

## MESSAGE FROM THE PTSA PRESIDENT, ANGELA BALLARD-LANDERS



In honor of the 10th anniversary of September 11, we remember the courage and ultimate sacrifice of the victims and those affected on this tragic day. We will never forget!

**Did you know that September is National Preparedness Month?** The extreme weather conditions experienced over the past few weeks are prime examples on why every household needs to be prepared. Here are a few questions to ask yourself: What is the difference between a tornado watch and a warning? Do your students know what to do? Do you have a family escape plan? Where are your important documents (i.e. birth certificates, insurance policies, house inventory list) stored? Do you have a battery-operated radio with extra batteries? For more information on emergency preparedness go to [www.ready.gov](http://www.ready.gov) or [www.howardcountymd.gov](http://www.howardcountymd.gov), click on the link for Howard County's Guide to Emergency Preparedness "Be Responsible, Be Ready".

Mt. Hebron is rich with culture and history. One way to learn about one another, develop relationships, understand cultural diversity, and practice civility is through knowledge. Each month I will highlight various cultures, recognitions, and holidays. I encourage you to learn more about your friends and neighbors residing in the community. If you are aware of a particular culture, recognition, or holiday, please forward the information to me at [mthhsptsaprez10@gmail.com](mailto:mthhsptsaprez10@gmail.com).

### September 15 to October 15 is National Hispanic Heritage Month

National Hispanic Heritage Month pays homage to the culture, history, and contributions of Hispanic Americans who have influenced and enriched our nation and society. Go to [www.hispanicheritagemonth.gov](http://www.hispanicheritagemonth.gov) to learn more about this national recognition.

**Rosh Hashanah, which means "Head of the Year" in Hebrew is commonly known as the Jewish New Year, begins at sunset September 28 through nightfall on September 30.** It also marks the start of a new year in the Hebrew calendar. Go to [www.judaism.about.com](http://www.judaism.about.com) to learn more about Rosh Hashanah and Judaism.

### Remember, the PTSA Wants and Needs You to Get Involved...Stay Involved:

- Join the PTSA
- Volunteer
- Complete the School Directory Online Registration
- Sign a Safe Home Pledge
- Be Our Guest at an executive board on the 1st Tuesday of the month at 7pm in the Media Center.

Questions, comments, or concerns, contact me at [mthhsptsaprez10@gmail.com](mailto:mthhsptsaprez10@gmail.com) or 410-461-8422.

Angie

Angela J. Ballard-Landers, President, Mt. Hebron High School PTSA

*"We may have different religions, different languages, different colored skin, but we all belong to one human race."* -- Kofi Annan, Ghanian Diplomat, 7th UN Secretary-General, 2001 Nobel Peace Prize Winner

**WELCOME  
NEW STAFF!**

- Bill Aldrich**  
Assistant Principal
- Julianne Cochran**  
Mathematics Teacher
- Collins Edwards**  
School Resource Officer
- Valerie Fawcett**  
Mathematics Teacher
- Steve Hise**  
Tech Ed Teacher
- Kay Kim**  
International  
Achievement Liaison
- Heather Leatherman**  
Art Teacher
- Robert Macheel**  
Social Studies
- Megan Markowski**  
World Language Teacher
- Mindy Spak**  
ESOL
- Patricia Sullivan**  
Guidance Counselor
- Lindsay Zampier**  
English Teacher

**FOCUS FOR THE YEAR**

As in the past, I will continue to have **two objectives** for the teachers. I will ask them to **provide engaging instruction in the classroom and to get to know their students as individuals**. I believe students learn better when they are engaged in the learning process and the more teachers know about their students, the more they can individualize their instruction.



**MESSAGE FROM THE PRINCIPAL,  
SCOTT RUEHL**



I would like to welcome everyone to the 2011- 2012 school year. This summer we have seen many changes to Mt. Hebron High School. A tremendous amount of **renovation work** has been going on all summer long. We have added **new staff members** in English, mathematics, social studies, guidance, tech ed, and the administration. The entire staff of Mt. Hebron is excited about the school year. We will continue to be focused on making sure students are college and career ready when they graduate from Mt. Hebron.

Last year the school worked to come up with a new vision and mission statement. Input was received from all stakeholders including the students, teachers, parents, and community.

