



Student Life and Health Services November 2014 **SPOTLIGHT**

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A Message from Your ASO President



Hello My Fellow AVC Students!

It's finally getting chilly and the end of the semester is just around the corner! I can barely believe how quickly it has gone by. As the semester winds down, your ASO officers are doing just the opposite. Having arrived back from a student government conference at LAX a few days ago, we are all inspired and motivated to make even more positive changes for students here at Antelope Valley College. Currently, we are working on planning for the spring, preparing for November events, and representing students on several committees. Look out for the "Dress for Success" shop on November 10th from 3 -6 p.m. at the Student Lounge Lancaster campus and November 13th from 11 a.m. – 2 p.m. at the Palmdale campus! Plenty of business apparel will be sold for highly discounted prices.

If you could change one thing about the AVC campus or your student experience, what would you it be? Let ASO know! We need your feedback in order to affect change and effectively represent your interests. We're here to make your AVC experience the best it can be! Feel free to email me at asopresident@avc.edu with any comments, questions, or concerns.

Keep calm and stay warm!

Your ASO President,
Megan Louise Turrill



STUDENT LIFE & HEALTH SERVICES
OFFICE HOURS:
Monday - Thursday, 7:30 a.m. - 6 p.m.
Fridays 7:30 - 11:30 a.m.
SSV 180



VETERAN'S DAY

HONORING THOSE WHO HAVE SERVED

Honor the Veterans' here in the community and the AVC campus by participating in a military themed BINGO! A "Memory Lane" will be on display showing the Veterans on campus. Take a moment to sign a thank you poster for our AVC Veterans.



Thursday, November 6
Noon - 2 p.m.
Student Lounge

HELLO
my name is

Your ASO
Representative

Here is your chance to meet the students that represent the Associated Student Organization (ASO). Your ASO members represent the entire student body and are an advocate for you!

Palmdale Campus
Wednesday, 11/05, 3—5 p.m.,

Student Lounge Lancaster
Tuesday, 11/24, 4—8 p.m.

THE
JOB
PROB

*How learning
to lead will help
you succeed*



START READING TODAY
TEXT AVC TO 40691



@SH101atAVC #spreadthehealth

Student Health Services

As part of your Student Health Fee, you can make appointments for medical, dental, and personal mental health counseling services at no additional charge. Simply, call our office and make an appointment.

Medical

Lancaster

Mondays, 10 a.m. - 6 p.m.
Thursdays, 8 a.m. - 4 p.m.

Palmdale

11/19, 10 a.m. - 6 p.m.

Dental

Lancaster

11/06, 8 a.m. - 4 p.m.
11/20, 8 a.m. - 4 p.m.
12/04, 8 a.m. - 4 p.m.

Personal Mental Health

Lancaster

Mondays, 10 a.m. - 6 p.m.
Tuesdays, 8 a.m. - 4 p.m.
Wednesdays, 1 - 4 p.m.
Thursdays, 8 a.m. - 4 p.m.

Palmdale

Wednesdays, 8 a.m. - 12 p.m.



Student Health Services SSV 180 • (661) 722-6300 ext. 6683



★ THE GREAT AMERICAN ★
SMOKEOUT
November 20, 2014

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Come by our booth to receive valuable information and tools to help you quit or support those who are trying to quit.

Thursday, November 20
12 - 2 p.m.
Student Lounge





Lancaster Student Lounge
Monday, November 10
3 - 6 p.m.

Palmdale Campus
Thursday, November 13
11 a.m. - 12 p.m.

Have you ever found yourself preparing for a job interview and realized you have nothing to wear? Buying business attire can be expensive and hard to find, that's why the Associated Student Organization (ASO) wants to help students out!

This shop will feature various sorts of business apparel in several sizes. This business apparel will be sold at the "Dress for Success" shop for only a miniscule fraction of the cost! Imagine a blazer for \$5 or slacks for \$3! That's what you'll be happening upon.

Make sure to stop by and check out the great deals!

Are you on the opposite side of this situation? Do you have way too much business apparel or just a bunch of apparel in the wrong size? Feel free to drop off any business apparel donations at SSV 180! Any donations would be greatly appreciated. We just ask that the donations be limited to apparel that would be appropriate for job interviews and an office setting, be clean, and be without any visible wear. ASO will be accepting donations any time from Monday, October 20th to Monday, November 10th!



Hosted by your Antelope Valley College
Associated Student Organization (ASO)

GET YOUR FLU SHOT

As part of your Student Health fee you are able to make an appointment to receive a free flu shot. Stop by or call and make your appointment.

SSV 180
(661) 722-6300 ext. 6683



STRESS FREE ZONE AHEAD

finals relaxation day

Tuesday, November 25

12 - 2 p.m.

Student Lounge

Craft Tables

Nail Painting

Makeup Application

Games

Watch the classic movie "Grease"

Free food and beverages

... or just take a moment to relax

Leave your worries behind and join us!




