



Valhalla Voice

October 21, 2019

The Valhalla Voice is the newsletter of the many Mt. Hebron parent advocacy groups including: the PTSA, which includes the Chinese and Korean committees; Indian & African American groups; the Viking Backers Booster Club; and Marching Unit Boosters Club.

[PTSA](#)

[CAPS Committee](#)

[KASPO Committee](#)

[Viking Backers](#)

[PAAS](#)

[IASPA](#)

[MTHMU Boosters](#)

[Community News](#)

Date	Time	Event/Location
October 21		Street Smarts Driver's Ed Class Begins
October 22		Last Day for Coat Drive
October 25		Pep Band at Marriotts Ridge HS
October 26	10am-2pm	DrugFree Takeback Day @Wild Lake Village Center Parking Lot
October 26	10am-3pm	MTH Marketplace
October 26	1pm	MTHMU Alsatia Mummer's Parade in Hagerstown
October 28	6-9pm	MTHMU Orchards Neighborhood Parade Call Time TBD
November 1	6-8pm	Football Varsity vs. Reservoir- Spirit Wear Sale
November 3	2pm	Harriet Movie Fundraiser by PAAS @ Hoyt's Theater
November 5, 6	11am-11pm	MTHMU Restaurant Night at Pizzeria Uno
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 12	7pm	PTSA Meeting in the Media Center
November 14	7pm	MTHMU Booster Meeting in the Guitar Room
November 17		MTHMU Citrus Sale Order Deadline
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
December 6		Tentative MTHMU Citrus Sale Delivery, TBD

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

- **Next Meeting 11/12**
- **Coat Drive**
- **Hebron Team for Drug Takeback Day**
- **Restorative Justice in Education Book Discussion over Coffee**
- **Homecoming Info**
- **Volunteers Needed**
- **SAT/ACT Test Prep – Parent Night & Student Classes**
- **Suicide Prevention Training**
- **Legislative Tracker**

Next PTSA Meeting Tuesday, November 12 in the Media Center

6:30-7:00pm – Guest Speaker – The Answer Class SAT/ACT Test Prep representative

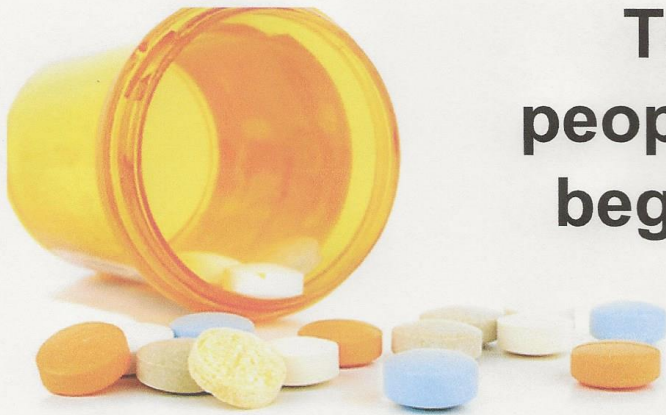
7:00pm - PTSA meeting. Hear reports from the principal, SGA leaders, and other parent advocacy groups, followed by the PTSA business meeting.

Last Day for Coat Drive Oct. 22!!

Bring clean winter coats, hats, gloves/mittens, and scarves for all ages (infant to adult) to school through Tues., Oct. 22. Collection boxes located in the front foyer. Items will be donated to Howard County residents in need. This is a joint activity of HCPSS and PTSA.

Join Team Hebron for Drug Takeback Day 10/26

Join a team of Hebron students and parents on Oct. 26 from 10am-2pm in the Wilde Lake Village Center parking lot to help Howard County residents dispose of old EpiPens, medication and “sharps.” HC DrugFree and the Howard County police urge all families to clean out unwanted or expired over-the-counter and prescription medications and sharps. Email the PTSA’s HC DrugFree Rep, Jeff Li, at jeff201605@gmail.com to join Team Hebron or plan a stop to drop off your own unwanted medications. Visit HC DrugFree’s website at www.hcdrgfree.org



**Three out of four
people using heroin
began with the use
of prescription
medication**

Drug Take Back Day

in Howard County

Saturday, October 26

10 a.m.–2 p.m.