**The new Vision statement is:**

*The vision for all members of the Mount Hebron High School community is to demonstrate respect for the Grounds, Ourselves, Learning, and Diversity.*

**The new Mission statement is:**

*Mount Hebron High School will meaningfully engage all students in rigorous academic experiences and opportunities for personal growth to prepare students to act as responsible citizens, equipped to succeed in a 21<sup>st</sup> century global community. In striving for excellence, Mount Hebron will adhere to these principles:*

- ensuring safety for all
- demonstrating ethics and personal accountability
- serving and contributing to the community
- appreciating and learning from a diverse community
- enriching the whole person
- respecting tradition while preparing for the future

Thank you to all the people who gave us input on creating these.

I encourage all parents to join the **PTSA** (Parent Teacher Student Association), **PAAS** (Parents of African American Students), **KASPO** (Korean American Student Parent Organization), **POHS** (Parents of Hispanic Students) and **Viking Backers**. These parent organizations do a great job of supporting all students here at Mt. Hebron.

I would like to thank all of the parents in advance for the support you are going to provide to your child, the teachers, and the entire school community this year.



**HOSPITALITY COMMITTEE**



The Mt Hebron PTSA Hospitality Committee wants to thank the volunteers who helped to prepare food, decorate, set up & clean up for the Back to School Welcome Luncheon for all staff on Aug. 25. A special thank you to Qdoba for its support of the Fiesta Luncheon. Other volunteers included:

- Rene Carter
- Kelley Dubois
- Karen Thompson-Walker
- Janet Bahel
- Linda Dombrowski
- Carolyn Darrehmane
- Lynn Stagg
- Jennifer Weber
- Radhika Sitaram
- Colleen Vogan
- Jennifer Weber
- Mimi Arsenault
- Renee Bishop
- Sally Seen
- Patti Leconte
- Tracy Tavai
- Wanda Nieves
- Sue Gleichauf
- Bonnie Uebersax
- Karen Crowder
- Danilsa M. Marciniak
- Jotee Gill
- Rita Herlihy
- Cris Packard
- Pat Hirt
- Lori Kader
- Pamela Pigeols
- Sue Gleichauf
- Patti Leconte
- Karen Crowder
- Karen Anderson
- Shirley Sgouros
- Deanna Trask
- Amy Trask
- Meg Marcelli
- Clare Quigg
- Lorna Browne
- Cynthia Sokolow

Submitted by Hospitality Committee  
 Co-Chairs: Nancy Smith and Christie Timms



**RENOVATION UPDATE**



If you drove by Mt. Hebron this summer you were probably wondering if we would be ready for the first day. We were and the building is looking great.

The main areas they worked on this summer were the front hallway, the main gym, the health room, the locker rooms, guidance, and the parking lots. Guidance received new carpet, new paint and new furniture. The auditorium received a fresh coat of paint and the senior courtyard was finished. The lockers in the 9th grade wing have been painted to match the rest of the lockers in the building and classrooms in the 9th grade wing that had carpet now have tile.

This fall they will be working in the auxiliary gym and putting finishing touches on areas renovated over the last three years. Everything should be completed when we come back from winter break. We are going to have an **“End of the Renovation” Open House on Wednesday, January 18 at 6pm.** This will be a great chance for the community to come and see the fully renovated building. Mark your calendars and save the date.



**GIANT A+ BONUS BUCKS AND SAFEWAY ESCRIP**

DON'T FORGET TO **RENEW** OR **ENROLL** IN THE GIANT A+ BONUS BUCKS AND SAFEWAY ESCRIP GROCERY CARD PROGRAMS!

It's easy to do, it's free, and Mt. Hebron earns money every time you go the grocery store.



**Giant A+ Bonus Bucks:** [www.giantfood.com/aplus](http://www.giantfood.com/aplus)  
 Mt. Hebron's ID number is **00996**



**Safeway Escrip:** [www.escrip.com](http://www.escrip.com)  
 Mount Hebron's ID number is **6540094**

You can also send me your name and card number information and I will be happy to enter it for you: Susan Goldman at [goldmanbrink@gmail.com](mailto:goldmanbrink@gmail.com).



