



# September 2015 SPOTLIGHT

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

Join us to honor those who were lost on the 9/11 attack. See p. 6

NEED A JOB?  
see p.6

**Student Health Services Fee:**  
 What services can I get?  
 See p. 3

**Win Prizes for Making Healthy Choices**  
 see pg. 5

**Essay Contest, win \$100!**  
 See p. 7



## Message From Your ASO President

Greetings My Fellow Marauders,

I wanted to take a moment to introduce myself. My name is Shawn Smith, and I am your new Associated Student Organization (ASO) President for the 2015-16 school year. I am a returning student who's striving for a degree in Electrical Technology, and I'm concurrently completing engineering courses for transfer into an Environmental Engineering degree program upon graduation.

I'm also a veteran who served in the U.S. Army during Operation Iraqi Freedom, among many other campaigns during a near nine year military career. I come from a whole family of veterans from almost every single military branch. I am very proud of my and my family's military service. I am extremely proud of our country's active duty, National Guard, and reserve military components; and, I'm equally grateful and proud of all of our veterans here at AVC, in the AV, and across this great nation.

During the past year I've become very active on campus, and passionate of our student body. Not only have I been serving as the Senator for Kinesiology, Athletics and Visual & Performing Arts in our amazing ASO, I continuously try to participate in multiple events throughout the year; and, I sit on as many participatory governance committees as humanly possible. All while maintaining a decent GPA, and yes, I'm even in our honors program. Furthermore, I'm involved in numerous clubs and organizations including: Skills USA, Alpha Iota, STEM, NEO, and the Hearts & Hands Pantry, to name a few. I encourage you to join one of these great clubs and organizations.

ASO is hard at work for you; and, we are dedicated to continuing the diligent work of the 2014-15 cabinet. We will be championing new goals, continuing the great work of our predecessors, generating new ideas and ways to help our students, and we will be advocating for our students whenever and wherever we are needed. Ultimately, ASO is here for you, the students.

With that, I want to leave you with a personal challenge this upcoming school year. Do something! I would love to see you become more aware, get more involved, and/or become more active on campus. Trust me in saying that you won't regret it. This will become a great opportunity for you to meet new people, discover new things about yourself, build networks, possibly travel, and get involved on our campuses as well as our community this fall. All it takes is joining a club, creating a new club, becoming active in our ASO, sitting on a committee, volunteering your services to our Hearts & Hands Pantry, or becoming a mentor through our new Marauder Academic Peer Success (MAPS) program. The only regret that I've ever had at AVC, was not joining a club or the ASO sooner. There are so many great opportunities for you to help our fellow students, and to include helping yourself.

If you're curious about, have any questions for, or would like to meet with your ASO representatives, stop in and see us in SSV-180, or please feel free to email me at [asopresident@avc.edu](mailto:asopresident@avc.edu). I eagerly look forward to your email, and we can even address questions regarding clubs, programs, or other organizations on campus; and, any other ways you can get involved.

Thank you, and have a great start to an awesome fall semester!

Sincerely,  
Shawn R. Smith  
ASO President, 2015-16







## Student Health Services

As part of the Student Health Services fee, student who are currently enrolled receive all of the below services at no additional cost.



Care-A-Van medical services are available by appointment for medical services on Thursdays.



**Joanne**  
Personal Mental Health Counselor  
Avail. Mondays & Tuesdays  
Bilingual in Spanish



**Sheila**  
Personal Mental Health Counselor  
Avail. Wednesdays  
Bilingual in Spanish



**Lisa O'Leary**  
Clerical Assistant III  
Student Health Services

## Student Health Services

661.722.6300 ext. 6683

SSV 180

### *On-Campus Services*

#### **Medical Services**

Medical appointments can be made for the Care-A-Van mobile clinic by visiting Student Health Services (SSV 180) or calling (661) 722-6300 ext. 6683. The Care-A-Van mobile clinic comes to our Lancaster campus every Thursday from 8 a.m. - 4 p.m.

#### **Personal Mental Health Services**

Balancing college life with other life responsibilities can be difficult. Make a confidential appointment with a mental health counselor on campus to assist with anxiety, depression, stress management, drug and alcohol concerns, building life enhancement skills and other mental health related issues. Our counselors are available Monday through Wednesday at the Lancaster campus. Appointments can be made by visiting Student Health Services (SSV 180) or calling (661) 722-6300 ext. 6683.

#### **Health Related Events**

Health related programs and issues are presented to the students throughout the school year. These programs are offered to educate our students on relevant health issues so they can make informed decisions regarding their health. Some examples include: blood drives, breast cancer awareness, Great American Smokeout, Alcohol Awareness, World AIDS day, sexual responsibility awareness, sexual assault prevention, fuel Your finals week, and many more!

