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Maryland Independent

Friday, February 23, 2018

www.somdnews.com

Charles County, Maryland ■ 75¢

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P.G. County officer killed assisting with domestic dispute

Shooter killed by officers after fleeing; Charles police helped in pursuit

By **JESSI STICKEL**
jstickel@somdnews.com

A Prince George's County police officer was shot and killed while off duty after assisting a neighbor during a domestic dispute early Wednesday.

A son, husband and father of four, Cpl. Mujahid Ramzziddin, 51, lost his life while protecting a woman in a Brandywine home on Feb. 21. Ramzziddin was assigned to the Prince George's County Police Special Operations Division, Harbor Unit. He served his community for 14 years, according to the Prince Georges County Police Department (PGCPD).

At 10:15 a.m., a neighbor came to Ramzziddin at his home, while he was



PHOTO PROVIDED BY P.G. COUNTY POLICE DEPARTMENT

Prince George's County Police Department Cpl. Mujahid Ramzziddin was shot and killed by a man armed with a shotgun in Brandywine Feb. 21. Police say that a neighbor came to him for help during a domestic dispute, while Ramzziddin was off duty; he lost his life protecting hers.

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STAFF PHOTO BY CHARLIE WRIGHT

Waldorf natives Master-at-Arms 2nd Class Brittany Wade and Hospital Corpsman 3rd Class Jasmine Wade have enjoyed their time together while stationed at NSA Bahrain.

Navy twins serve together at Bahrain base

Wade sisters reunited for brief stretch

By **CHARLIE WRIGHT**
cwright@somdnews.com

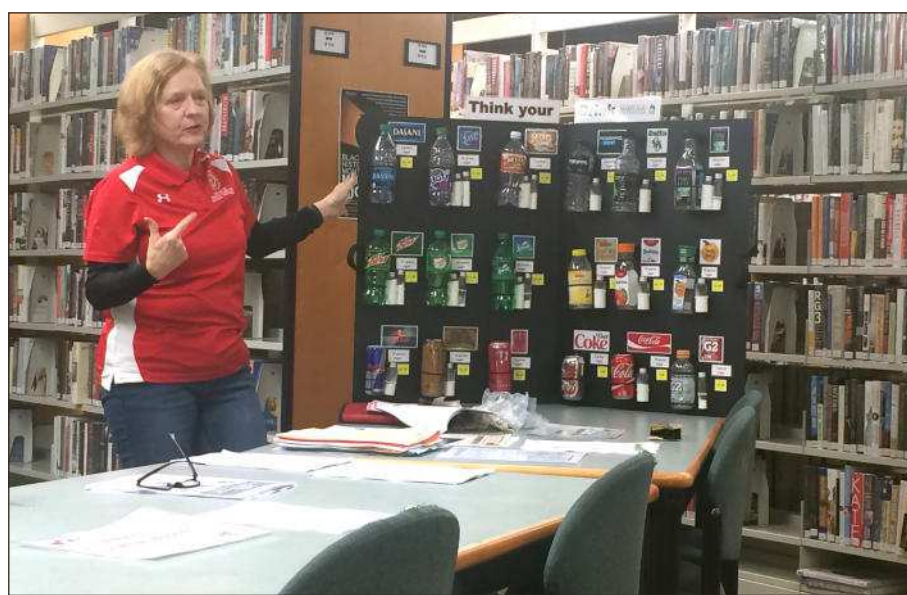
After following each other through high school and college, twin sisters from Waldorf reunited again at a U.S. Navy base in Bahrain.

Master-at-Arms 2nd Class Brittany Wade and Hospital Corpsman

3rd Class Jasmine Wade both attended North Point High School and Bowie State University, and the latter recently joined the former at NSA Bahrain. Brittany is transferring in March, but the Wade sisters have cherished their time serving together.

“It’s been an awesome experience,” Brittany Wade said. “Being in the Navy we already feel like brothers and sisters in arms, but it’s been an amazing experience.”

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STAFF PHOTO BY CHARLIE WRIGHT

University of Maryland Extension financial educator Patricia Maynard discusses prices and sugar content of popular drink options during a seminar at P.D. Brown Branch library on Tuesday.

