



Valhalla Voice

October 1, 2019

[PTSA](#)

[CAPS Committee](#)

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Date	Time	Event/Location
October 1	11:30am-8:30pm	MTHMU Fundraiser Beef Brothers Restaurant Day
October 4	7pm	Football Home Game vs. Hammond
October 6	9am	Viking 5K Trail & Fun Run
October 7	6:30-7:30pm	Viking Backers Meeting in the Media Center
October 7	12pm-9:30pm	MTHMU Yogi Castle Restaurant Day
October 7	7-9pm	Free showing of "Screenagers" in the Auditorium
October 8	7pm	PTSA Meeting in the Media Center
October 10	7pm	MTHMU Booster Meeting in the Guitar Room
October 11	During lunch	Homecoming tickets on sale
October 12	11am-2pm	IASPA sponsored Diwali Cultural Event @Hebron
October 14		Greg's Driving School Class Begins
October 14-17	During Lunch	Homecoming ticket sales
October 18	3:30-5:30pm	Football JV Homecoming vs. Centennial- Spirit Wear Sale
October 19		Homecoming
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 3	2pm	Harriet Movie Fundraiser by PAAS @ Hoyt's Theater
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.

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.

Help Sell Tickets to Homecoming

Homecoming is Sat., Oct. 19. Tickets will be on sale Fri., Oct. 11 and Oct. 14-17 during all lunches at school. Sign up to help sell! <https://www.signupgenius.com/go/30e0f4caca92d6-homecoming>

Winter Coat Drive – Now thru Oct. 23

Donations of clean, ready-to-wear winter outerwear (coats, hats, scarves, mittens, etc.), sizes infant to adult, are being accepted in boxes in the school foyer from Oct. 1 through Tuesday, Oct. 22. Students will sort the coats for distribution within Howard County in late October. This is a joint effort between PTSA and HCPSS. Please email mthebronptsa@gmail.com with questions.

SAT/ACT Prep Classes

The SAT and ACT are an important part of many college applications. Give your student their best chance at test-taking success by registering them for The Answer Class's test prep. All classes at Mt. Hebron in Room 103.

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

SAT Prep

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

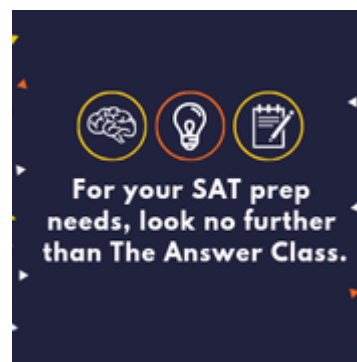
Tu/Thurs Jan. 14 & 16 from 5:30pm-9:30pm

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!

