



*Antelope High School
Student Bulletin
September 12, 2019*



Quote of the day: "Happiness, true happiness, is an inner quality. It is a state of mind. If your mind is at peace, you are happy. If your mind is at peace, but you have nothing else, you can be happy. If you have everything the world can give - pleasure, possessions, power - but lack peace of mind, you can never be happy."

[Dada Vaswani](#)

ANTELOPE BOYS INTERESTED IN PLAYING TENNIS

this Spring, Join us at the Tennis Courts after school on Fridays! This is a great chance to improve your forehand and backhand as well as your serves. The courts are open from 2:45-4:00 p.m. See you there!

HEY SENIORS

Are you planning on applying to a UC? Remember there are 9 UC campuses. Come to the UC application night today, September 12th at 6:00pm in the Library. We will be there to support you as you complete your applications.

FEMINISM CLUB

Please join us today, September 12th after school in room L207 for our second meeting.

WANT TO VOLUNTEER?

American Cancer Society is looking for volunteers for their annual Hope Gala, happening on September 14th. There are shifts available on Friday, September 13th, Saturday, September 14th, and Sunday, September 15th! See Ms. Goudy for details on how to sign up!

BLOOD DRIVE

Help save a life with a blood donation. The blood drive will be held here in the small gym on September 19th. Please sign up in the cafeteria during both lunches now through September 18th.

HEY TITANS!

Join us in the student parking lot to tailgate September 13th at 6:15. We will head to the varsity football game afterwards to cheer on our football team. See you there in your red!

ANTELOPE HIGH SCHOOL

Parent Information Series

2019-2020

DID YOU KNOW?

1 IN 4 TEENS STRUGGLE WITH A MENTAL HEALTH ISSUE

SUICIDE IS THE SECOND LEADING CAUSE OF DEATH IN YOUTH 10-24

SUPPORTING YOUR CHILDS MENTAL HEALTH

SEPTEMBER 24, 6:00-7:30PM

LEARN ABOUT TEEN DEPRESSION AND SUICIDE

BECOME FAMILIAR WITH THE WARNING SIGNS

HOW TO TALK TO YOUR TEEN ABOUT DEPRESSION & SUICIDE

HEAR FROM COMMUNITY SUPPORTS

Presentation will take place at the Antelope High School Library

Any questions, please contact the

Antelope Wellness Center

INTERNSHIP AVAILABLE!

Are you interested in Advanced Manufacturing - working with machines? Have you taken at least one engineering class? Will you be 18 by January? If so, you have the opportunity to get a paid internship! See Ms. Goudy ASAP if you are interested!

JOIN US FOR KEY CLUB'S

Magical Movie Night on Friday, September 27th from 5:30-7:30pm! Come for a chance to win a pair of Disneyland tickets and earn service hours! FREE admission and giveaway entry for Chartered Key Club members, optional \$1 Pediatric Trauma Program donation for non-chartered members. Come and help a great cause while having fun with friends! For more details, join the remind: @anhskey2

ANTELOPE WRESTLING

Who: Anyone (boys and girls) interested in wrestling

What: Pre-season wrestling workouts

When: Starting September 10th Tuesdays and Thursdays 6:00-8:00pm

Where: AHS Cafeteria

Requirements: Athletic Clearance - details online for AHS Athletics (["https://www.rjuhsd.us"](https://www.rjuhsd.us))

Contact: Coach Brain Dunn for more information btdunn25@yahoo.com

ANHS BAND SPAGHETTI FEED

Come and Support The AnHS Titan Band. The Band is hosting a spaghetti feed on September 20. 5 - 8 pm. Great opportunity to get dinner before the home football game against Yuba City. Tickets are available in Room CTE 7. Tickets are \$10.00 or \$8.00 with Student ID. To-Go orders are available to take you dinner into the stadium.

ANIMAL RIGHTS AWARENESS

Make sure to check out the blue Animal Drive boxes on campus! They are located in the cafeteria, library and front office. We accept items like collars, blankets and food bowls! The Animal Drive will last for two weeks; September 4th-17th.

LATINO PREP SUMMIT

Are you interested in Latino culture and education? Attend the Latino Prep Summit, September 20th at Sierra Community College. This is open to all of RJUHS students. Log on to <https://tinyurl.com/Latinoprepsummit> for more information. See Mrs. Gallardo or Ms. Goudy if you have any questions!

