



# *The Mighty* **SPARTAN**

B. W. Harris Alumni Association-USA      WWW.BWHarrisAlumniUSA.Org  
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**“Our Alma Mater; Our Purpose!”**

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Joe Stewart, Richard Wright  
Angeline Bishop-Oshoko

# FEATURED SPARTAN: George Fonderson

By Joanna Freeman Richards  
2<sup>nd</sup> National Vice Chair for  
Membership and Public Relations



**George Fonderson**

B.W.Harris Alumni Association-USA

Perseverance, Achievement & Quality

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

**GF:** I suppose one could say that I'm a "fully-baked" Spartan. I spent virtually all of my formative years within the walls of B. W. Harris School. I was a kindergarten-er in 1972 and remained at BWH until I graduated from high school in 1981.

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

**MS:** For many, many years, B. W. Harris **WAS** my life.

*Continued on Page 3.*

## A More Solid Foundation for Our Association

By Gudrun Harris  
National Chair



This is my last *Mighty Spartan* article as National Chair. It has been four years since I was accorded the highest honor by being elected the National Chair of our B. W. Harris Episcopal School Alumni Association-USA, Inc.

It has been a wonderful experience working with the other National Officers and members of the Executive Board to create a more solid foundation for our Association going into the future.

*Continued on Page 4.*

## FEATURED SPARTAN

Contd.



**George Fonderson**



**GF:** My life revolved around the school! Not only did I live in the neighborhood, but my family-homestead shared an adjoining property boundary with the school! I attended the Trinity Cathedral Episcopal Church next to the school.

I played on the school's campus after school and on weekends.

I was active in the school's debate team for a number of years and had a post in the student government during my Grade 12 year.

The first business course that I ever took was taken as an elective during my high-school years at BWH. Little did I know that this course would eventually impact my choice of a career path.

I recall the powerful anthems delivered by the school's choir, all dressed up in their African outfits; I remember the talent shows and the grand BWH beauty pageants at the E. J. Roye Building; I can still feel the electricity at Monday morning assemblies, as we all sang "Spartans Fear No Foe", in celebration of the high school title that our powerful basketball team had clinched over the preceding weekend; I recall the great friends I made and how we would run around the quadrangle during recess period after enjoying some great corn bread from the cafeteria. Those were great days and I remember them very fondly.

**MS:** How has your time and education at B. W. Harris impacted/influenced your life as a career person?

**GF:** In the most profound way, I would say, although I may have been too young to fully realize this during the years that I was at the school. For me, B. W. Harris provided as solid an academic foundation as any young student could hope for. If one was prepared to work and learn, the school offered a wonderful environment in which to do so. It was at BWH that I discovered how much I enjoyed being a successful student!

*Continued on Page 7.*

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## A More Solid Foundation for Our Association

by Gudrun Harris Continued

Many thanks to our members from Georgia to Rhode Island to North Carolina; from DC Metro to Texas to PennDel; and from Midwest to TriState to Minnesota.

When our term ends in July, we will leave an Endowment Fund with over \$25,000.00 of non-operational funds, the highest in the history of the Association.

brand new curriculum system, completely refurbished the Computer Lab and will replace all the computers.

progress of our B. W. Harris Episcopal School Alumni Association-USA, Inc.

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**PLEASE SUPPORT  
THE CAPITAL  
CAMPAIGN**

Thank you Chapter presidents, the leaders closest to our members, for your hard work in the trenches to keep our Association functioning and growing, and thank you Class presidents and members for supporting our scholarship and various projects.

We are on track to have raised more money in these four years than any other similar timeframe in our history. Our Web Site now tells the rich stories of what we do by focusing on our alma mater.

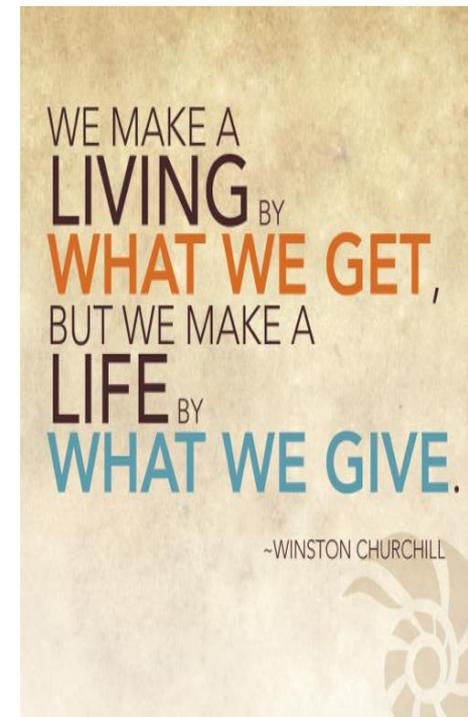
We stood tall when Ebola struck and provided prevention materials to our school community. We dream big by proposing a new infrastructure for our school.

