



Valhalla Voice

September 9, 2019

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Date	Time	Event/Location
September 10	6pm	1 st PTSA 2019-2020 Meeting in the Media Center
September 13	4-8:30pm	1 st Home Football Game vs. River Hill – Gold Out! Spirit Wear Sale
September 16	6:30-7:30pm	Viking Backers General Meeting
September 20		Pep Band Away Game at Oakland Mills HS
September 21		MTHMU Sub Making and Delivery
September 27	6-8pm	Home Football Game vs. Wild Lake HS – Future Viking Night, Spirit Wear Sale
September 28	10am-1pm	Out of the Darkness Community Walk @ Lake Elkhorn
October 6	9am	Viking 5K Trail & Fun Run
October 7	7-9pm	Free showing of “Screenagers”
October 14		Greg’s Driving School Class Begins
October 18	3:30-5:30pm	Football JV Homecoming vs. Centennial- Spirit Wear Sale
October 19	12-3pm	Football Varsity Homecoming vs. Centennial- Spirit Wear Sale
October 21		Street Smarts Driver’s Ed Class Begins
October 26	10am-3pm	MTH Marketplace
November 1	6-8pm	Football Varsity vs. Reservoir- Spirit Wear Sale
November 8	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
November 20	TBD	Suicide Prevention Training by Grassroots
November 22	6-10pm	Viking Backers Basket Bingo @ The Lodge in Catonsville
February 28, 2020	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
April 14, 2020	6:30-7pm	Guest Speaker on Restorative Justice in Education implementation at Mt. Hebron PTSA Meeting in Media Center

Parent Teacher Student Association (PTSA)

Caroline Bodziak, President: mthebronptsa@gmail.com, www.mthebronptsa.com/

Twitter: @Mthebronptsa, Facebook MHSPTSA

Meetings 2nd Tuesday of the month @ 7:00pm in the Media Center

Next Meeting: September 10, 2019

Join Online at www.mthebronptsa.com/. Click on “Membership” to access the online payment portal or a downloadable form that you can send in with a check. Membership forms also available in Korean and Spanish. 100% of your donations stay at Mt. Hebron.

Subscribe to the PTSA Website www.mthebronptsa.com/

Create a login then update your settings to get notifications of new postings to the PTSA website blog. For detailed instructions [click here](#). Visit the website often for current news, information on programs like scholarships and After-Prom, forms, contact info, and much more.

Next PTSA Meeting & Welcome Social Sept. 10 in the Media Center

6:00-6:30pm – Welcome Social for parents new to MHHS. Mingle with current PTSA members and students from the Student Government Association (SGA) to ask questions about life at Hebron. Light refreshments provided.

6:30-7:15pm – Guest Speaker – Mt. Hebron Student Support Team, Grassroots Crisis Intervention Center

7:15pm - PTSA meeting. Hear reports from the principal, SGA leaders, and other parent advocacy groups, followed by the PTSA business meeting.

PTSA Meeting VOTES on:

1. Approving the 2019-2020 Budget
2. Sponsoring the IASPA Diwali celebration Oct. 12
3. Sponsoring the March 7 Regional Science Olympiad
4. Forming a Special Committee on Redistricting
5. Approving Testimony on Redistricting

HCPSS Boundary Review aka “Redistricting”- Effects on Mt. Hebron High School

On August 22 the HCPSS Superintendent, Dr. Martirano, presented his recommendations for redistricting to take place for the school year 2020-2021. His complete presentation including message to the community, power point slides, and written recommendation report may be found on the HCPSS Website here: [HCPSS Redistricting](#). Scroll down the timeline to August 22 where you will find [the Superintendent's Recommended Plan](#).

Superintendent’s Priorities: They are threefold: 1. To alleviate crowding; 2. Advance equity by addressing Free and Reduced Meal (FARM) distribution, and 3. Minimizing impact for high schools most likely to be affected by HS#13 boundary adjustments (to avoid double moves).

Impact on Mt. Hebron: In Dr. Martirano’s plan, Mt. Hebron High School is not getting any students from any other high school, but will transfer 85 students to Centennial HS (from polygons 308, 1308, 2308) and 82 students to Marriott’s Ridge HS (from polygons 159, 1159).

