



ANTELOPE VALLEY COLLEGE

SPOTLIGHT

Student Life and Health Services

• April 2016 •



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Contact Us:

Student Life (SSV 180),
661.722.6300 ext. 6354

Student Health (SSV 180),
661.722.6300 ext. 6683

APRIL IS SEXUAL ASSAULT AWARENESS MONTH



FREE Movie Premier: The Hunting Ground

April 20, 2 p.m.
Student Lounge.

Event Includes:

- Group discussions
- The Hunting Ground movie premier
- Learn how you can help prevent sexual assault
- Learn what AVC is doing to prevent sexual assault on campus and what policies are in place.



Clothesline Project

April 25 - 28, 11 a.m. - 1 p.m.
Library Plaza

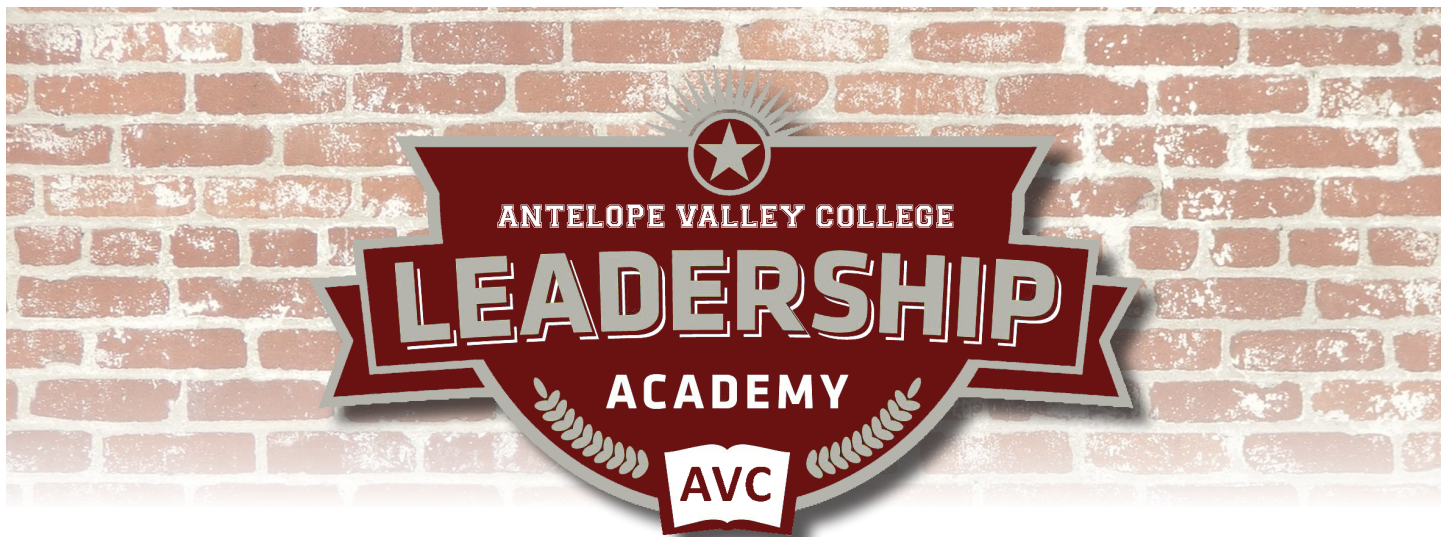
The Clothesline Project raises awareness about relationship violence and sexual assault in our community. The hanging of shirts decorated by the survivors of domestic violence and sexual assault is a powerful testimony to hope and healing.

Denim Day

Make a Statement - Wear Jeans - April 27

In 1998, a teenage girl in Italy was raped by her driving instructor. The man was convicted, but his case went to the Supreme Court of Appeals in Rome. The court overturned the conviction arguing that because the girl wore tight jeans she must have needed help removing them thereby giving consent to sex. There is never an excuse for rape.





Student Life has established a new Student Leadership Academy and we are now welcoming all students to participate. Having leadership skills will not only benefit you at Antelope Valley College but it will contribute to your personal life and your future success in the workplace.

Level 1 Certified Student Leaders will receive recognition at the Annual Leadership Luncheon, receive priority opportunities for student leadership roles, have a credential to mention when applying for scholarship opportunities, and enhance their leadership skills.

