

# **The John Letter**

**April 16th through April 22nd, 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](mailto:Mika.Matzen@rrcc.edu)**

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

# **Student Activities:**

## **RRCC Student Tech Advice Club**

**We aim to help all staff, faculty and students with any questions or issues they encounter on their personal devices, such as smartphones, tablets, laptops, etc.**

**We are setup on the Bridge every Thursday from 12 p.m. to 1 p.m. on the Lakewood Campus.**

## **PTK Member Meeting**

**April 20th at Lakewood Campus in the  
Mt. Evans room from 1:00 to 2:00 p.m.**

## **Fresh Check Day**

**Fresh Check Day is all about mental  
health. Increasing awareness,  
educating, breaking stigma and  
empowering the community is what  
Fresh Check is all about.**

## **Fresh Check Day Continued:**

**This is a Student Life collaboration and they will be providing free food, in addition to the booths and tents set up for this exciting wellness fair!**

**It will be held on the South Lawn (or the Recreation Center if it's rainy) on Wednesday, April 25th from 11:00 a.m. to 2:00 p.m.**

## **Channel 9 Health Fair**

**It's coming to Red Rocks Saturday, April 21st at 8:00 a.m. to 1:00 p.m. They are looking for volunteers if interested go to:**

**<https://www.9healthfair.org/health-fairs/spring/243/index>**

**Student Recreation Center Spring  
Programs:**

**Relaxation. Peace. Self-Reflection. Join  
us for Spa Night on Thursday April 19<sup>th</sup>,  
2018 from 4 to 6 p.m. for a night of  
calmness and relaxation before finals.**

**Please email Bre'una Keeton at  
[breuna.keeton@rrcc.edu](mailto:breuna.keeton@rrcc.edu) for more  
information.**

**Student Recreation Center Spring  
Programs Continued:**

**2nd Semi-Annual THROW THINGS AT  
YOUR INSTRUCTOR dodgeball match.**

**Thursday, April 26<sup>th</sup>, 3 to 4 P.M. at the  
SRC Gym. Show up and throw things.**

**Winning team receives an “I’m  
Champion” t-shirt.**

**4 on 4 Coed Volleyball**

**Tournament. Friday, April 27<sup>th</sup>, 3 to 8  
P.M. in the SRC Gym. Sign up at the SRC  
front desk.**

**Student Recreation Center Spring  
Programs Continued:**

**Sweat the Stress! Visit one of our free  
group fitness classes today to sweat the  
stress of finals away. Class schedule is  
located on our website at  
[www.rrcc.edu/src](http://www.rrcc.edu/src)**

**Step out of Stigma!**

**Meet at the Lakewood pavilion Mondays  
& Wednesdays**

**April 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup>, & 25<sup>th</sup>**

**From 11 a.m. to 12 p.m. to walk and  
Talk about mental health**



## **Internship Opportunities**

**Designer / Drafter with Harris Group**

**- \$15/hour**

**Associate Project Coordinator with Sun**

**Run - \$17/hour**

**Wastewater Sampling Intern with South**

**Adams Water & Sanitation District**

**- \$14/hour**

**Internship Opportunities Continued:**  
**Accounting Data Entry Intern with ATBS**  
**- \$11-\$13/hour**

**IT Service Desk Technician with AddOns,**  
**Inc. - \$19/hour**

**For more information about these and**  
**many other internships contact Melissa**  
**English at [melissa.english@rrcc.edu](mailto:melissa.english@rrcc.edu)**

**Or call 303-914-6361, or stop by room**  
**1264 in the Learning Commons.**

# **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](mailto:thomas.miller@rrcc.edu)**

**Call: 303-914-6495**

**Student Food Bank**

**4 items free with a current student ID at  
the Campus Life Office**

**Tuesdays & Wednesdays**

**11:00 a.m. to 1:00 p.m.**

**Talk 24/7 Sexual Assault Hotline**

**303-322-7273**

**Report a Concern:**

[www.rrcc.edu/safe](http://www.rrcc.edu/safe)

**Suicide Prevention Hotline:**

**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 Student Health Clinic**

**Wednesdays**

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

**Fridays**

**9:00 a.m. to 4:00 p.m.**

**Arvada Behavioral Health**

**Wednesdays**

**9:00 a.m to 4:00 p.m.**

**Fridays**

**9:00 a.m. to 4:00 p.m.**

# **Arvada Hours of Operation**

## **Welcome Desk Hours**

**Monday through Friday**

**8:00 a.m. to 7:00 p.m.**

**Saturday**

**8:00 a.m. to 5:00 p.m.**

## **Coffee Shop Hours**

**Monday through Thursday**

**7:30 a.m. to 6:00 p.m.**

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

**Saturday 8:00 a.m. to 1:00 p.m.**



## **Advising Hours**

**By Appointment**

**303-914-6011**

**Walk-Ins accepted Monday & Wednesday**

## **Financial Aid Hours**

**Monday through Friday**

**8:00 a.m. to 5:00 p.m.**

## **Assessment Hours**

**Monday through Friday**

**9:00 a.m. to 5:00 p.m.**

## **Bookstore Hours**

**Monday through Friday**

**11:00 a.m. to 3:00 p.m.**

## **Student Life Office**

**Monday through Friday**

**11:00 a.m. to 3:00 p.m.**

