



# THE JOHN LETTER

STUDENT ACTIVITIES FOR THE WEEK OF MAY 2ND - MAY 8TH, 2016

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

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

## CAMPUS ACTIVITIES

Monday, May 2nd

### ZUMBA

Mondays at 4:10 p.m. in the Mt. Evans Room and Thursdays at 4:00 p.m. in the Dance Studio. For more information see The Fitness Center.

Tuesday, May 3rd

### Student Food Bank

Up to 4 free items per week with current student ID at the Student Life Desk. 11:00 a.m. - 1:00 p.m. & 4:00 - 6:00 p.m.

### My Depression: The Up and Down and Up of It

A critically-acclaimed half-hour film Elizabeth Swados' personal story of her depression lifelong struggle with depression in order to help others who have similar health conditions. Tuesday, May 3rd from 12:00 - 1:00 p.m. in The Den

### Red Rock Spring Picnic

Celebrate the end of the semester with hot dogs and picnic munchies while supplies last. Starts at 11:00 a.m. on the South Lawn.

Wednesday, May 4th

### My Depression: The Up and Down and Up of It

A critically-acclaimed half-hour film Elizabeth Swados' personal story of her depression lifelong struggle with depression in order to help others who have similar health conditions. Wednesday, May 4th from 12:00 - 1:00 p.m. in The Den

### Rainbow Alliance

Rainbow Alliance is a club that raises awareness and community involvement for the GLBT+ community. Meeting occurs every Wednesday from 12:00 p.m. - 1:00 p.m. in The Green Mountain Room.

### YOGA

Yoga will meet every Wednesday starting January 27th at 7:45 a.m. In the Den

More Campus Activities on the back!

## Get To Know...



### Clarissa M.

#### About:

#### Where she works:

Information Desk / Student Ambassador

#### What she wants to be when she grows up:

Speech - Language Pathologist

#### Childhood Idol:

Hilary Duff

#### Pet:

One dog

#### Last trip she took:

Gunnison, CO

#### Dream vacation:

Prague, Czech Republic

#### Pet peeve:

Trying to communicate with someone when they are on their phone

#### Favorites:

Food: Chicken casserole

Activity: Listening to music

Band: Katy Perry

Book: The Alchemist by Paulo Coelho

Pizza Topping: Cheese

Animal: Wolves

Tea: Chai tea

Movie: Lilo & Stitch

Ice cream: Pistachio Almond



### Grab-n-Go!

Food and snacks at the front desk from 10:00 a.m. - 2:00 p.m. on Saturday May 7th.

## 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) - 49¢

Photocopies - 10¢/page

Color Prints (limit 8) - 50¢/page

Faxes - 50¢ local, \$1 long distance

#### Checkout with Current ID:

Playstation 4, Xbox 360, and Xbox One Games

Ping-Pong, Basketballs, Soccer balls,

Volleyballs, Tennis Equipment

## ARVADA CAMPUS ACTIVITIES:

### Free Popcorn

Monday - Friday: 11:00 a.m. - 2:00 p.m.

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

### Writing Tutoring

Tuesday: 1:00 - 4:00 p.m.

Wednesday: 4:00 - 6:00 p.m.

### Math Tutoring hours

Monday: 9:15 - 11:15 a.m.

Wednesday: 9:15 - 11:15 a.m.

Thursday: 10:15 a.m. - 12:15 p.m.

### Librarian hours

Monday, Tuesdays, and

Wednesdays: 12:00 - 4:00 p.m.

Thursdays: 8:00 a.m. - 12:00 p.m.

### Military & Veterans Service Coordinator on the Health Sciences Campus

Every Thursday: 11:00 a.m. - 4:00 p.m.

### Food Bank

Wednesday: 11:30 a.m. - 1:00 p.m.

Thursday: 11:30 a.m. - 1:00 p.m.

### Enrollment opportunities

CRN 30721, HPR 102 - 622, and CPR for professionals Saturday, April 30th 9:00

a.m. - 5:00 p.m. Worth 0.5 credit

### Ultrasound Program

RRCC Ultrasound program is looking for

Women 8 - 32 weeks pregnant. email:

brenda.smith@rrcc.edu or

amanda.hampel@rrcc.edu

More Campus Activities on the back of the John Letter!



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

Campus Activities

Wednesday, May 4th

**Student Food Bank**

Up to 4 free items per week with current student ID at the Student Life Desk.  
11:00 a.m. - 1:00 p.m. & 4:00 - 6:00 p.m.

Thursday, May 5th

**Obscura Open Mic!!!**

All are welcome to preform, read your fiction, show your drawings, let us hear you music and poetry, share your art. Or just stop by to admire other students work. Join your fellow students on Thursday, May 5th from 11:30 a.m. -

**Water Dance Concert**

The Water Dance Concert is a showcase for the dance classes offered during the spring semester. RRCC theater students choreographed these pieces. Tickets are \$5, go to [tinyurl.com/rrcctickets](http://tinyurl.com/rrcctickets) to purchase tickets. Join us Friday, May 6th at 7:30 p.m. in the RRCC theater.