STUDENT SERVICES NEWS



GOING FOR THE GOLD

Once again, Mt. Hebron will be implementing Going for the G.O.L.D! This is a data-driven school-wide program, with a strong emphasis in 9th grade, that promotes and rewards positive behavior. Both staff and students have the opportunity to recognize individuals who exceed expectations and work to a higher standard.

**We are asking for your help and support in three ways:**

- (1) Stay in touch with your student and what they are doing in school,
- (2) Attend school events, and
- (3) Support the program through donations and gift cards.

At Back-to-School Night, there will be a table set up receive donations. Just think- its tax deductible! Your help is critical for the success of this program and your students, so we want to thank you for your generosity and help in advance.

410-313-2883

The goal of the department is to provide you with outstanding service. Contact your school counselor with scheduling, financial aid, career advising, social/emotional support, and your other student services needs.

**The process for students to see their counselor has changed for the 2011-2012 school year.** All students MUST have an appointment to see their counselor. To make an appointment with their counselor, students should see Ms. Mathias, the Student Services secretary **before school, after school and during lunch ONLY.**

As many of you in our community already know, this school year we are going from six counselors down to five counselors. We are requiring student appointments to help manage the increase in student caseloads for each counselor. While we know this is different from in the past, we feel it will allow each student the opportunity to have one-on-one attention from their counselor. Thank you for your understanding as we work through this period of transition.

COUNSELOR ASSIGNMENTS

<u>Alpha by student last name</u>	<u>Counselor Name</u>
A - Co	Irene Bademosi
Cp - H	Maureen Quinn
I - Mo	Robin Luongo
Mp - Se	Patrick Miles
Sf - Z	Trish Sullivan

ADDITIONAL STUDENT SERVICES STAFF

<u>Position/Title</u>	<u>Name</u>
Pupil Personnel Worker	Catherine Chapman
Registrar	Sheila Winters
Registrar	Mary May
Secretary	Linda Mathias
BSAP	David Evans
School Psychologist	John Klyap
International Liaison	Kay Kim

HELLO / FAREWELL

The Student Services department would like to wish a fond farewell to **Kami Wagner** and **Melissa Corba**, who have both taken positions elsewhere. We would also like to welcome **Trish Sullivan**, who was previously a counselor at Reservoir High School. Trish is another in a long line of Viking graduates to come back and work in the building. We are happy to have her on the team!

## STUDENT SERVICES ON-LINE NEWSLETTER

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The Student Services Department will continue using an Online Newsletter to publicize dates and information.

Please check out

[www.mthebron.com](http://www.mthebron.com)

- Go to Student Services on the left hand side of the home page
- Click the [Online Student Services Newsletter](#) link for all of your up to date information.

OR

You may go directly to that page via the following link:

<http://web.hcpss.org/~pmiles>



## MORE STUDENT SERVICES NEWS



### SENIORS

- Sept. 12, 13, and 14 Counselors visited English 12 classes to review the College Application Process
- Sept. 19, 7 pm The College Application Process at Mt. Hebron High School

For all 12<sup>th</sup> grade students and parents, there will be a presentation on September 19 at 7p.m. in the auditorium for those interested in learning about the college application process. The presentation will cover how students request teacher and counselor recommendation letters, the transcript request process, what students should work on right now, and much more! Younger students are welcome to attend, but the information will be primarily for current 12<sup>th</sup> grade students. We hope to see you there!

### JUNIORS

- SAT and ACT

We encourage Juniors to take the SAT and/or ACT as early as January, but waiting for the spring is fine. Juniors should be using the FREE SAT simulated practice tests on Family Connection. Please see [www.collegeboard.com](http://www.collegeboard.com) for dates and registration deadlines.

### ALL STUDENTS

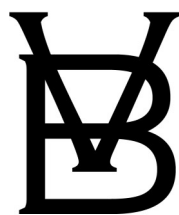
- If a student is absent 3 or more days, a parent can request through the Counseling Center that the student's school work be collected. ***Please give us 48 hours to collect the work.***
- We encourage you to contact your counselor to register with Family Connection. It has countless tools and resources...college searches, Counseling Center's classroom lesson plans, personality/skills inventory, career information, etc. Once registered, you will have access to many features.
- When making a change of address for a student, please provide the registrar with 2 proofs of residency. Such as a deed or lease and a utility bill. Please contact our registrar for more information at 410.313.2883.
- On October 18, 7 PM we will hold a College Information Night for parents of Mount Hebron High School. Come learn about private and public colleges, get scholarship information, find out about Family Connection, and get information on college entrance exams. College Admissions Counselors from UMCP, Univ of Delaware, MBC, St. Mary's, Columbia, and Stevenson will be here.

