



# THE JOHN LETTER

STUDENT ACTIVITIES FOR THE WEEK OF MARCH 4TH - MARCH 10TH 2013

Email your items to Terry.Hutchinson@rrcc.edu. Deadline is Wednesday at Noon prior to the week of publication.

## Get To Know...



### Macklin Garrett

#### About:

**What's his major:** Sociology

**Where he's from:**

Joplin, Missouri

**Someday he wants to:** do the

Boston Marathon

**Last trip he took:** Alaska

**Pets:** 1 dog, 2 cats, 3 millipedes,

1 fish, 2 hamsters & 2 tarantulas

**Daily craving:**

Peanut butter/banana sandwich

**Famous person he is told he**

**looks like:** Morgan Freeman

**Best job ever:** RRCC Cafe

**Recycle:** Yes

**Pet Peeve:** Yelling

**Favorites:**

**Activity:** Running

**Color:** Red

**Song:** If You Want Me To Stay

by Sly and the Family Stone

**Band:** Black Uhuru

**Pizza topping:** Chicken

**Animal:** Pronghorn

**Candy:** Cotton

**Number:** 24

Students! We want to get to know you! Stop by the Student Project Center Room 1551 if you would like to be in our next edition!

More "John" on the back!

### Available at the Student Life Desk:

Student IDs - Free (replacement \$10)

RTD 10-ride booklets - \$17

Women in IT shirts - \$12

Locker Rental - \$7 - \$8

Movie Tickets - \$7.50

Postage Stamps - 45¢

Photocopies - 10¢/page

Color Prints - 50¢/page

Faxes - 50¢ local \$1 long distance

**Free Checkout with ID:**

Playstation 3 and Xbox 360 Games

Pool Balls and Cues

Computer Equipment

Ping-Pong Paddles & Balls

Basketballs, Volleyballs, Soccerballs

Tennis Equipment

## CAMPUS ACTIVITIES

Tuesday, March 5th

### PTK WELLNESS FAIR

11:00 a.m. - 1:00 p.m. in the Great Hall  
Information on physical, mental, emotional, spiritual health and more!

### Student Food Bank:

at the Student Life Desk

11:00 a.m. - 1:00 p.m. & 4:00 - 6:00 p.m.

### Denver CAP

### Colorado Aids Project

Free testing in the Mt. Evans room

11:00 a.m. - 3:00 p.m.

Free and Confidential

Sponsored by Rainbow Alliance, RRCC Health Clinic and Colorado AIDS Project

Wednesday, March 6th

### Star Party

7:30 - 9:30 p.m. Lakewood campus

at the stone amphitheater.

Snacks and hot drinks will be provided.

## Pathways to Health Careers

11:00 a.m. - 1:00 p.m. in the Community room

Come meet health professionals and learn about pathways to many health careers including: Chiropractor, EMT, Holistic Health, Medical Assistant, Nursing Assistant, Phlebotomist, Sonographer and many more! Speak with university representatives from several Metro Area Schools about program requirements and transfer prep from RRCC.

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Information on physical, mental, emotional, spiritual health and more!

### Student Food Bank:

at the Student Life Desk

11:00 a.m. - 1:00 p.m. & 4:00 - 6:00 p.m.

Saturday, March 9th

 **Free Pizza!**   
11:30 a.m. til we run out!  
in the Great Hall

## ARVADA CAMPUS ACTIVITIES:

### Free Popcorn

Tuesday - Thursday: 11:00 a.m. - 2:00 p.m.

Saturday: 10:00 a.m. - 2:00 p.m.

### Math Tutoring

Monday: 2:00 - 6:00 p.m.

Tuesday & Saturday: 11:00 a.m. - 3:00 p.m.

### Food Bank

Tuesday: 11:00 a.m. - 1:00 p.m.

Thursday: 5:30 - 7:30 p.m.

### Writing Tutoring

Monday: 12:00 - 3:30 p.m.

Wednesday: 9:00 a.m. - 3:30 p.m. & 4:30 - 7:30 p.m.

Thursday: 1:00 p.m. - 6:00 p.m.

Wednesday, March 6th

## Orange Foods Day

11:00 a.m. - 1:00 p.m. &

5:00 - 7:00 p.m. in the Front Lobby

Saturday, March 9th

## Grab-N-Go

10:00 a.m. - 1:00 p.m.

## Connect to Success Services Outreach

11:00 a.m. - 1:00 p.m.

Meet staffer Dana Kobold and take away study/success hints and handouts!