According to his proposed plan, Mt Hebron would go from 117% utilization/capacity to 104% in 2020-2021, then back up to 112% by 2024-2025. Mt. Hebron’s FARM population would go from 16% to 14%, a reduction of 2%. Mt. Hebron’s racial makeup would change like this (the bottom row is the county average):

Amer. Indian or Alaska Native		Asian		Black or African American		Nat Hawaii or other Pacific Islander		Hispanic		Two or More		White	
Base	Propose	Base	Propose	Base	Propose	Base	Propose	Base	Propose	Base	Propose	Base	Propose
<=5%	<=5%	31%	32%	15%	13%	<=5%	<=5%	8%	8%	<=5%	<=5%	42%	41%
<=5%		20%		24%		<=5%		10%		6%		39%	

Provide Written Testimony: Beginning August 21 and through 4:30 p.m. on November 19, the Board of Education will [receive written testimony](mailto:redistricting@hcpss.org) via USPS mail or emailing it to redistricting@hcpss.org. Any testimony received prior to this date will not be accepted. Additionally, testimony sent to individual Board members or to the BOE email address will not be accepted.

Provide Public Testimony: The Board of Education is scheduled to hold three public hearings to gather feedback from the community. Members of the public may only attend the session associated with the region in which they live based on the [School Locator](#). Members of the public who wish to testify but cannot attend a public hearing may submit testimony via email or USPS mail. **Mt. Hebron’s date/time is Tuesday, September 17 at 7:00pm.** [Full details on the Board of Education boundary review public hearings may be found online.](#)

Decision Time: The Board of Education (BOE) will vote on a plan on November 21, 2019 to implement in the 2020-2021 school year.

What is PTSA Doing? PTSA is drafting a position statement saying that redistricting at the high school level, for Mt. Hebron and the county, should be postponed until after the attendance area for the new High School #13 is confirmed. Keep an eye on the PTSA Facebook page and website blog for the latest updates and attend the Sept. 10 meeting to vote on the statement. If approved, PTSA will provide oral testimony at the Sept. 17 BOE hearing. Email mthebronptsa@gmail.com with any questions.

Staff Appreciation Committee Already at Work!

This year the PTSA would like to partner with you to bless our teachers, support staff, and bus drivers throughout the year. You’ll be getting requests for small donations 3 times throughout the year and together we can show our Mt. Hebron Staff how much we appreciate the hard work and long hours they put in to caring for and educating our kids. All donations can be dropped off in the bin in the front office (by you or your student) marked “Staff Appreciation”

on or before Friday, September 28. Check out the SignUp Genius:
<https://www.signupgenius.com/go/508094ea8a728a20-mthebron>.

Out of the Darkness Community Walk 9/28/19

Join the Mount Hebron High School & PTSA team (<http://afsp.donordrive.com/team/MTH>) for this walk on 9/28! The Out of the Darkness Community Walk is a journey of remembrance, hope, support, and a walk that unites a campus and community – a time to acknowledge the ways in which suicide and mental illness have affected our lives and our loved ones.

Walk Date: **09/28/2019**

Walk Location: **Lake Elkhorn - Columbia, MD**

Check-in/Registration Time: **10:00 am**

Walk Begins: **11:30 am**

Walk Ends: **1:00 pm**

The Mt Hebron PTSA is expanding efforts on mental health this year with speakers including the school's own Student Support Team (SST), Grassroots Suicide Prevention (QPR) Training, events during "Pi Week" in March, and the Sept. 28 Out of the Darkness Walk.

More Mental Health Events

Tues., Sept. 10 – 6:30-7:15pm **Guest Speakers** @ PTSA Meeting in Media Center. Grassroots Crisis Intervention Center and Mt. Hebron's Student Support Team speak on Teens & Mental Health.

Mon., Oct. 7 – 7:00-9:00pm in auditorium: **FREE! Showing of "Screenagers the Next Chapter: Uncovering Skills for Stress Resilience"** about helping young people thrive in our screen- and stress-filled world. Register at: <https://tinyurl.com/Oct7MHHS>

Wed., Nov. 20 – Time TBD in the media center: Question, Persuade, Refer (QPR) **Suicide Prevention Training** by Grassroots Crisis Intervention Center

Restorative Justice in Education (RJE) Book Discussion over Coffee

Mt. Hebron is rolling out Restorative Practices school-wide this year. Read the book that explains the philosophy of RJE and discuss with other interested parents and teachers leading Restorative Practice work in the school. PTSA will provide coffee and light breakfast items. Reserve a ticket on Eventbrite and PTSA will provide parents a complimentary copy of the book shipped directly to them.