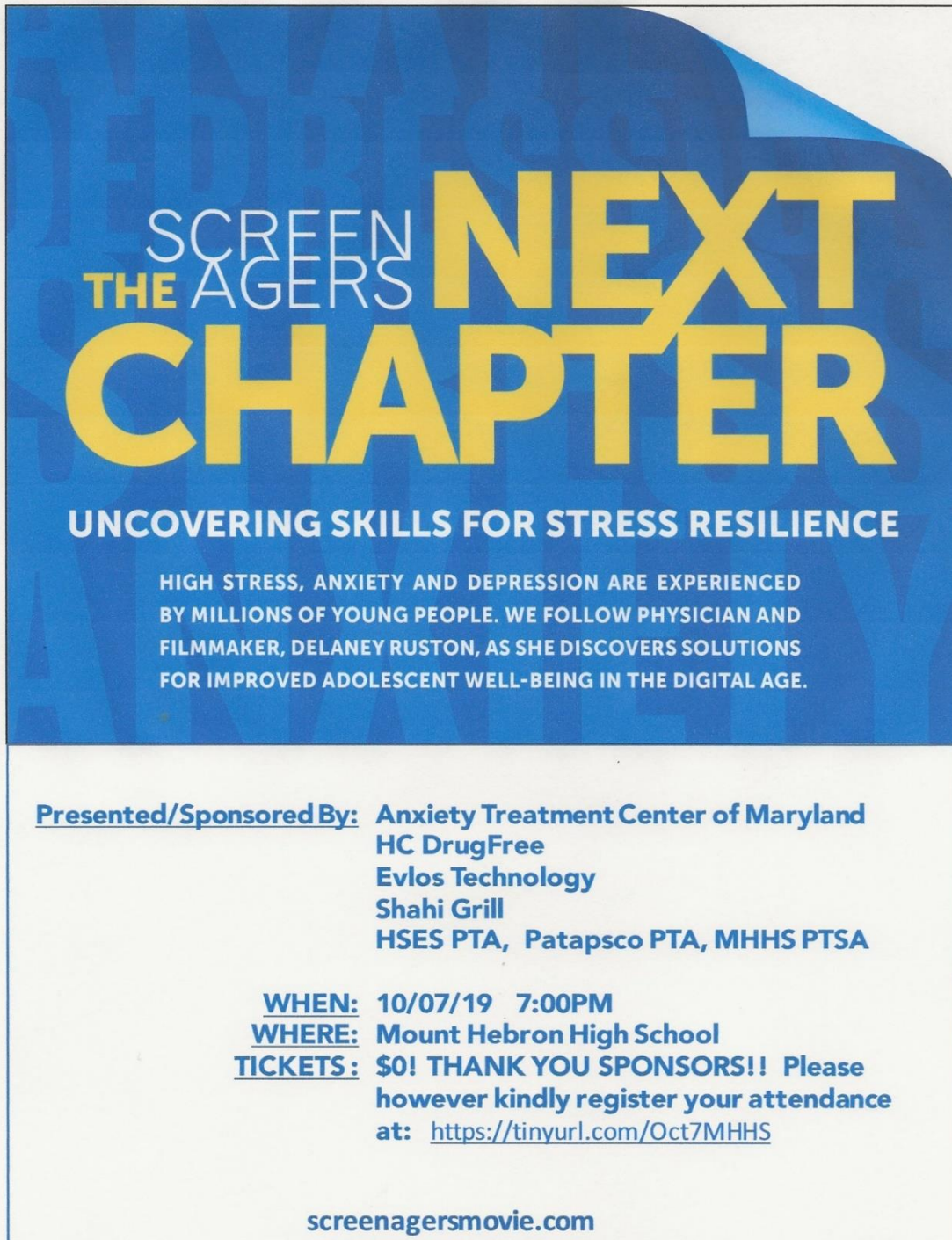
This year the PTSA would like to partner with you to bless our teachers, support staff, and bus drivers throughout the year. You'll be getting requests for small donations 3 times throughout the year and together we can show our Mt. Hebron Staff how much we appreciate the hard work and long hours they 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 stress filled 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>
Appropriate for ages 10 and up.



SCREENAGERS NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

HIGH STRESS, ANXIETY AND DEPRESSION ARE EXPERIENCED BY MILLIONS OF YOUNG PEOPLE. WE FOLLOW PHYSICIAN AND FILMMAKER, DELANEY RUSTON, AS SHE DISCOVERS SOLUTIONS FOR IMPROVED ADOLESCENT WELL-BEING IN THE DIGITAL AGE.

Presented/Sponsored By: Anxiety Treatment Center of Maryland
HC DrugFree
Evlos Technology
Shahi Grill
HSES PTA, Patapsco PTA, MHHS PTSA

WHEN: 10/07/19 7:00PM
WHERE: Mount Hebron High School
TICKETS: \$0! THANK YOU SPONSORS!! Please however kindly register your attendance at: <https://tinyurl.com/Oct7MHHS>

screenagersmovie.com

Diwali coming up 10/12 – Don't miss it!

If you missed Diwali last year, make sure to save the date now! All Mt. Hebron families are cordially invited to the PTSA-sponsored IASPA (Indian American Student Parent Association) Diwali cultural event on Saturday, October 12 from 11:00 am to 2:00 pm at Mt. Hebron.

The cultural program begins in the Auditorium with student performances in Indian Classical dance, singing performances, plus fun and energetic Bollywood dances from 11:00 am to 12:00 noon followed by incredible food, vendor stalls, and traditional Henna body art (vendor charges apply) from 12:00 pm – 2:00 pm in the Cafeteria.

Please RSVP using the link [Mount Hebron Diwali Event](#) by 10/2/19 to ensure enough food for all!



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!

