

























SEPTEMBER 2014

National Suicide Prevention Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  Campus Closed	2	3 Walk-In Wednesday Safety Tips Student Lounge 2—4 p.m. 	4 ASO Meet n' Greet Student Lounge 2—3 p.m. 	5	6  1st Home Football Game Marauder Stadium 7 p.m.
7	8 Red Cross Blood Drive Front of HS Bldg. 9 a.m.—3 p.m.  Musical Monday Classical Library Plaza 11 a.m.—1 p.m. 	9 Red Cross Blood Drive Front of HS Bldg. 9 a.m.—3 p.m.  Look Up. Be Aware. Do Something. Sex Trafficking Student Lounge 12:30—2:30 p.m. 	10 AVC Founder's Day Library Plaza 12—2 p.m.  Walk-In Wednesday Happy Birthday AVC Student Lounge 2—4 p.m. 	11 9/11 Memorial Flagpole, corner of 30th/K, 7:15 a.m. 	12	13
14	15  Musical Monday Classical Library Plaza 11 a.m.—1 p.m.	16 National Honey Day Library Plaza 11—1 p.m. 	17 Constitution Day Event Student Lounge 12—1 p.m.  Walk-In Wednesday Movie: Lincoln Student Lounge 2—4 p.m. 	18 Hispanic Heritage Month Celebration Library Plaza 3—4 p.m. 	19 ASL Silent Game Night Board Room, SSV 151 5:30—8:30 p.m. 	20  Home Football Game Marauder Stadium 7 p.m.
21	22  Musical Monday Classical Library Plaza 11 a.m.—1 p.m.	23 Look Up. Be Aware. Do Something. Eating Healthy, Gluten Free Student Lounge 12:30—2:30 p.m. 	24 Walk-In Wednesday Movie: NeverEnding Story Student Lounge 2—4 p.m. 	25 Suicide Prevention Movie Marathon Student Lounge 11 a.m.—4:30 p.m. 	26	27
28	29  Musical Monday Classical Library Plaza 11 a.m.—1 p.m.	30 Look Up. Be Aware. Do Something. Study Tips That Really Work Student Lounge 12:30—2:30 p.m. 				

Brought to You By: Student Life and Health Services



- BLOOD DRIVES, SPOTLIGHT, CLUB INFO 1
- FOUNDERS DAY 2
- CONSTITUTION DAY, 9/11 MEMORIAL 3
- NEW WEPA PRINTING, LOOK UP BE AWARE DO SOMETHING EVENTS 4
- WALK-IN WEDNESDAY, KOGNITO 5
- SUICIDE PREVENTION MONTH 6
- SPOTTED AROUND CAMPUS 7
- CALENDAR 8



SEPTEMBER 2014

Student Life and Health Services SPOTLIGHT

Red Cross Blood Drives

Wednesday, 9/03 (Palmdale Lot)
Monday, 9/8 (Lancaster, front of HS Bldg)
Tuesday, 9/9 (Lancaster, front of HS Bldg)
9 a.m.—3 p.m.



Student Life Office Hours:

Monday to Thursday
7:30 a.m.—6 p.m.
Friday
7:30 a.m.—11:30 a.m.

Fall Care-A-Van Hours:

MEDICAL	Lancaster Mondays. 10 a.m.—6 p.m. Thursdays, 8 a.m.—4 p.m.
	Palmdale 8/25, 9/9, 10/7, 11/4, 12/2 8 a.m.—4 p.m. 9/17, 10/22, 11/19, 10 a.m.—6 p.m.

DENTAL	Lancaster 8/14, 9/11, 9/25, 10/16, 10/23, 11/6, 11/20, 12/4 8 a.m.—4 p.m.
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MENTAL HEALTH	Lancaster Mondays, 10 a.m.—6 p.m. Tuesdays, 8 a.m.—4 p.m. Wednesdays, 1—4 p.m.
	Palmdale Wednesdays, 8 a.m.—12 p.m.

Times and location are subject to change.



Campus SPOTLIGHT

Megan Turrill
Student Associated Student Organization (ASO) President

We would like to take a moment to introduce you to Megan Turrill, your Student ASO President for the 2014-15 school year. Megan has many goals she hopes to accomplish this year for the student body. She is currently working on ways to connect the student body to the local community through volunteer programs. Megan also feels it is important to recognize all of the different degree programs and seek out internship opportunities for students. These are just a few of the many goals she has for the upcoming school year.

