



# PANTHER PRINTS



COVERING THE PANTHER PRIDE  
FEBRUARY 15, 2012

**FINANCIAL AID:** Seniors, if you have not already done so, you should fill out your FAFSA on the web as soon as possible. It is the easiest way to get grant and aid money for college. See Mr. Gutman if you have questions.

**UNIVERSITY OF ARIZONA:** Seniors, next Wednesday, February 22 at 10:30am, the U of A's student recruiter will be here for his last visit for those of you who still want to apply for the Fall of 2012. Get your questions answered! Sign up in the counseling office. Seniors only.

**TUTORING:** Don't forget tutoring is available in the Library after school on Monday, Tuesday, & Wednesday from 3:30-5:00. This is a great way to get help with homework or AIMS prep. ALL students are welcome.

**STUDENTS:** If you are interested in taking an off campus JTED course, the time to do so is now! You can graduate with a license in Cosmetology, Certified Nursing Assistant, or Fire Science to become a fire man. There are also many other off campus courses you can take! See Mr. Benham TODAY, THIS MOMENT, RIGHT NOW

**KIND PANTHERS:** Amphi Students!! Join The Kind Panthers in passing along kindness at Amphi! Come glaze kindness coins, be kind to your fellow classmates, and pass it along. We meet every Monday during lunch in Mrs. Menaugh's Art Rm. FA-4. Watch out for Kindness

coins circulating around campus! You can find more info at [Bensbells.org](http://Bensbells.org) Be Kind!!!

**AMPHI DANCE:** All Students! The big Valentine's Day Dance is THIS Friday! Please plan on attending. Everyone will have a great time! The dance is from 7:30-10:30. Tickets are only \$3—you purchase them at the door on the night of the dance, not the bookstore. There will be great music, lots of food, and the Photography Club will be taking pictures. You must have your ID. Proceeds from the dance will go towards funds for the Prom.

**STUDENTS:** Several adults at the school have volunteered to help with the Pennies for Patients program with an activity called Crazy for the Cure. For the rest of the month, during lunch, Student Council members will be collecting money in 2-liter bottles. Each adult has a designated 2-liter bottle with his/her picture. Toss your pennies/coins in the bottle. The bottle that fills the quickest means that one of these following people will complete the following:

- Mr. Pike---will wear a mullet wig
- Mrs. Broussard—is going to eat a bug
- Mr. Bultman—is going to get a pie in the face
- Mr. Menaugh—is going to do a cannonball off the highdive
- Mr. Lansa—will be a teacher for the day
- Mrs. DeMello—will wear a banana suit costume
- Mr. Humphreys—is going to wear a Red Sox jersey all day
- Mr. Gonzalez—will shave half his moustache
- Cesar(Attendance Clerk)—will wear a dress





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**ANIME CLUB:** We're meeting tomorrow afterschool in room 417.

**YEARBOOKS:** Buy your yearbooks at the bookstore for only \$45. If you purchase yours before April 30th you will be entered in a drawing to win a touchscreen camera!

**AMPHI PROM:** Amphi High School's Prom is going to be very special this year! We will be going to the beautiful La Paloma Resort. Mark your calendars for May 12<sup>th</sup>. Much more information is yet to come, but start saving your money and planning for this exciting night.

**TRACK VOLUNTEERS:** Amphi's first track meet is coming soon, Wednesday Feb 29<sup>th</sup>! All you teachers and students who love to volunteer and help others the track team needs your service at this home meet. Please contact Mr. Bultman in room G4 if you would like to help.

**PENNIES FOR PATIENTS PROGRAM:** Everyone start ringing your pennies to your 1<sup>st</sup> hour class and putting them in the boxes. Our school joined 25,000 schools nationwide in the program. This will help people who are sick with blood cancers like leukemia, lymphoma and myeloma. Add your extra pennies to the classroom's collection box. Did you know that the life expectancy of a coin is 30 years? Paper money, like dollar bills, usually last for only 1½ years! Coins really add up! The US Mint estimates that there is 13 billion dollars in loose change laying around in America. Check under couch cushions, sidewalks, and in your family's

junk drawer! Thanks for fighting cancer...one coin at a time.

**TRACK:** Yoo hoo Amphi! If you want to get in shape and have fun then come join track. It's fun! Practice is everyday from 4-5:30pm at the track.

**SENIORS:** Did you miss your senior photo appointment? Come by room 100 or FA-5 to reschedule and make sure you are in the 2012 yearbook. Photos need to be done before Rodeo Break.

**Amphi Students if you missed the first Project Runway Fashion Show please do not miss the next one**

Join us for the second Amphi Project Runway show February 17<sup>th</sup> at Lunch  
Come and cheer our designers and Models on as they feature the "Sweetheart Dress challenge"  
Help us judge the top Model and Designer  
Don't miss it

**WRESTLING - STATE FINALS:**

Congratulations to Austin Andrade and Floyd Jones for becoming STATE CHAMPIONS in wrestling. Raul Hernandez, JD Aquilina, and Josh Camacho all came in 4<sup>th</sup> place individual and the over all team finished in 3<sup>rd</sup>. This is the first time since 1986 that Amphi has had two state champs in the same year.

**BASKETBALL:** Our Boys Basketball team is moving closer to another state championship. Come to the game this Saturday at 7:00 at Amphi. Saturday's game is a Black Out! Make





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sure you wear your BLACK shirt to show support for your team.

## **TOP TEN FITNESS AWARDS:**

Attention all PE Students- The Top Ten Fitness Awards are in and posted up in the West Gym in the PE Hall Fame trophy case. Check it out next time you are in the gym.  
Are Top Ten Winners are

### **BOYS**

Zach Beardsley with 64 sit-ups in a minute  
Diego Martinez Barrera with 7 laps in the 12 min Run  
James King with 80 push-ups  
Jesus Guerrero with 46 in the sit-n-reach

### **GIRLS**

Carolyn Guevara Boteo with 55 sit-ups  
Tori Tang with 55 sit-n-reach  
Jessica Urrea with 32 push-ups

WAY TO GO WITH EVERYONE  
If you think you can beat these scores talk to your PE teacher

## **PANTHER NUTRITION NIBBLES:**

### **A Week's Worth of Ideas for Morning Meals Leading Up to Test Day Continuation from last week**

**Thursday:** Yogurt with granola. Get a big dose of calcium from the yogurt, and put granola on top for a satisfying crunch. Almost as satisfying as reviewing for the test and knowing all the answers!

**Friday:** Oatmeal with brown sugar and cinnamon. Oatmeal is truly a winner — it has a mix of protein, fiber, and carbohydrates, which will keep you energized and alert during the test. Sprinkle your oatmeal with a bit of brown sugar or cinnamon to make it sweeter; better yet, add some fresh berries! After all, it's Friday, and you deserve a treat for preparing yourself so well.

