



Antelope High School Student Bulletin



September 23, 2015

Quote of the day: "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

Arnold Schwarzenegger

ATTENTION TITANS

Last call for class shirts! Put in a pre order at the student services window or at the student store, \$12 with ASB and \$15 without ASB, last day to place your order is Thursday 9/24. Also, if you already paid and have not received your shirt, stop by the student store during either lunch with your receipt.

HOMECOMING WEEK

Homecoming week is next week, the theme is "A Tim Burton Homecoming."

Make sure to dress up for for spirit days:

Monday is Denim day, dress in your favorite denim attire.

Tuesday is Crazy Hair day, rock your wildest hairstyle.

Wednesday is PJ Pant day, come to school in your favorite pajamas.

Thursday is Holiday day, dress up in clothing related to your favorite holiday.

Friday is class colors: freshmen wear white, sophomores wear gray, juniors wear black, and seniors wear red.

Make sure to bring your ID and get counted on the stage during lunch. Also keep an eye out for student gov members walking around in orange vests counting spirit.

NIGHT RALLY

Next week on Wednesday, September 30th is the annual Night Rally in the amphitheater at 8pm. The theme is Titans in Wonderland. Come see class performs skits with their backdrops and many other special performances. The parlor and Dutch Bros will be there so bring money for food! Make sure to dress up in your PJ's to get counted for spirit points to go towards your class for the rally. Friends and family are welcome to attend as well!

ASVAB

The ASVAB will be offered on Monday, October 5th after school! If you are considering joining the Military or are interested in taking a Career Aptitude Test, sign up for the ASVAB. If you already signed up, please be aware that the date changed from Monday, October 12th to the 5th. If you are unable to take this due to sports practice or another conflict, you can sign up for the October 21st ASVAB, which will be offered during 1st and 2nd period.

SPEECH AND DEBATE

Congrats to the members of Antelope's Speech and Debate team for their performances at Ponderosa HS on Saturday, September 19th. Several new teams did quite well in their respective events; additionally, a special congrats to Kyle Swanegan and Ansar Muhammad who went undefeated in four rounds and to Tyler Anderson who took home another gavel for his first place finish as the presiding officer of Student Congress.

Next up: Speech events at Woodcreek HS in three weeks. Go Titans!

SENIORS INTERESTED IN LEWIS & CLARK!

A rep from the school will be in the area the weekend of October 17 and 18. Any interested seniors should sign up for an interview – it is a good opportunity to meet with an admissions counselor, discuss your interest in Lewis & Clark, and talk about any questions you might have about the college or the application process. To set up an interview, call their office at 800-444-4111 or 503-768-7040. See Ms. Goudy if you have any questions!

NAVY PRESENTATION

The Navy will be in the College & Career Center during intervention on Wednesday, September 23rd! Sign up for the presentation about the NROTC Program and the Navy in the College & Career Center or by emailing Ms. Goudy.

SCHOLARSHIP OPPORTUNITY!

If you plan to be Journalism, Political Science, or Governmental Studies major, check out this scholarship on anhscandcenter.wordpress.com or see Ms. Goudy for details!

DISTRICT COLLEGE FAIR!

The District College Fair is coming up at Woodcreek High School on Wednesday, September 23rd from 6-8 PM! Over 120 Colleges will be there for you to visit and ask questions! Check it out! See Ms. Goudy with any questions. If you can't make it that day, Ms. Goudy has a list of other college fairs in the area.

COMMUNITY SERVICE OPPORTUNITY

Interested in leadership, community service, and scholarship opportunities? Then our brand new Antelope Key Club has something for you! Although we've accomplished much in previous years, our newly chartered Key Club International will allow us to do much more! Membership donations of \$15 are due on September 25th, and the optional Six Flags trip payment of \$35 is due on September 28th. Please come to our next meeting on Monday 28th in room L206 during lunch to find out more. If you have any questions, feel free to contact us at anhskey@gmail.com.

AP COMPUTER SCIENCE AT ANTELOPE HIGH

Earn college credit in Computer Science! Learn Java!

Our school is offering the AP Computer Science course **to any student that wishes to sign up**. The course is open now and closes May 3, 2016. Students can sign up anytime between now and January 10, 2016 and still complete the course and take the AP test. This is an online course and students who successfully complete the course have an excellent chance of passing the AP Exam!

It is highly recommended that students have at least two high school math classes completed prior to taking this AP class. **For more information, contact Mr. Stinson.**

TITAN DANCE & CHOIR CAMP

Are there any students with siblings in grades 2nd-8th interested in performing a song and dance during the football game on October 9th? Camp days are October 6th & 8th from 3:30pm to 5:30pm located in the dance room by the Antelope High School gym. The cost per student is \$40. This includes the uniform shirt for the performance, singing lessons, and dance lessons. Pick up your registration sheet in the front office.

TECH TEENS

High school students have the opportunity to participate in an exciting new program. If you have interest in technology, CSI, 911 dispatch, SWAT tools and tactics and a lot more head over and get connected. It will be held every Wednesday October 7th – November 11th at 110 Corporation Yard Road, Roseville, CA. Call and sign up at 916-772-7725. Only 28 slots open so don't wait.