**VIKING BACKERS  
MEETING  
SCHEDULE**

**Mt. Hebron Cafeteria  
7pm**

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- Monday, October 3, 2011**
- Monday, November 7, 2011**
- Monday, December 5, 2011**
- Monday, January 9, 2012**
- Monday, February 6, 2012**
- Monday, March 5, 2012**
- Monday, April 11, 2012**
- Monday, May 7, 2012**
- Monday June 4, 2012**



**Help us support our kids  
and their activities,  
and plan to attend our  
meetings.  
Everyone is welcome to be  
a part of our vital  
fundraising organization.  
Visit us at  
[www.vikingbackers.org](http://www.vikingbackers.org)**

**VIKING BACKERS NEWS**

The Viking Backers would like to welcome the class of 2015 to the Mt. Hebron community!

We are excited to begin the 2011-2012 school year and have been busy preparing for another great year of activities and events. We are the Mt. Hebron high school boosters group. Our main objective is to raise funds for the student body at large, which includes various organizations, clubs, the marching band, MHHS campus projects, and sports teams. These funds support endeavors that allow significant benefits for the entire student body.

The Backers' booster club provides concessions and spirit wear sales and community activities throughout the year for the Hebron community. In addition, we support the PTSA's efforts for staff hospitality, after prom activities, and awards ceremonies.

**The Viking Backers sponsor many different fundraising events** for Mt Hebron High School. This school year we have a target to raise over \$75,000 in order to fund all the submitted requests. One of our major money streams comes from the concession stand, which we open for all sporting events; and this year we are very excited to open the NEW indoor stand!! We are always looking for extra hands, especially at the half time of any game. Your contribution of one hour of time makes a big difference for the concession stand and for any fundraiser!

**Over the last three years, the Backers have raised and donated over \$150,000 to Mt. Hebron High School's clubs, sports teams, PTSA, and other resource entities.** We have helped to purchase such items as the campus flagpole, the gymnasium and field hockey scoreboard, the gator cart, sports safety equipment, uniforms, and various other resources for the student body, as well as providing funds for many groups to attend local and state competitions. To this end, in order to fundraiser, the Backers sponsor many different events to raise money!

This year we will run the concession stand for all events (as well as the inaugural opening of our indoor concession stand this fall), sell holiday trees and trimmings to the community at large, host a 5K race, a Vegas Night, and new for this school year, **we will be holding a Longaberger Basket/Vera Bradley Bingo on November 18th and in 2012 a Comedy Show on January 28th and a Vegas Night in March.**

**HOMECOMING IS RIGHT AROUND THE CORNER! Volunteers are needed** - Homecoming is a day packed full of fun, and volunteers are needed everywhere. It takes about 100 volunteers to run the concessions on Homecoming. Shifts are available to meet everyone's schedule. We also need coolers, 6' folding tables and bags of ice. It is a very busy day for all of us, but if can lend a hand it would be greatly appreciated. Please be on the lookout for the "signup genius" which is an online sign up capability for ALL parents and students to sign up for a shift and task at a particular event (or either indoor or outdoor concessions). Please don't hesitate to email any of the Backer Committee members if you have further questions.

We also have **two driving schools** to choose from Greg's Driving School and Street Smarts with classes running all year long; as well as, participate in the Vehicles for Change/Freedom Wheels (a community outreach program). The Viking Backers are excited to be partnered with Freedom Wheels. They provide customers with quality, reliable, low-cost used cars while allowing customers to enjoy an informative, no-pressure, no-haggle, educated, and comfortable buying experience and they will donate a portion of the sales to our organization. Freedom Wheels is a subsidiary of Vehicles for Change (VFC) a non-profit, a non-profit organization repairing and providing donated cars to low-income families for employment purposes. If you have a car your family can no longer use, donate to them and receive a tax deduction.

