

Warsaw Campus
52 Campus Drive
Warsaw, VA
(804) 333-6700



Rappahannock
Community College

Glenns Campus
12745 College Drive
Glenns, VA
(804) 758-6700

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Student Engagement Newsletter

Volume SP23, Issue 8

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February 2023

Origins of Soul Food

A presentation about Ma Margaret's Bed and Breakfast and the origins of Soul Food for Black History Month.

You will also have an opportunity to participate in the tasting of delicious soul food, southern cuisine.

We are asking if you have a recipe to share, please bring it to the event or email it to ljustice@rappahannock.edu to share with others.



This event is open to RCC's students and library patrons. You must register to attend the event by Monday, February 6, 2023. Scan code to register or log onto: <https://qrco.de/bdfvq0>

FEBRUARY 8, 2023
BLACK HISTORY PROGRAM
WARSAW STUDENT LOUNGE
Feb 8, 2023 12:00 PM
Zoom Meeting
<https://vccs.zoom.us/j/83767018236>
Meeting ID: 837 6701 8236
Dial in: 301 715 8592

FEBRUARY 22, 2023
BLACK HISTORY PROGRAM
GLENNS STUDENT LOUNGE
February 22, 2023 12:00 PM
Zoom Meeting
<https://vccs.zoom.us/j/89977538172>
Meeting ID: 899 7753 8172
Dial in: 301 715 8592

Sponsored by RCC's Student Activities, Richmond County Library, and Student Support Services program



Important Dates

Feb. 2 - Last Day to Drop W/Refund

Feb. 18 - Scholarship Application Closes

March 13-18 - Spring Break/College Open/No Classes

March 27 - Last Day to Withdraw

March 31 - 2023 Spring Graduation Application Due



RCC Star of the week

Therese Johnson has been teaching with VCCS for 20 years. Eight of those years have been here at RCC. Before teaching Therese had plans on becoming a physical therapist but then found that wasn't of interest when she volunteered in a PT department. She was then accepted into Nursing school, but her oldest brother, a surgeon told her she wouldn't like it. That's when she knew math was her career of choice. She stated "When I think about my adult life, I realize that I have been a teacher for most of it"



"For
stu-

all

ents, especially in Math, I share this quote by Albert Einstein," "A person who never made a mistake never tried anything new."



Student Engagement Newsletter

Volume SP23 Issue 8

February 2023

Page: 3



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Do you have videography skills and love wild life? The VA Osprey Festival will be held April 15, 2023 in Colonial Beach and they are looking for a student who would like to volunteer their time to record the festival and some of the presentations. While this videography job isn't paid, it would look good on a resume and would allow you to show skills to future employers.

If you are interested please contact Dr. Keel at 804-759-6731

Have you applied for RCC Scholarships? There are over 100 different scholarships with an average award of \$1,500. One application with a few questions, and a letter of recommendation, is all you need!

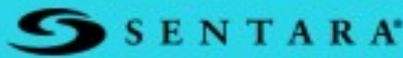
Apply at: <https://rappahannock.academicworks.com/>

The deadline is February 18th

If you have any questions or problems, please contact Beth Robins, brobins@rappahannock.edu, or call (804)333-6708



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Employee Referral Program

Earn cash and work with your friends!

www.sentaracareers.com

Refer friends and family to work at Sentara!

Bonuses from \$500 to

\$1,000

for all full time & part time
Clinical Lab Assistant & Phlebotomist positions

[Click here](#) for specific positions and bonus amounts and full program details
or visit Employee Resources on WaveNet > Employee Referral Program

Scan the QR Code

(open the camera on your phone & point it at the QR Code)
to be brought to the Employee Referral Program
page on WaveNet for full program details



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Learning and Growing My Career

Educational Assistance Program

To help support your educational and career goals, all Full-Time and Part-Time employees will be eligible for up to \$5,250 in tuition assistance per year with no waiting period! You can choose to enjoy this benefit or the Student Debt program each calendar year.

Whether you are currently in school or looking to go back to school, with the Sentara Healthcare education benefit, the possibilities for your future are endless! With a variety of fully and partially funded education and training programs, there's an opportunity to move forward no matter where you are in your career journey. Your education benefit isn't just a chance to go back to school; it's an opportunity to future-proof your career by learning in-demand skills.