HOMECOMING DANCE

Attention Titans! Tickets to the Mad Hatter Tea Party Homecoming Dance will be going on sale soon and will be sold at Student Services and in the Student Store during both lunches. Homecoming is Friday, October 2nd from 9-11 pm in the cafeteria. Ticket sales are as follows:

9/22-9/25 \$5 with ASB and \$7 without

9/28-10/1 \$8 with ASB and \$10 without

Tickets will not be sold during school, Friday, October 2nd

\$10 at the door Friday October 2

Ticket and School ID must be present at dance check-in

COLLEGE AND CAREER UPDATES

Sep. 23 (Wednesday) – Navy Presentation during Intervention – Sign Up with Ms. Goudy

Sep. 23 (Wednesday) – Seattle University and Soka University in the Quad at Lunch

Sep. 23 (Wednesday) – 6-8 PM: District College Fair at WHS

Sep. 24 (Thursday) – Air Force in the Quad at Lunch

ANTELOPE LEARNING LAB

Antelope Learning Lab (ALL): Do you need help with homework? A quiet place to work? Access to technology? Tutoring? ALL of the above?! Then come to the Antelope Learning Lab (ALL), offered Tuesday, Wednesday, and Thursday from 2:45-4:30 pm in the Library. This free service is available to ALL students, especially those who need academic support and/or English language development support. Please contact Ms. Raatz in the library for more information.

SENIORS: SCHEDULE YOUR SENIOR PORTRAIT ASAP

Attention Seniors of 2016! Make sure you take your senior portraits at Prestige Portraits studio in either Elk Grove or Citrus Heights by Oct. 1. Failure to do so may result in your senior portrait not appearing in the yearbook. So don't hesitate and visit their website at www.prestigeportraits.com to book an appointment! Do it today. Do it now. Right now.



Home of the Titans



Weekly Athletic Schedule Fall 2015-16 September 21 to September 26


DATE	DAY	GAME TIME	OPPONENT	LOCATION	RELEASE TIME	BUS TIME	SPORT	LEVEL
Sep 21	Mon	5:30 PM	Consumnes Oaks	Consumnes Oaks	N/A	TBA	Soccer	JV
Sep 21	Mon	7:00 PM	Consumnes Oaks	Consumnes Oaks			Soccer	VAR
Sep 22	Tues	4:00 PM	Bye		2:20pm		Polo-Boys	VAR
Sep 22	Tues	4:00pm	Bye		2:20pm		Polo-Girls	VAR
Sep 22	Tue	3:30 PM	Del Campo	Del Campo	2:00 PM		Tennis- Girls	Both
Sep 22	Tues	4:00 PM	Roseville	Antelope	n/a	n/a	Volleyball-Girls	Frosh
Sep 22	Tues	5:00 PM	Roseville	Antelope	n/a	n/a	Volleyball-Girls	JV
Sep 22	Tues	6:00PM	Roseville	Antelope	n/a	n/a	Volleyball-Girls	VAR
Sep 23	Wed	5:30 PM	Del Campo	Del Campo	N/A	TBA	Soccer	JV
Sep 23	Wed	4:00 PM	Del Campo	Del Campo	2:00 PM		Soccer	VAR
Sep 24	Thur	5:30 PM	Ponderosa	Ponderosa	1:45 PM	3:00 PM	Football	Frosh
Sep 24	Thurs	5:00 PM	Del Campo	Antelope	2:20pm		Polo-Boys	VAR
Sep 24	Thurs	4:00pm	Del Campo	Antelope	2:20pm		Polo-Girls	VAR
Sep 24	Thu	3:30 PM	Bella Vista	Bella Vista	2:00 PM		Tennis- Girls	Both
Sep 24	Thurs	4:00 PM	Consumnes	Consumnes Oaks	n/a	n/a	Volleyball-Girls	Frosh
Sep 24	Thurs	5:00 PM	Consumnes	Consumnes Oaks	n/a	n/a	Volleyball-Girls	JV
Sep 24	Thurs	6:00 PM	Consumnes	Consumnes Oaks	n/a	n/a	Volleyball-Girls	VAR
Sep 25	Fri	7:15 PM	Ponderosa	Ponderosa	NA	3:30 PM	Football	VAR
Sep 25	Fri	5:00 PM	Ponderosa	Ponderosa	2:00 PM	2:30 PM	Football	JV



C & C Center Update



WEEK OF: SEPTEMBER 21 - SEPTEMBER 25

M	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 21</p> <p>MONDAY NEWS: UNIVERSITY OF CHICAGO IN THE QUAD AT LUNCH! UC DAVIS PRESENTING AFTER SCHOOL! DON'T FORGET TO READ THE DAILY BULLETIN!</p>
T	<p style="text-align: right;">HOURS: CLOSED 22</p> <p>TUESDAY NEWS: SIGN UP FOR THE COLLEGE & CAREER CENTER BLOG FOR UPDATES ON TESTING, SCHOLARSHIPS, DEADLINES AND MORE!</p> 
W	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 23</p> <p>WEDNESDAY NEWS: NAVY NROTC PRESENTATION DURING INTERVENTION. SEATTLE UNIVERSITY AND SOKA UNIVERSITY IN THE QUAD AT LUNCH.</p>
TH	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 24</p> <p>THURSDAY NEWS: AIR FORCE IN THE QUAD AT LUNCH! DON'T FORGET ABOUT CSU NIGHT NEXT WEEK ON OCT. 1ST! GET YOUR APPLICATION DONE!</p>
F	<p style="text-align: right;">HOURS: 8:00 AM - 4:30 PM 25</p> <p>FINALLY FRIDAY NEWS! NEXT WEEK: U OF CHICAGO AT LUNCH MON. UC DAVIS AFTER SCHOOL MON. SEATTLE U AND SOKA U AT LUNCH AND COLLEGE FAIR WED. AIR FORCE AT LUNCH THURS.</p>