★ BECOME A LEVEL 1 CERTIFIED STUDENT LEADER ★

ESTABLISHING PRIORITIES

Monday, April 18 at 2 p.m.

Student Lounge

Learn methods to help you manage all areas of life, so you don't get stressed out. This discussion will help you identify priorities, define what is important to you, ideas to help you organize, and how to keep a positive attitude when life throws you a curve. This session will help you get through college and beyond.

BALANCING A BUDGET

Monday, May 2 at 2 p.m.

Student Lounge

Learn how to balance a budget for your personal finances and how you can replicate this for any organization.

LEADERSHIP STYLES AND STRENGTHS

Monday, May 16 at 2 p.m.

Student Lounge

Being a successful leader does not mean fitting into one "cookie cutter" style. This session will identify 5 leadership styles and how they relate to those they lead.



To become a Level 1 Certified Student Leader you must attend all three sessions.
Register at: www.avc.edu/leadershipacademy



ANTHROPOLOGY CLUB PRESENTED AT SOCIETY OF CALIFORNIA ARCHAEOLOGY CONFERENCE IN ONTARIO, CA

Eight members of the Anthropology Club at AVC presented at the annual Society of California Archaeology Conference in a paper and poster session. The presentation was based on a volunteer project conducted at Stephen Sorensen Park in Lake Los Angeles. The area was inhabited by Native Americans, including the Serrano. The project was the first ever intensive surface survey conducted on this land. Dr. Bruce Love reported that about 85% of artifacts may have been destroyed in the development of the park. After our research, we found over 315 artifacts showing there was still a lot of cultural material on the surface. In conclusion, our data shows there's still plenty of significant cultural material that has yet to be analyzed. This site is important to both the indigenous and contemporary people.



NATIONAL SCRABBLE DAY EVENT WEDNESDAY, APRIL 13

Stop by the Student Lounge on Wednesday, April 13 from 2 - 4 p.m. in the Student Lounge. Challenge your fellow AVC students in a game of Scrabble.



NATIONAL HIGH-FIVE DAY THURSDAY, APRIL 21

Each year on the third Thursday in April, the nation celebrates National High Five Day. This is a fun day where you can high-five everyone you see. Join in the fun and spread the joy of a high-five to those around you.

BIT

BEHAVIORAL INTERVENTION TEAM

Because every bit counts.

SEE SOMETHING - DO SOMETHING

The Behavioral Intervention Team is dedicated to a proactive, coordinated and planned approach to the identification, prevention, assessment, management, and reduction of interpersonal and behavioral threats to the safety and well-being of Antelope Valley College students, faculty, staff, and visitors.

Goals of the BIT:

- Provide a safe environment for members of the college community
- Provide a safe emotional environment for the college community
- Promote peace of mind for friends and family of the college community