This benefit was designed to help you reach your career goals, whether you want to be more independent and confident in your current job or find new roles and career paths.

You can access select fully and partially funded, business-aligned programs at high-quality schools. Degrees and certificates are available in a wide variety of areas including nursing, healthcare administration, healthcare support, business, technology, communications and more!

Sentara Student Debt Program

Pay down your student loans faster! Sentara will pay \$400 per month up to a lifetime maximum of \$10,000 toward your student debt repayments. You are eligible for this benefit upon hire.

Loans Covered by the Program

- Loans taken out in your name and used to pay for your higher education
- Schools with accreditation recognized by the US Department of Education are valid.
- Loans taken out for online universities accredited by recognized accreditation agencies
- Associate Degree
- Bachelor's Degree
- Graduate Degree
- Loans for incomplete degrees
- Loans for certifications (e.g., CPA, CFA, Series 7, etc.)

You can choose to participate in the Sentara Student Debt Program or the Educational Assistance Program with Guild each calendar year.

StudentActivities@rappahannock.edu



Nursing information sessions:

Are you interested in joining the next class of RCC nursing students? Want to know what it takes?

- ◇ Attend one of our Nursing Application Information Sessions in the Lecture Hall on the Glens and Warsaw campuses

February 3 or February 17 from 1 pm to 3 pm

February 13 at 6 pm



Attention Students! Play Club Softball at RCC! Dust off those cleats and dig out your mitt!

Highlights of club-level sports:

- ~ Students of all ages welcome
- ~ Women players
- ~ Not as time-consuming
- ~ Fun

If you're interested in playing this spring, contact Coach Reggie Brann at 804-761-8002 or email

softball@rappahannock.edu.

Glenns Campus 804-758-6726

Monday: 9:00am – 6:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 9:00am – 6:00pm
Thursday: 9:00am – 6:00pm
Friday: 9:00am – 12:00pm

Warsaw Campus 804-333-6794

Monday: 2:00pm – 6:00pm
Tuesday: 9:00am – 2:00pm
Wednesday: 2:00pm - 6:00pm
Thursday: 9:00am – 2:00pm
Friday: Closed

Using Financial Aid in the Bookstore

**** 15 Week, 8 Week 1 Spring 2023 sessions**

Dates: JAN. 4th – FEB. 2nd Last Day for Refund Feb. 2nd

Computer Order Dates: ASAP and no later than Jan. 26th

**** 8 Week-2 – Spring 2023 sessions**

Dates: March 9th – March 20th Last Day for Refund March 20th No Computer Ordering

HOW TO ORDER BOOKS ONLINE

- a. Go to <https://www.rappahannockshop.com>
 - **Fastest Delivery is direct home delivery.**
 - May have orders shipped to campus
 - **MUST** note the preferred campus location pick-up in the Customer Comment section of your online order.
 - **NOTE:** If preferred campus pick-up location is not listed in customer comment **ALL items will be shipped to the Glenns Campus.**

Once your order has been placed, please **allow 48 hours for processing wait for confirmation that your order is ready for pickup before coming to the campus.**

*****WARSAW STUDENTS*** – Please call before coming to pick-up package. 804-333-6794**

REFUNDS:

ONLY AVAILABLE through the last date to drop classes with a refund from the college. Consult your packing slip that will be received with your order for more details about the return policy.

REFER WEB ORDER QUESTIONS TO:

Robin Charnick, Bookstore Manager 804-758-2099

NURSING STUDENTS: Place Web Orders for Kaplan when they are ready for purchasing.

Instructors/Advisors will let you know when.

Please make sure you are ordering the correct Kaplan.

Where to Place Order: [rappahannockshop.com](https://www.rappahannockshop.com)

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The Affordable Connectivity Program

Provides eligible households with a discount on broadband service and connected devices. Anyone receiving a Federal Pell Grant during the current award year qualifies. Call 877-384-2575

<https://www.fcc.gov/acp>

The Benefit provides:

- ⇒ Up to \$30/month discount for internet service
- ⇒ Up to \$75/month discount for households on qualifying tribal lands
- ⇒ A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.



RCC is providing an additional \$250 grant per semester to students whose households are participating in the FCC's Affordable Connectivity Program.

(<https://www.affordableconnectivity.gov/>)

The grant will be applied to a student's account. RCC anticipates funds to be available for spring and fall 2023 or until budget is exhausted.