**Dispose of unwanted or expired medications &
sharps (needles, syringes & EpiPens) at
HC DrugFree's convenient drive-thru collection**

**Wilde Lake Village Center parking lot
5305 Village Center Drive, Columbia, near The UPS Store**

**For details, go to www.HCDrugFree.org
To volunteer, email Admin@hcdrugfree.org or call 443-325-0040**

HCDrugFree
Empowering the Community



**Message provided by HC DrugFree, Howard County Health Department
& Howard County Police with funding from MDH & SAMHSA**

Restorative Justice in Education (RJE) Book Discussion over Coffee

Mt. Hebron is rolling out Restorative Practices school-wide this year, which is what Dr. Miller spoke about at the 10/10 PTSA meeting. 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.

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

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

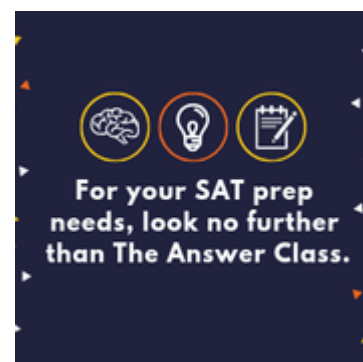
Tu/Thurs Jan. 14 & 16 from 5:30pm-9:30pm

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



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>.

The Diwali Festival at Mt. Hebron was Amazing!

The Indian American Student & Parent Association (IASPA), which is now an official committee of the PTSA, put on an incredible event Oct. 19. Students performed, parents & guests were invited on stage to dance, food was served, and all went home happy. To see photos and videos please visit the PTSA Facebook page @MHHSPTSA.



Mt Hebron PTSA Legislative Tracker: What you need to know

County Legislation

CR-112-2019	UPDATE: A RESOLUTION directing the establishment of a Task Force comprised of community stakeholders to examine housing policy and socioeconomic factors that impact student achievement in Howard County Public Schools	PASSED	This resolution was significantly watered down in wording but seeks to address the achievement gap through a Task Force to look at factors impacting the achievement versus putting solely at the feet of HCPSS
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.	ON HOLD Written testimony: councilmail@howardcountymd.gov.	This bill sets the new Facilities surcharge from \$1.32 to \$6.80 (with some exceptions). Developers came out in force and the whole board voted to seek out more accurate information before bringing to a vote.

State Legislation

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 including: Pre-K, Teacher Salaries, Mental Health, Special Education/struggling learners.

Learn more about the Kirwan Commission's plan at the following Community Forums:

*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"- Written Testimony Welcome

All of the HCPSS information on redistricting can be found here: [HCPSS Redistricting](#). Scroll down the timeline to August 22 where you will find [the Superintendent's Recommended Plan](#).

This explains Dr. Martirano's goals and method for moving over 7,400 Howard County students, **167 of whom are from Mt. Hebron.** **Do you have an opinion? 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. It is highly recommended that testimony be sent as an attachment. Testimony sent to individual Board members or to the BOE email address will not be accepted.

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

Join PTSA 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.

Chinese American Parent and Student Committee (CAPSA)

Margaret Sui, Chair: capsa.mhhs@gmail.com, www.capsamhhs.weebly.com

Korean American Student Parent Committee (KASPO)

Il Minn, Chair: iminn1@gmail.com

Viking Backers

Jim Bahel, President: president@vikingbackers.org, <http://www.vikingbackers.org/>

***** 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>
- **MTH Marketplace - 10/26**
- **Get your Spirit Wear - 11/1**
- **Viking Backers General Meeting - 11/4, 6:30pm to 7:30pm - Media Center**
- **Greg's Driving School Class - 11/4 to 11/15; 2:45pm to 6pm**
- **Basket Bingo - 11/22**
- **Street Smarts Driver's Ed Class - 12/2 to 12/13; 3pm to 6:15pm**
- **Greg's Driving School Class - 12/9 to 12/20; 2:45pm to 6pm**

HOMEcomings

Thank you to everyone that volunteered and helped to make Homecoming 2019 such a success!

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.

We need student and adult volunteers to help with this event that benefits ALL students at Mt Hebron High School. NHS student hours are available. Sign up here:

<https://www.signupgenius.com/go/60b0949aaac229-mount>

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.*

We would also like to invite any student groups to participate by having a table as a fundraiser - to sell original crafts (no yard sale items), a bake sale or some other creative idea (a mystery book sale?). Spaces are available for a 6 foot table (bring your own) in the hallway between the cafeteria and gym. A sponsor or adult must be present for the entire event.