For more information and to access the BIT report form, visit www.avc.edu/BIT



ANTELOPE VALLEY COLLEGE
PRESENTS

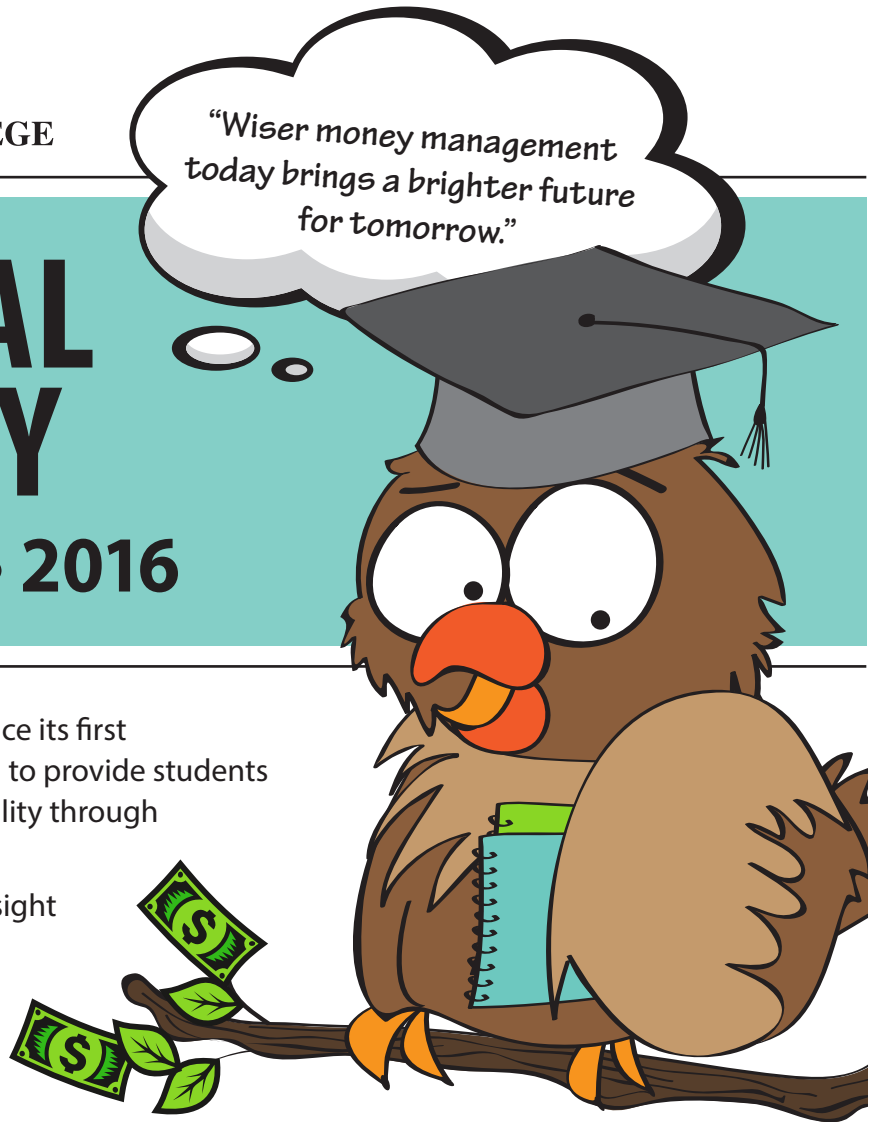
FINANCIAL LITERACY

RESOURCE FAIR • 2016

Antelope Valley College is proud to announce its first **Financial Literacy Resource Fair** designed to provide students with information on building financial stability through basic money management strategies.

Guest speakers will provide professional insight on topics such as:

- Building a debt management plan
- Budgeting
- Basics of banking
- Credit report monitoring
- Identity theft
- Tips on daily money management



FREE ADMISSION

Thursday, April 28, 2016

11 am–12:30 pm or 1:30–3 pm

STUDENT LOUNGE

REFRESHMENTS PROVIDED

Please **RSVP by April 21** at
<http://goo.gl/forms/J3ZEe8ePFk>
or the **QR Code** at right.



For more information, contact the
Financial Aid Office (661) 722-6300, ext. 6337



ENRICHING LIVES, BUILDING FUTURES.

FITNESS BOOT CAMP

Presented by Student Health Services

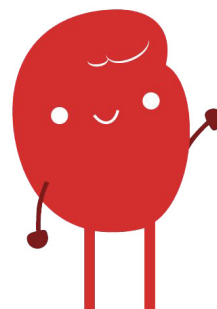


Every Tuesday
Student Lounge
4 - 5 p.m.

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



STUDENT
health101™



STUDENT
health101™
READ THE FULL ISSUE HERE: <http://readsh101.com/avc.html>



APP OF THE MONTH: ZOMBIES, RUN!

Practice surviving the zombie apocalypse and get fit at the same time? Yes, please. The Zombies, Run! app is great at getting people moving.

The app works like this: You're one of the last to survive the apocalypse and your mission involves running to the next outpost. As you're running, you'll listen to your own music, evade zombies (think built-in interval training), and "collect supplies" along the way.

As the zombies get closer, you'll need to speed up; otherwise—well, you know how it ends. As you collect supplies, you'll gain access to new missions.

The story contains several plot lines, so you won't get bored as you run to save yourself and what's left of humanity.

Price: Free

Devices: Android and iOS

The Oasis Committee

Creating a safe place through prevention, education, and resources.



The Oasis Committee

The Oasis Committee consists of members across the campus community. They strive to be educated, aware of, and available for any needs the AVC community could encounter. The members act as advocates and help with the resources and referral options, both on and off campus.