To receive the grant, complete the following survey by March 27, 2023 and upload a copy of a recent cable bill for a student's primary residence that indicates participation (credit reflected) in the ACP program.



Scan for survey or log onto
<https://forms.gle/z9ntbDctYLH8nXPz9>



Provides shelter and services

The haven is committed to preventing and eliminating all types of domestic violence and sexual violence. Support is available in the following counties:

[Westmoreland, Richmond, Essex, Lancaster, and Northumberland](#)

For more information visit
<https://www.havenshelter.org>

**24/7 Confidential Hotline:
1-800-22HAVEN(4236)**

Student Engagement Newsletter

Volume FA22, Issue 8
February 2023
Page: 9



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What is TimelyCare?

Access to 24/7 mental health support for all VCCS students.

Who can use TimelyCare?

Any enrolled VCCS student can use TimelyCare.

What services are available?

TalkNow visits (24/7 mental health support) and Scheduled Counseling visits (3 per year, starting January 3, 2022) are available at no cost.

How do I log in?

Go to timelycare.com/vccs and follow the prompts.

**Mobile users will be directed to download the TimelyCare app.*

What can I be treated for?

Our counselors can treat/discuss a wide range of common conditions, and after talking to you, will decide on the best course of treatment.

Some common presenting issues are: stress and anxiety, relationships, and depression.

How much does a visit cost?

There is no cost to enrolled VCCS students.

I already have insurance and a primary provider, how does TimelyCare benefit me?

With TimelyCare, you will have free, 24/7 access to counselors from anywhere in the United States, so you'll never have to spend time or money looking for resources when you're away from home or campus.

Can I get a prescription?

Yes, if the provider deems it clinically appropriate.



Visit timelycare.com/vccs for additional information.

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2023-2024 Virginia Space Grant Consortium Community College STEM Scholarships

The Virginia Space Grant Consortium (VSGC) is a coalition of five Virginia colleges and universities, NASA, state educational agencies and other institutions representing diverse STEM education and research. VSGC offers a wide range of student opportunities including fellowships, scholarships, internships, research experiences, and student flight projects.

Scholarships

The Virginia Space Grant Consortium (VSGC) offers \$2,000 scholarships to community college students majoring in STEM disciplines (Science, Technology, Engineering and Math).

How to apply

For more information, and to complete the online application for 2023-2024 please contact Joyce Kuberek at: jkuberek@odu.edu or visit: <https://vsgc.odu.edu/communitycollegescholarships/>

Eligibility

- U.S. citizen
- Enrolled full-time during the award period in a Virginia Community College
- Have completed at least one semester of coursework (minimum 9 credit hours) at the time of application
- Must be majoring in a STEM program
- Grade point average of at least 3.0
- Must be graduating in May of 2024 or later

* Allied Health Science majors are not eligible for this scholarship

Deadline

**March 10,
2023**



Virginia Space Grant Consortium · 600 Butler Farm Road, Suite 2253
Hampton, Virginia 23666 · vsgc.odu.edu · Phone: 757.766.5210

GET INVOLVED!

Students! Are you Interested in joining clubs at RCC?

If so please fill out the link below to show any interest

OR

If you have your own idea of what you would like to have at RCC.

https://docs.google.com/forms/d/19UiZXOn1U-sjVwyyKYPIdaQI0_qBkqCPmlZ-24VIN5M/edit?usp=drivesdk



Do you like writing and editing?

Want to add to your resume?
RCC is looking for volunteer editors to help run a student academic journal. On campus students and online students are welcome!

Duties could potentially include:

- ◇ Contacting student writers and working with them to edit their submissions
- ◇ Designing the journal layout
- ◇ Promoting the journal for submissions

If you are interested, please contact: Professor Amber Dinquel
adinquel@rappahannock.edu

We are aiming for a late Spring 2023 release for our first edition

Student Engagement Newsletter

Volume SP23, Issue 8
February 2023
Page: 12



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Thrive Virginia will be providing supplemental meals during spring, summer, winter, and Thanksgiving breaks. You may know persons who may benefit with additional access to food for their families. **Please share the following link to those who may benefit from this service:**

https://customervoice.microsoft.com/Pages/ResponsePage.aspx?id=ef_1vww33EKB3eDKYN1ufLsNfyhf53FMiKqPo5sIgdRUNUVJSU9VWFI3NVJTUVVGNEMVVdTT01DWC4u