When Megan isn't busy advocating for the student body, she enjoys spending time with her family, playing sports, and keeping up with international news. Megan also has a very impressive collection of fortunes cookies, 130 of them so far! One of her favorite fortunes from her collection is, "Your best investment is in yourself." This fortune really complements her passion for education and empowerment.

Megan will like to invite all students to the ASO Meet n' Greet on September 4th at 2 p.m. in the Student Lounge. This will be a great opportunity for students to meet their student government representatives, including Megan!



STUDENT CLUBS!

Want to join a club?
Want to start a club?

Contact Daniel Mendez, Vice President of Club Affairs, at ASOVPCA@avc.edu



Founders Day

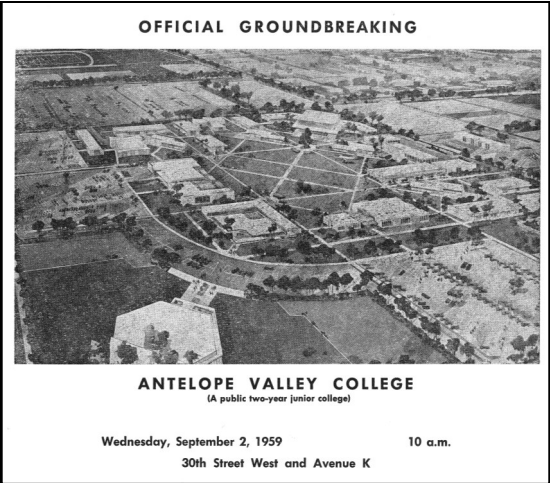
Wednesday, 9/10

Celebrating
85 Years!

Test Your AVC Knowledge!

(see answers below)

1. On what day did AVC first hold its classes?
2. Which historical event is shared with AVC's starting year?
3. Antelope Valley College is formally known as _____.
4. How many students graduated from AVC in 1931?
5. Where was AVC located prior to 30th Street West and Avenue K?
6. What are the AVC school colors?
7. What is our school mascot?
8. What does ASO stand for?
9. Who is the current president of the college?



Rendering for the construction of the new campus, 1958.

Join the Celebration!

Wednesday, 9/10

12—2 p.m.



Groundbreaking model, 1959



Construction Sign, 1958



Groundbreaking, 1959

SPOTTED
around campus ...



BINGO Event
Student Health Services



Students Love Summer Activities!



Carlos Arturo Concert
It's Carlos himself!!!!



A Few ASO Members
Enjoying the Events



Free Shaved Ice!
Thank You ASO!

Walk-In Wednesdays



Campus Safety

Wednesday, September 3 (2—4 p.m.)
Student Lounge

Learn ways to stay safe on and off campus. Deputy Raymond Murgatroyd will be providing tips and tricks to help you stay safe on and off campus. He will also be answering any questions you may have.



Happy 85th Birthday Antelope Valley College

Wednesday, September 10 (2—4 p.m.)
Student Lounge

Come celebrate AVC's 85th birthday! Step back in time and see what the campus looked like in the beginning. Also, take a moment to place your birthday wish for AVC.



Movie Showing: "Lincoln"

Wednesday, September 17 (2—4 p.m.)
Student Lounge

As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield and as he fights with many inside his own cabinet on the decision to emancipate the slaves.



Movie Showing: "NeverEnding Story"

Wednesday, September 24 (2—4 p.m.)
Student Lounge

A movie to inspire any reader. Follow a young troubled boy on his journey as he dives into a wondrous fantasy world through pages of a mysterious book.

Constitution Day Essay Contest

1st Place = \$100
2nd Place = \$50
3rd Place = \$25

Essay Topic: Which of the 27 amendments to the Constitution is most important to current American society as a whole? Construct an essay that presents your argument in favor of the amendment you choose.

Requirements:

- 1600—2000 words in length
- Times New Roman or Arial font, size 12, double spaced
- Include a minimum of three recent citations (5 years old or less) to support your argument
- The title of your essay must reflect your answer to the topic question

How to Enter:

- Submit your essay by Monday, September 8, 2014 at 8 a.m.
- Go to www.turnitin.com and create an account using your AVC email address
- Log in to Turnitin. The class ID for the essay is 836322. The enrollment password is Halifax. (case sensitive)
- Click on the class titled "Constitution Day 2014"
- Click on "Constitution Day Essay Paper" and upload your paper.