Fri., Nov. 8 from 7am-8am in media center. Register on Eventbrite [HERE for Nov. 8](#)

Fri., Feb. 28 from 7am-8am in media center. Register on Eventbrite [HERE for Feb. 28, 2020](#)

Tues., April 14 – 6:30-7:00pm Guest Speaker on RJE implementation at Mt Hebron @ PTSA Meeting in media center.

Hospitality Committee Busy Feeding Staff

The Hospitality Committee served over 170 hungry Hebron staffers on August 27 before school even started. Thank you Erin Lanthier and Robin Cahoon! If you would like to be on the Hospitality email list, please send an email to mthebronptsa@gmail.com.



Volunteers Needed

Maybe one of these is right for you! To ask questions and get details, please email mthebronptsa@gmail.com.

1. **Web Mentor for 2020-2021** – Learn about the PTSA website workings this year, help “hire” a new student team of web masters for next year, and prepare to take over next summer. Job includes guiding skilled student team with implementing the web master role.
2. **HC DrugFree Rep** – Be the PTSA’s liaison with HC DrugFree, coordinate messaging throughout the school year, organize teams for Drug Takeback days in fall and spring, etc.
3. **Advocacy/Legislative Issues Chair** – This would be a NEW committee to track current legislative issues relevant to PTSA and schools, communicate with families & students, facilitate student involvement – help create this new role!

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

Korean American Student Parent (KASP) Committee

Il Minn, President: iminn1@gmail.com

Viking Backers

Viking Backers www.vikingbackers.org

Become a Viking Backers member! Visit www.vikingbackers.org to join!

- Concessions Help Needed - <https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-2019>
- Get your Spirit Wear - 9/5, 9/13, 9/27, 10/18, 10/19, 11/1
- Gold Out Football Games - 9/13
- Viking Backers General Meeting - 9/16, 6:30pm to 7:30pm
- Viking 5K - 10/6
- Greg’s Driving School Class Begins - 10/14

- Street Smarts Driver's Ed Class Begins - 10/21
- MTH Marketplace - 10/26
- Basket Bingo - 11/22

Concessions Help Needed

Our Concessions operations, which raises nearly 35% of the funds we provide to MTH sports, clubs, and academic activities, need the support of our parent and student volunteers. The team or club your student is taking part in will most likely receive funds from the Backers in some way or another. Because of this, we ask that you please consider volunteering your time and talents to support our concessions operations. For parents, it's a great way to meet other Viking families and make new connections across the Viking community. For students, it's a great way to earn service hours and give back to our great school. Plus it's a lot of fun and provides a welcoming for our fans and our visitors. Please visit the link <https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-2019> and sign up to volunteer!

Spirit Wear

Get your limited edition 2019 Homecoming T-shirts at any spirit wear sale!

Upcoming Spirit Wear Sales:

9/13 First Home Football Game JV and Varsity, 4:00-8:30pm - GOLD OUT!

9/27 Football against Wilde Lake 6-8pm

10/18 Football JV Homecoming against Centennial 3:30-5:30pm

10/19 Football Varsity Homecoming against Centennial 12-3pm

11/1 Football Varsity against Reservoir 6-8pm

Attention Mt. Hebron...Friday, Sept. 13th football game is a GOLD OUT!

Join us at Viking Stadium for the football team's first home game against River Hill. Wear your gold in support of your Vikings and also to recognize Childhood Cancer. Fight like a Viking!!!

**The first 200 people to the Varsity football game will receive a free gold out t-shirt. (t-shirts will start being handed out at 6:30pm). JV will start at 4pm and Varsity will start at 7pm.

Basket Bingo Purchase tickets online now at vikingbackers.org for Viking Backers Basket Bingo! Nov. 22nd, 2019 at The Lodge in Catonsville, 2832 Nine Mile Circle, Catonsville, MD 21228 Doors open at 6:00pm, Bingo goes from 7-10pm. This event always sells out, so purchase your tickets online now-there will be no paper tickets sold. Join us for a fun night of bingo, amazing prizes, raffles, lots of mystery cups (guaranteed prize with purchase) and delicious concessions featuring Chick-fil-a Sandwiches and Vocelli's Pizza. \$30 bingo ticket is good for 20 regular Bingo games. 5 Special games can be purchased for an extra cost. For more information, contact Dana Arthurs at vikingspiritwear@gmail.com

Viking 5K

VIKING 5K Trail and Fun Run! Sunday Oct 6, 9am

Hold the date and register early for the 27th Annual Viking 5K and Fun Run! Come out for lots of prizes and awards for age groups and MHHS community categories (Alumni, Faculty, Parents and Students!). The course is fun and the same as last year, through the school, the neighborhood and trail. Early registration helps us prepare enough T-shirts for all registrants! For more details Please see the Viking Backers WWW page: <http://www.vikingbackers.org/viking-5k-race-details.html>

VIKING 5K needs Volunteers!

