



# THS E-NEWS

September 28th, 2018

## ANNOUNCEMENTS

- Interested in events happening in our community? Use this link to find out more!  
[www.talawanda.org/resources/community-events-%2Bactivities-36/](http://www.talawanda.org/resources/community-events-%2Bactivities-36/)
- Each year, sophomore students are invited to participate in the Talawanda PRIDE Day Program! PRIDE stands for People Respecting Individual Differences Everyday. With this program our goal is to build a healthy community and help stop the teasing, violence, and alienation that is an unnecessary part of the school experience for millions of young people. PRIDE Day is a powerful and transformational day that can change the way young people view each other forever. It is a day of fun, friendship, and new possibilities. There are 2 sessions with sophomores assigned based on the first letter of the last name. Reverse permission slips will be distributed in Biology classes on Monday 9/24. If you want your sophomore to participate, do nothing. If you do not want him/her to attend please complete the bottom of the form and return to Teresa Peter in the counseling office. If you have questions, you can contact Teresa at 513-273-3223.
- The freshman class is selling Yankee Candles now through October 15 for their class fundraiser. The sales enable the class to host next year's homecoming dance. Candles can be purchased from any ninth grade student or online at <https://www.yankeecandlefundraising.com/store.htm> (group number 990038918). If you have any questions or would like to purchase directly, please contact freshman class advisor Ashley Sammons at [sammons@talawanda.org](mailto:sammons@talawanda.org) or 513-273-3281
- Paws for a Cause will be at the Hike-a-Thon on September 29<sup>th</sup> from 9a-2p. Come take a hike and help them fundraise for a service dog park!
- Oct. 10<sup>th</sup> FAFSA Day 10:00 am – 7 pm in the Media Center
- Mock Trial Practices, Mondays & Thursdays 4:50-6:50 in Room 417 THS

## Guidance Announcements

- The process of applying to college can be intimidating, and many students worry about one aspect in particular: the ACT test. A great ACT score can open doors to funding and admission. Therefore, we are offering our students a FREE practice ACT test at Talawanda High School. We have partnered with TorchPrep, an innovative test-training program that helps students improve their ACT scores. The test will be given at THS on Saturday, October 6th at 10AM. TorchPrep will meet with students on October 18 during the school day to go over results. Students must register online by October 3rd.  
[www.torchprep.com/courses/cincinnati/free-practice-test-talawanda/](http://www.torchprep.com/courses/cincinnati/free-practice-test-talawanda/)
- Applications for nominations to the U.S. Service Academies are now open for seniors seeking admission during the summer of 2019. The deadline is October 31st so see your counselor for details.
- Purdue University is offering a program called Seniors Exploring Engineering on Monday, October 15th, 2018. The program is geared toward young women in their senior year who are trying to determine if engineering at Purdue University is a good fit for them. Students will explore their choice of two engineering disciplines, obtain knowledge regarding the first-year engineering program, admissions, student life, and engineering in the "real world." Campus tours are offered with an opportunity to meet Purdue professors, current engineering students, and some awesome women alumni. You should register early at [www.purdue.edu/WIEP](http://www.purdue.edu/WIEP)

**THS CALENDAR OF Events**  
**Sept. 30th to Oct. 6th, 2018**

**Monday, October 1st**

Braves for the Cure  
Student Count Week

2:45 – 5:30pm Fall Show Rehearsal, PAC

4:30pm Freshman Volleyball vs. Badin (home)

5:45pm JV Volleyball vs. Badin (home)

7pm Varsity Volleyball vs. Badin (home)

**Tuesday, October 2nd**

2:45 – 6:30pm Fall Show Rehearsal, THS PAC

4:30pm Freshman Volleyball vs. Mount Healthy (home)

5pm JV Field Hockey vs. Fairmont (away)

5pm Boys JV Soccer vs. Mount Healthy (away)

5:45pm JV Volleyball vs. Mount Healthy (home)