**VIKING BACKERS  
2011-2012 OFFICERS**

**President - VACANT**

**Vice President – Administration -**  
Lois Blevins (acting President)

**1st Vice President – Special Events  
and Ongoing Fundraisers**  
Karen Jury

**2nd Vice President - Concessions  
(Indoor and Outdoor)**  
Christine Daughtery

**Volunteer Scheduling**  
Pattie LeConte

**Recording Secretary**  
Margaret Weinstein

**Spiritwear – Coral French**

**Treasurer - Cordt Goldeisen**

**Assistant Treasurer – Larry Schwartz**

**Indoor Concession Committee  
Chair – VACANT**

**Vegas Night Committee Chair**  
Tracey Tavai

**Basket Bingo Committee Chair**  
Pam Komons

**Membership Committee Chair**  
Pam Jones

**Webmaster – Tina Wumer**

**5k Race - John Vaugn**

**Vocelli’s Pizza Chair – Jane Walker**

**Past-President - Debbie Batzer**

**Holiday Tree and Trim Sale**  
Joe Blevins

We look forward to working with all the current and new volunteers on the Backers’ committee!

**VIKING BACKERS NEWS, CONTINUED**

**We have openings for several different positions!** Please consider working with a great group of parents and community members!! This is your opportunity to join us in our efforts to support the school and serve our community. We meet the first Monday of every month – please join us this month on Wednesday (due to the holiday), September 7th at 7:00pm in the cafeteria. Visit us at [ww.vikingbackers.org](http://ww.vikingbackers.org) for the year schedule of meetings.

This fall, we begin our fund raising efforts with our membership drive and a Longaberger Basket/Vera Bradley Bingo on November 19th! You can find more details about this fun event, support the school by becoming a member, and hurry and buy your tickets online on our website: [www.vikingbackers.org](http://www.vikingbackers.org)! If you have a service or product that you would like to donate for the fundraiser, please contact Pam Komons at [pamelakomons@verizon.net](mailto:pamelakomons@verizon.net).

Let Vocelli’s Pizza cook your dinner on the second Wednesday of every month. They are offering a competition to all clubs and teams to win free pizzas (3 for a small club or team and 6 for a large club or team). Place your order and tell them which club or team you would like to support for the month. Winners are announced each month.



**UPCOMING FUNDRAISER**  
**Longaberger Basket-Vera Bradley Basket Bingo**



**When:** November 18, 2011; Doors open at 6 pm

**Where:** FOP Lodge in Catonsville

**Tickets:** \$25 online at our store starting in September or purchased before November 16th from a Viking Backer representative or Team Parent Rep. \$30 at the door on November 18.

**Can you assist us?**

**We accept donations of many types.** Sometimes it is fun to do a theme such as movie night, gas cards, car care, exercise basket, team sport basket, cooking basket, Mexican Night, or Out for the Night. Besides items, gift cards, services, or certificates etc would be appreciated. If you would rather, you can give a monetary donation to be used to purchase items to fill the baskets and bags.

**We are also offering sponsorships** for \$125 for business or individuals who would like to sponsor a bag or basket. All donations can be picked up, dropped off at school to the Viking Backer mailbox, or mailed to PO Box 775, Ellicott City MD 21043. All donations are tax deductible and we will send you a receipt. Please send an email to Pam Komons, the committee chair of this event at [pamelakomons@verizon.net](mailto:pamelakomons@verizon.net) to let us know you if you would like to assist that evening, or will be sending a donation or if you need a pickup. If you have any questions, please contact us. We are excited to launch this activity for the Mt. Hebron community.





# MT. HEBRON HIGH SCHOOL PTSA

## MEMBERSHIP 2011-2012

*When PTSA gets involved, children benefit.*

*When you get involved with PTSA, the child who benefits most is your own.*

Dear Mount Hebron Parents, Teachers, Students and Friends:

You are invited to join the Mount Hebron PTSA. The PTSA is an organization committed to enhancing the educational environment at Mt. Hebron by providing informational programs, communicating with the school board and legislators, and sponsoring student-related events. The PTSA is a voice for parents, teachers, administrators, staff and students. This year the PTSA will:

- Maintain a PTSA website which includes the Week-At-A-Glance, spotlighting school events
- Publish monthly newsletters
- Publish a school directory of students and parents
- Provide countless volunteer hours to support students, administration and staff
- Offer SAT prep courses
- Sponsor After-Prom Party, Honor Roll Recognition Night, Baccalaureate, Prom Promise Program
- And MORE...

