Each week, individuals will be recognized for their contributions to the school. Staff members are encouraged to submit accolades that are worthy of the General’s Star.

Our staff and students strive for excellence on a daily basis. The comments listed below represent some of the recognition for our staff and students.

★ STARS to Student Involvement committee for creating a masterful THS for the 1st floor wall across from the Tech Ed rooms.

★ STARS to Mr. Dase for being named CLAES NOBEL EDUCATOR OF DISTINCTION. What an honor!! Mr. Dase was nominated by Cristina Cebotaru for outstanding dedication and commitment to excellence in the classroom. CONGRATULATIONS!!

★ STARS to Donna Lauten for her diligence with financial procedures.

★ STARS to Ms. Travis, Mr. Blair and Ms. White for their efforts with the homecoming dance.

★ STARS to Ms. Santavenere, Ms. Dugovich, Mr. Geckle, and Mr. Hanna for their time and efforts with the Powder Puff Game.

★ STARS to Mr. Jochmans and Ms. Dugovich for leading the Pep Rally.

★ STARS to Mr. Rhen, Mr. Jackson and Mr. Olin for their time and efforts with the Marching Band.

★ STARS to the members of our Marching Band!! - Hagerstown Parade and Marching Band Showcase!

★ STARS to the Senior Class who swept the homecoming week challenges—most spirited, powder puff football game and homecoming decorations.

★ STARS to AP Latin Student Adam Wright for his Towson Spirit!!

★ STARS to Mr. Jochmans for his awesome job MCing the Homecoming Pep Rally!

★ STARS to Donna Lauten for producing an outstanding newsletter for our community each week!

★ STARS to all SGA Officers for making Spirit Week a success.

★ STARS to Ms. Dugovich and Mr. Jochmans for making the Pep Rally the best we’ve seen in years.

★ STARS to Ms. DiMino and the administration for continuing to support the SGA in their mission to increase student involvement.

★ SPECIAL STARS to Ms. Travis for helping support and plan homecoming week activities.

★ STARS to Ms. Fast for helping with the Homecoming Dance.

★ STARS to Ms. Valsing and the members of the National Art Honor Society for the wonderful job done on the murals for the “Mobile Gallery.” If you haven’t seen the murals yet, check them out as you walk by the trailers. Thanks for helping to beautify our school!!

★ STARS to M. Lyles for being respectful of the artwork displayed on the 3rd floor. He was seen carefully replacing a painting that had come off the wall without anyone asking him to do so. And he had no idea anyone was watching!! He even took the time...
NEWS FROM P.E.

The Towson High School Physical Education Department has been very productive so far this year. Up to this point in the year, we have already completed units in soccer, ultimate Frisbee, archery, football, soccer, and rugby. We have also begun a unit in team handball. One of the first activities that the fitness classes completed was the FITNESSGRAM fitness testing. Each student participated in a P.A.C.E.R. test, push-up test, curl-up test, trunk-lift test, sit-and-reach test, shoulder stretch test, height measurement, weight measurement, and percent body fat measurement. These tests measure the five health related fitness components including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. The students who participated in this activity took the time to enter their scores into the FITNESSGRAM computer program and received a report offering suggestions on how to improve or maintain their fitness levels in the “healthy fitness zone.” While participating physically, our students enrolled in the Fitness Foundations book course and have successfully reviewed four chapters from our Fitness for Life textbook. The topics covered in our text so far were: Fitness and wellness for all; Safe and Smart Physical Activity; Benefits of Physical Activity; Risk Factors; Principles of Exercise; and, How to Tell if You Are Exercising Enough. Our next several chapters through the remainder of the semester will cover goal writing, learning self-management skills, lifestyle physical activity, positive attitudes, cardiovascular fitness, active sports and skill-related physical fitness. Our next several units will be fitness station activities, wrestling, dance, basketball, weight training, and volleyball.

Our team sports classes have been very successful as well. We emphasize team work, sportsmanship and positive character traits. The classes have completed much of the same units as the fitness classes minus the fitness testing and chapter reviews. Our main objective and goal for the team

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

~Derek Jeter
sports classes is to get the students active and promote respectful treatment of others. Our weight training sections are fully engrossed in the Bigger Faster Stronger program. Students have established goals and are seeing gains every week. The core lifts they focus on are bench press, bench variations, parallel squat, squat variations, deadlift, and power clean. The weight trainers are getting good experience in the weight room learning different auxiliary lifts, and understanding key concepts about weight training on a regular basis. Our Adapted P.E. students have been fitness testing and participating in a variety of activities as well. All in all, this has been a great start to the 2014-2015 school year for the THS Physical Education Department, and we look forward to success in the future as the year continues. Our next article is set for the beginning of March. Please be sure to check back to see all of our progress.

For added support with physical education and interest in fitness, please see the attached link for an article chosen by fellow department member Tim Gavin. Goal writing and understanding the importance of goals (short & long), while playing a sport or exercising for fitness, is a major focus on what we teach in physical education. Improving on skill, game play, and overall fitness for FITNESSGRAM testing are all things we look for in our students throughout the year. Our hope is that this becomes useful outside of physical education class and after high school. This article gives great tips on how important goal setting is in order to becoming successful with staying healthy for the long term.

https://www.yahoo.com/health/keeping-your-eyes-on-the-prize-can-make-exercise-98986169642.html
Powder Puff Game!!
Towson High School will be celebrating its athletic tradition of excellence by honoring 5 nominees into its’ Athletic Hall-of-Fame class on **Friday, November 21, 2014** during halftime of the Maroon and White Hall of Fame Faculty Basketball Game that begins at 3:00 pm. The inductees include:

- **Carol Eustis** (Class of 1963)
- **Jimmy Hall** (Class of 1963)
- **Skip Lichtfuss** (Class of 1970)
- **Bill Thomas Sr.** (Coach, Teacher)
- **Randy Walker** (Coach, Teacher, Athletic Director)

This year’s Hall-of-Fame induction class represents some of the very best who participated in Towson’s rich athletic history. Please help celebrate with us as we honor our inductees. The official induction ceremony will take place at halftime in the Towson High School gymnasium beginning around 3:45 pm.