### *Extended Off-Campus Services in Lancaster and Palmdale*

Students must present proof of current enrollment when visiting the off-campus clinic. The only proof of current enrollment accepted is a print out of Fall 2015 schedule.

#### **Urgent Care Medical Services (walk-in)**

Currently enrolled AVC students can utilize the urgent care walk-in services at the Lancaster Antelope Valley Community Clinic at no charge. Urgent care services include minor services only: colds, cuts, fever, abdominal pain, back pain, blood pressure tests, pregnancy testing, and contraception. The urgent care is located at 45074 North 10th Street West, Lancaster, CA 93534. They are open Monday through Friday 7:30 a.m. - 8 p.m. and Saturdays 9 a.m. - 3 p.m. (Note: the urgent care is subject to close early due to inactivity).

#### **Primary Medical Care and Dental Services (by appointment only)**

Currently enrolled AVC students can make an appointment for primary medical care and dental services at the Lancaster or Palmdale clinic. Services include: dental exams, dental cleanings, physical exams, pap smears, flu shots, immunizations, and mammogram referrals for women over 40. The Lancaster clinic is located at 45074 North 10th Street West, Lancaster, CA 93534. The Palmdale clinic is located at 2151 E. Palmdale Blvd., Palmdale, CA 93550. Both locations are open Monday through Friday 7:30 a.m. - 8 p.m.

To make an appointment send an email to [scheduling@avclinic.org](mailto:scheduling@avclinic.org) with your name, DOB, and location to be seen. A scheduler will phone you during business hours to book an appointment within 24-48 hours.



# ZUMBA®

FITNESS

Presented by: Student Health Services



## Student Lounge, 2 p.m.

Followed by a Nutrition Class at 3 p.m.

Every Monday (starting 9/14)



Kick off your week with AVC's largest fitness party! Zumba is a fitness program that combines latin and international music with cardio, muscle toning, balance, and dancing.

**FREE**  
to AVC students.  
Be prepared to show ID

# GIVE BACK

**Red Cross, Be the Match, and YOLO**  
(worth 5 YOLO points)

**Tuesday, 9/08, 9 a.m. - 3 p.m.**  
Front of Health Science Bldg.

**Red Cross and Be the Match**  
(worth 5 YOLO points)

**Monday, 9/14, 9 a.m. - 3 p.m.**  
Front of Health Science Bldg.

### Red Cross

Your donations of blood are what make the American Red Cross the largest single supplier of blood and blood products in the U.S. Each year, nearly 4 million people donate blood through the Red Cross, helping to provide more than 40% of America's blood supply.



### Huntington Hospital

Much of the medical care Huntington Hospital provides depends on a steady supply of voluntary blood donations, and yet only 3 percent of the eligible donors in California give blood..



### Be the Match

Join the registry. The cure for blood cancer is in the hands of ordinary people®. You could be the cure. If you are between the ages of 18 & 44, you could be someone's cure. Doctors request donors in the 18-44 age group 90% of the time. They need people like you.



### YOLO

Join the YOLO program! Antelope Valley Partners for Health (AVPH) and AVC Student Health Services is joining forces to reward you for making every day healthy choices. Stop by our table to learn more and start earning points!



# TED TALK tuesday

Bring your lunch and enjoy the talk.

Every Tuesday  
Noon - 1 p.m.  
Student Lounge



TEDTalks are brief videos offering knowledge, empowerment, and inspiration. Bring your lunch and hang out with us! Join us every Tuesday for TEDTalk Tuesday and join in on the discussions.



**BINGO**  
Wednesday, 9/09  
3 - 5 p.m.



**Improve Your College Experience**  
Wednesday, 9/16  
2 - 4 p.m.



**Be Smart with Body Art**  
Wednesday, 9/30  
Noon - 3 p.m.

Earn Points and Win Prizes for Making Healthy Choices!



AVC PRIZES



1st Prize  
FitBit Charge



2nd Place  
\$100 Gift Card Dick's  
Sporting Goods

3rd Place  
iPod Shuffle



Antelope Valley Student Health Services has partnered with Antelope Valley Partners for Health (AVPH) to bring the City of Lancaster's YOLO program to AVC students and staff. Participants are **rewarded** with points for making **healthy choices**. AVC Participants can earn points by attending free YOLO fitness and nutrition events off and on campus, making healthy choices at the AVC Cafeteria and Bookstore, doctor's visits, participating in AVC Student Health Services events and activities, and more!

To register for the YOLO program stop by SSV 180, fill out the registration packet, pay \$5, and **receive a gym bag!**

The AVC participants with the most points will **win prizes** from AVC Student Health Services. AVPH will also give the Antelope Valley Resident with the most points **\$5,000!!!**



# Founder's Day Celebrating 87 Years!

Library Plaza • 1 - 3 p.m.  
Thursday, 9/10



Aram Najarian, A.S.B. President; Mitchell P. Briggs, Executive Secretary of The Western College Association; Clifford M. Boyer, Director at Reedley College; Lowell F. Barker, President of Antelope Valley College; are "breaking the ground" for the new college.