6pm Girls Varsity Soccer vs. Mount Healthy (home)

6:30pm Varsity Field Hockey vs. Fairmont (away)

7pm Boys Varsity Soccer vs. Mount Healthy (away)

7pm Varsity Volleyball vs. Mount Healthy (home)

**Wednesday, October 3rd**

1:45 – 2:15pm YIT, Staff lunchroom

2 – 5:30pm Fall Show Rehearsal, THS PAC

6:30 – 8:30pm NHS induction, PAC

7 – 9pm Athletic boosters, Media Center

**Thursday, October 4th**

Pride Day

11am – 12:30pm Josten ring order turn in, Cafeteria

2:45 – 5:30pm Fall Show Rehearsal, THS PAC

4:30 – 7pm Literacy Program, Media Center

4:30pm Freshman Volleyball vs. Edgewood (away)

5pm Boys JV Soccer vs. Edgewood (Trenton) (home)

5:45pm JV Volleyball vs. Edgewood (away)

7pm Boys Varsity Soccer vs. Edgewood (Trenton) (home)

7pm Girls Varsity Soccer vs. Edgewood (Trenton) (away)

7pm Varsity Volleyball vs. Edgewood (away)

**Friday, October 5th**

Pride Day

2:30 – 5:30pm Football meal, Cafeteria

2:45 – 5:30pm Fall Show Rehearsal, THS PAC

7pm Varsity Football vs. Mount Healthy (away)

**Saturday, October 6th**

TorchPrep Testing

9am Varsity Cross Country vs. Eaton ED LEAS Invitational (away)

10am JV Football vs. Mount Healthy (home)

12pm Freshman Football vs. Mount Healthy (home)

3pm Boys JV Soccer vs. Kings (home)

5pm Boys Varsity Soccer vs. Kings (home)



# *Do you throw?*

If so, we're looking for potters who are willing to donate their skill and time to throwing bowls for the annual Oxford Empty Bowls event.

## **Bowl-A-Thon for Empty Bowls**

We provide the wheel.

We provide the clay.

You throw.

**Saturday, October 6, 2018**

**9 am—5 pm** (come for an hour or all day)

Optional Bowl Trimming is Sunday, October 7 from 9am-noon

**PHILLIPS HALL ART CENTER**

(next to the Goggin Ice Arena)

Sign up to throw by clicking the link below.

Questions? Ask Rob at [abowitrn@miamioh.edu](mailto:abowitrn@miamioh.edu)

Co-sponsored by Miami University Department of Art and Oxford Empty Bowls.





Empowering Parents To Raise Their Children To Be Substance-Free

Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.



Click here to print a PDF of this article so you can start a conversation with your child

Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at:  
[PreventionActionAlliance.org](http://PreventionActionAlliance.org)

Know! is a program of:

Prevention  
Action Alliance



Link to the article on the Prevention Action Alliance Facebook page



Link to the Spanish archives

Prevention Action Alliance  
6171 Huntley Road, Suite G  
Columbus, Ohio 43229  
PH: (614) 540-9985  
FX: (614) 540-9990

Start Talking!



Building a Drug-Free Future

## Know! The Risk Factors Associated with Drug Addiction



*September is National Recovery Month. Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), Recovery Month is a time to increase awareness and understanding of mental health and substance use disorders and celebrate people living in recovery.*

Over 20 million Americans are currently in recovery from addiction, which is something to celebrate! Tragically, however, more than 20 million more Americans are currently facing addiction.

Have you ever wondered why some people become addicted to alcohol and drugs, while others don't?

Many people believe those who are addicted to substances simply lack moral principles or willpower, and make the conscious choice to continue to use. The truth is more complicated, however. While people may initially choose to use alcohol and other drugs, the brain changes over time from repeated drug use. These changes severely impact our kids' self-control and hinders their ability to stop using.

