



# Valhalla Voice

May 28, 2019

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## Calendar

Date	Time	Event/Location
May 28	6pm	Cavaliers Officers Tryouts in the Main Gym
June 3	6:30pm	Viking Backers Meeting in the Media Center
June 4		Staff Luncheon by KASPO(Korean American Student and Parent Committee)
June 5	6pm	College Night in the Auditorium
June 5	6pm	MTHMU Last Boosters Meeting in the Band Room
June 8		Football Event Run by MHHS Coach Frederick
June 11-13	5:30-7:30pm	Lancers Fall Marching Unit Auditions in the Main Gym
June 19		Final Staff Appreciation Luncheon by PTSA
June 24 – July 8		Street Smarts Drivers Ed Sessions @ Hebron
<b>No Class on 7/4</b>		
July 15 - 26		Street Smarts Drivers Ed Sessions @ Hebron
August 7 - 20		Street Smarts Drivers Ed Sessions @ Hebron
September 10	7pm	1 <sup>st</sup> PTSA 2019-2020 Meeting in the Media Center

## Parent Teacher Student Association (PTSA)

Caroline Bodziak, President: [mthebronptsa@gmail.com](mailto:mthebronptsa@gmail.com), [www.mthebronptsa.com/](http://www.mthebronptsa.com/)

Twitter: @Mthebronptsa, Facebook MHSPTSA

Meetings 2<sup>nd</sup> Tuesday of the month @ 7:00pm in the Media Center

Next Meeting: September 10, 2019

### **Help with the Final Staff Appreciation Luncheon 6/19**

The PTSA Staff Appreciation Committee is planning the end-of-year Staff Luncheon for Wed., June 19 and can use your help rounding out the menu. Please check out the SignUp Genius here: <https://www.signupgenius.com/go/30e0f4caca92d6-mthebron> and help if you can. Thank you!

### **Help with KASPO Committee Luncheon 6/4**

The Korean American Student and Parent Committee is looking for help holding a traditional Korean lunch for Mt. Hebron staff on June 4. If you would like to help please contact Il Minn at [iminn1@gmail.com](mailto:iminn1@gmail.com).

### **Senior Banners**

Senior Banners were taken off the school walls, rolled up, and given to students during graduation practice at school. If you haven't seen it at home yet, please check with your senior!

### **Volunteer Reception 5/22 @ 6-8pm**

Thank you to everyone who enjoyed the Volunteer Reception at Glory Days Grill last week! The PTSA is only as good as its membership and this year was GREAT! We value your service and look forward to "working" with you next year. Keep up with PTSA goings on on Facebook and the website <https://mthebronptsa.com>.



### **Mt. Hebron Recognizes PTSA Volunteers**

The Mt. Hebron Administration has started an annual "Volunteer Award" for parents or community members who give of their time and talents to students and the school. The first two recipients of this award are **Patti Lizzo**, for running the concession stand and managing After-Prom Hospitality (plus other things) for years, and to PTSA President **Caroline Bodziak**. Patti and Caroline received their awards at the May 23 Senior Awards Ceremony. Congratulations!

### **Heard About the HCPSS FY2020 Budget Shortfall?**

In order to balance its budget the County Council must find cost savings in the HCPSS budget. Possibilities include increasing class sizes (high school would go from 33 to 35) and surplusning teachers (Hebron could lose 5!). Learn about proposed cuts, find links to additional information, and find a sample email you can send to the County Executive and Council members. This information is posted on the PTSA Facebook page (@MHHSPTSA) and is a May 9 blog post on the PTSA website (scroll down chronologically) <https://mthebronptsa.com>.



### **Hebron for Hope T-Shirts Available**

Mount Hebron's SGA would like to sell at least 100 more Hebron for Hope t-shirts before the end of the school year in order to support our chosen charity, Believe in Tomorrow Children's Charity!

We still have plenty of small, medium, large, and extra large t-shirts. These shirts are unisex, preshrunk cotton. Shirts are \$10, and can either be bought with cash or check, made out to Mount Hebron High School. Ask your student to stop by the

media center or contact Mrs. Engelstatter at [katherine\\_engelstatter@hcpss.org](mailto:katherine_engelstatter@hcpss.org) if you would like to buy a shirt.

**Interested in School-Related Policies?**

The following HCPSS policies are all up for revision in 2019-2020. If you would like to be a member of a policy committee which will meet in the fall 2019, please email the PTA Council of Howard County (PTACHC) at [ptachc@gmail.com](mailto:ptachc@gmail.com).

