



# THE JOHN LETTER

STUDENT ACTIVITIES FOR THE WEEK OF JULY 15TH- JULY 21TH 2013

Email 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

Wednesday, July 17th

**STUDENT FOOD BANK:**  
AT THE STUDENT LIFE DESK.  
UP TO 4 FREE ITEMS PER WEEK.  
11:00 A.M. - 1:00 P.M. & 4:00 - 6:00 P.M.

## 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!

## Tobacco Quitters at Lunch

Whether you're ready to quit, thinking about it, or just need information, let's talk! Bring your lunch and join us Tuesdays 11:00 a.m. - 12:00 p.m. in the Mt. Evans Room, June 11th - July 30th. Drop-ins welcome. For more information call 303-239-7022.

## Bookstore News!

Looking for part time work? The bookstore needs temporary help for the beginning of fall semester. We offer flexible hours, great employee discounts and a friendly, convenient work environment. Apply online at [www.bnccollegejobs.com](http://www.bnccollegejobs.com)

## Interesting Discoveries!

The *Nepenthes northiana* is a carnivorous pitcher plant that eats small animals, mostly rats! It measures up to 20 centimeters in diameter and is formed by a tendril which is inflated into a large cup-shaped trap. This plant eats rats, and anything else it can catch. It grows a leaf that shapes itself into an open tube and fills with acid much like the human stomach. Its colors confuse insects as well as some rodents into thinking it is food. The rat falls in, and digestion begins. It is believed that there are around 600 species of pitcher plants. These plants are most similar to the Venus flytrap. They evolved to catch insects, but they still like to eat rats and mice every now and then.

More "John" on the back!

## Get To Know...



## Charissa Claassen

### About:

- Where she's from:** Lufkin, Tx
- What's her major:** Holistic Health Professions / Dance
- One day she wants to:** Run an International non-profit organization
- Last time she went dancing:** Yesterday
- How often she dances:** Every Tuesday and Thursday
- Daily craving:** Coffee
- Worst job:** Olive Garden
- Recycle:** Yes
- Pet peeve:** Loud chewing
- Greatest Fear:** Bees
- Favorites:**
  - Color:** Purple
  - Food:** Italian
- Movie:** Eternal Sunshine of the Spotless Mind
- Animal:** Bobcat
- Number:** 17

## Attention Students!

Thoughts, ideas, or ads for the John Letter?  
Stop by the Student Project Center or email [Terry.Hutchinson@rrcc.edu](mailto:Terry.Hutchinson@rrcc.edu)

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!

## 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 (limit 6) - \$8
- Elitches Tickets (limit 6) - \$27.99
- Postage Stamps - 46¢
- 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

## Did you know RRCC has MANY clubs on campus?

We have clubs such as Poli-Sci, Anime Club, Engineering, Video Games, Cru, etc. If you are interested in joining an existing club or starting your own, contact Sara Oviatt 303.914.6547 or [sara.oviatt@rrcc.edu](mailto:sara.oviatt@rrcc.edu)  
Club flyers are located on the West End of the Bridge

## ARVADA CAMPUS ACTIVITIES:

### Free Popcorn

Tuesdays & Thursdays: 11:00 a.m. - 2:00 p.m.  
& 5:00 - 7:00 p.m.  
Wednesday: 5:00 - 7:00 p.m.

### Food Bank

Tuesday: 1:00 - 2:00 p.m.  
Wednesday: 5:00 - 6:00 p.m.

### Math Tutoring

Tuesday & Thursday: 4:30 - 6:30 p.m.

### Writing Tutoring

Monday & Wednesday: 3:45 - 5:45 p.m.  
Tuesday: 1:00 - 6:00 p.m.  
Thursday: 2:30 - 5:30 p.m.

Tuesday, July 16th

### Mental Health Counselor

At the Arvada Campus 10:00 a.m. - 2:00 p.m.



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## Red Rocks Student Health Clinic

Need a physical for the program you're enrolled in? Come to the Student Health Clinic and get your physical for free! If you need any immunizations for your program we offer them at cost. We carry Hepatitis B, Tetanus, and Tuberculosis testing. Stop by or give us a call for an appointment at 303-914-6655

Greetings humans & robots who are impersonating humans to learn "what is this thing... love?" We here in the *Bremuda* triangle wanted you to know that we are taking steps toward a more salubrious menu! All of our drinks can be made with skim, soy, or almond milks, and we are increasing our variety of teas. On the food front, we now carry organic apples, grown in the USA! (Add a caramel dipping cup for .75 cents!) We'll also be carrying more dried fruit and nuts on our "Nutty guys" shelf, as well as a selection of vegan and gluten free "go-free" bars. Yay! For the animatronic amongst us, we will continue to offer our cliff bars, sandwiches, veggie wraps, and hummus cups, which you should be able to masticate as a convincing parody of the human eating process.  
-Bob, the magic coffee makin' man

## 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.

## 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)



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Facebook!  
[facebook.com/redrocksc](http://facebook.com/redrocksc)  
AND



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



### Learning Commons News


Lakewood Summer Math Tutoring  
Mon-Thurs: 9:00 – 5:30 p.m.

Fri: 11:00 – 3 p.m.

Arvada Summer Math Tutoring  
Tues & Thurs: 4:30pm – 6:30 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

Southwest Corner of Library  
 Computer, TV Lounge,  
VA Literature, Magazines, etc.

## Payroll Deadline

Biweekly Payroll: 7/13 - 7/26  
E-timesheets are due Friday, July 26th by  
**5:00 p.m.** Pay will be direct  
deposited Friday, August 9th 2013.

## DEN SUMMER HOURS

Monday - Thursday: 11:00 a.m. - 7:00 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)**

Welcome to RRCC's online career network



### Hot Jobs:


- #626 - Radiology Technician - Rocky Mountain Urgent Care and Family Medicine
- #622 - Firefighter - Lake Dillon Fire Rescue
- #619 - Lead Substitute Teacher - City of Lakewood


### Hot Internships:


- #570 - Program Aid Assistant
- #561 - Summer/Fall QA Analyst
- #565 - Computer Programming

For more information about these and many other positions, visit:  
<http://www.rrcc.edu/careerconnect>

## Meet Your Health Clinic Staff

 Johnna Jaynes MMS PA-C  
Johnna graduated from the RRCC PA program in 2009. She is the Director of Student Health and the full time Physician Assistant for the Health Clinic.

 Ginger Stewart MMS PA-C  
Ginger graduated from the RRCC PA program in 2009. She is the part time Physician Assistant for the Health Clinic.

 Nicole Brown MA  
Nicole graduated from Heritage College in 2007 with a degree in Medical Assisting. She is the full time Medical Assistant for the Health Clinic. We also have student workers that run our front desk. If you have any questions regarding the health clinic please feel free to stop by.

## 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.

