

# Daily Bulletin

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## Little Rock Central ~ Tuesday ~ February 7, 2012 "B Day"

**TIGER WORD** ~ satiate ~ verb ~ to satisfy fully the appetite or desire of; to have had enough of

**TIGER HEALTH TIP** ~ Eat lean meats, poultry, and fish—baked or broiled instead of fried.

**Knitting Club** ~ Reminder: Knitting Club meets **every Wednesday** during 2<sup>nd</sup> lunch in Room 113. Come join in the fun!

**JAG (Jobs for Arkansas' Graduates)** ~ Students that have completed applications for JAG, please return to K. Evans' box in the Main Office or bring to Room 326.

**Spanish Fundraiser ~ Nachos Para Ninos** ~ Cheese dip, chips, and soft drinks will be sold **TODAY (Tuesday) & Wednesday** after school in front on Park St. Nachos \$2.00, Drinks \$1.00.

**Attention all Mu Alpha Theta members** ~ we will have a MANDATORY meeting in Room 143 during both lunches on **Wednesday, Feb. 8**. Attendance will be taken. I repeat, there will be a mandatory Mu Alpha Theta meeting in Room 143 on Wednesday during both lunches!!

**Keep Little Rock Beautiful City-Wide Clean-up** ~ on **Wednesday, Feb 8** at 8:00 AM, there will be an organizational meeting in the EAST Lab to discuss the City-Wide Keep Little Rock Beautiful City-Wide Clean-up, being held on **Saturday, March 10**. Central will be hosting this event this year and there will be lots of people and positive press. It is also a great opportunity for students to receive some of their service hours required for many of the organizations we have at school. Hope to see you there. Bring a friend!

**Basketball Homecoming Tickets ~ Attention Students!** Basketball Homecoming tickets will be sold through Thursday during both lunches for the dance **Saturday night, Feb. 11**. Tickets are \$10 each. Be there or be square!

**The National Society of Black Engineers-Arkansas Alumni Extension Chapter (NSBE-AAEC)** will be hosting the **22<sup>nd</sup> Annual Project Starting Block Seminar** on February 18, 2012, in conjunction with National Engineers Week. This seminar will be held at the UALR-*EIT Auditorium* and will start with registration at 9:30 a.m. and conclude at 1:00 p.m. Project Starting Block is a four-part mentor program aimed at minority high school students with an interest in engineering; however, all interested students are welcome to attend. The purpose of the program is to inform youth about the field of engineering through seminars, college campus visits, and industry tours. Registration forms are available in the Guidance Office. **The deadline to register is February 16, 2012**. If you have any questions, please contact Mr. Jay Hartman at 501-396-4932 before 5:00 p.m. or at 501-448-2504 after 5:00 p.m.

**FRESHMEN, SOPHOMORE, AND JUNIOR MINORITY STUDENTS - The Student National Medical Association at UAMS** is sponsoring HPREP for students in grades 9, 10 and 11. HPREP will meet on **Saturday, March 3** from 9:00 am to 1:30 pm on the UAMS campus. Lunch will be provided. Students will learn about science related activities and specific career fields and the steps needed to become a physician or other healthcare professional. For more information email [cda@uams.edu](mailto:cda@uams.edu) or call The Center for Diversity Affairs at 686-7299. **Applications are available in the Guidance Office. The deadline to apply is Friday, Feb. 17.**

**SOPHOMORES AND JUNIORS:** Interested in Bryn Mawr? Shadow a student for a day on **Feb. 20, March 19, or April 9**. Register at [www.brynmawr.edu/admissions/in-view](http://www.brynmawr.edu/admissions/in-view) See what your life might be like as a college student!

**Metropolitan Career Technical Center** will hold their Open House on **Tuesday, February 21** from 8:45 am to 7:00 pm. Additional information is available in the Guidance Office.

**SOPHOMORES, JUNIORS AND SENIORS:** Arkansas State University will hold a Sports Medicine Workshop on **Friday March 9** from 6:30-8:30 pm and **Saturday March 10** from 8:30-4:30 pm. Hear from athletic trainers, physical therapists, orthopedic surgeons and strength and conditioning coaches. The cost is \$40 and registration is required. **The deadline is Friday, March 2.** For more information call (870)972-3342 For more information

**TRIO-Upward Bound Math/Science program (9<sup>th</sup> & 10<sup>th</sup> graders)** is a college preparatory program preparing high school students for success in postsecondary education. Tutoring is available in Science, Math, History and English. Students must be willing to participate in tutoring sessions on Tuesday and Thursday evenings during the academic year and must be considered low income and meet certain GPA requirements. **Application deadline is March 30, 2012.** Please call 501-370-5380 to request an application.

## **Summer Opportunities**

**The Pratt Institute in New York City** offers a summer programming school to students and graduating seniors. You can explore art, design and architecture. This program is tuition based, but some scholarships are offered. More information is in the guidance office.