As we leave office, we are leaving a stronger and more financially sound Association, with enhanced transparency and accountability as integral parts of who we are.

In a single year, for the first time in the history of the Association, we planned and executed projects that impacted the Kindergarten, the Clinic, the Library and the Laboratory, Grades 1 – 6, 7 – 9, 10 -12.

Yes – we will leave a more solid foundation, a stronger and more cohesive Association. I am proud to have served as National Chair during four years of doing great things and grateful for the support of our members, as I assume other roles in the ongoing

Our Association provided the complete Teacher's Edition for a



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# Featured Spartan Child

*By Joanna Freeman Richards  
2<sup>ND</sup> Vice National Chair &  
National Convention  
Committee Member*



**Anna Stephanie Washington**

Anna Stephanie Washington was born on February 13, 1985 to B.W Harris alumnus Mary Weahdi Washington. Born and raised in Washington D.C., a city where politics, healthcare, and education are a major part of the culture. Anna knew at an early age that she wanted to pursue a career that would allow her to aid those in need. From an early age Anna was instilled with the importance of education and a sense of pride in excelling in academics.

After graduating a year early, with honors, from High Point High School, where she was a member of the National Honor Society, Student Government and Senior Class Treasurer;

President of United Youth Mentoring Program, Anna was accepted to multiple universities; including Howard University, Hampton University, and University of

Maryland College Park. She ultimately decided to attend George Mason University.

Anna graduated cum laude from George Mason University where she obtained her Bachelor of Arts in English while minoring in Biology and Communications with a concentration in Journalism. During her time at George Mason, Anna worked for the student newspaper, The Broadside, where her passion and talent for writing allowed her to quickly rise from staff writer to News Editor. Her career as a student journalist culminated in her selection by her managing editor to report live from the 2006 NCAA Final Four.

Upon graduation, Anna began her career in the healthcare

***Continued on Page 9.***

## Academic and Scholarship Committee by Angeline Bishop-Oshoko



### Teacher takes temperature as students return to school

According to MSN: “We are excited to report that Schools in Liberia reopened on Monday after being closed for more than six months following the [Ebola](#) outbreak that killed thousands in the West African country”

There will be strict safety measures put in place as students head back to classrooms. children’s temperatures will be checked when they arrive at school and the nurse will ensure that they wash their hands before taking their seats, according to the United Nations Children’s Fund.

According to Principal Lurleen Falla, school reopened on February 16, 2015. Principal Falla also informed the Committee Chair, Ms. Angeline Bishop-Oshoko that teachers were trained on the ABeka curriculum and are required to participate in a refresher workshop four times yearly. She went on to say that she has implemented plans to upgrade the educational standards at the school. Members were excited to learn that Principal Falla had implemented the ABeka curriculum and hopeful that this will enhance the quality of education at the school.

**Donors fund will build on Association’s ongoing efforts to increase the number of students participating on the E W King Scholarship program.**

The Association set aside \$15,000 to fund students at the B W Harris Episcopal School in Monrovia, Liberia for the 2014/2015 academic school year. As a result the association will continue to fund students who demonstrate financial hardship, excellent grades, and good conduct. Students who do not meet these eligibility requirements are not eligible to participate in the scholarship program.

Scholarship applications for 51 applicants have been reviewed and 24 are returning students. 95 percent of applicants’ met all of the requirements.

*Continued on Page 10.*

## FEATURED SPARTAN

### Contd.

It was a joy to study and compete with many of my classmates and I think we motivated each other to excel to the limits of our abilities. Once I got an early taste of how fulfilling it was to set a goal, work at it and achieve it, I never forgot the feeling. This mentality has carried over with me until this very day and continues to impact the attitude I bring to a lot of the things that I do.

The school also had what I would call a very progressive outlook on learning and I am grateful that I was provided an opportunity to accelerate my academic journey, as long as I could demonstrate that I was capable of doing the work at the next grade-level. Being able to complete my

secondary education at 14 convinced me that hard work pays off.

Apart from academics, B. W. Harris taught me discipline and a sense of personal responsibility. Considering the environment in which many young people attend school today, I can't help but be grateful for the structure, discipline and high behavioral expectations that I experienced at B. W. Harris School.

**MS:** *What is your most memorable moment at B.W.H.E.S.?*

**GF:** I can think of quite a few, but I would have to say that the moment I completed my high school valedictory address on December 10, 1981 was one of the most memorable. I felt a lot of genuine love from the BWHES family that day.

