



IN THIS ISSUE:

St. Patrick's Day Celebration	2
Nutrition Day Event	2
Motivational Mondays	2
March Blood Drives	2
Community Day	3
Commencement FAQ's	3
Fitness Bootcamp	4
TED Talks Tuesdays	4
National Dr. Suess Day	4
AVC's Got Talent Event	5
SkillsUSA Club Winners	5
App of the Month	5
YOLO Program	6
Anthropology Club	7
LA County Airshow	7
New Grab n' Go Cafe Corner	7
Student ID Card	7
Calendar	8

MINDFUL MEDITATION IS GOOD FOR YOUR HEALTH



Lowers Stress

Research published shows that mindfulness is not only associated with feeling less stressed, it's also linked with decreased levels of the stress hormone cortisol.

Sleep Better

Not only does mindful meditation help us better control our emotions and moods, but it can also help us sleep better at night.

It has four elements that help us in different ways.

The health benefits of mindfulness can be boiled down to four elements, according to a Perspectives on Psychological Science study: body awareness, self-awareness, regulation of emotion and regulation of attention.

It works as the brain's "volume knob."

Ever wondered why mindfulness meditation can make you feel more focused and zen? It's because it helps the brain to have better control over processing pain and emotions, specifically through the control of cortical alpha rhythms (which play a role in what senses our minds are attentive to), according to a study in the journal Frontiers in Human Neuroscience.

Source: http://www.huffingtonpost.com/2013/04/08/mindfulness-meditation-benefits-health_n_3016045.html

Free Mindful Meditations

- <http://freemindfulness.org/download>
- <http://franticworld.com/free-meditations-from-mindfulness/>
- <http://marc.ucla.edu/body.cfm?id=22>
- <http://www.theguardian.com/lifeandstyle/audio/2011/28/headspace-sleeping>
- <http://medweb.mit.edu/audio/BedtimeMeditation.mp3>
- <http://medweb.mit.edu/audio/relax.mp3>
- <http://medweb.mit.edu/audio/rest.mp3>
- <http://www.livingwell.org.au/mindfulness-exercises/>

Meditation Apps

- Worry Box
- Stop Panic and Anxiety Help
- Self-Help for Anxiety Management
- Anti-Anxiety App
- Happify
- Mindfulness Coach
- Stop, Breathe, Think

Weekly Meditation Group

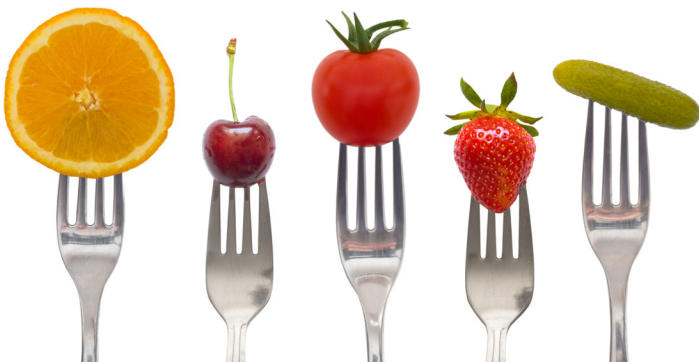
Interested in meditation but don't know where to start? Been looking for a group of meditators to sit with? Join us!

Every Tuesday
Student Success Center LC113
Noon - 1 p.m.



ST. PATRICK'S DAY CELEBRATION

Stop by the Student Lounge on Thursday, March 17 from 2 - 4 p.m. and enjoy some snacks and learn about the origins of St. Patrick's Day.



NUTRITION DAY EVENT

Having the schedule of a busy college student, it can sometimes be difficult to make healthy meal choices. This event will help you learn how to make healthier food choices. Join us on Wednesday, March 23 from Noon - 2 p.m. in the Student Lounge.



MOTIVATIONAL MONDAYS

Stop by the Musical Monday table in the Library Plaza every Monday from 11:30 a.m. - 1 p.m. and contribute to our weekly motivational boards! The completed boards will be posted in the bookstore hallway near the Student Lounge.

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."

-Nora Jones

Implants & IUDs

Is long-term birth control for you?