Just like any other disease, vulnerability to addiction is different for each person. No single factor determines if someone will become addicted to substances or not. What we do know is that the more **risk factors** a person has, the greater the likelihood for abuse and addiction. And on the flip side, the probability for substance abuse and addiction decreases in people who possess more **protective factors**.

### Risk factors include:

- Aggressive behavior in childhood
- Lack of parental supervision
- Poor social skills
- Drug experimentation
- Availability of drugs at school
- Community poverty

### Protective factors include:

- Good self-control
- Parental monitoring and support
- Positive relationships
- Academic know-how
- School anti-drug policies
- Neighborhood pride



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According to the National Institute on Drug Abuse (NIDA), risk and protective factors are further broken down as either **environmental** or **biological**. Environmental risk and protective factors pertain to conditions at home, school, and in the neighborhood. **Biological** risk and protective factors, meanwhile, are related to a person's genes, their stage of development, gender, ethnicity, etc.

**Environmental:** A child's home environment, for example, is crucial in determining risk. Children are much more likely to experience drug problems themselves if their parents or older family members abuse alcohol or drugs or are engaged in criminal behavior. Friends and peers also matter greatly, especially during adolescence. A drug-using peer can influence even those without other risk factors to try drugs for the first time. Academic failure or poor social skills can also increase a child's risk for using and becoming addicted.

**Biological:** According to the National Council on Alcoholism and Drug Dependence (NCADD), a family history of drug use or addiction is the single most reliable indicator for risk of future alcohol or drug dependence. A family history of mental health problems also increases one's risk.

A person's age of first use is another critical factor in determining one's risk for addiction. The earlier the onset of drinking, smoking, or using other drugs, the greater the likelihood for addiction later in life.

It is important that parents and other caregivers **KNOW!** that **every child** is at risk for substance use. It is also important to keep in mind that family history does not determine one's destination; and that awareness is the first step toward prevention.

Addiction is harmful and destructive to not only the individuals using but their family and friends as well. However, the message SAMHSA wants people to hear is that addiction is a treatable disease. Prevention works, treatment is effective, and people can and do recover.

*If you, your child or other loved one is in need of help, here are some resources to get you started:*

National Institute on Drug Abuse's (NIDA's) [What to Do If Your Teen or Young Adult Has a Problem with Drugs](#) provides parents of teens/young adults with information on how to identify and handle possible drug misuse situations.

National Institute on Drug Abuse's (NIDA's) [What to Do If Your Adult Friend or Loved One Has a Problem with Drugs](#) includes a list of the warning signs of drug misuse as well as resources and information to help someone who might have a drug use problem.

Sources: [National Council on Alcoholism and Drug Dependence: Definition of Recovery](#), [National Institute on Drug Abuse: Drugs, Brains, and Behavior: The Science of Addiction](#), [Substance Abuse and Mental Health Services Administration: Recovery Month Toolkit, 2018](#).

# Ode to My Mother

Rhonda Krehbiel

You are beautiful  
In the way an old weathered book  
is wise  
In the way a sweater stretches and frays  
molding to fit the wearer

Carrying three kids on your back  
On your shoulders  
In your hands  
The burden has laced your kind smile

Because to you, everything  
means something  
Each load of laundry  
is a testimony to clean water

You are beautiful  
In the way I don't notice until you bake  
With dowries on your fingers  
Brushing flour from your cheeks



*Setting Stone Literary-Art Magazine earned a Gold Medal rating for their recent publication from the Columbia Scholastic Press Association. The magazine, which was published in at the end of the*

2017-2018 school year, was the first to be printed in four years. Learn more about Setting Stone at [settingstone.org](http://settingstone.org).

