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First Year Experience Welcomes:



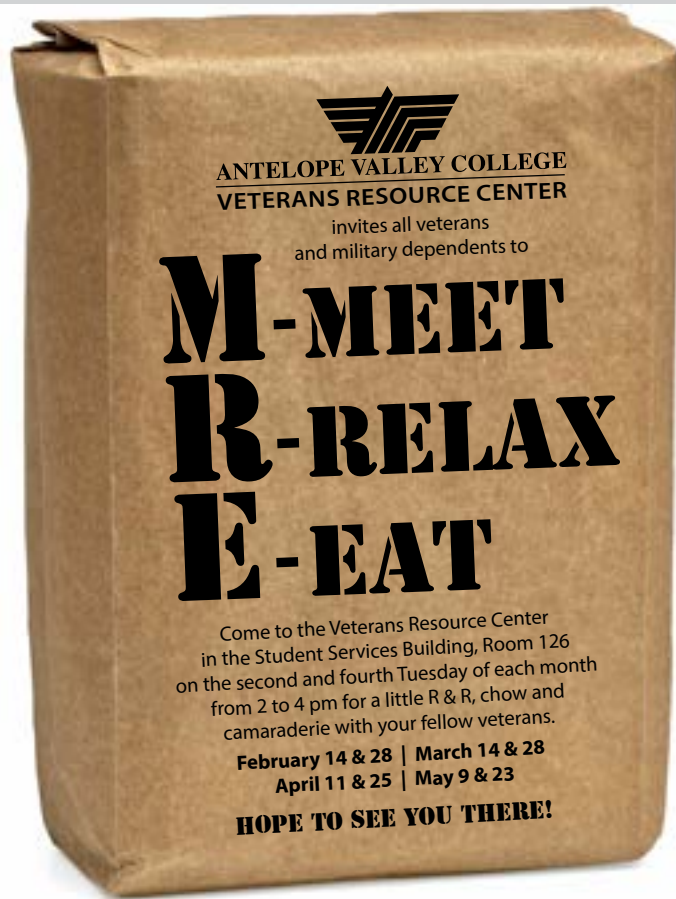
Marlene Santos is a new Program Specialist for the First Year Experience program. She earned her Associates of Arts degree in Administration of Justice from Antelope Valley College, and is pursuing a BA in Sociology from Cal State Northridge. Marlene has been a long time employee of AVC, serving seven years with the college. She has spent time as a student worker and hourly in various departments, including Financial Aid, Outreach, and First Year Experience. Marlene is excited to begin her role as Program Specialist. Her first passion is serving students, and she states that “their success is her greatest reward, taking great pride in seeing them flourish”. With her background as an AVC alum and her passion for helping others to achieve their goals, she is a natural addition to the leadership team.



Jasmine Garcia is a new Program Specialist for the First Year Experience program. She earned an Associates of Arts in Clothing & Textiles from Antelope Valley College, and is pursuing a BA in Business Administration from University of Phoenix. She spent time as a student worker in various departments on campus including the Business Services (Purchasing), Theatre Arts (Costuming), Student Development and College Activities, and Student Health before being welcomed into First Year Experience as Clerical III. She is excited to transition into her new position. Jasmine has a passion for creative outlets such as calligraphy and crafting, finding time to plan and produce events both on and off campus.

She specializes in student engagement strategies and looks forward to utilizing this expertise to provide leadership to both students and the campus community at large.

Veterans Resource Center Event



A²MEND

AFRICAN AMERICAN MALE
EDUCATION NETWORK & DEVELOPMENT

Student Equity Conference

Antelope Valley College Student Equity is thrilled to invite students to attend this empowering conference Wednesday through Friday, March 1-3, 2017.

Student conference registration, hotel, travel, and food expenses are all sponsored by AVC Student Equity. Student Equity will not fund any other expenses beyond those listed above.

We ask that you be prepared to travel on the afternoon of Wednesday, March 1, 2017. Group participants will be returning on the evening of Friday, March 3, 2017 (More details to follow soon).

SPACE IS LIMITED.

Signing up on the interest list does not guarantee you a spot. A confirmation will be sent to your AVC e-mail. In addition, AVC students must complete the application process. Those who do not complete the application process will NOT be considered.

Last day to sign-up to be part of the "AVC group" is Friday, February 14, 2017.



Mindfulness Meditation Group

Interested in meditation but don't know where to start? Been looking for a group of meditators to join? Looking for an empirically proven means of reducing stress and improving concentration?