All events listed in the John Letter are open and FREE for Current Students unless otherwise noted!

## Johnna's Clinic Corner Question Of The Week

**Q:** I'm interested in quitting tobacco. What quit support services are available at the Student Health Clinic?

**A:** Students may set up a tobacco cessation consultation, free of charge, at the RRCC Student Health Clinic. At the clinic, students may access prescriptions for quit meds such as Chantix, and referrals to the Quitline (resource that provides NRT) and/or to the RRCC Peer Tobacco Quit Coach Program. Visit the Student Health Clinic if you have any questions or concerns.

## Get in the ZONE... The "COLLEGE PREP" ZONE!

FREE Tutoring & Coaching  
Available in the  
**Learning Commons**  
030, 060, & 090 courses in  
English, Math, & Reading.

Mon & Thurs: 8:00 a.m. - 6:00 p.m.

Tues & Wed: 8:00 a.m. - 7:00 p.m.

Fri & Sat: 11:00 a.m. - 3:00 p.m.

For more info, contact Randy  
303-914-6736

## Campus Portal

Find what you need!

Log in to The Rock:

- Add/Drop classes
- Student Clubs
- Desire2Learn
- Upcoming Events
- And more

Check out the link on [www.rrcc.edu](http://www.rrcc.edu)



## DO YOU KNOW:



- ★ Who your Lender is?
- ★ How much your monthly payment will be?
- ★ What the terms of your loans are?
- ★ What options you have if you have trouble making payments?
- ★ Who can help?

Ask Tom Miller, your Default Prevention Loan Advisor in the Financial Aid Department.

## Students...Get connected with our NEW Online Career Network



BRINGING STUDENTS AND EMPLOYERS TOGETHER

You can:

- Find and apply for jobs and internships
- Post resumes and cover letters
- Register for career, advising and transfer events

Register today at: <http://www.rrcc.edu/careerconnect>



Follow us on:

Facebook!

[facebook.com/redrocksc](http://facebook.com/redrocksc)

AND



Twitter!

[twitter.com/rrccedu](http://twitter.com/rrccedu)

## Connect to Success Services Tip of the Week

Did you know there are strategies to help with memory?

Stop by the Learning Commons to meet us and find out more!

## Bookstore News!

Graduating students: Come to the Grad Fair at the Bookstore on Thursday, March 7th from 4:00 - 6:00 p.m. You will have an opportunity to meet with a representative from Herff Jones to order a class ring and personalized graduation announcements. Generic announcements are also available at \$19.95/pkg of 10. You may purchase your cap & gown (\$31.85+tax). Enter our drawing to win a free cap, gown and tassel. (no purchase required) Also, a representative from 5-Hour Energy will be handing out samples.

## Enjoy a Sudoku Puzzle!

9						4	7
8				6	1		
	5		3	2			
	2		8	9	7		
		4			8		
		1	2		3		5
				8	7		9
		8	1				2
6	7						1

*Learning Commons News*

**Computer Programming Tutoring**  
**Mon & Wed: 9:00 - 11:00 a.m.,**  
**1:00 - 4:00 p.m. and 6:00 - 8:00 p.m.**  
**Tues: 6:00 - 8:00 p.m.**  
**Sat: 10:00 a.m. - 2:00 p.m.**

Check out the website for times at  
[http://www.rrcc.edu/lc/tutor\\_lkwd.htm](http://www.rrcc.edu/lc/tutor_lkwd.htm)

## STUDENT VETERANS CENTER



Rm. 1253 in the  
Learning Commons.  
Computer, TV Lounge,  
VA Literature, Magazines, etc.

## Payroll Deadline

Biweekly Payroll: 2/23 - 3/8

E-timesheets are due Friday, March 8th by

**5:00 p.m.** Pay will be direct

deposited Friday, March 22nd, 2013.

## NEW DEN HOURS

Monday - 11:00 a.m. - 6:00 p.m.

Tuesday - 3:00 - 8:00 p.m.

Wednesday - 11:00 a.m. - 6:00 p.m.

Thursday - 3:00 - 8:00 p.m.

Friday - Closed

Saturday - 10:00 a.m. - 2:00 p.m.

## Taking an Online Class?



RRCC's online system is  
Desire2Learn

For more details go to:

[online.rrcc.edu](http://online.rrcc.edu)

## Work Out Free

The Fitness Center is FREE for all RRCC students. Bring your current student ID & stop by for orientation.

Fitness Center hours vary each semester, during semester breaks, holidays and school closures. Please call 303-914-6375 or stop by for current hours.