Oasis Committee Mission

The mission of the Oasis Committee is to change the campus culture and prevent violence by raising awareness and educating the community regarding topics such as domestic violence, sexual assault, bystander responsibility, dating violence, stalking, and to provide support to those who have experienced violence.

What We Offer

1. Support for student survivors of sexual offenses and acts of sexual violence, sexual assault, stalking, harassment, exploitation and sexual misconduct.
2. Support for students, faculty, and staff accused or charged with committing an act of sexual violence, sexual assault, stalking, harassment, exploitation and sexual misconduct.
3. A safe place to be heard, where an individual will not be judged.
4. Information about the resources available will include addressing personal, medical, psychological, and safety concerns related to the incident.
5. Guidance on procedures to be followed and resources to be contacted.
6. Offer to make initial contacts with resource providers and to introduce individuals to appropriate contact people, both on and off campus.
7. Work to ensure a coordinated, timely and appropriate support system for the survivor and the accused or charged individual.

Did You Know?

- Sexual violence affects 1 out of every 4 women and 1 out of 33 men during their lifetime.
- 90% of sexual assault victims know their offender prior to the assault, and in many cases the assault occurs in a "safe" place.
- Fewer than 5% of rapes are reported to law enforcement.
- 30% of rape survivors contemplate suicide after rape.
- Only 2% - 3% of reported sexual assaults are false accusations, no different than other crimes.
- Persons aged 18-24 years experience the highest rate of stalking.

Data obtained from the CDC.

Frequently Asked Questions

What if someone I know has been sexually assaulted in the past, and they now want to report the assault or talk to someone? Fear and embarrassment often cause many people to be reluctant to tell others about the assault. Even if one chooses to not immediately report the crime to the police, or a counselor, it is never too late to get help.

If someone I know has been sexually assaulted but they wish not to report it to the police, should they still get a medical examination? Yes, the examination is free and its purpose is to identify and document any evidence of sexual assault. The examination also tests the survivor for sexually transmitted infections and pregnancy.

How much does The Oasis committee services cost? The Oasis Committee advocates for AVC students, faculty, and staff, free of charge.

Where can I find more information about The Oasis committee? Information about The Oasis committee can be found on the Student Health Services website under: www.avc.edu/health/oasis.

Things We Can Help With

Stalking

Engaging in a course of conduct directed at a specific person that would cause a person to fear for his or her safety or the safety of others or suffer substantial emotional distress.

Sexual Harassment

Any unwanted sexual advances, visual, verbal or physical conduct of a sexual nature. Sexual harassment is further defined as any unwelcomed sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature.

Sexual Assault

Any sexual act that occurs without the consent of the victim, or that occurs when the victim is unable to give consent. Sexual assault can also involve:

- Exposing or flashing oneself in person or sending unsolicited explicit pictures.
- Forcing a person to pose for sexual pictures.
- Not allowing a sexual partner to use birth control or be protected from STD's.
- Engaging in non-consensual sexual activity with someone drugged, drunk, unconscious, sleeping, etc., ranging from taking explicit pictures to unwanted sexual touching above or under clothing to engaging in intercourse.
- Coerced sexual acts by a boss, higher-ranking officer, teacher, or other authority figure.

Sexual Misconduct

Any attempted or actual act of non-consensual or forcible sexual touching including, but not limited to, fondling, kissing, groping, attempted intercourse (whether oral, anal, or genital), or attempted penetration with a digit or any other object.

Domestic Violence

A pattern of abusive and threatening actions used to exert power and control over an intimate dating partner or spouse. Domestic violence includes the use of physical and sexual violence, threats and intimidation, stalking, emotional and psychological abuse, and financial control. It may also include:

- Physical abuse or the threat of abuse of the victim, children, or pets.
- Rigidly controlling finances or withholding money.
- Sabotaging a partner's job by making them miss work, constantly calling them at work, showing up uninvited, etc.
- Verbal insults that humiliate a partner.
- Threatening to out a partner's sexual orientation.
- Telling a partner who he/she can or can't hang out with, be Facebook friends with, or text.
- Stealing or insisting on having a partner's internet or bank passwords.
- Isolating a partner from family and friends.