START READING TODAY
TEXT **AVC** TO **40691**



Find us: AVC Student Health 101

*Give Blood
Give Life.*



MARCH BLOOD DRIVES

The blood mobile parks in front of the Health Science building from 9 a.m. - 3 p.m. on the following days:

- 3/14 - 3/15: Huntington Hospital Drive
- 3/28: Red Cross Drive

For more upcoming blood drives visit:
www.avc.edu/donateblood



TUESDAY, MARCH 22 • LIBRARY PLAZA • 10 A.M. - 1:30 P.M.

Each semester, Student Health Services hosts Community Day. This is a day where local agencies and organizations come together to show you the resources available in your local community.

Those who stop by and visit with our community members will also be entered into an opportunity drawing for some amazing prizes!



COMMENCEMENT FREQUENTLY ASKED QUESTIONS

What, where, and when is commencement?

WHAT: Commencement is the ceremony held at the end of each spring semester to recognize degree and certificate achievement. Students who apply for graduation are eligible and encouraged to participate. Participation in the ceremony does not indicate the completion of your degree or certificate.

WHERE: Brent Carder Marauder Stadium.

WHEN: Will be promptly at 7 p.m. on Friday, June 3, 2016. Participants and guests should plan to arrive when the gates open at 6 p.m.

Is there a practice to attend? Yes, there is an optional practice on Thursday, June 2, 2016 at 2 p.m. at the stadium.

Where do I buy my cap & gown? Caps and gowns will be available for purchase in the Marauder Bookstore starting April 11, 2016 for \$27.96 plus tax.

Do I have to sign up to participate?

You must apply for graduation online at www.avc.edu/student-services/graduation. After you have applied you will be added to the online myAVC group. To access the group, sign into your myAVC and select "groups" on the top right corner, select the "Groups Index" tab, choose "Academics", then "Commencement".

You will also need to complete an online survey. The survey will be available in April.

Will there be another ceremony for 2015-16? No, this is the only commencement ceremony and it includes those who completed their graduation requirements in Fall 2015 and Spring 2016 or will complete them in Summer 2016.

For more information call the Student Life Office

FITNESS BOOT CAMP

Presented by Student Health Services



Every Tuesday
Student Lounge
4 - 5 p.m.

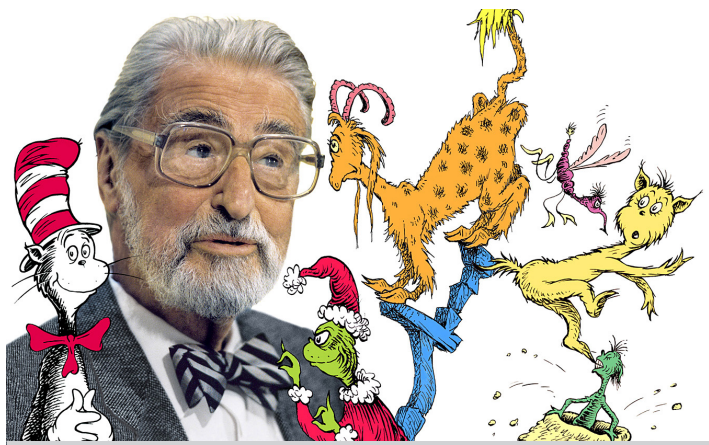
- All experience levels are welcome
- Improve strength, agility, core, self-esteem, and determination
- Stay motivated in an encouraging group setting



TED TALK TUESDAYS

Take a break from your day and enjoy viewing some of our favorite Ted Talks. Ted Talks are brief videos offering knowledge, empowerment, and inspiration. Feel free to bring your lunch and hang out with us!

March 1	11:30 a.m. - 12:30 p.m.	Student Lounge
March 8	11:30 a.m. - 12:30 p.m.	Student Lounge
March 15	11:30 a.m. - 12:30 p.m.	Student Lounge
March 22	9 - 10 a.m.	Student Lounge
March 29	11:30 a.m. - 12:30 p.m.	Student Lounge



WALK-IN WEDNESDAY EVENT: NATIONAL DR. SEUSS DAY

Join us on Wednesday, March 2 from 1 - 2 p.m. in the Student Lounge to celebrate Nation Dr. Seuss Day. We will be discussing various Dr. Seuss books and the hidden meanings behind them.

GOT TALENT

AVC's GOT TALENT

Do you have a talent to share? Can you sing, dance, perform stand-up comedy, or perform magic, etc.? Sign up to perform at our upcoming AVC's Got Talent Event!

Sign-up by March 9 in SSV 180.

The show is on March 16 from 2 - 4 p.m. in the cafeteria.



CONGRATULATIONS SkillsUSA CLUB!