**Policy 1050 Tobacco-Free Environment**

**Policy 9230 Alcohol, Other Drugs, Prescription Medication and Over the Counter Products**

**Policy 4030 - School Activity Funds**

**Policy 7000 - Workforce Diversity**

**Policy 7020 - Nepotism**

**Policy 8080 - Responsible Use of Technology**

**Policy 8090 - Non-School-Hour Curricular Programs (2 year review)**

**Policy 8100 - Field Trips**

**Policy 9010 - Attendance**

**Thank you to our 2019 After-Prom Sponsors**



When you patronize these businesses please say Thank You for sponsoring After-Prom at Mt. Hebron!

Gold Sponsors: [River House Pizza](#)

[The Bob Lucido Team of Keller Williams Integrity](#)

Silver Sponsors: [Keith Sigur, State Farm Agent](#)

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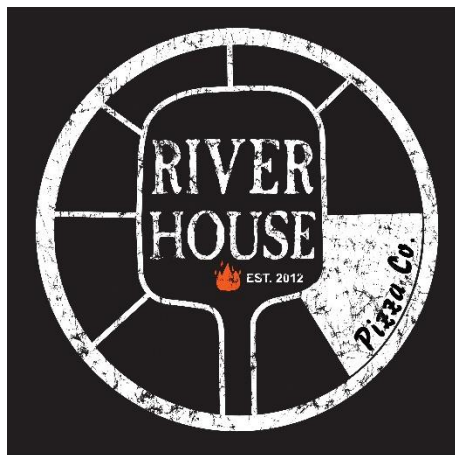
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*The greatest compliment you can give is a referral.*



**Ben Sandler, DDS**

**Patapsco Middle School PTA**

**Subscribe to the PTSA Website**

Create a login then update your settings to get notifications of new postings to the PTSA website blog. For detailed instructions [click here.](#)

**Chinese American Parent and Student (CAPS) Committee**

Margaret Sui, Chair: [msui2998@hotmail.com](mailto:msui2998@hotmail.com)

**Korean American Student Parent Organization (KASPO)**

*Now a PTSA Committee*

Il Minn, President: [iminn1@gmail.com](mailto:iminn1@gmail.com)

As a token of appreciation, KASPO is serving staff and teachers traditional Korean food on June 4th. KASPO needs parent volunteers for food preparation and serving. Please contact IL Minn ([iminn1@gmail.com](mailto:iminn1@gmail.com)) if you wish to help. Thank you.

# Viking Backers

Viking Backers [www.vikingbackers.org](http://www.vikingbackers.org)

We need your talents and your ideas! The Viking Backers have several important volunteer opportunities for the coming school year. This is a great opportunity for parents to make Mt. Hebron High School a better and more rewarding experience for students and faculty.

We have several great opportunities including VP of Concessions, VP of communications, and others. *Our student activities, our athletes, and our school are all touched by the work of the Viking Backers volunteers.* Please contact Jim Bahel, President ([president@vikingbackers.org](mailto:president@vikingbackers.org)), to discuss these openings. We also invited you to attend our June 3 meetings to discuss these opportunities

**Registration for Viking Backers Summer Sports Camps** is now open. We are proud to work with our coaches and athletic staff to continue this Hebron tradition.

Please visit the Backers homepage ([www.vikingbackers.org](http://www.vikingbackers.org)) and select the "Summer Sports Camp" link which will take you to the page for camper registration and payment. <http://www.vikingbackers.org/summer-sports-camp.html>

**New for this year:** The Valhalla Football Combine, a unique football event on June 8 run by our MHHS football coach Shawn Frederick. This one-day event will give promising high school football players a chance to take part in skill and strength events to demonstrate their football abilities. It will also provide valuable information on the college entry process and other issues of interest to the football athlete. For more information please go to <https://www.youtube.com/watch?v=lXw2rj7Hs1s>. Registration is available via the Backers' homepage.

**Drivers' Education:** The Viking Backers is happy with the options we are able to offer our students for Drivers' Education. Both of our Drivers' Ed partners - Greg's Driving School and Street Smarts - have upcoming classes and openings. Please check the Viking Backers' website <http://www.vikingbackers.org/driver-s-ed.html> for additional information and registration details.