# ATHLETIC SPORTS PASSES

2018-2019

## ALL SPORTS PASS

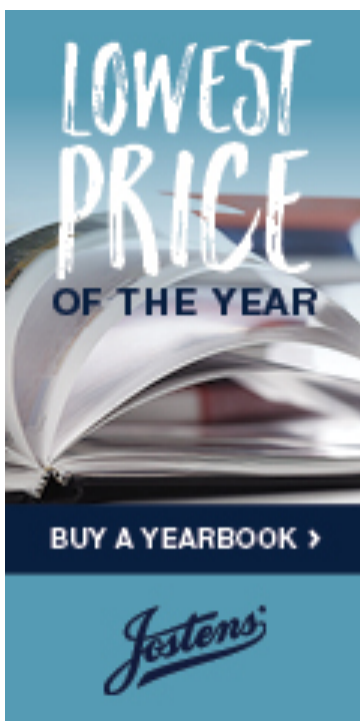
Good for **ALL** sports, **ALL** year, at **BOTH T.H.S. and T.M.S**

INDIVIDUAL All Sports Pass:	
Student.....	\$75.00
Adult.....	\$130.00

FAMILY All Sports Pass.....	\$250.00
(Immediate family members only, maximum 5 passes)	
(Each additional family pass \$20)	

**Greater Oxford area Senior Citizen’s.** The Talawanda School District would like to provide an opportunity for senior citizens within the community to participate in our school activities. We would like to take this opportunity to show our gratitude for all your years of support to the Talawanda community by providing The Braves Card. With this card you will receive free admission to all Talawanda sponsored athletic and musical events.





❖ Yearbooks are now on sale for the lowest price of the year - \$55.00! They can be ordered online at [www.jostens.com](http://www.jostens.com) or you can fill out an order form from Mr. Zimmerman in room 301 at the High School! The price goes up soon, so order today!

❖ Seniors - Your senior pictures are due to Mr. Zimmerman for the yearbook by March 1st, 2019. Please email a file larger than 1 MB to [zimmermana@talawanda.org](mailto:zimmermana@talawanda.org) to make sure you get in the book one last time at Talawanda! If you cannot afford senior pictures but would still like some professional looking photographs for your family, please see Mr. Zimmerman in room 301 and the yearbook staff will be happy to help!

# Order Your Yearbook Now!

## PAID RESEARCH STUDY FOR TEEN VOLUNTEERS

The **Understanding Emotions Study\*** is recruiting teen volunteers (ages 13-18) for a research study about emotions. Participation in the study take approximately 60-70 minutes, and teens are paid \$15 for their time. (Some teens may be asked to participate in a short follow-up study, for which they would be compensated \$10). Teens have the option of participating at the Miami Oxford campus or some mutually agreed-upon meeting place (such as home, public library, etc.).

Teens are eligible for the study if they are fluent in English, between the ages of 13-17 (or 18, if still enrolled in high school and living at home), and have a **parent's written permission** (informed consent) to participate. Siblings are OK to participate too.

Contact for the study:

**Family Relationships and Mood (FRAM) Lab**  
**(513) 529-2675 | [FRAMlab@miamioh.edu](mailto:FRAMlab@miamioh.edu)**

# October 2018

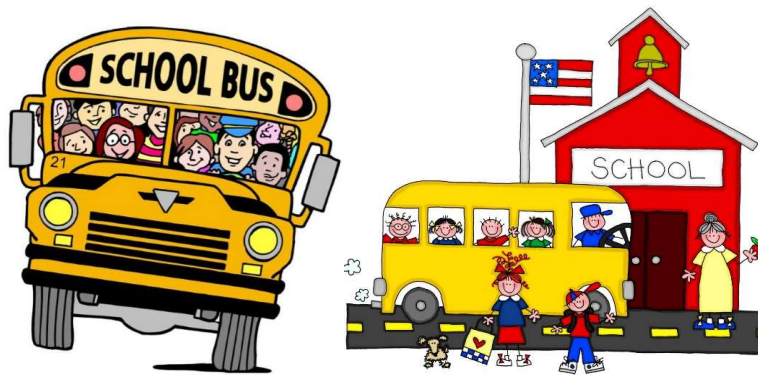
## TALAWANDA HIGHSCHOOL

### Breakfast offered daily:

Stop by for fresh hot or cold options.  
Start your day the smart way  
with school breakfast.  
Free or reduced lunch applies to breakfast  
See breakfast menu for daily choices.