**MS:** *Tell us about your involvement with the school Alumni Association.*

**GF:** I'm sure I share this in common with many other alumni, but the fast-paced world in which some of us find ourselves these days makes it somewhat challenging to remain involved in the life of the school to the extent that we might wish to. The alumni association has been a god-send in this respect, as it provides

a wonderful opportunity to remain connected and engaged.

I have been blessed to be able to support the school's work through the Capital Campaign and I hope to continue to support this initiative. I am also grateful that I have been provided an opportunity to get involved in the work of a number of ad-hoc committees over the last few years. Attendance at the annual convention is a wonderful opportunity to reconnect and fellowship with old friends and school-mates.

My class alumni association has also been active in recent years and we assembled for a 30<sup>th</sup>

*Continued on Page 8.*

## FEATURED SPARTAN

Contd.

**GF:** graduation-anniversary.  
re-union just a few years ago As a class, we also support a number of scholarships at the school through the National Alumni Association. The old Spartan Spirit is alive and well and I hope that this will be something that endures for all time.

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

**GF:** Suffice it to say that I have been very fortunate to engage in a number of rewarding pursuits since departing the walls of BWHES. I've been blessed with a wonderful wife of nearly 25 years and two great sons.

**GF:** It is my hope that I have been a devoted son to my parents and family, and a true friend to the many people that I've met and befriended over the years.

Professionally, I've pursued a rewarding career as a CPA and international business consultant, eventually becoming a Partner in the largest accounting and consulting firm in the world. I have always enjoyed doing things in Africa and have been fortunate to spend many years living and working in various countries in Western, Eastern and Southern Africa, as well as in North America. Over the last 20+ years and, particularly, in the last 4 years,

**GF:** I've been actively involved in building the first wholly Liberian-owned professional accounting firm to be admitted a full member firm of an international accounting network. It has been very rewarding for me and my colleagues to be in the forefront of shaping the future of the profession in Liberia, a profession which, for many decades, tended to be dominated by non-Liberians.

It provides a true sense of fulfillment to be training and supporting the next generation of professional Liberian Accountants, and to see them go on to have their own successful careers in public service or in the private sector.

**GF:** For a number of years prior to the onset of the civil war, I was also privileged to lecture at the University of Liberia and, hopefully, pass along a few of the things I've been fortunate to experience over my own career.

**MS:** *If you could change anything about the current condition at the school what will that be?*

**GF:** I would not limit my thoughts on this to the school, but would extend it to the country in general -- we must all work to instill in our young people a strong desire **not to be mediocre**. Too often, as I spend time in Liberia these days, I sense that too many young folks seem to be satisfied only with being "good enough to make it in Liberia".

**Continued on Page 9.**

## FEATURED SPARTAN

Contd.

**GF:** With the increasingly intertwined world we live in, our students must ascribe to higher goals ..... they must want to be good enough, not only for Liberia, but for anywhere in the world!

My travels across Africa, working in countries like South Africa, Kenya and Ghana have made me painfully aware of how many productive years we've lost as a nation, as a result of our civil war. Other nations and peoples have not been standing still; they've been moving ahead. We owe it to our young students to help them set and achieve high standards, that will allow them to be as good (or better) than

**GF:** Let's tell our young people – and demonstrate to them through our actions - that **whatever it is that one chooses to do, one must commit to doing it well!** Let's develop the self-ethic of doing things properly and in the way that things should be done. Let's not settle for doing as little as we think we can get away with. Let's not settle for mediocrity.

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

**GF:** I want to thank all of them, as they all had a hand in raising me. As I think back, I can recall many instances in which the two principals I

**GF:** I studied under [Fr. King and Mr. Bedell], the vice principals, administrative staff and numerous teaching staff, helped, encouraged and supported me along the way. I fondly appreciate them all.

I must, however, make special mention of my elementary teachers who shepherded me through those early, formative years ...

- Teacher Sherman;
- Teacher Cole;
- Teacher Urey;
- Teacher Rhinelander;
- Teacher Morgan;
- Teacher Andrews; and
- Teacher Brooks

I thank them all .... so very much!

**MS:** *Thank you very much Alumnus Foinderson.*

### Featured Spartan Child Contd.

industry when she was contracted by the National Institutes of Health in Bethesda, MD to attend and caption seminars given by the institute as well as the Environmental Protection Agency. She has continued her work in the healthcare industry where she currently works closely with the department of social services to ensure indigent, uninsured patients get the medical and financial services they need. Her future plans are to return to the world of academia to pursue her MBA. Anna hopes to start a not-for-profit organization aimed to providing social services to underprivileged children of single parents.

*Continued on Page 10.*

**Featured Spartan  
Child  
Continued**

Anna has a passion for reading, a fascination for movies, and a love for traveling. Anna hopes to travel to Liberia for the first time in the near future, where she can visit the country that she has spent her life reading and hearing about but has not had the honor of seeing for herself.