Save a Life: QPR Suicide Prevention Training

Wed., Nov. 20 – 7:00-8:30pm in the cafeteria. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour. Training provided by Grassroots Crisis Intervention Center certified instructor. Register here: <https://www.eventbrite.com/e/qpr-suicide-prevention-training-tickets-74014359943>.

Mt Hebron PTSA Legislative Tracker: What you need to know

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 provided 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: Until 4:30 p.m. on November 19, the Board of Education will [receive written testimony](#) via USPS mail or emailing it to redistricting@hcpss.org. Testimony sent to individual Board members or to the BOE email address will not be accepted.

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

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: iminn1@gmail.com

Viking Backers

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

Your membership directly supports clubs, student activities, & athletic programs.

Thank you for making a difference!

- **Concessions Help Needed -**
<https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-2019>
- **Get your Spirit Wear -** 10/18, 10/19, 11/1
- **Viking 5K -** 10/6
- **Viking Backers General Meeting -** 10/7, 6:30pm to 7:30pm - Media Center
- **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 - Have Fun while Getting Involved (No experience required - We'll train you!)

Look no further than volunteering at the concessions stand, which raises nearly 35% of the funds provided to not just MTH sports, but **clubs and academic activities**. We need the support of parent and student volunteers. 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 – just ask anyone who's done it. 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:

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

Spirit Wear Needs YOU!

We are looking for help selling spirit wear- it's easy and fun and you can check out all the fun, new stuff we are offering this year!

Check out the link and sign up if you are available:

Thank you! <https://www.signupgenius.com/go/5080C4BABA62AA1F58-upcoming>

Any questions please email 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.

Basket Bingo

Basket Bingo is Nov. 22, 2019

Doors Open at 6pm and bingo starts at 7pm and runs until 10pm.

Great prizes, raffles and baskets. Specials that include name brand purses and even a Yeti! Delicious food will be sold and the event will be lots of fun! We'd love to see the community come out to support Viking Backers. Tickets are \$30 and sold online at

<http://www.vikingbackers.org/basket-bingo-night.html>

Any questions please email Dana Arthurs at: vikingspiritwear@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 Classes Information

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.



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.gregsmmd.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!

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

Parents of African American Students (PAAS)

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

Join us as we learn about the thrilling and inspirational life of an iconic American freedom fighter. HARRIET tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Challenge yourself to learn something new AND share the opportunity with others. Invite your family, friends, neighbors, etc. ALL are welcome.

Sunday, Nov. 3, 2019, 2pm
Hoyts Theater/1591 W. Nursery Rd, Linthicum, MD 21090
\$10/ticket

Purchase tickets at:
<http://mthebronpaas.wixsite.com/paas>

Indian American Student Parent Association (IASPA)

Gopi Suri, Chair: gopi_suri@yahoo.com, Visit Website: [IASPA](#)

PTSA and IASPA (Indian American Student Parent Association) cordially invite all Hebron families to Diwali cultural event on 10/12/19 from 11 am to 2 pm in the School.

There will be a cultural program by students consisting of Indian Classical dance and singing performances, Bollywood dances in the Auditorium from 11 am to 12 noon followed by food, vendor stalls, and Henna (vendor charges apply) from 12 pm - 2pm.

Please rsvp using the link [Mount Hebron Diwali Event](#) by 10/2/19

Mount Hebron Marching Unit Boosters (MTHMU Boosters)

MTHMU NEWS

A BIG THANK YOU to everyone in the community who supported our Fall sub sale. MTHMU students made over 1600 subs and delivered over 340 donation subs to Grassroots!

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 performances this season, including last week's home game and Future Viking Night! 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

Please add this page to your Favorites!

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. The next Booster meeting is on Thursday, October 10th at 7:00pm in the Guitar Room. Please join us!

We need lots of volunteers at upcoming home games, parades and events as well as ongoing committee jobs! Please sign up here: [Volunteer for MTHMU](#)

RESTAURANT FUNDRAISING: BEEF BROTHERS ON 10/1 and YOGI CASTLE ON 10/7

We will have several restaurant nights this year to help raise funds for MTHMU. The next two coming up are Beef Brothers THIS Tuesday, 10/1 and Yogi Castle on Monday 10/7. Both in Ellicott City, off Rte 40. Please see the flyers below for more specific details, and spread the word to family and friends! (Must state fundraiser at time of purchase.)

