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Student Development and Services

SPOTLIGHT

SUMMER 2014

BLOOD DRIVE

Monday, June 30 (Red Cross)

9 a.m.—3 p.m.

Near Health and Sciences Building



EMPLOYEE SPOTLIGHT

Alexandra Burns
Clerical Assistant III, Outreach



Alexandra Burns recently joined Antelope Valley College as a Clerical Assistant III in the Outreach Department. She came to Antelope Valley College with 7 years of event planning experience with the City of Palmdale. This experience has allowed her to apply her skills in Antelope Valley College's Outreach department. Alexandra appreciates assisting students understand the matriculation process and educating them on how to get priority registration. She also schedules campus tours and assists with the preparation for Antelope Valley College's off campus events such as the Poppy Festival and Thursday Night on the Square.

For fun, Alexandra adores spending time with her two children, husband, and two dachshunds. She also enjoys watching live theater productions and concerts. Alexandra just graduated from Antelope Valley College with her degree in Arts and Humanities. Congratulations Alexandra!!

Student Services Office Hours:

Monday to Thursday,

7:30 a.m.—6 p.m.

Friday

7:30—11:30 a.m.

Summer Care-A-Van Hours

MEDICAL	<u>Lancaster</u> Thursdays 8 a.m.—4 p.m.
	<u>Palmdale</u> Once a Month 8 a.m.—4 p.m.
DENTAL	<u>Lancaster</u> Twice a Month 8 a.m.—4 p.m.
MENTAL HEALTH	<u>Lancaster</u> Mondays, 10 a.m.—6 p.m. Tuesdays, 8 a.m.—4 p.m. Wednesdays, 1—4 p.m.
	<u>Palmdale</u> Wednesdays 8 a.m.—12 p.m.



4 MONEY-SAVING TRICKS



Here are some easy ways to save money that may surprise you:

1. When opening a bank account, pay attention to hidden fees. "Student accounts" often have lower minimum-balance requirements.
2. Rent textbooks or use social media to find students selling their used editions. Also find out if the materials you need are available electronically, which is often cheaper.
3. Skip buying bottled water. Tap water is free and safe! If yours has a taste you don't like, filter it.
4. Find movies and music at the library. Most stock recent releases in addition to the classics.

Refreshing Summer Drinks

Cool drinks feel great in warm weather. Stay hydrated with these nonalcoholic ideas.

Boy Tease:

½ cup Peach or Mango Nectar

2 cups Cranberry Juice

1 cup Pineapple Juice

Cocoa Cooler:

½ cup Crushed Ice

2 packets Hot Chocolate Mix

4 oz. Half-and-Half or Almond Milk

Arnold Palmer:

1 cup Iced Tea

1 cup Lemonade

Orange Fizz:

1 cup OJ + 1 cup Sparkling Water

Splash of Lime or Grenadine

Sorbet Squeeze:

1 scoop Sorbet

2 cups Juice

Natural Sunscreens



Consistently using a sunscreen that offers broad-spectrum UVA and UVB protection, with an SPF of at least 15, is essential for preventing skin cancer and early signs of aging. Some people prefer "natural" sunscreen products. These generally:

- Use physical blockers, such as zinc oxide and titanium dioxide
- Are PABA-free. (PABA stands for *para-aminobenzoic acid*, which causes allergic reactions in some people)
- Don't contain petroleum-based ingredients
- Contain minerals and other natural ingredients
- Are free of synthetic preservatives, fragrances, and colors

Breathe In, Breathe Out



Deep breathing is one of the most simple and effective ways to reduce feelings of stress. And you can do it anywhere! Here's what to do:

1. Find a quiet place to sit or lie down.
2. Close your eyes or focus on a single point in front of you.
3. Breathe in slowly through your nose. Notice as your belly seems to fill with air.
4. Breathe out through your mouth, visualizing tension leaving your body with each exhalation.
5. Focus on the feeling of your breath moving through you.

If possible, continue for 10 minutes. But even just a few will help!

SPOTTED

around campus ...





June 9 Summer Session Starts

June 17 & 18 Providence Blood Drive
Near HS Bldg
9 a.m.—3p.m.

June 30 Red Cross Blood Drive
Near HS Bldg
9 a.m.—3p.m.



July 4 Independence Day
Classes not in session

July 10 FREE Summer Concert
Carlos Arturo
Fine Arts Quad
11 a.m.—1 p.m.



August 1 Summer Session Ends

August 18 Fall Semester Begins