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***Please  
Register  
for  
Convention  
2015  
@Metro***

**Scholarship  
Committee  
Continued**

According to Mr. Adolf Sackey, Chairman Scholarship Committee – Liberia, students are in dire financial hardship and any assistance that the association provides will be beneficial to the success of the student educational growth.

Plans are on its way to solicit for funds as there is a dire need to fund additional students. Committee members have contacted individuals, Chapter Presidents, Class Presidents, and friends of the alumni association. Members of the committee have also pledged to donate to the scholarship fund.

**2014/2015 list of Class, Chapters, and Individuals who have pledged and or paid towards the scholarship funds:**

- Enid Cole
- Bendu Hansford
- Cecilia Kpor
- Louisa Merchant
- Sophie Cole-Konowa
- Class of 1975
- Sophie Amer
- Euphemia Jones
- Stephen Neal
- Charles Hoffman
- Dr. Rosalita Kennedy
- Angeline Bishop-Oshoko
- Tri-State
- Class of 81

After a lengthy discussion, committee members agreed that the requirements for returning students will be streamlined for the upcoming

2015/2016 academic school year upon approval at the 2015 Convention.

**Current Criteria for New Applicants:**

- Application
- Picture
- Letter of recommendation
- Hardship letter
- Grade report
- Essay – Grades 7<sup>th</sup> through 12<sup>th</sup>

**Current Criteria for Returning Students**

- Application
- Picture
- Hardship Letter
- Grade Report

*Continued on Page 17.*

## Honoring of Bravid Washington Harris

By David Moore

The 2015 Convention will be the greatest ever as we have planned to give away huge cash prizes from the Honoring of Bravid Washington Harris Initiative raffle draw.

Tickets are now on sale \$10.00 each; please contact your chapter president. Total cash prize to be given out at the convention depending on the sale of tickets is **\$14,800.00**. **You don't have to be present to claim your prize!**



Break down of prizes are as follow:

- **Grand prize=\$5,000.00**
- **2<sup>nd</sup> prize= \$3,500**
- **3<sup>rd</sup> prize= \$3,000.00**
- **4<sup>th</sup> prize= \$500.00**
- **5<sup>th</sup> prize= \$500.00**
- **6<sup>th</sup> prize=\$500.00**
- **8<sup>th</sup> prize=\$300.00**
- **9<sup>th</sup> prize=\$300.00**
- **10<sup>th</sup> prize=\$200.00**
- **11<sup>th</sup> prize=\$200.00**
- **12<sup>th</sup> prize= \$200.00**
- **13<sup>th</sup> prize= \$100.00**
- **14<sup>th</sup> prize=\$100.00**
- **15<sup>th</sup> prize=\$100.00**

**Stock up on cash!!!!!!**

We are encouraging classes and chapters participation in the sale of tickets. Please contact Mary W. Washington @ [wweahdi@yahoo.com](mailto:wweahdi@yahoo.com). If you need more information, you can contact me @ [dmooreg3@aol.com](mailto:dmooreg3@aol.com) or 609-203-9624.

### ***Incentives for Chapters and Classes***

A chapter or class will get a dollar for every ticket sold. Example: if a chapter or class sells 500 tickets, that chapter or class will get \$500.00 as an incentive.

*David More is Chair of the Bravid Washington Harris Initiative Committee*

## Technology Apple Watch



Apple Watch makes all the ways you're used to communicating more convenient. And because it sits right on your wrist, it can add a physical dimension to alerts and notifications. For example, you'll feel a gentle tap with each incoming message. Apple Watch also lets you connect with your favorite people in fun, spontaneous ways — like sending a tap, a sketch, or even your heartbeat.

## A CHAT WITH METRO CHAPTER



### DC Metro Chapter!

#### 2015 Convention Host

**DC METRO CHAPTER  
welcomes delegates to the  
23<sup>rd</sup> Convention of B.W.  
Harris Episcopal School  
Alumni Association-USA  
Inc.!**

**By: Angeline Bishop-Oshoko**

President Mona Diggs, officers and members of the DC Metro Chapter are looking forward to welcoming delegates to the 23<sup>rd</sup> Convention of the B.W. Harris

Episcopal School Alumni Association-USA, Inc. being held July 3-5, in the nation's capital. In addition to the occasion to fellowship and engage in camaraderie, attendees also will have an opportunity to visit various historic sites throughout the Metropolitan D C area. It is sure to be an exciting time for delegates.

According to the 2015 DC Metro Convention Chair, Ms., Angeline Bishop-Oshoko, one of the most anticipated events of the convention will be the 1970s themed Welcome Party. The "70s Night" event will feature the BWHESAA Soul Train line dance

(highlighting hit songs from Rick James, Michael Jackson, The Jacksons and Teddy Pedergrass), a best solo and couples 70s outfit contest, as well as the famed Soul Train Scramble Board competition.

