STARS to our Staff, Parents and Students

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 Ms. Bardelli and all the students that competed in the Baltimore Area Regional High School Ethics Bowl at the University of Baltimore on Saturday, February 1st. The Director sent a letter to Mrs. DiMino complimenting the students on how well they performed and “what an outstanding job Ms. Bardelli did in coaching” the team.

★ STARS to N. Leonard for receiving a full scholarship to Tulane University!

★ STARS to Ms. Seergae for his commitment and time in supporting the students in the UMCP Programming Competition.

★ STARS to N. Regalbuto and D. Pittas for qualifying for the State Wrestling Tournament.

★ STARS to H. Voelker, C. Ryan and H. Prem. They received Honorable Mention for the Baltimore County Girls Indoor Track and Field 2013-14 All-County Team.

★ STARS to H. Thomas and V. Parts. They received Honorable Mention for the Boys All-County Indoor Track and Field Team.

★ STARS to A. Tenne, C. King, R. Klots, and R. Hylbom on a great result at UMCP’s programming competition. The team placed 6th out of 30 teams from Maryland, Virginia, and DC. The foursome had three hours to answer nine extremely challenging questions and they successfully solved four of them. This may not seem like a lot until you know that 20 of the teams solved two or fewer questions in that same time. For their efforts, the students earned $400! They earned an additional $100 by being the first team to correctly answer problem #3. The students will try to earn even more money on the 21st of March when they travel to CCBC Catonsville for their annual programming event.

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★ STARS to N. Leonard for receiving a full scholarship to Tulane University!

★ STARS to A. Henderson for discreetly slipping a note to Ms. Drake when she noticed her teacher’s clothing was “disordered.”

★ STARS to H. Voelker, K. Gotwalt and A. Fried for earning the Girl Scout Gold Award.

Don’t forget to spring forward!

March 9th, 2014
HEALTH MATTERS

Nurse Hardesty

TIPS FOR PREVENTING PRESCRIPTION DRUG ABUSE

Think about your home. What prescription and over-the-counter (OTC) drugs do you have? Where are they kept? Would you know if some were missing? The good news is that you can take steps immediately to limit access to these drugs and help keep your teen drug-free.

SAFEGUARD ALL DRUGS AT HOME. MONITOR QUANTITIES AND CONTROL ACCESS.

Take note of how many pills are in a bottle or pill packet, and keep track of refills. This goes for your own medication, as well as for your teen and other members of your household. If you find you have to refill medication more often than expected, there could be a real problem—someone may be taking your medication without your knowledge. If your teen has been prescribed a drug, be sure you control the medication, and monitor dosages and refills.

SET CLEAR RULES FOR TEENS ABOUT ALL DRUG USE, INCLUDING NOT SHARING MEDICINE AND ALWAYS FOLLOWING THE MEDICAL PROVIDER’S ADVICE AND DOSAGES.

Make sure your teen uses prescription drugs only as directed by a medical provider and follows instructions for OTC products carefully. This includes taking the proper dosage and not using with other substances without a medical provider’s approval. Teens should never take prescription or OTC drugs with street drugs or alcohol. If you have any questions about how to take a drug, call your family physician or pharmacist.

BE A GOOD ROLE MODEL BY FOLLOWING THESE SAME RULES WITH YOUR OWN MEDICINES.

Examine your own behavior to ensure you set a good example. If you misuse your prescription drugs, such as share them with your kids, or abuse them, your teen will take notice. Avoid sharing your drugs and always follow your medical provider’s instructions.

PROPERLY CONCEAL AND DISPOSE OF OLD OR UNUSED MEDICINES IN THE TRASH.

Unused prescription drugs should be hidden and thrown away in the trash. So that teens or others don’t take them out of the trash, you can mix them with an undesirable substance (like used coffee grounds or kitty litter) and put the mixture in an empty can or bag. Unless the directions say otherwise, do NOT flush medications down the drain or toilet because the chemicals can pollute the water supply. Also, remove any personal, identifiable information from prescription bottles or pill packages before you throw them away.

ASK FRIENDS AND FAMILY TO SAFEGUARD THEIR PRESCRIPTION DRUGS AS WELL.

