



Valhalla Voice

September 16, 2019

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[CAPS Committee](#)

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Date	Time	Event/Location
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 26	6:30pm	Senior College Night in the Auditorium
September 27	6-8pm	Home Football Game vs. Wild Lake HS – Future Viking Night, Spirit Wear Sale
September 28	9am-5:30pm	SAT Prep in Room 103
September 28	10am-1pm	Out of the Darkness Community Walk @ Lake Elkhorn
October 1	11:30am-8:30pm	MTHMU Fundraiser Beef Brothers Restaurant Day
October 6	9am	Viking 5K Trail & Fun Run
October 7	7-9pm	Free showing of “Screenagers” in the Auditorium
October 8	7pm	PTSA Meeting in the Media Center
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 5, 7	5:30-9:30pm	SAT Prep in Room 103
November 8	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
November 12	6:30pm	SAT/ACT info night for Parents in the Media Center
November 20	TBD	Suicide Prevention Training by Grassroots
November 22	6-10pm	Viking Backers Basket Bingo @ The Lodge in Catonsville

December 3, 5	5:30-9:30pm	ACT Prep in Room 103
January 14, 16	5:30-9:30pm	SAT Prep in Room 103
February 15, 22	9am-1pm	SAT Prep in Room 103
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
April 21, 23	5:30-9:30pm	SAT Prep in Room 103

Parent Teacher Student Association (PTSA)

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

Twitter: @Mthebronptsa, Facebook: @MHHSPTSA

Meetings 2nd Tuesday evening of the month in the Media Center

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 Oct. 8 in the Media Center

6:00-6:30pm – Welcome Social - Light refreshments provided.

6:30-7:00pm – Guest Speaker – Mt. Hebron HS Principal, Dr. Joelle Miller, on the implementation of Restorative Practices in the building.

7:00pm - PTSA meeting. Hear reports from the principal, SGA leaders, and other parent advocacy groups, followed by the PTSA business meeting.

SAT/ACT – An Evening for Parents - FREE

Tues., November 12 @ 6:30pm in the Mt. Hebron Media Center (immediately preceding the PTSA meeting). No RSVP necessary.

Join us for a special evening to learn more about the SAT & ACT and how these important tests impact your child’s college application. This complimentary session includes:

- Differences between SAT & ACT
- Tips and strategies on timing, guessing, and scoring
- Confidence building techniques
- Question & Answer period

- Attend for a chance to win a FREE SAT or ACT Prep Class (a \$159 value) from The Answer Class. Winner chosen at the end of the program – must be present to win!

SAT/ACT Prep Classes

Registration is going on now! All classes at Mt. Hebron in Room 103.

Register here: <http://www.theanswerclass.com/>.

SAT Prep

Sat., September 28 from 9:00am-5:30pm

Tu/Thurs Nov. 5 & 7 from 5:30pm-9:30pm

Tu/Thurs Jan. 14 & 16 from 5:30pm-9:30pm

Sat., Feb. 15 & Sat., Feb. 22 from 9:00am-1:00pm

Tu/Thurs April 21 & 23 from 5:30pm-9:30pm

ACT Prep

Tu/Thurs Dec. 3 & 5 from 5:30pm-9:30pm

Staff Appreciation Needs You!

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>.

Screening of "Screenagers: The Next Chapter"

Mon., Oct 7 @ 7pm in the Mt. Hebron Auditorium

Screenagers the Next Chapter is about helping young people thrive in our screen and stressfilled world. Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help parents flip the script on stress, anxiety, and depression. We follow Delaney as she suddenly finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to uncover how we understand these challenges in our current screen-filled society. And how we as parents and schools empower teens with skills to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

Please register your attendance to see the film during its premiere week at Mt. Hebron High School on October 7th at 7pm. If you scroll to the bottom of the registration page, there's a teaser movie trailer if you'd like to see more. Register here: <https://tinyurl.com/Oct7MHHS>

Mt Hebron PTSA Legislative Tracker: What you need to know

At the County Level:

CR-112-2019	A RESOLUTION requesting the Howard County Public School System to draft, approve, and implement a lawful multi-year Integration Plan to ensure that Howard County Public Schools are integrated by socioeconomic factors.	Testimony at public hearing on Monday, September 18, 2019. To sign up to testify, visit https://apps.howardcountymd.gov/otestimony/ . Written testimony: councilmail@howardcountymd.gov .	This is a resolution designed to recognize socioeconomic inequities and pressure HCPSS to act on it. It is designed as a request for HCPSS to create a MULTI-YEAR plan to address the stated issues.
CB-42-2019	AN ACT to alter the school facilities surcharge in accordance with Chapter 744 of the Acts of the General Assembly of 2019; and generally relating to the school facilities surcharge.	In person testimony: https://apps.howardcountymd.gov/otestimony/ . Written testimony: councilmail@howardcountymd.gov .	This bill sets the new Facilities surcharge from \$1.32 to \$6.80 (with some exceptions). This is a fee put on developers to improve funding of the capital budget for public schools. This cost is more in line with neighboring counties.

At the State Level:

Blueprint for Maryland's Future- Funding Kirwan:

This is a big year in Maryland for Education funding. The Kirwan Commission made bold recommendations to fund targeted areas (Pre-K, Teacher Salaries, Mental Health, Special Education/ struggling learners).

