



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

# THE JOHN LETTER

STUDENT ACTIVITIES FOR THE WEEK OF OCTOBER 3RD - OCTOBER 9TH, 2016

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



**Please do NOT take me with you!** If you would like a copy of this week's John Letter please print one from the rock: <http://www.rrcc.edu/student-life/student-publications> or see the Student Life Desk.

## Student Life Hours of Operation

**Student Project Center:**  
Monday - Thursday: 8:00 a.m. - 9:00 p.m.  
Friday: 8:00 a.m. - 6:00 p.m.  
Saturday & Sunday 10:00 a.m. - 4:00 p.m.  
Color printing available during student life desk hours.

(50¢ per page, 8 page limit)

**Student Life Desk:**  
Monday - Thursday: 9:00 a.m. - 6:00 p.m.  
Friday: 9:00 a.m. - 5:00 p.m.  
Saturday: 10:00 a.m. - 2:00 p.m.

**The Den:**  
Monday - Thursday 11:00 a.m. - 7:00 p.m.

**Fitness center:**  
Monday: 6:00 a.m. - 9:00 p.m.  
Tuesday: 6:00 a.m. - 6:00 p.m.  
Wednesday: 6:00 a.m. - 6:00 p.m.  
Thursday: 6:00 a.m. - 9:00 p.m.  
Friday: 6:00 a.m. - 6:00 p.m.  
Saturday: 10:00 a.m. - 4:00 p.m.

## Student Life Activities

Monday, October 3rd



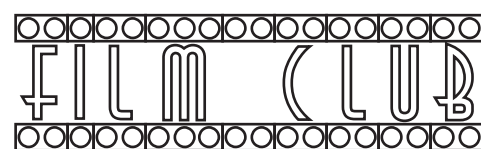
Did you know that 1 in 4 Americans have a diagnosable mental health disorder in a given year, and more than half of college students have had suicidal thoughts? Stop by tables for information on mental health, resources, stickers, and stress balls. There will also be a sidewalk chalk activity. Monday, October 3rd from 11:00 a.m. - 3:00 p.m. at the Main Entrance and on the Bridge.

Tuesday, October 4th

## Wellness Fair

Inform yourself about how to be healthy! There will over fifteen interactive tables about various health-related topics. Tuesday, October 4th from 11:00 a.m. - 1:00 p.m. on the Bridge.

## ONGOING CAMPUS ACTIVITIES



Meets Wednesdays, 1:00-2:00 p.m. in the Den. Everyone is welcome!

Thursday, October 6th

## National Depression Screening Day

Depression is a treatable condition that many students experience, and often the hardest part is taking the first step. Take a quick, free mental health assessment. Referrals to treatment services will be available if needed. 11:00 a.m. - 1:00 p.m. in the Great Hall.

Anonymous screenings are also available online using the following QR code:



## ONGOING CAMPUS ACTIVITIES



Snacks are available at the Student Life Desk for students on Saturday, October 8th from 10:00 a.m. - 2:00 p.m.

## ARVADA CAMPUS

### Tutoring Details

**Biology:**  
Tuesdays (9:00 a.m. - 12:00 p.m.) & Saturdays (10:00 a.m. - 1:00 p.m.)

**Math:**  
Mondays & Wednesdays (10:30 - 11:30 a.m. & 10:00 a.m. - 1:00 p.m.)

**Writing:**  
Tuesdays & Thursdays (9:00 a.m. - 2:00 p.m.)

### Student Food Bank

Up to 4 free items with current student ID at the Student Life Office. Tuesdays at 11:00 a.m. - 1:00 p.m. & Wednesdays 4:00 - 6:00 p.m. (Near the Coffee Shop)

### The Learning Collaborative

A non-credit course to improve your math, reading and writing skills. Successful completion prepares you for courses such as Math 050, 055, English/CCR092 or higher

## YOGA

Every Thursday at 12:00 p.m. in room 8410 or on the outside deck (weather permitting).

## Get To Know...



### Mandy Pants

#### About:

**Where she works:** Coffee Shop & Floyd's 99 Barbershop  
**How long she has worked there:** Forever... literally  
**What they want to be when they grow up:** Zoologist  
**Childhood Idol:** Sydney Bristow  
**Last trip she took:** Guatemala  
**Dream Vacation:** Fiji  
**Pet Peeve:** Bad Odor  
**Pets:** I don't have time for pets  
**If she had one wish it would be:** To own a zoo  
**Favorite thing about RRCC:** The Police  
**Favorites:**  
**Activity:** Shooting  
**Movie:** The Hobbit 1, 2, and 3  
**Villain:** Maleficent  
**Animal:** White Tiger  
**TV Show:** Chuck  
**Book:** The Lunar Chronicles  
**Season(ing):** Pepper

## Clubs

We have clubs such as Poli-Sci, Anime Club, Engineering, Video Games, Cru, Geology, etc. Club fliers are located on the West End of the Bridge. If you are interested in joining an existing club or starting your own, please email Sara Oviatt at: sara.oviatt@rrcc.edu or Tamera Hampton at tamera.hampton@rrcc.edu

## HOW LONG WILL YOU BE GONE?



Even ten minutes could be **too long** for a pet left in the car on a hot day. By then, the temperature inside the car could reach 160° F. That's hot enough to cause a dog to suffer heat stroke. If you see a pet in a vehicle on a hot day, please contact Campus Police at:

**303 914-6394**

## Available at the Student Life Desk:

- Student IDs - Free (replacement \$10)
- RTD 10-ride booklets - \$20
- Locker Rental - \$8
- Movie Tickets (limit 6) - \$8.50
- Postage Stamps (limit 6) - 47¢
- Photocopies - 10¢/page
- Color Prints (limit 8) - 50¢/page
- Faxes - 50¢ local, \$1 long distance

### Checkout with Current ID:

- Playstation 4, and Xbox One Games
- Ping-Pong, Basketballs, Soccer balls, Volleyballs, Tennis Equipment



## Tutoring

Free tutoring is available for many classes at both the Arvada and Lakewood campus. For more details please go to: <http://www.rrcc.edu/learning-commons/tutoring>

## Payroll Deadline

Biweekly Payroll: 10/1 - 10/14  
Time sheets are due Friday, 10/14 by **12:00 p.m.** Pay for the current cycle will be direct deposited on Friday, October 28th