On January 23, 2016, SkillsUSA completed in the SkillsUSA California Leadership Conference Regional 3 Competition at the Los Angeles Trade Tech College.

Our AVC SkillsUSA Club won the following medals:

Gold

David Durost, Electrical Construction Wiring
Jacob Howard, Oxyacetelyn
Dylan Alves, MIG

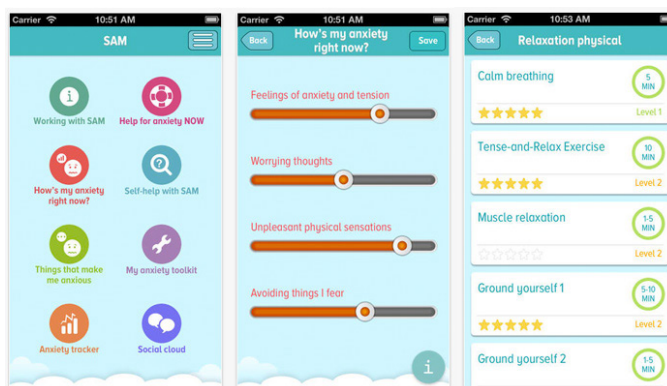
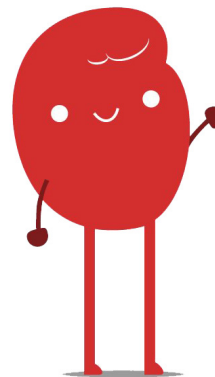
Silver

David Sierra, MIG

Bronze

Diego Ramirez, Arc (stick)
Gino Campos, TIG
Philana Walker, Welding Sculpture

STUDENT health 101™



APP OF THE MONTH: SAM (Self-Help for Anxiety Management)

We all feel a little anxious sometimes. It's hard not to, with busy school schedules, frequent testing, family, friends, co-curriculars, and everything else we've got going on. Trying to stay on top of it all can lead to sweaty palms and racing minds. The SAM app was developed by psychologists, computer scientists, and students to help you track your anxiety and learn how to manage it.

With the SAM app, you can:

- Monitor and track your anxious thoughts and behaviors
- Practice self-help exercises
- Share experiences anonymously with other app users

If you experience regular anxiety, consider talking to your health care provider, school counselor, or a wise friend or mentor. You can use the SAM app along with your health care provider's recommendations.

Price: Free

Devices: Android and iOS



Get rewarded for making
healthy decisions!
Win prizes!

Stop by Student Health Services
(SSV 180) and
sign up for **FREE!**



Antelope Valley College Student Health Services has partnered with Antelope Valley Partners for Health (AVPH) to bring the YOLO program to the AVC campus.

You can YOLO anytime and anywhere! Whether you jog in the park, ride your bike with a friend or enjoy a healthy salad for lunch, simply snap a photo of your YOLO activity or the receipt from the vendor and email it, along with your name, member # and date of your activity to points@myyolo.org.

Earn points for making healthy choices! AVPH will add the activity to your log and credit you with the points earned making it easier than ever to earn YOLO points as you enjoy a healthier lifestyle.

Here's how points are awarded:

- Self-reported physical activity - 1 point
- Organized fitness/wellness class - 3 points
- Healthy meal out or at home - 1 point
- Community activity (Farmer's Market, etc.) - 5 points
- Preventative healthcare visit - 10 points

Incentives from AVPH:

- Sign up (new member) = Backpack + 50 points
- Sign up (old member) = 100 points
- 100 cumulative points = T-shirt
- 300 cumulative points = Cap
- 500 cumulative points = sweater
- 1000 cumulative points = jacket

Prize Given by AVPH:

- \$5000 grand prize for the most points and end of calendar year

Prizes Given by AVC:

For AVC community registrants who have the most points at the end of Spring Semester (students/staff):

- 1st Prize = Fit Bit HR
- 2nd Prize = \$100 Dick's Sporting Goods gift card
- 3rd Prize = Apple iPod Shuffle





JOIN THE ANTHROPOLOGY CLUB

Does anthropology interest you? Join the Anthropology Club! Students are welcome to join in on any of the upcoming events:

Club Meetings

Every Tuesday, from 2:30 - 3:30 p.m. in HS 223.

Lunch with Anthropologists

Tuesday, March 15 from 2 - 3:30 p.m. in the Student Lounge. The topic of discussion will be the analyzation of Indiana Jones from the perspective of anthropologists.