Other event highlights include the Chairman's Renaissance Ball (please keep in mind that it is customary for Spartans to attend Sunday service the next day). In support of our African heritage, delegates are encouraged to wear African outfits to the Sunday service.

For those looking to create a special African ensemble to wear, DC Metro Chapter will be selling reasonably priced fabrics.

Proceeds will go to support the chapter's fundraising efforts. The cost for purchasing fabric is \$30 for six yards plus \$5 for shipping and handling. The deadline to purchase fabric is March 31, 2015 (please note that the fabric is four yards of blue and two yards of white, not sold separately). To learn more, visit the BWHESAA Facebook page, or the alumni website:

<http://www.bwharrisalumniusa.org/>

For the convention Farewell Party, the color attire theme is white and burnt orange. Delegates are encouraged to arrive on time and settle in at designated hotels or hotels of their choice. Most hotels are

***Continued on Page 16.***

## A CHAT WITH TX CHAPTER

By Joe Frank "J. Yuk" Stewart,, President



Hello Fellow Spartans, on behalf of the officers and members of the B.W.Harris Texas Chapter; I bring you greetings from the lone star state of Texas.

We want to first extend our thanks and appreciation to all the Spartans who's making a difference with in our National Association and the local Chapters. As we all know without the local Chapters, it would be very

difficult for the National Association to do the work we all are trying to achieve for our school.

I am pleading to all Spartans to continue to be active and support the National Association and the local Chapters. The B.W.Harris Texas Chapter is now working on our Chapter dues, our Chapter assessment fee of \$1,500.00 yearly, of which all local Chapters have to pay.

We are planning and preparing for our second Texas Chapter Black Tie Ambassador Henry H.D. Williamson Award Dinner Event, ASAP.

Information will be posted later. We also are planning

A conference call with our National Chair, the Membership Committee Chair and the Constitution Committee and Capital Campaign Chair to discuss our plans for this year's agenda.

We are hoping all our members and Spartans in the area will continue to be active and be encouraged to help our Chapter financially, morally, Spartan's presence at our events and just being a good SPARTAN.

Elections teleconference was held on Monday 02-16-2015 AT 8:PM. Cllr. Mohamedu Jones officiated Texas Chapter "Election by Proclamation." 1<sup>st</sup> National Vice Chair for membership and Public Relations inducted the officers for a two year term.

Below are the names of the elected officers.

Joe Frank Yuk Stewart- President  
Kamah Koko Konner Dennis- Vice President

Marjon Wiles Greaves- Board Member

Rachel Green Grigsby- Board Member

Everlinah Dixon Cole- Treasurer  
Mayetta Clarke Browne- Financial Secretary

Lamii Kawah- Chaplain

**ONCE A SPARTAN, ALWAYS A SPARTAN WITH PERSEVERANCE, ACHIEVEMENT AND QUALITY.**



**Answers:**

**1-B, 2-C, 3-B,  
4-A, 5-C, 6-C**

**Questions on Page 16**

**A CHAT WITH NC CHAPTER**



*By Richard Wright, Sr., President*

After a much needed hiatus, the chapter resumed business with elections to fill some vacancies and continue with the struggle to help provide quality education for our children in Liberia, especially after the Ebola outbreak. Those entrusted to lead the chapter for this next term were:

President - Richard Wright Sr.

1st Vice-President - Victor Gibson

2nd Vice-President – Aleda Luke

Secretary - Wanda Gibson

Asst. Secretary - Rosetta Mason

Treasurer - Victoria Gbamore

Financial Secretary - Amanda Wright

Board Member - Matthew Gbamore

Board Member - Amanda Wright

Chaplain - Sarah Maximore

Asst. Chaplain - Ada Lee Moore (Honorary Member)

•lanning Committee - Teresa Essien & Melvina Hodge

Plans are underway for an installation program to be held as soon as possible and a (food sale) fundraiser is currently scheduled for April 11<sup>th</sup>.

In preparation for our upcoming 2015 Convention, the 2014 Convention chairlady Amanda Wright has expressed

her willingness to work with the host chapter in any capacity deemed necessary to ensure a successful convention.

**A CHAT WITH PENNDEL CHAPTER**



*M. Daniel Nelson, Jr., President*

There is something so basic, so elemental and so universal to the human experience, that it lacks description. It becomes oblivious to the conscious mind.

And yet, yet when we reach outside of ourselves and put others first, we feel it, sense it, almost taste it.

We sometimes struggle to understand why we suddenly feel better when we perform an act of kindness towards another. The feeling eludes comprehension, like the atom that moves when one tries to observe it through a microscope. However, it remains there, quietly, until one tries to grasp it.