U. Md. Extension teaches smart food shopping at library

Budgeting and planning essential to healthy diet

By **CHARLIE WRIGHT**
cwright@somdnews.com

The P.D. Brown Branch library welcomed a representative from University of Maryland Extension on Tuesday for a seminar on healthy meal planning and food budgeting, complete with interactive games and displays.

Patricia Maynard is one of two financial educators for UME, an offshoot of the University of Maryland providing programs and assistance to citizens through statewide, non-formal education. Maynard teaches a variety of classes throughout Charles and Prince George's counties, from debt management to identity theft protection, all focused on creating positive

change through financial literacy. The smart spending event drew a handful of residents, who gathered around Maynard and her array of teaching materials to learn how to make intelligent dietary choices.

She opened by asking the participants to draw up a recall sheet tracking their food expenditures over the past few days, without using receipts. Most struggled to remember each meal and its cost, illustrating the crux of Maynard's teachings.

“Many people do not include the cost of food into their family budgets,” May-

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Gen. Smallwood student allegedly threatens shooting

Sheriff's office found 'no credible threat' to students, staff members

By **JAMIE ANFENSON-COMEAU**
janfenson-comeau@somdnews.com

A General Smallwood Middle School student reportedly threatened to shoot classmates, but the Charles County Sheriff's Office found “no credible threat” to students and staff.

According to a letter sent home to parents

Wednesday by Smallwood Vice Principal Shayna Gold, a student made verbal threats to her classmates during eighth period, indicating she was going to bring a gun to school the next day and

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Ripley residents seek information on proposed solar project

Additional meetings planned for facility to be built for SMECO

By **PAUL LAGASSE**
plagasse@somdnews.com

Several residents of the Ripley neighborhood west of downtown La Plata attended a Public Service Commission hearing on Tuesday evening to share their concerns about the potential economic and

environmental impacts of a solar power facility that would be built along Ripley Road.

Origis Energy USA seeks to construct a 27.5-megawatt solar power project

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SISTERS

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NSA Bahrain is her first duty station, where she has worked in a military police role for two years. Jasmine has been in the Navy for about the same amount of time but just came to the base. She works on the medical staff, seeing soldiers and their families.

"We're the medical side of the military, so we see all of the dependents and military people," Jasmine Wade said. "Just make sure that everyone is medically ready to report."

The Wades moved to Maryland in 2008 after bouncing around to different places during their adolescence. Jasmine was initially stationed in Virginia, three hours from her home in Waldorf, but returned there as often as she could. Brittany has been overseas for a couple years and longs for Maryland, and Marylanders.

"I definitely miss Maryland," Wade said. "When I meet people that are from the same area, I cling to them. It's like a little piece of home."

The Wades agreed they honed their leadership abilities while liv-

ing in Waldorf, specifically when the family joined Calvary Gospel Church. Their father urged them to volunteer, so the girls coached a cheerleading team through the Upward organization. They earned rave reviews from the parents for their coaching skills and ability to lead the children.

"We wanted to show that we were capable of doing something for the community, and I think that was like the first time I've ever heard from someone outside our family that we did a good job of leading and that we could be role models," Brittany Wade said. "That definitely helped us build confidence."

Brittany received a degree in criminal justice from Bowie State and Jasmine received hers in biology. Both are glad to be putting their schooling to good use in their fields of study, and will look to further their careers in the military as officers in the future.

"For me, I plan on staying in for now; I do want to go the officer route, so that's my plan," Brittany said.

"That's both of our plans, we both want to go the officer route," Jasmine chimed in. "I wanted to go medical officer, hopefully become a doctor."

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OFFICER

From Page A1

off duty, asking for help. He found himself in a confrontation with an armed man with a shotgun, later identified as Glenn Tyndell, 37, of Largo.

"Mujahid stood his ground to defend the life of the individual who had come to him for help," PGCPD Chief Henry P. Stawinski III said in a press conference Wednesday afternoon. "He saved her life by giving his own."

"This is a gentleman that lived his life giving to others, giving service. The chief said he was home, he was off duty, he didn't have to walk out that door, but he knew just like the men and women who stand behind us and who are out there serving the day, that their badge doesn't come off at night," Prince George's County Executive Rushern L. Baker III (D) said in the press conference.