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!!

Spirit Wear

Come get stocked up on warm weather gear - sweatshirts, sweat pants, light weight hoodies, winter hats and blankets.

Other Upcoming Spirit Wear Sales:

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

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/4090C44AF4E2FA2FA7-2019> and sign up to volunteer!

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

Driver's Education

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:

10/21/19 - 11/4/19 (No class on 11/1/19)	3-6:15pm
12/2/19 - 12/13/19	3-6:15pm
1/29/20 – 2/11/20	3-6:15pm
3/9/20 - 3/20/20	3-6:15pm
4/27/20 - 5/11/10	3-6:15pm
5/20/20 – 6/3/20	3-6:15pm
8/3/20 – 8/14/20 (pending room availability)	9am-12:15pm

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.



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

Parents of African American Students (PAAS)

CJ Ridgely, President: mthebronpaas@gmail.com, www.mthebronpaas.wixsite.com/paas
Juliet Yeates-Trotman, Treasurer; Adrienne Brown, Communications Director

Membership Drive Continues

\$30/family – Join online www.mthebronpaas.wixsite.com/paas

Senior Launch Event Oct. 22

For seniors and their parents to help prepare for life after graduation, making sure they are aware of resources available to help. Topics will include personal finances/banking, pursuing the trades, college tour information, etc.

PAAS Glory Days Grill "Dining for Dollars" Fundraiser

Oct. 20 - Nov. 20

Glory Days Grill is a great place to watch football and basketball (season starts Oct. 22) with your friends. Spread the word!

A GREAT TASTING FUNDRAISING EVENT



Glory Days[®]
GRILL
10035 Baltimore National Pike, Ellicott City, MD

PAAS
PARENTS OF AFRICAN AMERICAN STUDENTS

DINING FOR DOLLARS FUNDRAISER

When you dine at Glory Days Grill on your designated nights, we will donate 10% of the food and beverages purchased to PAAS. Simply ask your server for the ITEMIZED COPY OF YOUR GUEST CHECK (NOT the charge card receipt) and give to a PAAS Executive Board member or email mthebronpaas@gmail.com to make arrangements. Questions? Email us.

SHARE WITH YOUR FAMILY, FRIENDS AND NEIGHBORS.

The 10% donation WILL NOT apply to guest checks that receive any coupon-specific discount or promotional certificate, or will it apply to sales tax.



OCTOBER 20 - NOVEMBER 20, 2019

Made with PosterMyWall.com

PAAS Movie Outing – Harriet

Sunday, Nov. 3; 2pm

Hoyts Theater

1591 W. Nursery Road, Linthicum, MD

\$10/ticket (see attached flier) Visit <https://mthebronpaas.wixsite.com/paas> to purchase tickets.



PAAS MOVIE OUTING

**SUNDAY
NOV.3
2PM**

CYNTHIA ERIVO

HARRIET

HOYTS THEATER
1591 W. NURSERY RD
LINTHICUM, MD
\$10/TICKET
[HTTPS://MTHEBRONPAAS.WIXSITE.COM/PAAS](https://mthebronpaas.wixsite.com/paas)

Indian American Student Parent Association (IASPA)

Gopi Suri, Chair: gopi_suri@yahoo.com

Mount Hebron Marching Unit Boosters (MTHMU Boosters)

COMMUNICATIONS

Please check out our Facebook page at [MTHMU on Facebook](#) for lots of photos and videos of our performances this season including Homecoming! For MTHMU families, we also try to post helpful reminders there!

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!

CITRUS SALE TO BENEFIT MARCHING UNIT AND BANDS

Please consider purchasing fruit to benefit our music program and to assist students in covering their personal costs for our annual Spring Trip. Fresh, delicious oranges, grapefruit, tangelos, Clementines, pineapple, pears and mixed packages are offered. Fruit purchased as holiday gifts can be delivered to the recipient by UPS. Orders can be placed through band members or online at:

[MTHMU Fruit Sale Online Ordering](#)

Order deadline is Nov. 17th. Fruit is tentatively scheduled for delivery to Mt. Hebron on Fri., Dec. 6th.

For more information, please contact Chris Peters at MTHMUCitrus@gmail.com.

CAVALIER COLOR GUARD CANDY BAR SALE!