**Join us at our next meeting June 3rd @6:30pm in the Media Center**

## Parents of African American Students (PAAS)

CJ Ridgely, Co-president, Cheryl Godsey, Co-president: [mthebronpaas@gmail.com](mailto:mthebronpaas@gmail.com), [www.mthebronpaas.wixsite.com/paas](http://www.mthebronpaas.wixsite.com/paas)

## Indian American Student Parent Association (IASPA)

Gopi Suri, Chair: [gopi\\_suri@yahoo.com](mailto:gopi_suri@yahoo.com), Visit Website: [IASPA](http://IASPA)

# Mount Hebron Marching Unit Boosters (MTHMU Boosters)

## MTHMU NEWS

Please check out our Facebook page at <https://m.facebook.com/MTHMU/> for lots of photos and videos of all our performances this year! For MTHMU Families, we also try to post helpful reminders there!

The last Boosters meeting of the year will be held on Wednesday, June 5, 2019 at 6:00pm in the Band Room. Please join us!

## READY TO GET INVOLVED FOR NEXT YEAR?

If you're interested in volunteering for next year – please reach out immediately to [mthmuinfo@gmail.com](mailto:mthmuinfo@gmail.com).

We need a lot of hands to help MTHMU be the best it can be, and it is a lot of fun too!

## LANCERS FALL MARCHING UNIT AUDITIONS

Auditions for Fall MU Lancers will be held on June 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> from 5:30-7:30 in the Main Gym.

## CAVALIERS OFFICERS TRYOUTS

Tryouts for Cavaliers Officers are \*TONIGHT,\* Tuesday, May 28th at 6:00 pm in the Main Gym.

## Community News

### Annual Eagle-FEST @ Centennial High School

The Empire Mock Trial Team of Centennial High School cordially invites you to the First Annual Eagle-FEST: a day filled with a Flea Market, Entertainment, Snacks, Trivia, and more! Our event will be **Saturday, June 8th from 8am-2pm**, and will take place all around our campus at 4300 Centennial Lane Ellicott City, MD 21042. So far we have great live music acts, student films, games, snacks, and performances lined up, and spots for all aspects of the event can be found on our website ([www.eagle-fest.com](http://www.eagle-fest.com)). This would be a great opportunity for families in our greater community to purchase a flea market/yard sale space to sell household items or for student groups from local schools to raise money for their clubs/organizations by renting a game or snack booth. Admission to Eagle-FEST is free, but please bring money to support our local vendors, artisans, and student groups! Please email our coach Ms. McDonough-Schlehr ([Kelli\\_McDonough-Schlehr@hcpss.org](mailto:Kelli_McDonough-Schlehr@hcpss.org)) or our team ([CHSEmpiringEagles@gmail.com](mailto:CHSEmpiringEagles@gmail.com)) with any questions. We hope to see you there!

## **Become an “Emotional Support Human”**

Do you have a friend or family member going through a hard time? Be their Emotional Support Human!

### **Emotional Support Human**

/əˈmɔːSH(ə)n(ə)l/ /səˈpɔːrt/ /ˈ(h)yooˌmən/

*noun*

An individual of the human (*homo sapiens*) species who is committed to helping other people dealing with emotional and mental health challenges. Emotional Support Humans are characterized by compassion, care, love and a willingness to help the people around them – their friends, loved ones and community. Formal training is not required.

Last week the Horizon Foundation launched a new public outreach campaign designed to help people effectively support those in their lives who may be struggling with mental health challenges. The **“Emotional Support Human Etiquette”** campaign, modeled after the concept of emotional support animals that provide comfort to many, aims to normalize conversations around mental health and offer tips for people to approach those conversations. Visit the link above (or <https://supporthuman.org>) to learn more about becoming an Emotional Support Human and sign the pledge!

## **Every Considered Hosting an Exchange Student?**

Host Families Sought for AFS Exchange Students: Next school year, about eighteen AFS exchange students from around the world will come to Howard County for a life-changing year. Exchange students live in a family such as yours and attend your local high school. Host families volunteer to provide room and board for a student and get to know a great kid and learn more about a different part of our world. Students are available from countries around the world, such as Norway, Italy, Indonesia, Japan, Thailand, Switzerland, and Germany and many more. You can pick kids who enjoy hobbies such as running, debate competitions, singing, playing soccer and tennis, baking, drawing, or playing violin.