There is a coalition of education advocates that is providing information sessions here in Howard County:

- Oct 2 @ 5:30 Patapsco Middle School
- Oct 16 @ 5:30 Harper's Choice Middle
- Nov 6 @ 6:00pm Lake Elkhorn Middle

Sign up here: <https://www.eventbrite.com/e/rsvp-for-a-community-forum-tickets-70020247445>.

Read more about the Kirwan Commission here: <https://www.mabe.org/adequacy-funding/>.

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](#).

What is PTSA Doing? PTSA members approved a position statement at the 9/10/19 meeting 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. Read the entire statement on the PTSA website homepage blog dated 9/11/2019 <http://www.mthebronptsa.com/>. PTSA will provide oral testimony at the Sept. 17 BOE hearing. Email mthebronptsa@gmail.com with any questions.

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.

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

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 – 7:00-8:30pm 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.

Volunteers Needed

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

1. **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.

2. **Recognition Committee** – Work on staff award nominations throughout the year (maybe 1-3 of them) and help plan a Volunteer Recognition event in the spring.
3. **Advocacy/Legislative Issues Committee** – This would be a NEW committee to track current legislative issues relevant to PTSA and schools, communicate with families & students, facilitate student involvement – join this new effort!

Advocacy Update from National PTA

Dear Advocate,

The gun violence epidemic continues to plague our nation. Congress must immediately act to protect individuals and communities from senseless gun violence. Time is of the essence. Please send a letter to your Senators either urging them to support universal background checks legislation already passed by the House or thanking them for being a cosponsor of the Background Check Expansion Act (S.42).

All you need to do is click on the “Take Action” button below to send the appropriate version of the letter to your Senators depending on whether they are supporting universal background checks legislation.

National PTA is [committed](#) to federal efforts to protect children and families from gun violence and believes the Senate must enact legislation that will help prevent future tragedies from occurring while preserving the lawful use of firearms for sport and personal protection.

Thank you in advance for your advocacy to protect our communities from gun violence.

National PTA [**TAKE ACTION!**](#)

Chinese American Parent and Student (CAPS) Committee

Margaret Sui, Chair: msui2998@hotmail.com

Korean American Student Parent (KASP) Committee

Il Minn, President: imin1@gmail.com

Viking Backers

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

Your membership directly supports student activities & athletic programs.

Thank you for making a difference!

- **Concessions Help Needed** - <https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-2019>
- **Get your Spirit Wear** - 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 Tshirts 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 years 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

Thank you!!

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.gregsmid.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

Mount Hebron High School Driver's Education 2019-2020

Cost of the Program: \$360.00

Session	Start Date	End Date	Notes	Time
#1	October 14,2019	October 28, 2019	No class on 10/18/19	2:45 pm – 6:30 pm
#2	November 4,2019	November 15,2019		2:45 pm - 6:30 pm
#3	December 9,, 2019	December 20, 2019		2:45 pm – 6:30 pm
#4	January 6,2020	January 17, 2020		2:45 pm – 6:30 pm
#5	February 10,2020	February 24, 2020	No class on 2/17 – schools closed	2:45 pm – 6:30 pm
#6	April 20, 2020	May 4, 2020	No class on 4/28/2020 Primary Election Day	2:45 pm – 6:30 pm
#7	June 23, 2020	July 7, 2020	Pending room availability	9:00 am -12:15 pm
#8	July 13, 2020	July 24, 2020	Pending room availability	9:00 am -12:15 pm

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 0in 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

A BIG THANK YOU to everyone in the community who supported our Fall sub sale. We are excited to make your subs on 9/21!

Please check out our Facebook page at [MTHMU on Facebook](#) 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, Pass in Review and our First Home Game! For MTHMU Families, we also try to post helpful reminders there!

COMMUNICATIONS

Important: For LOTS more information about the Mt. Hebron Band and Marching Unit, please visit [www.mthebronmusic.org]www.mthebronmusic.org.

Please add this page 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. We need lots of volunteers at upcoming home games and sub-making day as well as ongoing committee jobs! If you are interested in volunteering, please sign up here: [Volunteer for MTHMU](#)

RESTAURANT FUNDRAISING: GLORY DAYS GRILL THROUGH SEPTEMBER 17 & BEEF BROTHERS ON 10/1

We will have several restaurant nights this year to help raise funds for MTHMU. Our first one is at Glory Days Grill on Rte 40 West and is SO easy! Through TOMORROW, 9/17, simply collect your receipts (itemized original receipt, not a copy or a credit card slip) and turn them into Mr. Fischer in an envelope marked "Glory Days." Thank you so much!

[Glory Days Flyer](#)

Next Up! Beef Brothers on Tuesday, October 1st: [Beef Brothers Flyer](#)

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 Cavaliers 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

**September Education Forum**



EMOTIONAL SUPPORT HUMANS WANTED



GET PRACTICAL TIPS & LEARN HOW TO HELP AT
SUPPORTHUMAN.ORG

September 17, 2019
7:00-8:30 pm

Wilde Lake Interfaith Center
10431 Twin Rivers Rd
Columbia, MD 21044

Light refreshments will be served!

This event is free and open to the public!

An initiative of
**HORIZON FOUNDATION**

Come out to Senior College Night! An informative evening about the College Application Process.

Thursday, September 26th at 6:30 PM
in the Mt. Hebron Auditorium.



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 Kittamaquundi 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>

Parents of Teens: 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/>