### 2014 Athletic Hall of Fame Induction timeline of events

**Friday November 21, 2014**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30-11:45 am</td>
<td>Arrival of Inductees</td>
</tr>
<tr>
<td>11:45-12:45 pm</td>
<td>Luncheon for Inductees</td>
</tr>
<tr>
<td>1:00-2:15 pm</td>
<td>Assembly for all Towson High School athletes</td>
</tr>
<tr>
<td>2:30-3:00 pm</td>
<td>Tour of the School</td>
</tr>
<tr>
<td>3:00-5:00 pm</td>
<td>Maroon &amp; White Faculty Basketball Game (HOF Induction at Halftime)</td>
</tr>
</tbody>
</table>
From the Theater Department

Auditions are completed and production is underway for THS’s fall production of *You Can’t Take It with You*. Our cast is hard at work and our crew has already begun assembling the set. This classic comedy will be sure to bring a smile to everyone’s face, so we hope to see everyone there. Performances will be November 20, 21 and 22 at 7pm. Put it on your calendar now so you don’t forget.

From SADD

A great big THANK YOU!!! to Mrs. Eileen Hardesty and SADD for bringing the Distracted Driving Awareness Program to Towson High School on Wednesday, October 29th. Mrs. Hardesty and SADD wrote and submitted a grant to State Farm Insurance that funded the program.

Sponsored by Kramer Entertainment Agency, Inc., the Distracted Driving Awareness program is part of the “Save A Life” tour. Using video and simulators, the program is designed to demonstrate the dangers of texting and alcohol use while driving.

The highlight of the day was when many of the 11th & 12th grade students were able to experience first hand how difficult it is to drive safely while being distracted by cell phones or even the radio.
Senior News

The Seniors have completed their fall fundraiser. All orders and money should have been turned in Friday, October 31\textsuperscript{st}. Congratulations to all the seniors who earned themselves free prom tickets.

The Seniors are having a 2\textsuperscript{nd} chance t-shirt sale. Forms were passed out in English classes. Orders will be taken until Friday, November 7\textsuperscript{th}. The price is $14 for a short sleeve t-shirt with a pocket or a long sleeve t-shirt without a pocket.

Cap and Gowns will be ordered during lunch shifts outside the cafeteria November 25\textsuperscript{th} & 26\textsuperscript{th}. There is a early bird price of $9.90. After January, the price will jump to the regular price of $30.00 so plan to order early.

Please contact Mrs. Kromsky at jkromsky@bcps.org or Mrs. Krochta at ckrochta@bcps.org for any additional information.
TOWSON HIGH SCHOOL
ID#01245

Dear Parents:

Welcome to the start of a new school year and a year of A+ School Rewards. Starting October 3, 2014 through March 19, 2015, TOWSON HIGH SCHOOL will have the opportunity to earn cash through Giant A+ School Rewards Program.

All you have to do is:

- Log on to www.giantfood.com/aplus select CUSTOMER REGISTRATION to register online using your Giant Card

NEW THIS YEAR: If you registered your card last year, you DO NOT need to re-register this year. You can visit the website to verify correct school assignment. Also, don’t forget to encourage your friends and relatives to do the same. It could mean more Cash for our school.

After you register your card, each shopping trip at Giant using your Giant Card earns CASH for our school. Each month, the amount of CASH awarded will be updated on the Giant website. You can track the amount of points you earn for our school by checking your grocery receipt and online when you create an account at www.giantfood.com. Our school will receive a check at the end of the program. The money can be used for any of our school’s educational needs.

*Phone numbers may not be used to designate.
UPCOMING EVENTS

October

27  Freshmen Elections
27  Senior Portrait Make-ups
31  1st Marking Period Ends

November

3   All Schools Close three (3) hours early
4   Election Day - Schools & Offices Closed
13  Report Cards Distributed
17-21 American Education Week
27-28 Thanksgiving Holiday - Schools & Offices Closed
MORE STARS

to make sure the painting was straight when he hung it back up. Your thoughtfulness is greatly appreciated!!

★ STARS to Ms. Alison White for always greeting everyone who comes in the school with a smile and a kind word.

★ STARS to Peter Johnson, Alexandra Grayson, Max Crosson and Elia Agudo for participating the first Congress tournament at Towson in over a decade!!

★ STARS to Olivia Watkins and Farooq Kariem for having their linear programming projects voted the best by their peers!

★ STARS to Ashley Ratliff, J. Byars, Maggie Alaoui, Elia Agudo, Ella Lucas, Lydia Sambuco, Dianni Rice, Jessica Strassman, and Kyle Rivers for having their Unit Circle projects voted the best by their peers!

★ STARS to Mr. John Stevens for developing a schedule for the Save A Life Tour assembly.

★ STARS to Mrs. Eileen Hardesty and SADD for applying and winning the State Farm grant to make the Save A Life Tour assembly and simulator possible.

★ STARS to Sarah Fast for helping with the Save A Life Tour assembly.