ANTELOPE VALLEY COLLEGE
STUDENT HEALTH SERVICES



Associated Student Organization (ASO) Hearts and Hands Fundraisers



BOBA COVE CAFE

44445 Valley Central Way
Lancaster, CA 93536

Tuesday, November 11
10 a.m. - 10 p.m.

20% of your proceeds will be
donated to the pantry when you
bring in this flyer.



PANERA BREAD

43458 10th Street West
Lancaster, CA 93534

Thursday, November 13
4 - 8 p.m.

20% of your proceeds will be
donated to the pantry when you
bring in the flyer, 10 % without this
flyer.



BOBA COVE CAFE

44445 Valley Central Way
Lancaster, CA 93536

Tuesday, November 18
10 a.m. - 10 p.m.

20% of your proceeds will be
donated to the pantry when you
bring in this flyer.

ASO HEARTS & HANDS PURPOSE: The Associated Student Organization (ASO) Hearts & Hands Pantry has been designed to assist current AVC students who are making progress in their academic pursuits and are homeless and/or hungry in circumstances where supplemental nutritional snacks will benefit their academic success.

The ASO Hearts & Hands Pantry is supplied by the generous donations from students, employees, and members of the local community. Donations such as monetary and/or non-perishables are accepted.

DONATE WINTER COATS TO HELP OUR STUDENTS



With the weather getting colder, we are lucky to be able to go into our closets and pull out a nice warm coat. There are some students who are not as lucky, and there is something we can do to help.

Associate Student Organization (ASO) Hearts and Hands Pantry will be having a Winter Coat Drive starting now until November 25. They will be collecting coats for our students and families in need.

Please bring your donations to either of the following locations:
Palmdale Campus, Welcome Center; Lancaster Campus, SSV 180.

Help make a difference in someone's life. If you are interested in volunteering with the ASO Hearts and Hands Pantry, or have any questions, please contact the Student Life Office in SSV 180 or (661) 722-6300 ext. 6354.

Walk-In Wednesdays

Every Wednesday in the Student Lounge



Movie: Free Birds

Wednesday, November 5
Student Lounge
2 - 4 p.m.

In this hilarious, adventurous buddy comedy for audiences of all ages, directed by Jimmy Hayward, two turkeys from opposite sides of the tracks must put aside their differences and team up to travel back in time to change the course of history - and get turkey off the Thanksgiving menu for good.

Game Time

Wednesday, November 12
Student Lounge
2 - 4 p.m.

Bring your own games or play some of ours! Either way, it's a great time to hang out with your fellow classmates and have a great time!



Spoken Word

Wednesday, November 19
Student Lounge
2 - 4 p.m.

It's just you and a mic! This is your chance to express yourself through poetry, music, comedy, or anything else that includes you and a mic. Feeling shy? That's okay come and listen to your fellow classmates.



spoken word

B-I-N-G-O

Wednesday, November 26
Student Lounge
2 - 4 p.m.

Enjoy a free and friendly game of BINGO with your fellow classmates. Don't know how to play? That's okay, we can show you how.





SPOTTED

around campus



Marauder Dance Team Club



Breast Cancer Awareness



Pet Adoption Event

hosted by Rotaract



Overseas Military Appreciation Event

hosted by Student Activities Council



Creating Healthy Meals on a Budget

hosted by Student Health Services



Hispanic Heritage Month Celebration

hosted by Student Activities Council

November 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Football vs. Santa Barbara 6 p.m. 
2	3 Musical Monday Jazz 11 a.m. - 1 p.m. Library Plaza 	4 Audism Awareness 12:30 - 2:30 p.m. Student Lounge 	5 Walk-In Wednesday Free Birds Movie 2-4 p.m. Student Lounge 	6 Veteran's Day Appreciation BINGO 12 - 2 p.m. Student Lounge 	7	8 Craft Fair 9 - 4 p.m. Cafeteria Football vs. Pierce 1 p.m. 
9	10 Musical Monday Patriotic 11 a.m. - 1 p.m. Library Plaza ASO Meet n' Greet & Dress for Success 3 - 6 p.m. Student Lounge	11 Veteran's Day Campus Closed 	12 Walk-In Wednesday: Game Time 2-4 p.m. Student Lounge 	13 ASO Meet n' Greet & Dress for Success 11 a.m. - 2 p.m. Palmdale 	14 Volleyball vs. Citrus 6 p.m. 	15
16	17 Musical Monday Jazz 11 a.m. - 1 p.m. Library Plaza 	18 Palm Oil Awareness 12:30 - 2:30 p.m. Student Lounge 	19 Walk-In Wednesday Spoken Word 2 - 4 p.m. Student Lounge 	20 Great American Smokeout 12 - 2 p.m. Student Lounge 	21	22
23	24 Blood Drive Red Cross, 9 - 3 p.m. Front of HS Bldg Musical Monday 11 a.m. - 1 p.m. Library Plaza ASO Dress for Success 4 - 8 p.m. Student Lounge	25 Finals Relaxation Event 12 - 2 p.m. Student Lounge 	26 Walk-In Wednesday BINGO 2 - 4 p.m. Student Lounge 	27 Thanksgiving - CAMPUS CLOSED 	28	29