Join Dr. De'Neen Coleman-Carew every Tuesday in the Student Success Center, LC 113 from 12:30 -1:30 p.m. for a Mindfulness Meditation Group.

All students, staff, and faculty are welcomed.

Club Corner



Black Student Union

To develop positive social outlets and instill pride and self-esteem. Open to anyone who wants to deepen their understanding of the African Experience.

Club Contact: Jason Bowen
jbowen9@avc.edu



LGBTQIA++

To allow students with an interest in supporting the LGTBQIA community.

Club Contact: Cole McCandless
cmccandless@avc.edu



Anthropology Club

To use the holistic perspective when focusing on the subfields: biological, cultural, linguistics, and archeology.

Club Contact: Dr. Darcy Wiewall
dwiewall@avc.edu



Foster Youth

Guardian Scholars for Foster Youth

Assist new and current foster youth students and link them to resources that they may find beneficial.

Club Contact: Laurel Johnson
ljohnson@avc.edu



ASO Open Positions

The Associated Student Organization (ASO) is currently looking for motivated individuals to fill openings. If you are interested in joining our team, please come by SSV 180 for an application, or join us every Tuesday at 4 p.m. in Library 201 during our regular meetings. We are looking forward to seeing you there.

Current positions open:

Vice President of Student Services
Vice President of Club Affairs
Executive Director of Special Programs
Secretary
Treasurer
Senator of Rhetoric and Literacy



FYE HAS MOVED TO THE LEARNING CENTER

FYE has moved to the Learning Center. We are excited to be in a place to call our own! We are now located in LC120! Please free to come by for a visit!

IMPORTANT DATES

FYE Welcome Table

Have a question? We can help! Catch us out on campus through out the spring semester!

We will be located in the

Library Plaza and Health Sciences

February 6th & 7th

8:00am - 2:00pm

Upcoming Tabling Events:

February 22nd / March 8th & 22nd / April 19th / May 10th & 24th

8:00am - 2:00pm

INTERESTED IN HAVING A MENTOR?

Calling all first year students! Join us here at FYE and get a peer mentor! A peer mentor can help you get acquainted with the college and managing college life with biweekly meetings that meet your schedule. They are fellow AVC students who have lots of experience with the college, it's programs and services. Let us be your co-pilot to success here at Antelope Valley College!

Get social with FYE!

Facebook: @avc.fye

Snapchat: AVC_FYE

Twitter: AVC_FYE

Instagram: AVC_FYE



Contact Us:

Phone: (661) 722-6300 Ext.6478

Email: fye@avc.edu



Student Equity Childcare Program

Do you need childcare for your child(ren)?

In collaboration with Child Care Resource Center (CCRC), AVC Student Equity is sponsoring childcare for a limited number of students who meet the following requirements:

1. Currently enrolled as an AVC Student
2. Registered in 6 or more units
3. Have a 50% or higher completion rate
4. Be in good academic standing with a 2.0 GPA or higher
5. Have a current Educational Plan and on track for degree/certificate completion

NOTES:

Childcare programs are available both on and off campus.

Childcare provider for your child is based on parent selection and parent choice of approved programs through CCRC.

PROGRAM DOES NOT REQUIRE THAT YOU ARE INCOME QUALIFIED.



Black History Month Facts

- Black History Month began as “Negro History Week,” which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.
- On February 12, 2009, the NAACP marked its 100th anniversary. Spurred by growing racial violence in the early twentieth century, and particularly by race riots in Springfield Illinois in 1908, a group of African American leaders joined together to form a new permanent civil rights organization, the National Association for the Advancement of Colored People (NAACP). February 12, 1909 was chosen because it was the centennial anniversary of the birth of Abraham Lincoln.
- In 1992, Dr. Mae Jemison became the first African American woman to go into space aboard the space shuttle Endeavor. During her 8-day mission she worked with U.S. and Japanese researchers, and was a co-investigator on a bone cell experiment.
- Shirley Chisholm was the first African American woman elected to the House of Representatives. She was elected in 1968 and represented the state of New York. She broke ground again four years later in 1972 when she was the first major party African-American candidate and the first female candidate for president of the United States.
- John Mercer Langston was the first black man to become a lawyer in Ohio when he passed the Bar in 1854. When he was elected to the post of Town Clerk for Brownhelm, Ohio in 1855 Langston became one of the first African Americans ever elected to public office in America. John Mercer Langston was also the great-uncle of Langston Hughes, famed poet of the Harlem Renaissance.