Ice Cold Milk  
offered Daily:  
1% White 12  
FF Chocolate 23  
FF Strawberry 22

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Whole Grain Chicken and Cheese Quesadilla Sweet Corn Red, Yellow & Orange Peppers Orange Wedges	2	Pizzeria Style Steak Hoagie on Bun French Fries Apple Slices	3	Chicken strip Wrap W Shredded Lettuce & Diced Tomatoes Mixed Fruit	4	Rotini Bake with Meatballs & Cheese Tossed Salad Garlic Toast Purple Grapes	5	Crispy Popcorn Chicken Mashed Potatoes Sweet Corn Dinner Roll Banana
8	Grilled Hot Ham and Cheese on Bun Cinnamon Applesauce	9	Meatball Sub French Fries Romaine Salad Apple Slices 100% Fruit Punch Juice	10	Chicken Fajitas Grilled Peppers & Onions Shredded Lettuce & Diced Tomatoes Sour Cream Pears	11	Rotini Bake with Meat Sauce & Cheese Romaine Salad Garlic Toast Banana	12	
15	Crunchy-Battered Corn Dog Baked Beans Cinnamon Applesauce	16	Shredded BBQ Sandwich French Fries Pineapple	17	Grilled Cheese Sandwich Chili Beans Dill Pickle Spear Orange Wedges	18	Italian Lasagna Garlic roll Tossed Salad Peaches	19	Chicken Nuggets Mashed Potatoes with gravy Steamed Carrots Dinner Roll Sliced Strawberries
Please find carbohydrate counts on our school web site interactive menu									
22	Orange Chicken Broccoli Florets Whole Grain Asian Rice Purple Grapes	23	Crunchy Tacos 2 Or Soft Tacos 2 Sweet Corn Shredded Lettuce & Diced Tomatoes Applesauce	24	Chicken Enchilada Black Beans & Corn Mexican Rice Mandarin Oranges	25	Cincinnati Chili Spaghetti Oyster Crackers Romaine Salad Apple Slices	26	Chicken Strips Mashed Potatoes with gravy Green Beans Dinner Roll Banana
29	Whole Grain Chicken and Cheese Quesadilla Sweet Corn Red, Yellow & Orange Peppers Apple	30	Orange Wedges Pizzeria Style Steak Hoagie on Bun French Fries Pears	31	Mandarin Oranges Chicken strip Wrap Shredded Lettuce & Diced Tomatoes French Fries Mandarin Oranges	<div>Featuring New Items Smokey Spinach Queso w Chips (tortilla or pita) Steak Station! Create Your Sizzling Sandwich. Choose from</div>			
This Institution is an equal opportunity provider.									



**Make the cafeteria your first stop! Breakfast in the school café is a great start to every day!**

Hot and cold options everyday. Every breakfast will offer fruit, milk and 2 grains or grain and protein option. A fruit is a must! 2 items must be selected and many items count as 2.

Offered daily: cereal, muffins, pop-tarts, cheese sticks and many breakfast bars everyday.

**Monday: Breakfast Sandwich**

**Tuesday: Pancake on a stick**

**Wednesday: Breakfast Pizza**

**Thursday: Cinnamon Roll**

**Friday: Sausage and egg Bisuit**

**Breakfast is served daily @ 8:45 (Elementary Schools) 7:00 @ TMS**

**Menu items subject to change**

**Breakfast costs \$1.00. Students qualifying for reduced meals pay \$.30**

**Free meal qualification includes breakfast**

Talawanda Food and Nutrition Services Department

This institution is an equal opportunity provider.

All items are whole grain rich

Milk is offered in 1% white and chocolate and fat free white