We at PennDel have been blessed with the latest round of officers that stepped forward and were duly elected on November 15, 2014 to continue this kindness towards the current members of our Alma Mata. The new leaders are:

M. Daniel Nelson – President

**Continued on Page 15.**

**A CHAT WITH  
PennDel CHAPTER**

*Continued*

Oretha McClain-1<sup>st</sup> Vice  
President

Berma Findley-2<sup>nd</sup> Vice President

Lofa Cooper-Secretary

Meyartha Coleman-Perry-  
Treasurer/Financial Secretary,

Jacqueline Marshall-  
Representative to the Executive  
Board

Rev. H.Lafayette Willis-  
Representative to the Executive  
Board

The Chaplaincy will be assigned  
on an ad hoc basis in the interim.

With this new group of leaders,  
we are poised to make a positive  
impact on the national

organization and even go the  
extra mile.

The re-emergence of PennDel  
then, is based on this aged-old  
philosophical and spiritual  
quest: the greater good for the  
many, even when our targeted  
students may never be known  
by many of our donors.

However, just knowing that by  
giving to a child at our Alma  
Mater, we are helping to shape  
her/his future in a more  
promising direction.

For we are well aware that with  
increased knowledge comes  
better health and income. To  
paraphrase President Tolbert, it  
helps to eliminate ignorance,  
disease and poverty; lifting  
whole families from mats to  
mattresses.

PennDel has fully emerged  
again to join and work with  
the larger alumni association  
in full cooperation for the  
greater benefit of the school,  
students, faculty and staff.  
Let's leave with the words of  
Dr.Martin Luther King, Jr.,  
"Life's most persistent and  
urgent question is, 'what are  
you doing for others?'" We  
must keep doing more, and  
more. How can we do any  
less when so much is at  
stake?



At the time of publication,  
TriState, Georgia, Midwest,  
Rhode Island and Minnesota  
had not submitted articles.

**Preventing Blood  
Clots  
While Flying**

*Continued from Page  
20/Story begins on Page  
19.*

Says Zafren, "These  
injections can be easily  
self-administered and  
provide proven  
protection."

You can prevent  
dangerous blood clots  
when flying. A few  
simple leg exercises and  
frequent strolls down the  
aisle will help keep your  
blood flowing so you can  
get to your destination in  
good shape

Last Updated: 10/25/2013

### DC Metro Chat

Contd.

For the convention Farewell Party, the color attire theme is white and burnt orange. Delegates are encouraged to arrive on time and settle in at designated hotels or hotels of their choice. Most hotels are within 15-20 minutes of all events. The DC Metro Chapter is looking forward to seeing everyone there this summer. We anticipate that this will be the best convention in the history of the association!

#### 2015 DC Metro Family and Friends Fun Day!

The chapter will be hosting its Friends and Family Fun Day on May 2, 2015 from 2:00 pm – 9:00 pm at the Indian Spring Terrace Park located at 9717 Lawndale Drive in Silver Spring, MD.

There will be lots of fun activities for both children and adults. 2015 Graduates will be recognized and food and drinks will be available for sale.

#### The Rev, Father Emmanuel Johnson Recognition and Awards Program!

The Chapter will also be hosting the Father Emmanuel Johnson Recognition and Awards program on October 3, 2015. Tickets will be sold for \$35.00 and patron tickets for \$50.00.

## July 3-5 2015 Convention



- Who was the Principal of B. W. Harris in 1987?  
A. Daisy Ricks  
B. Zoe Davis Traub  
C. Nii Kotii Nikoi
- In 1975, who was the Student Council President of B. W. Harris?  
A. Handel K. C. Diggs  
B. Mohamedu Jones  
C. Himie Budu Shannon
- What is the motto of B. W. Harris?  
A. Success, Achievement, Prosperity  
B. Perseverance, Achievement, Quality  
C. Prosperity, Achievement, Success

- Who was Miss B. W. Harris 1982?  
A. Marie Dieng  
B. Meyartha Coleman  
C. Amanda Harris
- Who was the first Principal of B. W. Harris?  
A. Father E. G. W. King  
B. J. Wah Doe Bedell  
C. Father Emmanuel Johnson
- Which one of these graduates did not start B. W. Harris in the kindergarten?  
A. Albertha Kamah Wilson (Gillespie)  
B. Darren Wilkins  
C. Henry Kimber

**Correct Answers on  
Page 12**

**Scholarship  
Committee  
Continued**

**Proposed Changes:**

- Required criteria for Returning Students:
- Application will include student's conduct
- Grade Report

**Proposed changes for grades reporting:**

Returning Students will be rated based on a proposed grade scale for the 2015/2016 school year.