[Beef Brothers Flyer](#)

[Yogi Castle 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

Wear a costume!

Bring a friend!

BEST BUDDIES

**JOIN US FOR THE 3rd ANNUAL
RHHS BEST BUDDIES'
HALLOWEEN
HOMECOMING
OCTOBER 26 2019 7-9 PM
IN THE RIVER HILL HIGH SCHOOL CAFETERIA
ALL ARE WELCOME!
Buy Tickets Here (\$10):**

Direct LINK:
<https://osp.osmsinc.com/HowardMD/BVModules/ProductTemplates/Bvc2013/Product.aspx?productid=DA072-134>
OR—
1. Go to rhhs.hcpss.org
2. Scroll to bottom & click on Online payments, Best Buddies Homecoming Dance

We encourage the purchase of your ticket online, but tickets will be available in person for purchase the night of the event.

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

DALE CARNEGIE YOUNG ADULT LEADERSHIP PROGRAM TO RUN THIS WINTER

The Dale Carnegie Young Adult Leadership Program, open to all H.S. students teaches life skills in communication, leadership, interpersonal skills, public speaking, stress management, and self-confidence. This is a world renowned program offered at River Hill High School back by popular demand. **Listen to what the Richard Montgomery High School principal has to say about Y.A.L.P:** <https://vimeo.com/289566507> and

INSIDER LOOK Young Adult Leadership

Program <https://vimeo.com/storiastudio/insiderlook> 2:20 sec

YALP is the high school version of the internationally renowned Dale Carnegie Course. **Warren Buffett**, American business magnate, investor, author and philanthropist, is a graduate of the Dale Carnegie Course...listen to what he has to say: <https://www.youtube.com/watch?v=b1IOAP28qy0>

- **Manage stress more effectively – Great leadership is not born out of good times but when faced with adversity and challenges**
- **Build confidence**– particularly in **public speaking** (we build confidence throughout our lives – no matter how confident we are right now, we can always stretch and grow)
- **Refine social skills**– even those who are already outgoing can enhance their communication and listening skills
- **Sharpen interpersonal and leadership skills**
- **Strengthen advocacy & communication skills**– it's not just what we say but 'how' we say it...
- **Prepare for college interviews**
- **Eligible for 2 college credits**

Hear what past grad Todd has to say <https://vimeo.com/storiastudio/todd> Todd's Story (DECA Student)

Visit our Testimonial page at: <http://dalecarnegieyouth.com/what-people-are-saying/> for other grad testimonials

November Young Adult Leadership Program Schedule. **All sessions are held on Sunday mornings**

Sun. Nov 17– Orientation – 9:00pm to 12:30pm– parents welcome

Sun. Nov. 24 - Session 1 – 9:00am – 12:30pm

Sun. Dec. 8 -Session 2 – 9:00am to 12:30pm

Sun. Dec. 15 - Session 3 – 9:00 am to 12:30pm

Sun. Dec. 22- Session 4 – 9:00am too 12:30pm

Sun. Jan. 5 -Session 5 – 9:00am to 12:30pm

Sun. Jan. 12 Session 6 – 9:00am to 12:30pm

Sun, Jan 19 - Session 7 – 9:00am to 12:30pm

Sun, Jan 26 - Session 8 Graduation – 9:00am to 12:30pm – parents welcome

* If students miss more than one session, the YALP instructor will work with the students to schedule a make-up.

<https://drive.google.com/file/d/12ivij5Al1NANdsI98xc-BlxXrzi6bnei/view?usp=sharing> **River Hill Flier**

<https://drive.google.com/file/d/1neqyldsQYpGNi36DaPOk8ld5brZCNggU/view?usp=sharing> **Five Drivers of Success**

<https://drive.google.com/file/d/1he1SOhHzD34AsJ-cFYy9i6pYwzTmLmhf/view?usp=sharing> **List of Schools of YALP Graduates**

https://drive.google.com/file/d/1uEZZK_21IYKdhrkxKGCi9RO9XD-q_77x/view?usp=sharing **YALP Registration Form**

For more information, please contact Janet Rohner at 410-960-3301 or Janet.Rohner@dalecarnegie.com

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