Your membership dues of \$10.00 per person help provide funding for these special events and programs. Become a PTSA Patron with a donation of \$25.00 and show additional support for the PTSA. This is the only fund-raiser for the PTSA this year.

NOTE: Seniors and at least one parent must be members to be eligible for PTSA scholarships.

**We live in one of the wealthiest counties in the country. Please join today to show your support and help us reach 100% membership.**

Thank you!

Cheryl Sinclair  
Mount Hebron PTSA Membership Committee

## PTSA Membership Form

Name \_\_\_\_\_

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

eMail Address: \_\_\_\_\_ (For confirmation of your payment)

Member (\$10/person) \_\_\_\_\_ Student Member (\$5/person) \_\_\_\_\_ Patron (\$25/person) \_\_\_\_\_

*Make check payable to: MT. HEBRON PTSA. You may mail your membership to PTSA Membership Chairman, 9440 Rte. 99 Ellicott City, Md. 21042, or drop it off at the school office in the PTSA Mailbox. Thank you for joining the PTSA!!*



# School Directory Request Form

## Mt. Hebron HS (2011 – 2012)

The Mt. Hebron PTSA publishes a student directory every year to help students and parents stay in contact with one another. In order to be included in the directory, you must register your student. Students will not be automatically included in the directory.

### INSTRUCTIONS FOR ENTERING STUDENT DATA

Please register using **ONE** of the following methods:

**INTERNET** (*preferred method*): To register online, go to [www.myschooldirectory.com](http://www.myschooldirectory.com) and enter the codeword **govikings**. The site is for data entry only. You will not be able to retrieve any information about other students. Registration ends **Friday, September 23, 2011**.

**PAPER FORM**: Don't have internet access? Complete the form below and return it to the PTSA mailbox in the school office no later than **Friday, September 23, 2011**. **Do not send in the form if you registered online.**

**Attention MHHS PTSA Members!** The directory is free for each family with a current PTSA membership.

**Not a member of the PTSA?** Copies are available for \$5 each.

I am not a member of the PTSA. I included \$5 with this enrollment form. Please send me a copy.

Student first & last name: _____	Grade: _____
Student first & last name: _____	Grade: _____
Student first & last name: _____	Grade: _____

Parent/Guardian Name(s): _____
Address (include city, zip): _____
Telephone Number: _____
Primary Email: _____
Parent/Guardian Signature*: _____

- Questions or problems should be reported to Cheryl Sinclair at [cherylsinclair@verizon.net](mailto:cherylsinclair@verizon.net). Do not send questions to the webmaster.
- You can mail your directory form to the PTSA Directory Chair, 9440 Rte. 99 Ellicott City, MD. 21042, or drop it off at the school office in the PTSA Mailbox.
- All payments by check should be made out to the Mt. Hebron PTSA. Thank you!

*\*Signature gives permission to publish the supplied information for school use only. It will be stated clearly at the front of the directory that this information is not to be used for solicitation purposes.*

# Spanish Tutoring

**PLEASE JOIN US FOR WEEKLY SPANISH TUTORING THROUGH THE NATIONAL SPANISH HONOR SOCIETY**



**EVERY TUESDAY  
2:15-3:00**

**ROOM 154**

***BRING TEXTBOOK , WORKBOOK AND  
ANY CLASS NOTES***

***\*FOR QUESTIONS, SEE MRS. CORNELL OR MRS.  
GONZALEZ***

## Mt. Hebron Athletics Fall 2011

### JV & Varsity Cheerleading

10/20	Thursday	Autumn Invite @ Centennial HS	5:00
10/31	Monday	District V JV Cheer Invite @ TBA	5:00
11/3	Thursday	Varsity Cheer Champ @ CHS	5:00

### Varsity & JV Field Hockey

9/3	Saturday	Playday @ MTH	H 8:00-5:00
9/10	Saturday	Garrison Forest	A 10:00
9/13	Tuesday	River Hill	H 3:30/5:00
9/16	Friday	Oakland Mills	A 3:30/5:00
9/20	Tuesday	Centennial	H 3:30/5:00
9/23	Friday	Wilde Lake	A 3:30/5:00
9/27	Tuesday	Reservoir	A 3:30/5:00
9/30	Friday	Howard	A 3:30/5:00
10/4	Tuesday	Atholton	H 3:30/5:00
10/6	Thursday	Marriotts Ridge	A 3:30/5:00
10/10	Monday	Fallston	A 3:30/5:00
10/11	Tuesday	Long Reach	A 3:30/5:00
10/14	Friday	Glenelg	H 3:30/5:00
10/18	Tuesday	Hammond	H 3:30/5:00