Student Health Events



Keys to a Healthy Relationship

Love, honor & respect



Come Join us for a discussion on healthy relationships !
Refreshments will be served.



Presented by: Student Life and College Activities in (SSV 180) or call (661)722-6300, ext. 6354.

Upon request five business days before the event,

reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities.

Call (661) 722-6360 (voice/relay).

Wear **RED** to support Healthy Heart Month on **February 14th!**

Stop by the
Student Lounge from
11 a.m.-12:30 p.m. on
Feb. 14th to enjoy some
snacks, crafts and learn if
your heart is healthy!

Presented by: Student Health



Presented by: Student Life and College Activities in (SSV 180) or call (661)722-6300, ext. 6354. Upon request five business days before the event,

reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice/relay).



SPRING 2017 UMOJA CONVOCATION

Join us for the LAUNCH of
Antelope Valley College's Umoja Community!
FEBRUARY 23 – 24, 2017

OPEN TO THE COMMUNITY

COME ENJOY A FREE

Musical & Spoken Word Performance

February 23rd @ 6:00 PM

AVC Performing Arts Theatre

with performances from

Kelvin Truitt and The Philosophers

Maurice Smith

African Soul International

Karega Bailey & SOL Development

Real T@k

Tabitha Christopher

MAJOR.

AVC STUDENTS, STAFF, & FACULTY

REGISTER TO ATTEND

Umoja Convocation Professional Development

February 24th 12:00 PM–7:30 PM

with Keynote Speaker:

NATE HOWARD

Enjoy Training From

Saloom Gilmore & the Maafa Experience

Expect thrilling speakers, thought-provoking workshops, and a dynamic day of insight.

Dinner & a live concert will be provided during the closing ceremonies.

All Faculty will receive a \$150 stipend for their all day participation.

All Staff are strongly encouraged to participate with the approval from their supervisor.

For More Information and To Register Visit AVC Student Equity's Page:
<https://www.avc.edu/administration/organizations/equity>

UPON REQUEST FIVE BUSINESS DAYS BEFORE THE EVENT, REASONABLE ACCOMMODATION WILL BE PROVIDED TO FACILITATE THE PARTICIPATION OF COVERED DISABILITIES. FOR INFORMATION, CALL 661.722.6360 (VOICE/RELAY)

How To Become A Founding Umoja Student

ALL STUDENTS

- ✦ Complete an AVC Umoja Application
- ✦ Attend AVC Umoja Convocation
- ✦ Attend AVC Umoja Intensive Workshop
- ✦ Have an updated Student Education Plan
- ✦ Meet with an Umoja Counselor and Umoja Coordinator

FIRST YEAR UMOJA STUDENTS

- Attend (2) Umoja Supported or Umoja-ified Courses
- Attend (3) Umoja Sponsored Events per semester
- (5) Hours of Umoja Approved Mentoring per semester
- (5) Hours of Umoja Approved Volunteering per semester

OR

- (10) Hours of Umoja Approved Mentoring per semester
- (10) Hours of Umoja Approved Volunteering per semester
- Attend (5) Umoja Sponsored Events per semester
- Participate in Umoja Required Reading

SECOND YEAR UMOJA STUDENTS

- | | |
|---|--|
| <input type="checkbox"/> (15) Hours of Umoja Approved Volunteering per semester | <input type="checkbox"/> Attend (5) Umoja Sponsored Events |
| <input type="checkbox"/> (10) Hours of Umoja Approved Mentoring per semester | <input type="checkbox"/> Participate in Umoja Required Reading |

Benefits of Being an Umoja Student

- | | |
|---|---|
| <input type="checkbox"/> Books H.E.L.P. Priority | <input type="checkbox"/> Priority Registration for Umoja Conferences and Events |
| <input type="checkbox"/> Student Bus Pass Program Priority | <input type="checkbox"/> Umoja Sponsored Fieldtrips |
| <input type="checkbox"/> ASO Sticker/Discounted Parking Pass | <input type="checkbox"/> Priority HBCU Tour Registration |
| <input type="checkbox"/> Faculty, Staff, and Peer Support | <input type="checkbox"/> And More! |
| <input type="checkbox"/> Umoja Scholarships & Grant Opportunities | |

For More Information & To Sign Up Visit AVC Student Equity's Page:
<https://www.avc.edu/administration/organizations/equity>



ANTELOPE VALLEY COLLEGE

S.T.A.R.

Student Transition Academic Retention

A Student Support Services Program for Academic Success

WHAT IS THE S.T.A.R. PROGRAM?