Make sure your friends and relatives, especially grandparents, know about the risks, too, and encourage them to regularly monitor their own medicine cabinets. If there are other households your teen has access to, talk to those families as well about the importance of safeguarding medications.

Talk to your teen about the dangers of abusing prescription and over-the-counter drugs. These are powerful drugs that, when abused, can be just as dangerous as street drugs. Tell your teen the risks far outweigh any “benefits.”
DON’T GET BUGGED OUT THIS YEAR!!

IS IT A COLD OR THE FLU?

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Typical, high (102°- 104°); lasts 3-4 days</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Prominent</td>
</tr>
<tr>
<td>Body aches</td>
<td>Slight</td>
<td>Typical; often severe</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Mild</td>
<td>Typical; can last 2-3 weeks</td>
</tr>
<tr>
<td>Extreme exhaustion</td>
<td>Never</td>
<td>Early and prominent</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usually</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest discomfort, cough</td>
<td>Mild to moderate</td>
<td>Common; can become severe</td>
</tr>
</tbody>
</table>

NOTE: Colds and flu are caused by viruses. Antibiotics do not cure viral infections; they only work on bacterial infections (e.g. strep throat, ear infections).

If you do get sick: get as much rest as possible; drink at least eight (8) glasses of water or juice daily (hot beverages like tea and soup will help relieve congestion); humidify your bedroom; and, take acetaminophen (Tylenol) to reduce fever and relieve aches. Do not give aspirin to children because it increases the risk of Reye’s syndrome.

PREVENT THE SPREAD OF Colds AND FLU

→ Wash your hands frequently, especially after touching doorknobs, shaking hands, and before eating (and for good hygiene-after using the bathroom).
→ Keep your hands away from your eyes, nose and mouth.
→ Drink lots of liquids and use a vaporizer when necessary to maintain humidity in the air.
→ Sneeze and cough into a tissue (or into your arm if you have to-just not into your hands!), then wash your hands.
→ Clean surfaces with disinfectant when you or a family member has a cold or the flu.
→ Eat a healthy, balanced diet and maintain a good balance of exercise and rest.
→ Don’t smoke.
“Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.”

Les Brown
UPCOMING EVENTS

MARCH

12  Senior Art Shows - Library Hallway Gallery - 4:00 pm - 5:00 pm

20  Breakfast of Champions - Cafeteria & Auditorium - 8:30 am - 10:30 am
    (Snowdate - Friday, March 21)

20, 21, & 22  Spring Production - “You’re a Good Man Charlie Brown” -
              Auditorium - 7:00 pm

26  Spring Concert—Strings - Auditorium - 7 pm

28  End of Third Marking Period

April

1   Spring Concert—Jazz Band - Auditorium - 7 pm

3   Spring Concert—Choral - Auditorium - 7 pm
TOWSON HIGH SCHOOL
SPORTS BOOSTERS ANNUAL

SPRING GALA 2014

ON APRIL 6, 2014
7:00PM - 11:00PM
THE COUNTRY CLUB OF MARYLAND
1101 STEVENSON LANE
TOWSON, MD 21286

* BUFFET DINNER * WINE + BEER * WHEELS * SILENT AUCTION
* MYSTERY WINE TABLE

TICKETS $65 PER PERSON- $125/COPPELE

PURCHASE TICKETS ONLINE BEFORE THEY SELL OUT !!!

towsonhighsportsboosters.com

OR

CONTACT  Tracy Amos - TICKET SALES- TAMOS@GRABERCPA.COM
FOR ANY FURTHER INFORMATION CONTACT:
Jenny Schneidereith  Co CHAIR  jennyschneidereith@verizon.net
Kelly Chesser  Co CHAIR  kchesser22@gmail.com

PROPER ATTIRE REQUIRED- NO JEANS PERMITTED
Towson’s Annual Blood Drive

Towson HS - Making A Difference

The annual Blood Drive program on February 26, 2014 was very successful. We collected 81 units of blood which helped over 243 people. Thanks to the Student Government for coordinating the drive. Thanks to the students and staff who donated blood; and thanks to the parents who volunteered their time: Catherine Berger, Lisa Darwin, Debbie Hawks, Carol McDade, Dawn Moog, Elena Murphy and Melissa Regan.