In order to have a fun safe race, the Viking Backers needs volunteers to organize and run the 5K! There are lots of straightforward ways to help, without consuming much time. We have a committee, but can always use additional help and input! There are fun things to do on race day, helping across set up, to start to finish, and registrations, prize and award organization. Links to the volunteer sign ups can be found here: <http://www.vikingbackers.org/viking-5k.html> . or contact Mike Bosilovich (MtH.Viking5K@gmail.com) for more information.

Viking 5K Looking for a co-coordinator

Also of utmost importance, this will be Mike's last race as coordinator. Over the last 3 years, he has learned a lot about organizing a race. In order to keep the tradition going, we need a new coordinator for 2020. Now is a great time to step into this role as a prospective coordinator can shadow Mike in this year's race, and see the preparations and execution first hand! This is a fun position in the Viking Backers and helps promote a healthy and fun activity for the Viking and Mount Hebron community! This does not need to be one person to assume the responsibility. If you have a friend interested, co-coordinators would be able to share the load and sound ideas off each other!

If you have any questions Please contact Mike Bosilovich MtH.Viking5K@gmail.com.

MTH MARKETPLACE – Saturday, Oct. 26, 10am - 3pm

By popular demand, MTH MARKETPLACE is back for the fall! On Saturday, Oct. 26 from 10a-3p, the Viking Backers Booster Club will host an arts & crafts festival with over 120 vendors featuring handmade goods, art, décor, jewelry, skin care and more! Admission and parking are FREE and open to the public.

If you are interested in being an exhibitor, please fill out the application at <https://forms.gle/TGPaAuNBKWRcBfus8>. Spaces are at least 8x8 for \$40 (plus a \$2 transaction fee). *Please note that as of 8/25, we are full, but accepting applications for our WAITLIST. Please fill out the form at the link above if you are interested.

For more information, please see our Facebook event page
<https://www.facebook.com/events/471657553411552/> or event website
<https://mthmarketplace.weebly.com/>.

Additional questions? Email Lisa Scarbath at lscarbath@gmail.com

Driver's Education

Greg's Driving School is the largest driving school in Maryland and has been supporting the Viking Backers and Mount Hebron students since 2006. We provide the 36-hour Driver's Education program directly after school. Any student in Maryland who is 15 years of age or older is eligible to take the classroom portion, and once they are 15 years and 9 months of age they can take the behind-the-wheel part of the program. The program runs for ten (10) days, usually consecutive except for days that school is not in session. Students can sign up for classes at Mount Hebron by visiting www.gregsmd.com/MHHS.

Parents may view our Online Parent Orientation to learn what to expect from the Greg's Driver Education Program and how to assist us in helping your new driver take this important step toward adulthood. As parents are part of the equation in shaping new drivers, your role is important in keeping them safe.

Another useful resource is the free RoadReady app which has been approved by the Maryland Motor Vehicle Administration. This app helps you record the 60 hours of home driving practice that is required of your student, an essential step in the student's progress through the Graduated Licensing System. The app is free and can be downloaded at www.roadreadyapp.com.

We thank you for considering choosing Greg's!

Greg's Driver Education Dates

STREET SMARTS OF MARYLAND DRIVER'S EDUCATION PARTNERSHIP WITH MT. HEBRON HIGH SCHOOL BOOSTERS!

Next Class Runs from 10/21/19 – 11/4/19

Since 2009, Street Smarts of Maryland has been a strong financial partner of the Mt. Hebron High School Boosters. In addition to providing students with a premier driver's education program, the company has provided over \$33,275.00 back to the Mt. Hebron HS Boosters in support of student activities and programs.

Street Smarts of Maryland is proud to be able to provide such financial support to the local high schools that endorse the driver's education program. Whether the students are in the classroom or behind the wheel of a car, working together we can strive to make the students the best they can be!