**Please Support the  
Rev. Fr. E. G. W. King,  
Jr. Scholarship  
Program**

	<b>B</b>	<b>B-</b>	<b>B+</b>	<b>Excellent</b>
<b>Key</b>	<b>79 - 83</b>	<b>84 - 88</b>	<b>89 - 93</b>	<b>94 - 100</b>
<b>12th Grade</b>	<b>89 - 93</b>			
<b>11th Grade</b>				
<b>10th Grade</b>				
<b>9th Grade</b>	<b>84 - 88</b>			
<b>8th Grade</b>				
<b>7th Grade</b>				
<b>6th Grade</b>	<b>79 - 83</b>			
<b>5th Grade</b>				
<b>4th Grade</b>				
<b>3rd Grade</b>	<b>B-</b>			
<b>2nd Grade</b>				
<b>1st Grade</b>	<b>B</b>			
<b>K</b>				

*Continued on Page 18.*

## Scholarship Committee Continued

talking, reading, and engaging in fun activities will increase a child's development and prepare pre-school students to enter the first grade ready to learn.

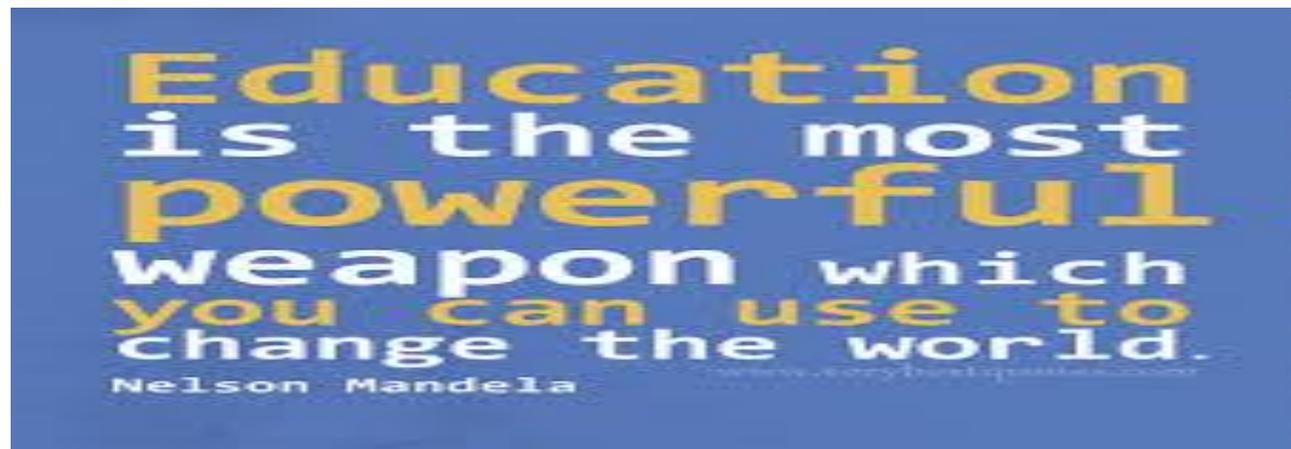
In an effort to promote early care and education, the committee will be proposing guidelines for implementing early care education at the school.

**The Academic and Scholarship  
program supports  
Preschoolers  
Proposed changes for grades  
reporting:**

The brain research is clear: "When very young children are exposed to a variety of learning experiences, their foundations for learning are strengthened and accelerated. Investing in our children's earliest years is critical to closing the opportunity gap for success among students".

Based on the belief that parents are their child's first teacher, teaching parents how to make everyday moments through playing, singing,

Grades	K – 6	7 <sup>th</sup> & 8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup> & 11 <sup>th</sup>	12 <sup>th</sup>
Fees	\$385.00	\$500	\$540.00	\$580.00	\$600.00



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## If your travel plans call for a long plane ride, take steps to prevent a potentially dangerous blood clot.

By Diana Rodriguez

Medically reviewed by  
Rosalyn Carson-DeWitt,  
MD

Before you board a plane for a flight to a faraway destination, take a minute to consider your health. Being on a long flight means you'll be cramped in a seat for many hours without being able to move around much. When you're sedentary your blood can't flow through your body and back to your heart the way it needs to, which could possibly cause a dangerous blood clot. A blood clot in a vein, known medically as deep vein thrombosis

### Blood Clot Prevention

(DVT), can develop in a person who goes for long periods without moving around. With normal movement and physical activity, the muscles in the legs contract, which helps move blood from the legs toward the heart. But when your leg muscles aren't contracting, blood can pool in the veins, raising the risk that a blood clot will form.

•According to the Centers for Disease Control and Prevention, DVT puts you at risk for pulmonary embolism, a clot that travels from a leg to the lungs. Depending on the size of the blood clot and if it's treated, damage to the lungs can be minimal, but a large clot can be fatal.