If you would like to hear more about the process of becoming a host family or any other aspect of our program, please contact Christina McGarvey at (410) 997-7087 or [AFSBaltimore@gmail.com](mailto:AFSBaltimore@gmail.com).

## **Camp Inclusion Registration Opens**

Camp Inclusion is a summer day camp in Howard County for any student (12-21) with or without a cognitive, social, or physical disability. At Camp Inclusion, campers participate in group games and sports including soccer, kickball, and handball. Campers also participate in arts & crafts activities such as tie-dye and painting, as well as developmentally appropriate board games, which are adapted for campers as needed. For more information please visit <http://www.campinclusion.org/>

## **Jose Andres Headlines Books in Bloom on June 2 at Merriweather Post Pavilion**

Acclaimed chef/restaurateur Jose Andres will headline the third annual Books in Bloom book festival, hosted by the Downtown Columbia Partnership, Sunday, June 2, 11 a.m.-4 p.m., at Merriweather Post Pavilion.

Andres is the author of the New York Times bestseller, *We Fed An Island: The True Story of Rebuilding Puerto Rico, One Meal at a Time*, a chronicle of his humanitarian efforts after

Hurricane Maria ravaged the island.

The festival features more than 20 of the country's best and brightest authors and includes readings, panel discussions, culinary offerings, a Rose and Beer Garden, live music and a Busboys & Poets pop-up bookstore.

In addition to Andres, award-winning chefs Kwame Onwuachi, author of *Notes from a Young Black Chef: A Memoir* and Edward Lee, author of *Buttermilk Graffiti: A Chef's Journey to Discover America's New Melting-Pot Cuisine*, will be telling their stories during the thematic conversation, "From Knife to Pen."

Other panel discussions include "Rising Up + Speaking Out: Black Feminism Today" with Feminista Jones and Brittney Cooper, "Looking for the Rainbow: Celebrating Pride 50 Years After Stonewall" with Matthew Riemer and Leighton Brown and Charles Kaiser, "And You Don't Stop: The Birth and Rise of Hip-Hop" with Vikki Tobak and Geoff Edgers, "Documenting Immigration: Sharing Perspective with the Next Generation" with Laura Wides-Munoz and Nadia Hashmi, and "Graphic Memoirs + POC Voices: The Surprising New Narrative" with Malaka Gharib and Mira Jacob.

Featured authors also include Bob Yule, author of *Spirits, Sugar, water, Bitters: How the Cocktail Conquered the World*, Anna Palmer and Jake Sherman, authors of *The Hill to Die On: The Battle for Congress and the future of Trump's America*, Maurice Jackson, author of *DC Jazz: Stories of Jazz Music in Washington, DC*, Scott Crawford, author of *Images and Stories from the 1980s Washington, DC Punk Scene*, and Abby Maslin, author of *A Memoir of Marriage, Brain Injury, and Reinventing Love*. Novelist Angie Kim, author of *Miracle Creek*, and memorist Nicole Chung, author of *All You Can Ever Know*, will also read from their works.

Young Adult writers include Carmen Rorigues, author of *The Universal Laws of Marco*, Kathy MacMillan, author of *Dagger and Coin*, and Jessica Spotswood, author of *The Last Summer of the Garrett Girls*. Children's activities include face painting, puppet shows, glitter tattoos, story time and more.

The festival is free and open to the public of all ages. More information and the developing author lineup is available at <http://www.dtcpartnership.com/booksinbloom/>. Registration is requested at <http://www.booksinbloom.eventbrite.com>.

The Downtown Columbia Partnership promotes and advances the growth of Downtown Columbia as a vibrant, economically robust and desirable place for employment, entertainment, living and learning. Its initiatives, such as Books in Bloom, include supporting cultural and arts programs aimed at enhancing residents' quality of life.

Presenting Sponsor [The Downtown Columbia Arts and Culture Commission](#) works to expand artistic and cultural activities in and around downtown Columbia and at Merriweather Post Pavilion, while Presenting Sponsor [The Howard Hughes Corporation](#) is currently undergoing a transformative redevelopment of Downtown Columbia spanning 391-acres. One of the hallmarks of the redevelopment is the repositioning of Downtown Columbia as a true urban core and regional hub for culture and commerce.



Please visit the **Community News and Programs page** on the HCPSS website for announcements of upcoming events and programs sponsored by non-profit organizations.

<http://www.hcpss.org/community-news-and-programs/>