, also occur in sleep-deprived individuals, increasing the likelihood of overeating, reports the American Journal of Clinical

Too Much or Too Little Sleep Can Lead to Weight Gain and Disease, Contd.

Nutrition. Data show that a lack of sleep increases energy and fat intakes. If sustained and not compensated by increased activity, the dietary intakes of individuals undergoing short sleep could lead to obesity.

Sleep Strategies

How, then, do you ensure you get the proper amount of sleep to maintain a healthy weight and lifestyle? Here are some tips:

Determine the recommended amount of sleep you need, and then establish a bedtime and wake time. Stick with it -- even on the weekends. You will have the most restorative sleep if sleep is predictable.

Create a calming bedtime routine. About an hour before bed, start your routine. The routine could include readying things you'll need the next day -- like what clothing you'll wear. Before bedtime, initiate quiet time and avoid using electronic devices as they can make it difficult to sleep. The routine should include relaxing activities, like listening to calming music, reading or a bath.

Avoid large meals too close to bedtime, but don't go to bed hungry. A small snack is okay.

Keep bedrooms cool and comfortable.

The best temperature for sleep is between 68 and 72 degrees.

Do a bedding check, and

replace old pillows, and clean duvet covers, pillow covers and mattress pads.

Sleep and Weight

The right amount of quality sleep is critical to your health. Establish good sleeping habits and not only will you have more energy, be more alert and more productive, you will be healthier and may even shed a few unwanted pounds.

Follow Ingrid Prueher on Twitter:

www.twitter.com/ingridprueher