Groundbreaking, 1959

## AVC Job Placement Upcoming Events

9/17 - Student Worker Job Fair (must register prior at AVC Job Placement Center SSV 171)

9/23, 10 a.m. - 2 p.m. - Job Fair in the Fine Arts Quad (no registration required)

Don't forget to dress to impress and have your resume handy!



### 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.

Friday, 9/11 • 7 a.m.

At the flagpole In front of the Administrative Bldg. (30th/K)

9/11 We Will Never Forget







9/02 - 9/03, 9/08 - 9/09

CSUB Info Table (bookstore hallway) 10 a.m - 1 p.m.

9/09, 1:30 - 3:30 p.m.

Transfer Basics Workshop (check in at counseling)

9/15, 9:30 - 11:30 a.m.

Transfer Basics Workshop (check in at counseling)

9/22, 10 a.m. - 1 p.m.

Transfer Fair (Library Plaza)

9/24, 10 a.m. - 12 p.m.

Transfer Basics Workshop (check in at counseling)

## Veteran Connection Weekly Support Group

The AVC Veteran Affairs Office welcomes all AVC Veteran students and dependents to their weekly support group.

Every Friday  
(starting 9/18)

10 - 11 a.m.

**AVC Veteran Resource Center  
SSV 126**

## CONSTITUTION DAY ESSAY CONTEST

Games and trivia at 12:30 followed by Essay Contest Winner Announcement at 2 p.m.

Thursday, September 17 - Library Plaza

### 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:

- The essay should be no more than 1600-2000 words in length.
- Times New Roman or Arial font, size 12 and 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.
- Your citations must be in MLA format.
- You must include a Works Cited page.

### SUBMITTING YOUR ESSAY:


- Write your essay – you need to submit the essay by **Friday, September 11th at 8 a.m.**
- Go to [www.turnitin.com](http://www.turnitin.com) if you don't have a Turnitin account, use your AVC email address to create one.
- Log in to Turnitin. The Class ID for the essay is: 10423354
- The enrollment password is: Marauder (the password is case sensitive).
- Click on Constitution Day Essay paper and upload your paper.

The essays will be evaluated by the History and Political Science faculty and a winner will be chosen. The winner will be announced at the Antelope Valley College Constitution Day event on Wednesday, September 17 at 2 p.m.. President Knudson will present the award to the winning essay.

**1st Place: \$100 • 2nd Place: \$50 • 3rd Place: \$25**

# Student Life and Services Calendar of Activities

September 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		Women's Soccer, AVC vs. Chaffey, 4p	ASO Student Services Fair, Library Plaza, 1-3p  Volleyball AVC vs. Rio Hondo 6p		Women's Soccer, AVC vs. San Diego City College, 1p	
6	7	8	9	10	11	12
	<b>CAMPUS CLOSED</b> <b>LABOR DAY</b> 	Red Cross Blood Drive w/ Be the Match and YOLO, HS Bldg. 9-3p	WIW: BINGO, Student Lounge, 3-5p	Founder's Day, Library Plaza, 1-3p	9/11 Memorial, 7am, Flagpole  Women's Soccer, AVC vs. Oxnard, 6p	Football, AVC vs Victor Valley 7p
13	14	15	16	17	18	19
	Red Cross Blood Drive w/ Be the Match, HS Bldg. 9-3p  Zumba, Student Lounge, 2p  Nutrition Session, Student Lounge, 3p	TEDTalk Tuesday, Student Lounge, 12-1p  Self Defense Lessons, Student Lounge, 2-4p	Community Resources and Safety Day, Library Plaza, 11-1:30p  WIW: Improve Your College Experience, Student Lounge, 2:30-5:30p	Constitution Day, Student Lounge, 12:30-2:30p		
20	21	22	23	24	25	26
	Zumba, Student Lounge, 2p  Nutrition Session, Student Lounge, 3p	Transfer Center Fair, Library Plaza, 10-1p  TEDTalk Tuesday, Student Lounge, 12-1p	Volleyball, AVC vs Irvine Valley 5p			Walk a Mile in Her Shoes Event, Parking Lot 3, 5pm  Football, AVC vs Santa Monica, 7p
27	28	29	30			
	Zumba, Student Lounge, 2p  Nutrition Session, Student Lounge, 3p	TEDTalk Tuesday, Student Lounge, 12-1p	WIW: Be Smart with Body Art, Student Lounge, 11-1p			

WIW = Walk-In Wednesdays in the Student Lounge

All event details are subject to change without notice.