

The Arvada John Letter

March 19th through March 25th 2018

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

E-mail your items to

Mika.Matzen@rrcc.edu

Deadline is Wednesday at Noon prior to the week of publication.

Student Activities:

Bystander Training

***Bringing in the Bystander* is an evidence-based sexual violence prevention program. Come to this two-part training to understand the role that you can play in preventing sexual assault by becoming an active bystander!**

In Grays Peak room.

9:00 a.m. to 10:15 a.m.

April 2nd & 4th.

LGBTQ 101

A condensed version of the RRCC Safe Zone training, students will learn terminology, the basics of gender and sexuality theory, as well as develop the knowledge and skills to be an ally to better serve the LGBTQ community.

Friday, March 23rd.

1:00 p.m. to 3:00 p.m.

In the Grays Peak room.

To register email Jen Macken at

jen.macken@rrcc.edu .

Peer Counseling Program

Alcohol Awareness Tables

**Alcohol Screenings are available, Play
Bean Bag Toss with Drunk Driving
Goggles. Stop by and try a “mocktail”.**

March 20th & 22nd.

In The Great Hall at 10:00 a.m.

Get Out

Film Screening and Discussion.

Monday April 16th.

1:30 p.m. in The Den.

The Highland Square Ensemble will be performing a free String Quartet recital. Thursday, March 18th.

4:00 p.m. to 5:00 p.m.

In the Community Room.

Rising Star

You can nominate a person for rising star! Stop by our table in the Great Hall and talk to your SSAC representatives to find out how.

March 19th and 20th.

Rising Star Awards Luncheon

Arapahoe Community College

Tuesday, April 10th.

PTK Member Meeting

Tuesday, April 20th.

In the Mt. Evans room.

1:00 p.m. to 2:00 p.m.

Social Justice Reading Group

Join us for a book club of sorts where students, faculty, and staff gather to discuss strategies for combating systems of oppression through the lens of a shared book.

This semester we will be reading *Men Explain Things to Me* by Rebecca Solnit.

In the Grays Peak room.

April 12 at 1:00 p.m.

Pg. 69 through 124.

Contact jen.macken@rrcc.edu for details

Student Recreation Center Spring Programs:

Free Snacks! Join us on Monday March 19th, 2018 In honor of National Nutrition Month as the SRC will be providing free healthy snacks, ranging from bananas to KIND Bars, for RRCC students. See the SRC Membership Desk for more information.

Student Recreation Center Spring Programs Continued:

**The Strong as a Fox: Bi-Annual Bench
Press Competition will take place
Tuesday April 10th, 2018 from
4:00 p.m. to 6:00 p.m. in the
SRC Weight Room.**

**If you are interested in participating,
please pre-register for the competition
by visiting the SRC Membership Desk.
Registration forms will be located in a
binder by the SRC Membership Desk.**

Student Recreation Center Spring Programs Continued:

For Strong As A Fox information please contact Fitness Coordinator, Bre'una Keeton, at breuna.keeton@rrcc.edu .

The SRC is now offering free Rock Wall and Skills clinics for RRCC students.

Email Intramural and Adventures Coordinator, Ben Wygant, to schedule a session at ben.wygant@rrcc.edu .

Sign up for the 4 versus 4 Coed Indoor Volleyball Tournament today! Visit the SRC Membership Desk for more information on how to register.

Honors Program at RRCC:

**Trefny Honors Program Events are open
to ALL students!**

Iceland Info Meeting

Monday, March 19th

In Grays Peak room.

3:00 p.m. to 4:00 p.m.

Applying for Honors Workshop

Tuesday, March 20th

In the Red Fox Room.

12:00 p.m. to 1:00 p.m.

Honors Program at RRCC

Continued:

Chemical Footprint Workshop

Tuesday, March 20th

Torreys Peak

1:30 p.m. to 3:00 p.m.

Honors Program at RRCC

Continued:

Speaker Series:

Adam Forland – Tessellation of the Plane

Einstein Problem

Wednesday, March 21st

In the Grays Peak room.

3:00 p.m. to 4:00 p.m.

Early Admission Applications NOW

OPEN!

To apply visit: www.rrcc.edu/honors

Want to help out your community?

Here are a few RRCC community service projects:

March 24th: Habitat for Humanity (building houses).

April 13th: Night Lights Kids (helping children with disabilities and their siblings).

Please contact PR@rrcc.edu to sign up or for more information!

World Water Day, Nature for Water:

Thursday, March 22

Ways to celebrate:

1. Free admission to the Denver Botanic Gardens.

2. Walk to the Environmental Training Center and stop by the creek along the way.

3. Sign up for a free workshop at the Environmental Training Center

4. Find out how to get a Bachelors degree in Water Quality Management from RRCC.

World Water Day, Nature for Water

Contact Information:

From more information contact Summer Waters at summer.waters@rrcc.edu or visit www.rrcc.edu/water-quality-management .

2018 Spring Break

No Classes March 26th through March 30th.

Campus will be closed Saturday, March 31st & Sunday April 1st.

Campus Information:

Do You Know:

What you owe?

Who your lender is?

What the terms of your loan are?

**What options you have if you have
trouble making payments?**

Who can help?

**Ask Tom Miller your Default Prevention
Loan Advisor in Financial Aid.**

thomas.miller@rrcc.edu

Call: 303-914-6495

Arvada Campus Student Food Bank

Up to 4 free items with current student ID. Open to all students, no need to prove financial hardship to access the food bank.

Arvada Campus Life Office

Tuesday and Wednesday from 11:00 a.m. to 1:00 p.m.

Talk 24/7 Sexual Assault Hotline

Call: 303-322-7273

Report a Concern:

www.rrcc.edu/safe

Suicide Prevention Hotline:

Call: 1-800-273-8255

Attention Students!

Activate and use your student email account. RRCC communicates with students via email ONLY through the student email address.

Arvada Hours of Operation:

Arvada Health Clinic

Wednesdays 9:00 a.m. to 12:00 p.m.

Fridays from 9:00 a.m. to 4:00 p.m.

Behavioral Health

Wednesdays from 9:00 a.m. to 4:00 p.m.

Fridays from 9:00 a.m. to 4:00 p.m.

Assessment Hours

**Monday through Friday from 9:00 a.m.
to 5:00 p.m.**

Arvada Hours of Operation Continued:

Bookstore Hours

**Monday through Friday from 11:00 a.m.
to 3:00 p.m.**

Campus Life Office

**Monday through Friday from 11:00 a.m.
to 3:00 p.m.**

Learning Commons

Open during campus hours

Arvada Hours of Operation Continued:

Welcome Desk Hours

**Monday through Friday from 8:00 a.m. to
7:00 p.m.**

Saturday from 8:00 a.m. to 5:00 p.m.

Coffee Shop Hours

**Monday through Thursday from 7:30 p.m.
to 6:00 p.m.**

Friday from 8:00 a.m. to 3:00 p.m.

Arvada Hours of Operation Continued:

Advising Hours

Monday through Friday by Appointment

Advising Walk-Ins:

Monday & Wednesday

Financial Aid Hours

**Monday through Friday from 8:00 a.m. to
5:00 p.m.**

Arvada Hours of Operation Continued:

Cafe

**Monday through Friday from 8:00 a.m. to
5:00 p.m.**