The essays will be evaluated by the History and Political Science faculty and the winners will be chosen. Winners will be announced during the Constitution Day Event on 9/17.

Constitution Day Event

Wednesday, September 17
12—1 p.m.
Student Lounge



at-risk
for Students

Help a Friend Who is Struggling



One of these friends
is **at-risk**

Interact with student avatars in this online game

Topics include:

- Techniques to talk to a friend you are concerned about
- How to recognize signs of distress
- What support services are available on your campus

Access simulations 24/7 at:

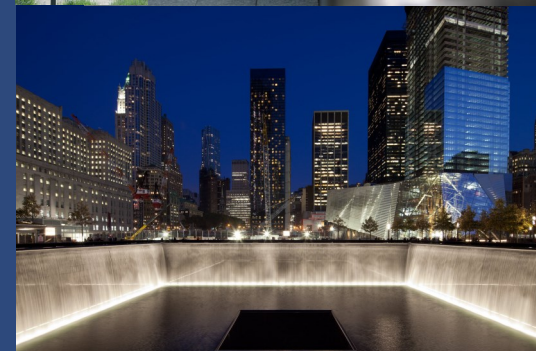
<http://kognito.com/cc>

Antelope Valley College is aware of the amount of stress students are experiencing and its negative impact on their health and academic performance.

To address this concern, AVC Student Health Services has adopted an At-Risk online training simulation for students. At-Risk for Students shows students how to have challenging conversations with friends and peers around mental health and how to motivate them to seek help from campus support services.

Each month, a random student who has completed the At-Risk training will be awarded a prize!

9-11 We Will Never Forget



What Happened at the World Trade Center on 9/11?

FAQ about 9/11, Retrieved July 29, 2014, from <http://www.911memorial.org/faq-about-911>

The hijacked Flight 11 was crashed into floors 93 to 99 of the North Tower (1 WTC) at 8:46 a.m. The hijacked Flight 175 struck floors 77 to 85 of the South Tower (2 WTC) 17 minutes later at 9:03 a.m. When the towers were struck, between 16,400 and 18,000 people were in the WTC complex. Of those, the vast majority evacuated safely. As they rushed out, first responders rushed in trying to save those still trapped or injured.

The fires from the impacts were intensified by the planes' burning jet fuel. They weakened the steel support trusses, which attached each of the floors to the buildings' exterior walls. Along with the initial damage to the buildings' structural columns, this ultimately caused both towers to collapse. The five other buildings in the WTC complex were also destroyed because of damage sustained when the Twin Towers fell.

The collapse of the buildings left the site devastated, with ruins towering roughly 17 stories and spread beyond the 16-acre site. Thousands of volunteers came to Ground Zero to help with the rescue, recovery and clean-up efforts, and on May 30, 2002, the last piece of WTC steel was ceremonially removed.

Join Us

Together we will remember and honor those who were lost during the 9/11 attack.

Thursday, 9/11, 7:15 a.m.

At the flagpole in front of Administrative Bldg, corner of 30th W. and Ave. K.

New at AVC!

wepa PRINT STATION

A new cloud-based print solution that allows you to upload documents on-the-go and print them at any conveniently located wepa print station. Send documents from any computer, phone, or tablet.

The stations are located at BE320, HS272, Library Reference Desk, LIB 118, IMC, Learning Center, and two in Palmdale.



Send to the Cloud



Print App: Upload your documents from any computer, Apple® or Android® phone or tablet



Website: Upload your documents at wepanow.com



Email to Print: Attach your documents to an email and send to print@wepanow.com



USB Drive: Access your documents at any print station

Price Per Print

Single-sided B&W: \$0.12 | Single-sided Color: \$0.35
Double-sided B&W: \$0.24 | Double-sided Color: \$0.70

September is Suicide Prevention Month

Suicide prevention. Retrieved July 23, 2014, from http://www.helpguide.org/mental/suicide_prevention.htm

A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. Most people who commit suicide don't want to die—they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.

Most suicidal individuals give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them. If you believe that a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and getting a doctor or psychologist involved.