AVC Campus Resources

LASD/AVC Campus Police Emergency #'s

calling from AVC phone
(excluding payphones)

Ext. 4444

calling from any other phone

(661) 722-6399

Student Health Services

(661) 722-6683

Angelina Alvarez
(confidential resource)
aalvarez@avdvc.org

(661) 722-6300
ext. 6720

Community Resources

Valley Oasis SARS

(661) 949-6143

Valley Oasis Domestic Violence
Shelter

(661) 945-5509

LA County Victim-Witness Services

(661) 974-7717

Homeless Solutions Access Center

(661) 942-2758

Tarzana Treatment Center

(661) 726-2630

Meet Angelina

Angelina is a project coordinator and case manager at Valley Oasis Sexual Assault Response Services (SARS). Angelina has a strong passion for bringing awareness and education to the Antelope Valley College community.



Unlike AVC employees who are required by law to report incidents of assault, Angelina is a resource that is not required to report incidents to law enforcement. Therefore, she can provide options and resources to the survivor and the accused or charged individual.

Contacting Angelina:

(661) 722-6300 ext. 6720 (AVC campus)

(661) 949-6143 (SARS Office)

aalvarez@avdvc.org

Join the Committee!

All AVC students, faculty, and staff members are welcome to be a part of this committee. If you are interested please join us at the next meeting! The committee meets each 1st and 3rd Monday at 1 p.m. in SSV 184. The next meeting is Monday, 4/04 and 4/18 at 1 p.m. in SSV 184.



CLOTHESLINE PROJECT



The Clothesline Project raises awareness about relationship violence and sexual assault in our community. The hanging of shirts decorated by the survivors of domestic violence and sexual assault is a powerful testimony to hope and healing. This is also an opportunity for the AVC community to show their support to the fighters and survivors of domestic violence and sexual assault.

Tell your story, a friend's story, or a loved one's story
in support of those who have been assaulted.

April 25 - 28
Library Plaza
10 a.m. - 3 p.m.

Shirts will be available for students and employees to write on for display.

DENIM DAY

MAKE A STATEMENT • WEDNESDAY APRIL 27

Wear your jeans on Denim Day to show there is never an excuse for rape.

WHY DENIM?

In 1998, a teenage girl in Italy was raped by her driving instructor. The man was convicted, but his case went to the Supreme Court of Appeals in Rome. The court overturned the conviction arguing that because the girl wore very tight jeans she needed help removing them thereby giving consent to sex. The case made international headlines and the young woman's jeans became a symbol of awareness.

THERE IS NEVER AN EXCUSE FOR RAPE

GET IN THE GROUP PHOTO!

Show the community how AVC is honoring Denim Day. Meet at the Library Plaza at Noon for a quick group photo.



Let Your Voice Be Heard!



RUN FOR ASO OFFICE OR SENATOR

The Associated Student Organization (ASO) of Antelope Valley College is the campus student government. They are a collection of students who are dedicated to coordinating the representation and action of student opinion. We hold meetings to discuss and perform action on issues that affect the student population. ASO supports the students by maintaining and promoting a social, cultural, and educational atmosphere at Antelope Valley College. We participate in participatory governance committee meetings providing student input and lobbying for the student interest.

Turn in your election packet by Monday, 4/18. Packets can be picked up at SSV 180.

RUN FOR STUDENT TRUSTEE

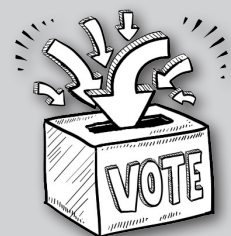
The student trustee offers a student's perspective and advice to the Board of Trustees at monthly and special Board meetings. The student trustee is educated on upcoming programs, policies and expenses that will be presented to the Board for approval. Using knowledge collected from the college's history, administrators, faculty, staff but most importantly the students, she/he will vote on items presented for approval.

Turn in your election packet by Monday, 4/18. Packets can be picked up at SSV 180.

CAST YOUR VOTE!

To cast your vote
log-into myAVC.

The voting poll will
be open Wednesday,
4/27 at 8 a.m. until
4/28 midnight.



STUDENT EQUITY EVENTS



NICELLE DAVIS & KATE GALE AUTHOR READINGS AND DISCUSSIONS

Wednesday, 4/20 at 7 p.m. in HS 181: Authors Nicelle Davis and Kate Gale will be performing a reading and discussion about literacy and their current books.