Senior Talent Show

Thursday Night the Class of 2014 held their version of a talent show - Senior Night Live. Senior President, H. Jones hosted along with J. Rittler and Z. Nazir. Musical acts were the main focus of the show along with a magic act and jump ropers. The class of 2014 would like to thank everyone who came out to support the class. All proceeds will go towards defraying part of the cost for prom.

Upcoming Fundraisers

Environmental Club T-Shirt Sales - March 10 thru 28
Contact: Ms. West

Colophon Refreshment Sales - March 20, 21 & 22
During the Intermission of the Spring Production of You’re A Good Man Charlie Brown.
Baseball games, security blankets, dogs flying sopwith camels, and Beethoven Day. What can it all mean? It must be the spring production of *You're a Good Man Charlie Brown*. Unless you need psychiatric help (which we offer for only 5 cents), set aside March 20, 21, and/or 22 for our performances at 7:00 PM in the school auditorium. Tickets are only $10. and will be available at the school and at the door. We hope to see everyone there.
Scholarship Opportunities

19th Annual Cheryl Lillemoe Essay Contest
Riderwood Elementary School PTA - $1,200 - 1 Award (Deadline: April 25, 2014)

Student Eligibility:
1) Must have attended Riderwood Elementary School for a minimum of three (3) years.
2) Must have completed the 5th grade at Riderwood Elementary School.
3) Must have an accumulated GPA of 3.0 or higher.
4) Plan to attend an accredited college as a full time student in the fall of 2014.

Applications, details and complete requirements are available at the guidance offices of all local public and private high schools and at the office of Riderwood Elementary School.

Your Favorite Car Scholarship - $500 – 1 Award (Deadline: April 30, 2014)

Student Eligibility:
1) Must be attending an accredited post-secondary institution by the fall of 2014 at the latest.
2) Must be enrolled or planning to enroll in a program that is at least two years in length.

Applications can be found by going to:
http://www.scholarshipguidance.com/scholarship_your_favorite_car_scholarship_8933.php?
&utm_source=newsletter01&utm_medium=email&utm_campaign=201402&utm_content=cdimino%40bcps.org

MCO Scholarship - $500 – 1 Award (Deadline: May 15, 2014)

Student Eligibility:
1) Be attending college or university no later than December of 2014.
2) Be attending college or university on a full-time basis by December of 2014.
3) Submit an answer to the essay question no later than 11:59 PM EST on May 15, 2014.
4) Be currently in your last year of high school or a freshman, sophomore, or junior in college/university.

Applications can be found by going to:
http://www.scholarshipguidance.com/scholarship_mco_scholarship_8939.php?
&utm_source=newsletter01&utm_medium=email&utm_campaign=201402&utm_content=cdimino%40bcps.org

Arctic Physical Therapy Scholarship - $500 – 1 Award (Deadline: Aug 31, 2014)

Student Eligibility:
1) Be attending college or university no later than January of 2015.
2) Be attending college or university on a full-time or part-time basis by January of 2015.
3) Have achieved a GPA of 3.0 or greater during their last academic year.

Applications can be found by going to:
http://www.scholarshipguidance.com/scholarship_arctic_physical_therapy_scholarship_8938.php?
&utm_source=newsletter01&utm_medium=email&utm_campaign=201402&utm_content=cdimino%40bcps.org
In preparation for the changes in curriculum coming next school year, our administration conducted a survey of parents, students, and faculty to determine if Towson would move to a four (4) period or an eight (8) period day. Below are the results of that survey.

<table>
<thead>
<tr>
<th>Stakeholders</th>
<th>8 periods per day</th>
<th>4 periods per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>212</td>
<td>565</td>
</tr>
<tr>
<td>Parents</td>
<td>51</td>
<td>109</td>
</tr>
<tr>
<td>Faculty</td>
<td>21</td>
<td>41</td>
</tr>
</tbody>
</table>

Based on this information, Towson High School will be moving to an A / B schedule with four (4) periods each day for the upcoming 2014-2015 school year.