**UAMS School of Pharmacy ~** The sixth annual College of Pharmacy Camp will be held at UAMS in June. The camp is open to rising juniors and rising seniors. There are also a few slots for graduating seniors. More information is in the guidance office. **THE DEADLINE IS FEB.12.**

**Rust College in Holly Springs, Mississippi** will hold its Visitation Day on March 24 from 9:00am – 2:30pm. Registration forms are available in the Guidance Office. **The deadline to register is March 16, 2012.** For information call 888-886-8492 extension 4058, 4059, 4065 or 4066.

**UAMS offers their M\*A\*S\*H\* program in June.** This program is designed for students who are entering their junior or senior year and have completed one full year of biology. **All applications are due March 30.** More information is in the guidance office.

**Furman College in Greenville, S.C.** offers a summer scholars program for many areas. These programs are tuition based. More information is in the guidance office.

**Summer Opportunity @ MIT** ~ If you are a junior and a talented STEM student, the Research Science Institute at MIT offers a summer camp for cutting-edge research. More information is in the Guidance Office.

**ACXIOM/UCA is offering free IT camps for students this summer.** The Information Technology camps are FREE to anyone interested in learning about IT careers. If you are interested in attending this summer, get more information in the guidance office. In addition, if you attended last year's camp, there is a second track opportunity. That information is also in the guidance office.

**The University of Notre Dame** offers pre-college programs for summer scholars and leaders. The programs last for two weeks and are tuition based. Pick up more information in the guidance office.

**Smith College** for woman offers a pre-college program for high school students. This program focuses on writing and the environment. More information is in the guidance office.

**Carleton College in Minnesota** is sponsoring the Carleton Liberal Arts Experience. The program is for highly motivated sophomores looking to get a liberal arts experience. This program requires a counselor nomination, and African American students are encouraged to apply.

**Discover Emory this summer!** Emory University in Atlanta offers a pre-college program for high school students. This is a tuition based program for 2-6 weeks. There is some financial aid available. More information is in the guidance office.

**Barnard College of Columbia University** offers several summer programs in NYC. Dance, Theatre, Women's Studies and African Studies are just a few of the offerings. The programs are tuition based. More information is in the guidance office.

## **Juniors and Seniors**

**JUNIORS:** Counselors have completed scheduling Juniors for their 2012-2013 classes. Please return your signed course selection sheet, Metro applications and waiver forms to your Counselor as soon as possible.

**Attention Juniors- Furman University,** known for its signature liberal arts education, is looking for candidates for the Furman Scholars Program. Students must have a minimum GPA of 3.5, PSAT score of 120 or higher, Act of 26 or higher, and involvement in extracurricular activities and community service. Any students interested in attending Furman should see Mrs. Moore in the Guidance Office for a nomination. **Deadline to apply is February 9.**

**Josten's will be here on Wed., Feb. 15 to take Sr. Ring orders!!** Students can go to [www.Jostens.com](http://www.Jostens.com) to design their rings...bring your design with you on Feb. 15 to place your order!! Jostens will be set up on 1<sup>st</sup> floor center during both lunches.

**DEADLINE EXTENDED - Mt. Zion Baptist Church** will present a Job Skills Seminar on **Feb. 25** at Mt. Zion Baptist Church, 908 Cross Street. **The deadline to register has been extended to Feb. 15.** Come to learn about resume writing, the interview process, and completing a college application. To register or for more information, call Ethel Dunbar at 227-6756 or Christy Hurd Williams at 257-7345.

## **Seniors**

**Shot Records ~** Seniors, please pick up your shot records from Nurse Yarbough in the Wellness Center....don't forget!!

**Career Opportunity ~ The University of Arkansas** is looking for students with an interest in a career in the medical field who would like to become student athletic trainers. Information and applications are available in the Guidance Office. **The deadline for submission is Feb. 11, 2012.**

**Philander Smith College** is hosting the Second Annual Scholarship Fair on **Wednesday, Feb. 22** from 9:00am to 1:00pm. Bring multiple copies of your transcript and resume, ACT/SAT scores, 2 letters of recommendation and an essay titled "Why I want to go to College". Register at [www.infinitescholar.org](http://www.infinitescholar.org). For information call 501-370-5221 or email [cyoung@philander.edu](mailto:cyoung@philander.edu)

**Arkansas Baptist College** is hosting its first BUFFALO DAY on **Friday, March 30** from 9:00am to 1:00pm. Join other prospective students at this exciting campus preview. For information and to register, email Jocelyn Spriggs at [Jocelyn.spriggs@arkanssasbaptist.edu](mailto:Jocelyn.spriggs@arkanssasbaptist.edu) or call 492-0544.

**LRCH College visits:** Representatives from the following colleges will visit with students:  
If you are interested in meeting with these colleges, please go by the **Guidance Office** to sign up.

February 8	Philander Smith College, Little Rock, AR
February 21	Pulaski Technical College, No. Little Rock, AR
February 22	Lyon College, Batesville, AR