**Dress appropriately.** What you wear can affect your blood circulation on long flights. "I recommend the use of compression stockings on long flights, especially for those who have a history of DVT or pulmonary embolism," says Ken Zafren, MD, clinical associate professor in the division of emergency medicine at Stanford University Medical Center in Palo Alto, Calif.

"Compression stockings have been shown to decrease the risk of symptomless [silent] blood clots in the legs on long flights." At all times, but especially when you fly, wear comfortable clothing that fits you well, and avoid wearing shoes that pinch your feet.

**Choose an aisle seat when possible.** "The risk of DVT is probably lower for those who sit in an aisle seat. Elevating the feet when possible may also be helpful," says Dr. Zafren.

**Don't just sit there.** Travelers should move around as often as possible to get their blood flowing and reduce the risk of developing a blood clot. "Even people who have never had blood clots should get up and walk around at least every two to three hours," says Zafren. "They should also make sure to drink plenty of fluids —

*Continued on Page 20.*

## Preventing a potentially dangerous blood clot - Continued

enough to keep their urine clear." Dehydration increases your risk of blood clots.

### Know the symptoms of DVT.

Fliers should be aware of the symptoms of a blood clot. These include:

- Leg pain
- Swelling, warmth, or redness in the leg
- Chest pain (can be a sign that a blood clot has traveled to a lung)
- Shortness of breath or difficulty breathing (also a sign of a blood clot in a lung)
- Lightheadedness or fainting

If you experience any of these symptoms, notify a flight attendant or other

airline staff member as soon as possible. "Anyone who has DVT symptoms should seek medical care immediately," says Zafren.

### In-Flight Exercises to Get Blood Flowing

Simple leg exercises can help get your blood flowing during air travel and reduce your risk of developing a blood clot. Try these the next time you fly:

- **Toe points.** Stretch your legs out as straight as possible in front of you. Alternate pointing your toes down toward the floor and then up toward the ceiling.
- **Ankle circles.** Stretch your legs out straight in front of you.

Rotate your ankles, moving your feet around in circles.

Do each exercise 10 times with each foot, and try to do them once every hour.

You should also take the opportunity to walk around the cabin as often as possible. If you're reluctant to disturb your seatmates, remember that it's best to stand up every two to three hours. You can also offer to switch seats with a seatmate who doesn't want to get up as often.

### If You've Already Had a Blood Clot

Of course, if you've had blood clots in the past, it's especially important to remain active during your flight and drink plenty of fluids.

You may also have heard that some physicians recommend aspirin to prevent blood clots, but this is a controversial measure and whether or not it's right for you should be discussed with your doctor, says Zafren.

If you know you're at higher risk for blood clots and are planning to take a long flight, you might want to talk to your doctor about receiving injections of a drug called low-molecular-weight heparin to prevent clots. The injections tend to stay in the blood longer than oral medications. If you travel frequently, you can be taught to give yourself injections of heparin.

*Continued on Page 15/Story begins on Page 19.*



## Tri-State Chapter Invites you to its 2015 Bishop George D. Browne Achievement & Parents' Awards Dinner

Date: Saturday, April 25, 2015  
Time: 8:00pm - 1:00am  
Tickets: Regular: \$35.00/Patron \$50.00  
(Dinner included in ticket price)  
Dress: Semi-Formal/African  
Dinner: Served 8:00pm-9:00pm  
\*Cash Bar\*

Red Carpet Photo Shoot: 7:00pm - 8:00pm

Venue  
Family Life Center  
59 Wright Street  
Staten Island, New York 10304

### Contacts for Tickets and Information

Louisa Merchant, President: 917-862-7510      Chalnelcia Davies, Program Chair: 718-812-6794  
Massa David: 917-216-3006      Muriel Wayne: 718-406-6256  
David Moore: 609-422-8925      Eugenia Burphy Andrews: 917-301-8805  
Rillette Hammond: 347-731-3850      Harriette Harris: 201-936-6068  
Morrie Wariebi: 646-785-9094      Patrick Wortee: 908-265-7498



The Late Archbishop  
George D. Browne



Tri-State

## 2015 Friends & Family Fun Day

Hosted by B.W. Harris Metro Chapter

Indian Spring Terrace Park  
9717 Lawndale Drive  
Silver Spring, MD 20901

Saturday, May 2, 2015  
2:00pm - 9:00pm

**FUN! FESTIVITIES! MUSIC!**  
**VENDORS**

**FOOD AND DRINKS FOR SALE**  
**ACTIVITIES FOR KIDS**

### Contacts:

Mona Diggs (240) 593-4279  
Maa-yon M. Clemens (240) 498-2977  
Tayonnoh Gray (240) 338-7306  
Velma Hoff (240) 752-2446  
Angie Bishop-Oshoko (240) 802-4656