### Varsity Football

8/20	Saturday	Scrim @ Calvert Hall	A 10:00
8/27	Saturday	Scrim @ Thomas Stone	A 10:00
9/2	Friday	Oakland Mills	A 7:00
9/12	Monday	Hammond	H 7:00
9/16	Friday	Howard	A 7:00
9/23	Friday	Centennial	H 7:00
9/30	Friday	Reservoir	A 7:00
10/6	Thursday	Wilde Lake	H 6:00
10/25	Saturday	Long Reach (HOMECOMING)	H 1:00
10/21	Friday	Marriotts Ridge	A 7:00
10/29	Saturday	Atholton	A 1:30
11/4	Friday	River Hill	H 7:00

### Volleyball 9th, JV, & Varsity

8/20	Saturday	Varsity Playday @ River Hill HS	8:30AM
8/27	Saturday	Varsity Playday @ Reservoir HS	A 8:30AM
8/27	Saturday	JV Playday @ Howard HS	A 9:00AM
8/31	Wednesday	9th Playday @ Reservoir HS	A 3:30PM
9/7	Wednesday	Fallston (JV & Varsity only)	A 4:00/5:30
9/13	Tuesday	River Hill	A 3:30/4:30/5:30
9/15	Thursday	Oakland Mills	H 3:30/4:30/5:30
9/20	Tuesday	Centennial	A 3:30/4:30/5:30
9/22	Thursday	Wilde Lake	H 3:30/4:30/5:30
9/24	Saturday	Thomas Johnson HS Tournament	A 8:00AM
9/27	Thursday	Reservoir	A 3:30/4:30/5:30
10/4	Tuesday	Howard	H 3:30/4:30/5:30
10/6	Thursday	Atholton	A 3:30/4:30/5:30
10/11	Tuesday	Marriotts Ridge	H 3:30/4:30/5:30
10/13	Thursday	Long Reach	H 3:30/4:30/5:30
10/18	Tuesday	Glenelg	A 3:30/4:30/5:30
10/20	Thursday	Hammond	H 3:30/4:30/5:30
10/25	Tuesday	River Hill	H 3:30/4:30/5:30
10/27	Thursday	Oakland Mills	A 3:30/4:30/5:30

### Cross Country

9/3	Saturday	Interstate Classic @ Clearspring HS	9:00
9/9	Friday	Howard Cty Invite @CHS	3:30
9/14	Wednesday	CHS & MRHS @ Centennial HS	3:00
9/17	Saturday	South Carroll Cavalier Classic	10:00
9/24	Saturday	Bull Run Invite @ Hereford HS	10:00
9/27	Tuesday	LRHS & RHHS @ River Hill	4:00
10/1	Saturday	Bobcat Invite @ OM Gunpowder SP	9:00
10/10	Monday	Scorpion Crawl	4:00
10/12	Wednesday	AHS & GHS @ Atholton HS	4:00
10/25	Tuesday	Ho Cty Championship @ CHS	3:00
11/3	Thursday	3A Region Champ @ CHS	3:00
11/12	Saturday	3A State Champ @ Hereford HS	10:00

### JV Football

9/2	Friday	Oakland Mills	A 4:30
9/8	Thursday	Hammond	A 4:00
9/15	Thursday	Howard	H 4:00
9/22	Thursday	Centennial	A 4:00
9/28	Wednesday	Reservoir	H 3:00
10/6	Thursday	Wilde Lake	H 3:30
10/13	Thursday	Long Reach	A 4:00
10/19	Wednesday	Marriotts Ridge	H 4:00
10/27	Thursday	Atholton	H 4:00
11/3	Thursday	River Hill	A 4:00