S.T.A.R. (Student Transition Academic Retention) is a federally funded TRiO Student Support Services Program.

The program is designed to identify promising students and provide instructional support services above and beyond what is currently being offered. S.T.A.R. program staff are available to work on an individual basis with student participants to provide academic and personal support.

WHAT DOES S.T.A.R. PROVIDE?

Academic/Career Support

- Personalized education plan
- Goal-setting and career counseling
- Progress monitoring
- Computer literacy and research assistance
- Tutoring in Math and English
- Four-year college visits
- Transfer assistance
- Computer lab

Financial Support

- Financial aid and scholarship application assistance
- Potential supplemental grant aid

Personal Support

- Personal counseling support
- Personal development workshops
- Cultural enrichment activities

WHO IS ELIGIBLE FOR S.T.A.R.?

Program eligibility is determined by Department of Education guidelines. You are eligible if you meet any of the following criteria:

- Neither of your parents graduated from college with a Bachelor's Degree
- You have a documented financial need
- You have a documented disability
- You have an academic need

In addition, to be eligible you must be a U.S. citizen or a permanent resident.

The S.T.A.R. program is funded to serve 160 students annually, who are obtaining a certificate, associate degree, and/or transferring to a four-year institution.

HOW DO I APPLY FOR S.T.A.R.?

Students interested in applying for the S.T.A.R. program must complete a program application available at the S.T.A.R. office located in the Student Services Building, SSV Room 208 or online at www.avc.edu/student-services/star/index.htm.

For more information, please call the S.T.A.R. office at (661) 722-6300, ext. 6084.

Funded by U.S. Department of Education, Title IV



Need Help Getting To School?



AVC

has partnered
with AVTA for
**FREE STUDENT
BUS PASSES**

**APPLY
HERE**



WATCH STUDENT EQUITY'S WEBSITE

[www.avc.edu/administration/
organizations/equity](http://www.avc.edu/administration/organizations/equity)



ASO MAPS Applications

ASO Marauder Academic Peer Success (MAPS) is a student-ran program dedicated to helping students reach their full potential by setting and acquiring attainable goals. Students are encouraged to transfer, earn certificates, and graduate with the help of this student mentorship program. We encourage all students interested in being either a Mentee or a Mentor to go to SSV 180 for more information. Applications are available online and in SSV 180.

Application due dates:

Mentor Application Due Date: 2/10

Mentee Application Due Date: 2/16



AVC Foundation Scholarships

AVC Foundation Scholarship Application is now open!

All students are encouraged to apply for over 200 scholarships with the one application. The scholarships are available to incoming high school students, continuing AVC students, and students who are transferring to a 4-year university in Fall 2017.

For more information call **(661) 722-6300 ext. 6391** or visit **www.avc.edu/foundation**

Complete only one application! After completing the online application you will automatically be matched with the scholarships you qualify for.

To apply :

- * **Go to AVC.edu**
- * **Click on Student Services**
- * **Click on Financial Aid & Scholarships**
- * **Click on Scholarships**
- * **Click [Student Scholarship Login](#)**
- * **Use your myAVC login and Password**
- * **Click [Start Application](#)**

Upcoming Blood Drives

Huntington Hospital- Tuesday, February 7 and Wednesday, February 8 from 9 a.m. - 3:30 p.m. in front of the Health Science Building. All donors will receive a gift card to In & Out Burger.



Be a hero, save a life with the gift of blood.



WORKSHOPS

Bring the following to one of our workshops:

- **Personal Statement on USB or printed.** (The key to writing a strong personal statement is to be personal and specific. Include concrete details to make your experience come alive. The 'who,' 'what,' 'when,' 'where,' and 'why' of your topic. The simplest experience can be monumental if you present honestly how you were affected. The personal statement should be written in Word, and then copied and pasted into the application. This way you will know your word count is correct, and you will have the ability to use spell check. RECOMMENDED WORD COUNT: 400-500 words, Personal Statement: State your educational goals and how this scholarship will assist you. Include accomplishments, special circumstances, and future plans upon completing your education at AVC.)
- **High School Transcripts (Only for those in High School)**
- **If you received any Honors or Awards, please write down the names and dates received as well as any details about it you want to include.**
- **You will need the names and email address of the persons who will be writing a recommendation letter for you.** (Persons should be an instructor, employer or member of the community; If you are work study, recommendation should be from a supervisor)

SAVE THE DATE

Location: BE 310	
Date	Time
Tuesday, February 7 th	1-3 PM
Thursday, February 16 th	1-3 PM
Friday, February 24 th	9-11 AM
Tuesday, February 28 th	2-4 PM
Wednesday, March 1 st	4-6 PM

A photograph of a graduation cap and tassel on the left side. In the background, there is a white sign with the text 'ANTELOPE VALLEY COLLEGE' in a serif font. The sign is set against a backdrop of trees and a building, suggesting a campus setting.

