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E&M ENGINEERING INC Recognized Among Top 100 Regional Minority Businesses

Will Receive an Award at the November 15, 2009 Ceremony

Huntingdon Valley, PA (October 23, 2009) – **E&M Engineering Inc** is proud to announce that **Caryn Helhowski, president of E&M Engineering** has been selected to receive the prestigious Top 100 Minority Business® Enterprise Award. In its fourth year, this program is designed to acknowledge and pay tribute to outstanding women and minority business owners in the Mid-Atlantic States. The awards ceremony will take place at the Inn and Conference Center at University of Maryland University College in Adelphi, Maryland on Sunday, November 15, 2009.

A panel of distinguished judges chose **E&M Engineering Inc** from fourteen hundred nominations. Selection was based on entrepreneurs who demonstrated outstanding achievement in four key areas: entrepreneurship, client satisfaction, professional and community contributions. This year's ceremony host organizations are: The Center for Business Inclusion and Diversity (CBID); the University of Maryland University College (UMUC); Southwest Airlines; Maryland's Governor's Office of Minority Affairs; greiBO media, and The Parren J. Mitchell Foundation for Talent and Education.

"E&M Engineering is proud to be recognized as one of the region's Top 100 minority businesses" said Caryn Helhowski, president and electrical engineer at E&M. "With more than 14 years of service in the mid-Atlantic region, E&M Engineering is committed to providing continued top-notch services to our clients."

E&M Engineering Inc was founded in 1995 on the principle that "All Projects Deserve Quality Engineering", and that principle has expanded to include thoughtful sustainability. For this reason, a firm partner leads every project. E&M Engineering offers comprehensive HVAC, electrical, technology, plumbing and fire protection services spanning feasibility through commissioning. Areas of expertise include: offices, higher and lower education, religious, utilities, healthcare, hospitality, multi and single family dwellings, retail and research & development facilities. E&M serves as commissioning agents on all phases of LEED accreditation and has found that the most satisfying component of their profession is taking pride in the superior quality of work they offer.

Outside of her role in E&M, Caryn Helhowski further aids the community as CISV USA Philadelphia Chapter President, Trustee and newly elected Secretary (CISV is an International Organization with the goal of building global friendship through peace education). She is active in the Lower Moreland Business Association, Lower Moreland School District PTA and served on the Lower Moreland School Tax Commission and the Lower Moreland Sewer Commission. Additionally Caryn co-chairs the Adult Education Committee at Old York Road Temple Beth Am.

Caryn Helhowski and E&M ENGINEERING INC represent the best of what our region's minority business community has to offer," said Sharon R. Pinder, CEO of the Center for Business Inclusion and Diversity and founder of the Top 100 MBE® Awards Ceremony. "This award is the culmination of sacrifice, dedication and hard work and will inspire future minority business entrepreneurs to strive for the same level of success."

To obtain tickets for the 2009 Top 100 MBE ®Awards Ceremony or for a complete listing of this year's winners, please visit www.top100mbe.com.

Please visit www.eandmeng.com for more information about **E&M Engineering Inc**.

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