Friday, May 6th

**Denver Metro Speech Competition**

The RRCC Communication Department is hosting the Denver Metro Community College Speech Competition. Friday, May 6th at 11:00 a.m. - 1:30 p.m.

**FUTURE CAMPUS ACTIVITIES**

Saturday, May 14th

**Graduation Ceremony**

Come join our graduates and celebrate their achievements. Saturday, May 14th at 10:00 a.m. at Faith Bible Chapel 6210 Ward Road

Campus Information

**Summer Registration Has Begun**

Updated version of the class schedule and catalog on the Rock. Register for classes early and get the classes you need!

**Learning Commons Fall Semester Hours**

**Monday - Thursday:**

7:00 a.m. - 9:00 p.m.

**Friday:** 7:00 a.m. - 6:00 p.m.

**Saturday:** 8:00 a.m. - 4:00 p.m.

**Sunday - CLOSED**

**Tutoring available weekly for:**

Writing Center

**Monday - Thursday:**

9:00 a.m. - 6:00 p.m.

**Friday:** 9:00 a.m. - 1:00 p.m.

Biology

**Monday:** 10:30 a.m. - 2:00 p.m.

**Tuesday:** 8:00 a.m. - 1:00 p.m.

**Wednesday:** 10:30 a.m. - 12:30 p.m.

**Thursday:** 8:00 a.m. - 10:00 a.m. and 5:00 - 7:00 p.m.

Communication Lab

**Monday:** 8:00 a.m. - 7:00 p.m.

**Tuesday:** 10:00 a.m. - 7:30 p.m.

**Wednesday:** 8:30 a.m. - 7:00 p.m.

**Thursday:** 10:30 a.m. - 2:30 p.m.

**Friday:** 10:30 a.m. - 2:30 p.m.

**Saturday:** 10:30 a.m. - 2:30 p.m.

Spanish

**Monday - Thursday:**

11:45 a.m. - 1:45 p.m.

**Monday & Wednesday:** 4:00 - 6:00 p.m.

Please see student worker at assistance desk for questions.

**For Tutoring times for other subjects**

**SUICIDE PREVENTION AND MENTAL HEALTH RESOURCES**

On Campus

-RRCC Behavioral Health Counselor, Katey Parsons, at the Student Health Clinic: 303-914-6655

-Peer Counseling Program: 303-914-6185, [peercounseling@rrcc.edu](mailto:peercounseling@rrcc.edu)

-Campus Police: 911 or 303-914-6394

-“Report a Concern:” [rrcc.edu](http://rrcc.edu) (link is at the bottom of the page.)

Off Campus

-Colorado Crisis Services: 1-844-493-TALK (8255), text “TALK” to 38255, or visit a 24/7 walk-in location, found at <http://coloradocrisiservices.org>

-National Suicide Prevention Lifeline: 1-800-273-TALK (8255), veterans press “1,” online chat at <http://www.suicidepreventionlifeline.org>

-C-SEAP counseling for state employees: 303-866-4314 or 1-800-821-8154

**CAMPUS INFORMATION**

**Fitness Center Hours**

Monday: 6:30 a.m. - 10:00 p.m.  
Tuesday: 6:30 a.m. - 6:30 p.m.  
Wednesday: 6:30 a.m. - 10:00 p.m.  
Thursday: 6:30 a.m. - 6:30 p.m.  
Friday: 6:30 a.m. - 6:30 p.m.  
Saturday: 10:00 a.m. - 4:00 p.m.  
Closed Sunday

**New Financial Aid Applications**

The 16-17 FAFSA application is now available. Apply early to maximize the amount of aid you may qualify for at RRCC.

**Library Spring Semester Hours**

**Monday - Thursday:** 8:00 a.m. - 9:00 p.m.  
**Friday:** 8:00 a.m. - 6:00 p.m.  
**Saturday:** 8:00 a.m. - 4:00 p.m.  
**Sunday:** Closed

**Discount RTD Tickets**

The Student Life desk is selling bus tickets for students. A booklet of 10 tickets are \$20.  
**Must have current student ID.**

**Flu Shots Available in the Clinic**

Flu shots are \$15 with current Student I.D.,  
Monday - Friday: 9:00 - 11:30 a.m. and 12:00 - 5:00 p.m.

**Internships**

Interested in an Internship for Spring 2016? Contact Melissa English, the Experiential Learning Coordinator, at [melissa.english@rrcc.edu](mailto:melissa.english@rrcc.edu), 303-914-6361 or stop by Room 1264 in The Learning Commons.

**GLBT Resource Center Spring Hours**

**Monday - Friday:** 8:00 a.m. - 5:00 p.m.  
Room 1252 (located in the Learning Commons)

**Payroll Deadline**

Biweekly Payroll: 4/16 - 4/29  
E-time sheets are due Friday, 5/13 by **12:00 p.m.** Pay will be direct deposited Friday, May 13th, 2015.