Thank you in advance for your continued support!

HOW DOES THE PARTNERSHIP WORK? For each student that enrolls in the driver's education program, a donation will be provided back to the school boosters. Not only will each registered student receive a first-rate driver education but each enrollment will be helping to support the Mt. Hebron HS Boosters as well.

COURSE OPTIONS: Street Smarts of Maryland offers several course options with the goal of making each student a safer driver in all types of roadway conditions. The curriculum is based upon teaching safe defensive driving techniques to the students. All of the instructors are either retired law enforcement officers, firefighters, teachers or those with previous Driver's Education experience.

IN THE COMMUNITY: To learn more about the company and the law enforcement background, click on the following link to watch a short video which accompanied the featured story in the Baltimore Sun. The link can be found at <http://vimeo.com/92306718>

The Street Smarts Driver's Education Program boosts the following:

* Certified MVA Instructors * Management has over 200 Years of Combined Law Enforcement Experience * Thirty (30) hours of Classroom Instruction * Standard (6 hours), Advanced (8 hours) or Premium (10 Hours) Behind the Wheel Instruction

STREET SMARTS OF MARYLAND UPCOMING SESSIONS:

DATES: 10/21/19 – 11/4/19 (No Class on 11/1/19) DATES: 4/27/20 – 5/11/20 (No Class on 4/28/20) DATES: 12/2/19 – 12/13/19 DATES: 5/20/20 – 6/3/20 (No Class on 5/25/20) DATES: 1/29/20 – 2/11/20 DATES: 8/3/20 – 8/14/20 DATES: 3/9/20 – 3/20/20

Evening and Weekend Classes also available at the main office located at Normandy Shopping Center in Ellicott City.

To register for any session on-line, please visit the Street Smarts website at: www.streetsmartsmd.com

Please feel free to email their office at streetsmartsmd@comcast.net or call 443-355-4238 with any questions regarding their program.

Parents of African American Students (PAAS)

CJ Ridgely, Co-president, Cheryl Godsey, Co-president: mthebronpaas@gmail.com, www.mthebronpaas.wixsite.com/paas

Indian American Student Parent Association (IASPA)

Gopi Suri, Chair: gopi_suri@yahoo.com, Visit Website: IASPA

Mount Hebron Marching Unit Boosters (MTHMU Boosters)

MTHMU NEWS

Please check out our Facebook page at <https://m.facebook.com/MTHMU/> for some things we've been up to over the summer, plus lots of photos and videos of our performance for Dr. Martirano's visit and Pass in Review! For MTHMU Families, we also try to post helpful reminders there!

COMMUNICATIONS

Important: For more information about the Mt. Hebron Band and Marching Unit, please visit mthebronmusic.org. Please add this to your Favorites!

If you are in MTHMU and are NOT receiving the Booster emails, please contact us at mthmuinfo@gmail.com. These emails are sent out differently than Mr. Fischer's music program emails. Thank you for helping us keep everyone in the loop!

READY TO GET INVOLVED THIS YEAR?

We are thrilled to welcome so many new families and would love to see you at Booster meetings and MTHMU events. If you are interested in volunteering, please reach out to mthmuinfo@gmail.com and keep your eye out on here and on the Facebook page for links to sign up for volunteer needs. The regular Booster meeting schedule will be posted shortly.

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

FALL SUB SALE!

If you haven't heard of our famous sub sale, or haven't tried one of the yummy subs we make, please don't let another opportunity pass! **TODAY, September 9th is the last day to order from any MTHMU student or use our convenient online order link. All the details are also in the link below. Subs will be freshly made and delivered on Saturday 9/21. We truly appreciate your support!

[More info](#)

RESTAURANT FUNDRAISING: GLORY DAYS GRILL THROUGH SEPTEMBER 17

We will have several restaurant nights this year to help raise funds for MTHMU. Our first one is at Glory Days Grill on Route 40 West and is SO easy! From now until 9/17, simply collect your receipts (itemized original receipt, not a copy or a credit card slip) and drop them in the Band Room safe (please put them in an envelope first!), or mail them to Linda McLaughlin. Thank you so much!

[Read more info](#)

OWN A PIECE OF MTHMU MEMORABILIA!

Please contact Mr. Fischer at Joe_Fischer@hcpss.org if you are interested in owning a retired Marching Unit Shako hat, Lancers uniform or Cavalier uniform! The cost of owning one of these meaningful and unique collectibles is simply a donation to MTHMU. Think ahead now for Holiday Gifts!