LA COUNTY AIR SHOW, 3/19 - 3/20

The Los Angeles County Airshow is coming to Fox Airfield in Lancaster! For more information and to purchase tickets, visit: <http://www.lacountyairshow.com/>

Are you an AVC student registered with the AVC Veteran Resource Center? A limited amount of free tickets to the airshow are available to you. For more information stop by the Veteran Resource Center in SSV 126.

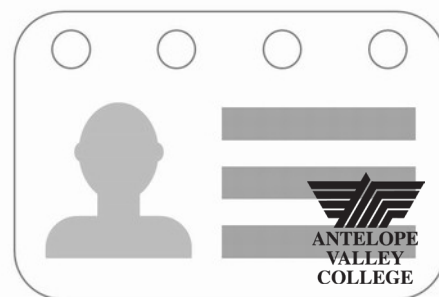


NEW GRAB N' GO CAFE CORNER

In a hurry and need something quick to eat? Stop by the new Cafe Corner in the cafeteria from 11:30 a.m. - 1:30 p.m., Monday - Thursday. Cash only.

Here is a sample of items available:

Gourmet Chicken Salad	\$5.75
Chef Salad	\$5.75
Medium Garden Salad	\$3.00
Small Garden Salad	\$2.00
Pasta Salad	\$3.00
Ham & Cheese Sandwich	\$5.00
Turkey & Cheese Sandwich	\$5.00
Chicken Salad Sandwich	\$6.00
Turkey Bacon Wrap	\$6.00



DO YOU HAVE A STUDENT ID CARD?

AVC requires students to obtain a free college ID for use of various college services including the Library, IMC, Learning Center, open computer labs, Financial Aid and others. Cards are available at the Student Life Office (SSV 180). You must bring another picture ID and be currently enrolled in classes in order to receive your card.

MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m. Mindfulness Meditation Group Noon - 1 p.m., LC113 FAFSA Workshop, 3 - 4 p.m., BE 321 Fitness Bootcamp Student Lounge, 4 - 5 p.m.	2 Veteran Coffee Social 8:30 - 10 a.m., SSV 126 Walk-In Wednesday Event: Dr. Suess Day Student Lounge	3	4	5
6	7	8	9	10	11	12
	Musical and Motivational Mondays, Library Plaza, 11 a.m. - 1 p.m.	TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m. Mindfulness Meditation Group Noon - 1 p.m., LC113 Fitness Bootcamp Student Lounge, 4 - 5 p.m.				
13	14	15	16	17	18	19
	Huntington Hospital Blood Drive, Front of HS Bldg, 9 a.m. - 3 p.m. Musical and Motivational Mondays, Library Plaza, 11 a.m. - 1 p.m.	Huntington Hospital Blood Drive, Front of HS Bldg, 9 a.m. - 3 p.m. TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m. Mindfulness Meditation Group Noon - 1 p.m., LC113 Kick Butts Day Student Lounge 2 - 4 p.m. Fitness Bootcamp Student Lounge, 4 - 5 p.m.	Veteran Coffee Social 8:30 - 10 a.m., SSV 126 AVC's Got Talent Show Cafeteria, 2 - 4 p.m.	St. Patricks Day Event Student Lounge, 2 - 4 p.m. Hypnotic Brass Student Equity AVC Performing Arts Theater, 7 p.m.		
20	21	22	23	24	25	26
	Musical and Motivational Mondays, Library Plaza, 11 a.m. - 1 p.m. Single Parents Day Library Plaza, 1 - 3 p.m.	Community Day Library Plaza 10 a.m. - 1:30 p.m. TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m. Mindfulness Meditation Group Noon - 1 p.m., LC113 Fitness Bootcamp Student Lounge, 4 - 5 p.m.	Walk-In Wednesday Nutrition Event Student Lounge Noon - 2 p.m.			
27	28	29	30	31		
	Red Cross Blood Drive, Front of HS Bldg, 9 a.m. - 3 p.m. Musical and Motivational Mondays, Library Plaza, 11 a.m. - 1 p.m.	TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m. Mindfulness Meditation Group Noon - 1 p.m., LC113 Fitness Bootcamp Student Lounge, 4 - 5 p.m.	Veteran Coffee Social 8:30 - 10 a.m., SSV 126	Core Ensemble Student Equity AVC Performing Arts Theater, 7 p.m.		