Major warning signs for suicide include talking about killing or harming oneself, talking or writing a lot about death or dying, and seeking out things that could be used in a suicide attempt, such as weapons and drugs. These signals are even more dangerous if the person has a mood disorder such as depression or bipolar disorder, suffers from alcohol dependence, has previously attempted suicide, or has a family history of suicide.

A more subtle but equally dangerous warning sign of suicide is hopelessness. Studies have found that hopelessness is a strong predictor of suicide. People who feel hopeless may talk about "unbearable" feelings, predict a bleak future, and state that they have nothing to look forward to.

Tip #1: Speak Up if You are Worried

Talking to a friend or family member about their suicidal thoughts and feelings can be extremely difficult for anyone. But if you're unsure whether someone is suicidal, the best way to find out is to ask. You can't make a person suicidal by showing that you care. In fact, giving a suicidal person the opportunity to express his or her feelings can provide relief from loneliness and pent-up negative feelings, and may prevent a suicide attempt.

"I have been feeling concerned about you lately"

"How can I best support you right now?"

"You are not alone in this. I am here for you."

Tip #2: Respond Quickly in a Crisis

If a friend or family member tells you that he or she is thinking about death or suicide, it's important to evaluate the immediate danger the person is in. Those at the highest risk for committing suicide in the near future have a specific suicide PLAN, the MEANS to carry out the plan, a TIME SET for doing it, and an INTENTION to do it.

The following questions can help you assess the immediate risk for suicide:

"Do you have a suicide plan?" (PLAN)

"Do you have what you need to carry out your plan?" (pills, gun, etc.) (MEANS)

"Do you know when you would do it?" (TIME SET)

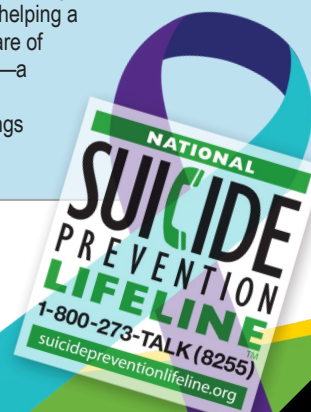
"Do you intend to commit suicide?" (INTENTION)

If a suicide attempt seems imminent, call a local crisis center, dial 911, or take the person to an emergency room. Remove guns, drugs, knives, and other potentially lethal objects from the vicinity but **do not, under any circumstances, leave a suicidal person alone.**

Tip #3: Offer Help and Support

If a friend or family member is suicidal, the best way to help is by offering an empathetic, listening ear. Let your loved one know that he or she is not alone and that you care. Don't take responsibility, however, for making your loved one well. You can offer support, but you can't get better for a suicidal person. He or she has to make a personal commitment to recovery.

It takes a lot of courage to help someone who is suicidal. Witnessing a loved one dealing with thoughts about ending his or her own life can stir up many difficult emotions. As you're helping a suicidal person, don't forget to take care of yourself. Find someone that you trust—a friend, family member, clergyman, or counselor—to talk to about your feelings and get support of your own.



Look Up. Be Aware. Do Something!

Fellow Students, it is time to get our heads up from our cell phones, be aware of what is going on, and **do something!** Sometimes we get so caught up in our own daily lives that we don't realize what's going on around us. Join us for any of the below events and learn how you can become better educated and how to make the world a better place.

Sex Trafficking Awareness Tuesday, 9/09 Hosted by: Pre Law Club	Eating Healthy Gluten Free Tuesday, 9/23 Hosted by: Anthropology and Pre Law Club	Study Tips That Work Tuesday, 9/30 Hosted by: Alpha Iota Club	Minorities in STEM Tuesday, 10/07 Hosted by: STEM Club
How to be an LGBTQ Ally Tuesday, 10/21 Hosted by: AVC Queer Alliance Club	Audism Awareness Tuesday, 11/04 Hosted by: ASL Club	Palm Oil Awareness Tuesday, 11/18 Hosted by: Anthropology Club	Student Lounge 12:30—2:30 p.m. Food will be served Bring your own beverage (non-alcoholic)

Join us for a Movie Marathon

Student Health Services is having a suicide prevention themed Movie Marathon, featuring the following films:



11:00 a.m.



1:00 p.m.



3:00 p.m.

Thursday, September 25
 Come by anytime, 11 a.m.—4:30 p.m.
 Student Lounge