Community News

News from HC Drug Free

Teen Advisory Council: HC DrugFree's Teen Advisory Council (TAC) meets one Monday evening a month from 5:30 p.m. to 7:00 p.m. at The Barn/Teen Center in the Oakland Mills Village Center and is open to all Howard County high school students. Community service hours are available for all meetings and events. The first meeting of the school year will be held on **Monday, September 23**. Registration found at www.hcdrugfree.org on the Teen Advisory Council page. Refreshments provided. Must RSVP to Admin@hcdrugfree.org or call 443-325-0040.

Save the date. Dispose of Old EpiPens, Medication and More: Howard County's next convenient drive-thru medication and "sharps" (needles, syringes and EpiPens) collection will be held on **Saturday, October 26** between 10:00 a.m. and 2:00 p.m. in the Wilde Lake Village Center parking lot. HC DrugFree and the Howard County Police urge all families to clean out unwanted or expired over-the-counter and prescription medications and sharps. Visit HC DrugFree's website at www.hcdrugfree.org and go to the Events/Drug Take Back Day page for more information about medication disposal, email Admin@hcdrugfree.org or call 443-325-0040.

Parent Newsletter. Vaping! Overdoses! Fun Community Service Hours! Sign up for HC DrugFree's free electronic newsletter to learn about issues facing your children, free educational programs/resources for adults and youth, and local data. Gain access to a Q&A where parents or youth ask anonymous questions and local experts provide answers. Sign up online at www.hcdrugfree.org homepage or forward your email address to Admin@hcdrugfree.org.

Adults-Only Program at Long Reach High School: Long Reach High School is pleased to partner with HC DrugFree to bring Dr. Amelia Arria, Director, Center on Young Adult Health and Development at the UMD School of Public Health to share her expertise with parents and other community members. This presentation will focus on areas of concern for high school parents

and the impact of substance use, particularly marijuana, on academic performance. HC DrugFree's Executive Director, Joan Webb Scornaienchi will discuss vaping and what's happening in Howard County. She will also have a display for parents/adults to view hats sold locally with hidden drug pockets and many other common household items used to hide drugs. This program will be held on Tuesday, September 17 at 7:00 p.m. in the Long Reach High School Auditorium located at 6101 Old Dobbin Lane in Columbia. Visit the calendar at www.hcdrugfree.org for more information.

Drug-Free Pain Management Awareness: Having pain? Join Dr. Brian Morrison of Morrison Chiropractic, P.A. and Joan Webb Scornaienchi of HC DrugFree at 7:30 p.m. on September 12 to celebrate Drug-Free Pain Management Month and learn about pain science, healthy pain management options and what you can do. Free and open to the public. Must register because space is limited. The event will be held at Morrison Chiropractic at 2850 North Ridge Road, Suite #107 in Ellicott City. To register, go to www.facebook.com/morrisonchiro.

Contact Us

HC DrugFree, 5305 Village Center Dr., Ste. 206, Columbia, MD
21044 Admin@hcdrugfree.org 443-325-0040 www.hcdrugfree.org

Workshop on Relationships with Youth

The Howard County Office of Human Rights is sponsoring a 6-part workshop series facilitated by Trent Day Hall, Community Outreach Coordinator, with Ken Katzen and Claire Matheny of Kittamaquindi Community Church. The program was created for Parents, Grandparents, Guardians who may be interested or could use tools/training for establishing worthwhile and fruitful relationships with youth/young adults. The aim is to equip Parents, Guardians, and Grandparents with the tools needed to confront the tough realities that our young people have to face/interact with during their lives.

Registration link: <https://forms.gle/VSEL4Ato73vCDhhi8>

Are you concerned about your child's eating? Is he or she above average weight?

Consider participating in a voluntary research study testing how effective a group program is in the prevention of excess weight gain among military dependents aged 12 to 17 years who are above average weight and report loss of control eating and/or elevated anxiety symptoms. Study visits take place at Walter Reed National Military Medical Center, in Bethesda, MD, Fort Belvoir Community Hospital, in Fort Belvoir, VA, and Malcolm Grow Medical Clinic in Joint Base Andrews, MD. Individuals who qualify to participate in this study will be compensated for their time. For more information, please call 301-295-1598 or 301-295-0864. Our study team looks forward to hearing from you!

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/>