### Golf

8/23	Tuesday	vs. River Hill @ Turf Valley	H 3:00
8/25	Thursday	at Oakland Mills @ Fairway H	A 3:00
8/30	Tuesday	vs. Centennial @ Turf Valley	H 3:00
9/1	Thursday	at Wilde Lake @ Turf Valley	A 3:00
9/6	Tuesday	at Reservoir @ Turf Valley	A 3:00
9/8	Thursday	at Howard @ Turf Valley	A 3:00
9/13	Tuesday	vs. Atholton @ Waverly	H 3:00
9/15	Thursday	at Marriotts Ridge @ Waverly	A 3:00
9/20	Tuesday	at Long Reach @ Willow Spr	A 3:00
9/21	Wednesday	vs. Glenelg @ Turf Valley	H 3:00
9/22	Thursday	vs. Hammond @ Turf Valley	H 3:00
9/27	Tuesday	Cnty Golf Champ @ Timbers	A 7:00AM
10/14	Friday	Dist V Golf Tours @ Fairway	A 9:00AM

### Boys JV & Varsity Soccer

9/8	Thursday	Fallston	A 4:00/5:30
9/10	Saturday	Tourn @ Magruder	A 1:00
9/13	Tuesday	River Hill	H 4:00/5:30
9/15	Thursday	Oakland Mills (JV only)	A 5:30
9/16	Friday	Oakland Mills (Varsity only)	H 7:00
9/20	Tuesday	Centennial	H 4:00/5:30
9/22	Thursday	Wilde Lake	A 4:00/5:30
9/27	Tuesday	Reservoir	H 4:00/5:30
10/3	Monday	Howard	A 4:00/5:30
10/5	Wednesday	Atholton	H 4:00/5:30
10/11	Tuesday	Marriotts Ridge	A 4:00/5:30
10/14	Friday	Long Reach	A 5:30/7:00
10/18	Tuesday	Glenelg	H 4:00/5:30
10/20	Thursday	Hammond	H 4:00/5:30

### Girls JV & Varsity Soccer

9/10	Saturday	Tourn @ Walter Johnson (V)	A 11:00
9/13	Tuesday	River Hill	A 4:00/5:30
9/15	Thursday	Oakland Mills (JV only)	A 4:00
9/16	Friday	Oakland Mills (Varsity only)	H 5:30
9/19	Monday	Fallston	H 4:00/5:30
9/20	Tuesday	Centennial	A 4:00/5:30
9/22	Thursday	Wilde Lake	H 4:00/5:30
9/27	Tuesday	Reservoir	A 4:00/5:30
10/3	Monday	Howard	H 4:00/5:30
10/5	Wednesday	Atholton	A 4:00/5:30
10/11	Tuesday	Marriotts Ridge	H 4:00/5:30
10/13	Thursday	Long Reach	H 4:00/5:30
10/18	Tuesday	Glenelg	A 4:00/5:30
10/20	Thursday	Hammond	A 4:00/5:30

### Allied Co-Ed Soccer

9/21	Wednesday	Reservoir	A 3:00
9/26	Monday	River Hill	A 3:00
9/28	Wednesday	Centennial	H 3:00
10/04	Tuesday	Atholton	H 3:00
10/10	Monday	Glenelg	A 3:00
10/12	Wednesday	Marriotts Ridge	H 3:00
10/19	Wednesday	Pumpkin Bowl - All Schools	A 3:00

**REVISED 9/09/11**



***"Taking the Stress out of Talking to Your Teens"***

**Monday, September 19, 2011**

**7:00 pm - 9:00 pm**

**River Hill High School**

**Media Center**

Parents and their children often see the world differently. Success, happiness, and one's ability to deal with stressful situations can be measured in many ways, but correlate directly to how well we relate to others, especially our kids. Author and well-known behaviorist Jim Harden will discuss the impact family stress has on communication and family relationships. Using examples taken from his new book, *What Makes You Tick and What Ticks You Off*, Harden will focus on helping parents learn to understand and appreciate the differences between parent and teen perceptions of each other. He will focus on presenting real life situations and suggest problem-solving techniques to build better parent-child interaction.

**Guest Speaker:**

**Mr. Harden is the founder of The Greystone Consulting Groups, Inc. and has provided organizational development within federal, state and municipal governments, as well as for private industry and nonprofits. His book will be available for sale after his presentation.**

**Co-sponsored by the River Hill PTSA and HC DrugFree**