ANTELOPE VALLEY COLLEGE

Student Health Services



Medical Services

Currently enrolled students can make medical appointments on the AVC campus by visiting CSUB-AV, Building 200, located on the corner of J-8 and 30th Street West or by calling (661) 952-5064. The clinic is available to students Monday—Thursday 9 a.m.—6 p.m. and Friday 8 a.m.—5 p.m.



Mental Health Services

Balancing college life with other responsibilities can be difficult. Make a confidential appointment with a mental health counselor on campus to assist with anxiety, depression, stress management, drug and alcohol awareness, building life enhancement skills and other mental health issues. Counselors are available at the CSUB-AV satellite campus located at the corner of J-8 and 30th Street West Monday—Friday in building 400 room 413A.

Appointments can be made by calling:
(661) 952-5099

Message from Student Health Services

As we start the new semester, we need to remind ourselves to take care of something very important to us all, our health. With many of us running around not taking the time to eat right or get enough sleep, our immune systems are the ones taking the hit. Here are some simple facts/tips to help prevent the spread of the flu and other illnesses that can cause us to miss work, class, and many other activities we like to do.

For the flu, first and foremost, get the Flu shot (if ok by doctor).

- Wash your hands often. Scrub for at least 20 seconds with warm water and soap.
- If you can't wash hands, use an alcohol based hand cleaner.
- Cover your cough or sneeze with a tissue, or into your elbow.
- Avoid touching eyes, nose, and mouth since this is how most germs enter the body.
- Get enough sleep, eat healthy foods, and be physically active, this can help strengthen your immune response.



YOUR STUDENT HEALTH PLAN NOW INCLUDES
DENTAL BENEFITS



FREE CLEANING*
EXAM & X-RAY*

SCHEDULE A VISIT TODAY
800-992-3366
westerndental.com



*Free cleaning includes basic cleaning and x-rays only for eligible students of Antelope Valley College under the schedule 7781 plan. X-rays do not include panoramic or cephalometric images. Diagnosis may result in additional treatments with different copays and deductibles.

1610-722-B

FEBRUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
					Last Day of Intersession	AVC Men's Basketball vs Barstow 5 p.m, Gym AVC Women's Basketball vs Barstow 7p.m. Gym
5	6	7	8	9	10	11
	First day Of Spring Semester Club Rush 11 a.m.- 2 p.m. Learning Center Lawn	Huntington Blood Drive 9 a.m. - 3:30 p.m. outside Health Science Club Rush 11 a.m.- 2 p.m. Learning Center Lawn	Huntington Blood Drive 9 a.m. - 3:30 p.m. outside Health Science Club Rush 11 a.m.- 2 p.m. Learning Center Lawn	Club Rush 11 a.m.- 2 p.m. Learning Center Lawn		AVC Men's Basketball vs Victor Valley 5 p.m, Gym AVC Women's Basketball vs Victor Valley 7p.m. Gym
12	13	14	15	16	17	18
	Love is Respect 2-4 p.m. Student Lounge	Wear Red Heart Health 11 a.m.- 12:30 p.m. Student Lounge MRE 2- 4 p.m. Veterans Resource Center SSV 126 ASO Meeting 4 p.m. Library 201	Walk-In Wednesday I Am Not My Hair 1:30- 3:30 p.m. Student Lounge		AVC Closed Presidents Day Holiday	AVC Men's Basketball vs Glendale 5 p.m, Gym AVC Women's Basketball vs Glendale 7p.m. Gym
19	20	21	22	23	24	25
	AVC Closed Presidents Day Holiday	Candid Conversation 12- 2:30 p.m. Student Lounge ASO Meeting 4 p.m. Library 201	Mental Health First Aid 8 a.m.- 5 p.m. Student Lounge	Umoja Convocation 6 p.m. AVC PAT	Umoja Convocation 12- 7:30 p.m. AVC Pat Pavillion	
26	27	28				
		Quit Smoking Kick-off 10 a.m.- 12 p.m. Student Lounge MRE 2- 4 p.m. Veterans Resource Center SSV 126 ASO Meeting 4 p.m. Library 201				