UPCOMING COLLEGE VISITS!

Each year, colleges visit to give you an opportunity to learn more about them! Sign up for presentations in the College & Career Center!

Presentations During Titan 28 in the Library:

UC Davis - Friday, 9/13
UC Irvine - Wednesday, 9/18
Dominican University of California - Thursday, 9/26
UC Santa Cruz - Thursday, 9/26
Academy of Art University - Friday, 9/27
Sac State - Tuesday, 10/1
Portland State University - Wednesday, 10/2
Fashion Institute of Design & Merchandising -
Tuesday, 10/22
Arizona State University - Wednesday, 10/23
Grand Canyon University - Thursday, 10/24
University of the Pacific - Friday, 10/25
University of Oregon - Tuesday, 11/12

Lunch Visits in the Quad:

University of New Mexico - 9/12 - 2nd Lunch
Saint Mary's College of California - 9/17 - 1st Lunch
Menlo College - 9/18 - 1st Lunch
Seattle University - 9/24 - 1st Lunch
UC Santa Barbara - 9/24 - 2nd Lunch
University of Nevada, Las Vegas - 9/26 - 1st Lunch
Sac State - 10/1 - 1st Lunch
University of Rochester - 10/2 - 2nd Lunch
Humboldt State - 10/15 - 2nd Lunch
Maryville University of Saint Louis - 10/17 - 1st
Lunch

SENIORS,

be sure to check your email and fill out the Google form if you want your life motto and school activities to appear in the 2020 yearbook with your senior portrait. If the link is denying permission, try signing on from a computer at school. If you have any questions, see Mr. LeBlanc in S206. Deadline to complete and turn in your form is Friday, Sept. 27.

PERSONAL FINANCE FINAL

The Personal Finance Final will be held on the following Mondays this fall: September 30th, October 28th, November 18th, and December 16th. To sign up, fill out the google form at the link that will autopopulate when you are finished with the personal finance course. You must sign up by the Friday before the final. See Ms. Goudy in the College & Career Center if you have any questions.

SCHOOL PICTURES ARE IN

Please go to Student Services to get your pictures

VOLUNTEER OPPORTUNITY AT AEROSPACE MUSEUM OF CALIFORNIA!

Are you interested in Engineering or Aerospace? Learn more about it and gain volunteer hours by helping the Aerospace Museum of California with the Hubble Exhibit. They need volunteers on weekends from October through December - hours and dates are flexible. For more info or if you have any questions, talk to Ms. Goudy. To sign up, contact Mr. Bill Wheeler at 916-224-0168 or bill@aerospaceca.org.

AP TITANS!

AP Exam registration dates and procedures are changing for the 2019-2020 school year. **Students registered in a fall AP course must register for exams no later than Thursday, October 3rd.** The time to register is NOW! Register for your exam through your MyAP account and see your AP teacher for more information.

THE PSAT IS COMING!

Attention Juniors! You are strongly encouraged to sign up for the PSAT, which will take place on Wednesday, October 30th, beginning at 7:45 AM! Only as a Junior, can you qualify for the National Merit Scholarship Program by taking the PSAT!

To sign up, see Mrs. Carroll at Student Services with cash or check in the amount of **\$25 by September 13th, 3 PM**. You can also sign up on the webstore for a nominal fee. Freshmen are also welcome to sign up.

All sophomores are automatically registered for the test and **do not** have to pay! An opt-out letter was sent home if you will not be taking it. Please return to the College & Career Center by September 1st!

FREE HANDS ON CONSTRUCTION WORKSHOPS

Are you interested in a career in construction or engineering? Check out the Careers in Construction Workshops happening throughout the year to give you hands on experience and the opportunity to apply for a paid internship or job! The first one is about Framing on Wednesday, September 25th. All workshops are free and take place at Oakmont High School from 3-5 PM. To sign up and pick up the forms, see Ms. Goudy in the College & Career Center.

ATTENTION ALL TITANS!

The College Board has launched a new scholarship program with \$5 million of scholarships each year. From building your college list to practicing to for the SAT, each step can earn you scholarships through monthly drawings that your name is entered and reentered into each time. Complete all six of these steps that you're probably doing anyway, and you're eligible to earn \$40,000. For more information on eligibility and details about the program, go to: <https://opportunity.collegeboard.org/>

Complete by November 1st.