It's that awkward time of year when all the Halloween candy is out in the stores, tempting you...but you don't want to buy it just yet..... so buy ours instead and support a great cause! Buy a couple bars for your own sweet tooth or be a neighborhood LEGEND and buy a bunch for Trick or Treating! We are selling World's Finest Chocolate again – just \$1 a bar. Caramel, Milk Chocolate with Almonds, WF Crisp, Milk Chocolate, Dark Chocolate, and new this year - Wafer Bar. Just find one of our awesome Cavaliers and tell him or her that you are hungry!

RESTAURANT FUNDRAISING: Pizzeria UNO at Long Gate on Tuesday, 11/5 & Wednesday, 11/6

Please join us at our next Restaurant Fundraiser which is at UNOs in the Long Gate Shopping Center, on Tuesday, November 5th and Wednesday, November 6th. Please see the flyer page below for more specific details, and spread the word to family and friends! (Must present flyer at time of purchase.) [Restaurant Night Flyers](#)

****Thanks so much for your support for all our fundraising efforts!****

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 Thursday, November 14th 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](#)

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

2019 Mental Health Film Festival

Join the Horizon Foundation for the 2019 Mental Health Film Festival, an event to build awareness and compassion for members of our community living with mental health challenges. Attend one of four film screenings, each followed by a time for attendees to reflect, ask questions and connect with others.

Wednesday, Oct. 23, 2019

6-9 p.m.

Regal UA Snowden Square Theater

9161 Commerce Center Dr, Columbia, MD 21046






This event is FREE. Registration is required. Because each film will run at the same time and space is limited, please register for **ONLY ONE** film. Please help us make sure everyone has a chance to attend this event by only registering for one film. Learn more and get your ticket: <https://www.thehorizonfoundation.org/2019-mental-health-film-festival/>

Parenting Classes: Guiding Good Choices

HC DrugFree and the Howard County State's Attorney's Office will be teaching this series of classes for parents/guardians of 9-14 year olds. There are several seats available but classes begin OCT. 22 so REGISTER RIGHT AWAY. This is FREE, each participant will receive a manual, and classes are open to all Howard County parents/guardians of 9-14 year olds.

Parents/guardians are expected to attend all 4 classes to be held on Tuesdays, October 22nd and 29th and November 5th and 12th at 5:30 p.m. at Wilde Lake Middle School.

	
<p>Sessions:</p> <p>How to Prevent Drug Use in Your Family</p> <p>How to Develop Healthy Beliefs and Clear Standards</p> <p>Avoiding Trouble: How to Say No to Drugs</p> <p>Managing Conflict: How to Control and Express Your Anger Constructively</p> <p>Involving Everyone: How to Strengthen Family Bonds</p> <p>This 4 week program is FREE, but you must register.</p> <p>This program is offered by the Howard County State's Attorney's Office and HC DrugFree in partnership with the Howard County Health Department.</p>	<p>Guiding Good Choices® is an evidence-based, interactive prevention program that provides the families of children age 9-14 with the skills and knowledge to reduce the risk that their children will use drugs.</p> <p>The program is for parents. Children age 9-14 are invited to attend the third session with their parents.</p> <p>After completing the program, families will be able to:</p> <p>Influence their children to help prevent drug use and other risky behaviors.</p> <p>Develop clear family guidelines and expectations about drug use.</p> <p>Teach children how to stay out of trouble, keep their friends and still have a good time.</p> <p>Dates: Tuesdays, October 22, 29 and November 5, 12, 2019</p> <p>Time: 5:30 p.m. – 8:00 p.m.</p> <p>Location: Wilde Lake Middle School, 10481 Cross Fox Lane, Columbia 21044</p> <p>To register, click link below https://www.surveymonkey.com/r/GGCOct2019</p> <p>For more information, contact Joan Webb Scornaienchi, Executive Director, HC DrugFree at 443-325-0040 or Admin@hcdrugfree.org.</p> 

HCPSS & The Council of Elders 2019-2020 Community Academy Workshops
All workshops, 9-11:15 a.m. – Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia
Additional details regarding specific sessions are forthcoming

[The Council of Elders](#) and the Howard County Public School System have partnered to sponsor the following 2019-2020 parent workshop series:

- Saturday November 9 – Social, Emotional and Mental Well-Being
- Saturday, January 25 – Social Media
- Saturday, March 7 – Healthy and Unhealthy Relationships

Please call 410-313-1598 in advance to arrange for the following services:

- Child Care
- Interpreting

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/>