JASON PEREZ, POET & KRISTINA WONG, ECO-COMEDIAN

Friday, 4/22 at 6 p.m. in the Performing Arts Theater: enjoy a free performance full of comedy and poetry.

ALL EVENTS ARE FREE

As Student Equity, it is our goal to engage, connect, and value our students and their success by hosting events, implementing programs and activities that nurture, direct, and create focus in their lives both academically and socially giving them a sense of community.

For more information visit:
<https://www.avc.edu/studentequityevents>

SILENT WITNESSES



ONE WOMAN PERFORMANCE BY STEPHANIE SATIE

Wednesday, 4/27 at 5 p.m. in the Performing Arts Theater: Watch a one woman performance based on interviews and conversations with child survivors of the Holocaust.

APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
SPRING BREAK						
						
10	11	12	13	14	15	16
	Musical and Motivational Mondays, Library Plaza, 11 a.m. - 1 p.m.	<p>TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m.</p> <p>Mindfulness Meditation Group 12:30 - 1:30 p.m., LC113</p> <p>Fitness Bootcamp Student Lounge, 4 - 5 p.m.</p>	<p>Veteran Office Coffee Social, SSV 126, 8:30 a.m.</p> <p>National Scrabble Day Event, 2 - 4 p.m., Student Lounge</p> <p>AVC Job Fair, Performing Arts Quad, 9 a.m. - 2 p.m.</p>			
17	18	19	20	21	22	23
	<p>ASO Election Packets Due Today (p.10)</p> <p>Huntington Hospital Blood Drive, Front of HS Bldg, 9 a.m. - 3 p.m.</p> <p>Musical and Motivational Mondays, Library Plaza, 11 a.m. - 1 p.m.</p> <p>Leadership Academy: Establishing Priorities, Student Lounge, 2 p.m.</p>	<p>Huntington Hospital Blood Drive, Front of HS Bldg, 9 a.m. - 3 p.m.</p> <p>TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m.</p> <p>Mindfulness Meditation Group 12:30 - 1:30 p.m., LC113</p> <p>Fitness Bootcamp Student Lounge, 4 - 5 p.m.</p>	<p>Free Movie Premier: Hunting Ground, Student Lounge, 2 p.m.</p> <p>Nicelle Davis & Kate Gale Authors Reading and Performance, HS 181 at 7 p.m.</p>	<p>RSVP for Financial Literacy Resource Fair Due (p. 4)</p> <p>National High-Five Day All day!</p>	Kristina Wong & Jason Perez Eco-Comedian and Poet Performance, Performing Arts Theater, 6 p.m.	
24	25	26	27	28	29	30
	<p>Red Cross Blood Drive, Student Lounge, 9 a.m. - 3 p.m.</p> <p>Musical and Motivational Mondays, Library Plaza, 11 a.m. - 1 p.m.</p> <p>Clothesline Project, 10 a.m. - 3 p.m. Library Plaza</p>	<p>Clothesline Project, 10 a.m. - 3 p.m. Library Plaza</p> <p>TED Talk Tuesdays Student Lounge, 11:30 a.m. - 12:30 p.m.</p> <p>Mindfulness Meditation Group 12:30 - 1:30 p.m., LC113</p> <p>Fitness Bootcamp Student Lounge, 4 - 5 p.m.</p>	<p>ASO/Student Trustee Elections Begin at 8 a.m. (p.10)</p> <p>Denim Day - Wear Jeans Today! Join us at Noon for a group photo in the Library Plaza.</p> <p>Veteran Office Coffee Social, SSV 126, 8:30 a.m.</p> <p>Clothesline Project, 10 a.m. - 3 p.m. Library Plaza</p> <p>Holocaust Remembrance Event, Student Lounge, 2:30 - 4:30 p.m.</p> <p>Silence Witness Performance, Performing Arts Theater, 7 p.m.</p>	<p>ASO/Student Trustee Elections End at Midnight (p.10)</p> <p>Clothesline Project, 10 a.m. - 3 p.m. Library Plaza</p> <p>Financial Literacy Resource Fair, Student Lounge, 11 a.m. - 12:30 p.m. or 1:30 - 3 p.m.</p>		