Tyndell fled the scene in a vehicle, left Prince George's County and entered Charles

County, where Charles County Sheriff's Office deputies observed the suspect's SUV on Berry Road near Bensville Road and began a pursuit, according to PG-CPD. Charles County officers Pfc. M. Beall, Pfc. M. Wagner and Cpl. J. Freeman assisted in the pursuit.

"Under the most extraordinary, difficult and dangerous circumstances our officers were able to mobilize quickly and position themselves throughout major thoroughfares in our county, knowing the suspect might be on one of those roadways trying to escape," Charles County Sheriff Troy Berry (D) said.

"Our peers in Charles County were completely aware of the situation, they deserve tremendous credit for not allowing him to allude sight. They brought this to our attention as they come back into Prince George's County, where we together intervened, and the offender lost his life in a confrontation with two of [Prince George's] officers," Stawinski said.

Tyndell bailed from his SUV on Indian Head High-

way near Old Fort Road before he was shot to death.

During the press conference, Stawinski personally thanked Berry, who was in attendance, and the agency, who were "instrumental in keeping track of this individual as he tried to flee from his cowardly act."

"We are deeply saddened about Officer Ramziddin's death and I'm just glad we were able to help apprehend the suspect," Berry said.

Tyndell had three open warrants for second-degree assault. Stawinski said Wednesday that the department is furthering the investigation.

Baker thanked the Prince George's Fire and EMS for being on the scene and being there for the grieving family as well.

"This is a sad day for us in Prince George's County; we're going to grieve the loss of this talented man," Baker said.

Funeral arrangements for the fallen officer are still being finalized, according to PGCPD.

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DIET

From Page A1

nard said. "That's where we get into the problem, because we're really not tracking what we're spending."

Maynard advised holding onto receipts or recording expenses to keep a better tally of money used toward food between trips to the grocery store. Every family and every person has their own spending pattern, so there's no singular way to develop a budget, making it important to nail down one's individual habits.

As for what not to buy, Maynard pointed to sug-

ary drinks and luxury products like ice cream that eat into the money allotted for weekly groceries. These products offer little to no nutritional value and tie up funds that could go to fresh fruits and vegetables. Maynard presented a poster board with several popular drinks and their prices, along with an accompanying vile of the sugar in those drinks. The sodas and energy drinks unsurprisingly contain massive amounts of the sweetener, but so do items like teas and juices, typically perceived as healthier options.

"A lot of people are not only drinking their calories, they're drinking their

dollars," Maynard said. "This is just another way to visually see what we're putting into our bodies."

There was also a Diet Coke can on the display, standing alone without real sugar represented next to it. Maynard said she included this as a talking point for those who drink diet sodas as an alternative, despite the fact they contain other additives and artificial sweeteners making them just as unhealthy as the regular option.

When approaching meal planning, Maynard turned to MyPlate, an initiative by the U.S. Department of Agriculture showing citizens how to divide the food groups in order to

create well-balanced diets. The program uses a picture of an actual plate, partitioned into uneven quadrants depicting proteins, grains, fruits and vegetables, along with a bowl labeled as dairy.

"MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image — a place setting for a meal," explains the ChooseMyPlate website. "Before you eat, think about what goes on your plate, in your cup, or in your bowl."

Maynard passed out a "plate" to each member of the audience, and examined each section. The grain and vegetable

chunks were the largest, followed by fruits and proteins, then the small circle for dairy. Maynard said each area is important to account for when putting a meal together, but the plate represents the degree to which each group should be addressed.

To put their new knowledge to the test, Maynard partnered the participants into groups and gave them family characteristics. One team was a married couple without kids, the other a single mother with two teenage kids. Maynard handed out 12 dried beans apiece to the mock families, who then had to go through a menu of groceries with corresponding

prices, in beans. The exercise proved the importance of working together with family members to generate a budget, then implementing the plan to provide for everyone. Maynard concluded spending money intelligently and on healthy food options is the key to synergy between finances and dietary needs.

"If you are organized in [your finances], more than likely you're gonna be organized in your food choices," Maynard said. "That's just the way it is, because you're a planner. If you plan, you're probably going to save money and you're probably going to eat better."

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