A colorful graphic for "Squall's Stall RCC Food Pantry". At the top left, a red banner with white text says "NOW OPEN". Below it is a white duck holding a brown basket of vegetables. To the right is a large orange box overflowing with various food items like cans, boxes, and bags. The text "SQUALL'S STALL" is written in blue, "RCC Food Pantry" in green, and "WARSAW & GLENN'S CAMPUSES" in black. Below that, it says "Open to RCC students, faculty and employees." and "Fresh, frozen, non-perishable food items and personal hygiene items are available.".

NOW OPEN

SQUALL'S STALL

RCC Food Pantry

WARSAW & GLENN'S CAMPUSES

Open to RCC students,
faculty and employees.

Fresh, frozen, non-perishable
food items and personal hygiene
items are available.



To schedule a food pantry request,
email foodpantry@rappahannock.edu or scan code.

Include:

- Name, phone#, ID# (if applicable)
- Number of persons in your household (adults and children)
- Known food allergies
- Preferred campus (Warsaw or Glenns)

NO PERSONAL INFORMATION IS RETAINED



Student Engagement Newsletter

Volume SP23, Issue 8
 February 2023
 Page: 13



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If you need food assistance, please visit one of the pantries listed below.

Pantry	Service Area	Address	Number	Distribution
Tappahannock 7th Day Adventist	ESSEX	1683 Tappahannock Blvd. Tappahannock, VA	443-5085	Wednesdays 12-3PM
Holy Tabernacle of God	LANCASTER	2445 Merry Point Rd. Lancaster, VA	462-0056	3rd Tuesday 1-3PM
Upper Lancaster Community Food Pantry	LANCASTER	8484 Mary Ball Rd. Lancaster, VA	462-5908	2nd Thursday 2-6PM
White Stone Baptist	LANCASTER	549 Chesapeake Dr. White Stone, VA	435-1413	Tuesdays 1-3PM (only one visit per month)
Kilmarnock Baptist	LANCASTER & NORTHUMBERLAND	65 E. Church St. Kilmarnock, VA	435-1703	3rd Wednesday 1-4PM
White Stone Church of the Nazarene	LANCASTER & NORTHUMBERLAND	57 Whisk Dr., White Stone, VA	435-9886	2nd Saturday 8-10AM
Wicomico United Methodist	LANCASTER & NORTHUMBERLAND	5060 Jessie DuPont Memorial Hwy. Wicomico Church, VA	436-4252	3rd Wednesday 3-5PM
Clarksbury United Methodist	MIDDLESEX	15924 Gen. Puller Hwy, Deltaville, VA	776-6060	1st Saturday 9-11AM
Hands Across Middlesex	MIDDLESEX	7485 Gen. Puller Hwy, Locust Hill, VA	758-2044	2nd Tuesday 10AM-4PM 3rd Saturday 9AM-12PM 4th Tuesday 10AM-7PM
Union Shiloh Baptist	MIDDLESEX	Rt. 17, Jamaica, VA	758-4865	1st Tuesday 8:30-10:30AM
Gleamers and Blenders	NORTHUMBERLAND	16097 Nbland Hwy. Burgess, VA	761-7783	2nd, 3rd & 4th Thursday 10AM-12PM
Melrose United Methodist	NORTHUMBERLAND	1317 Lewisetta Rd. Lottsburg, VA	529-6344	3rd Saturday 9-11AM
Callao Rescue Squad	NORTHUMBERLAND	1348 Northumberland Hwy. Callao, VA	529-6630	4th Sunday 2-4PM
Bethany Baptist	RICHMOND WESTMORELAND NORTHUMBERLAND	16256 Richmond Rd. Callao, VA	529-6890	3rd Friday 9-11AM
Farnham Baptist	RICHMOND & UPPER LANCASTER	4632 Farnham Creek Rd., Farnham VA	394-9630	2nd Tuesday 1-3PM
Emmanuel Christian Fellowship	RICHMOND & WESTMORELAND	440 Emmanuel Church Rd. Warsaw, VA	313-2022	4th Saturday 9:30-11:30 AM
Warsaw United Methodist	RICHMOND & WESTMORELAND	287 Main St. Warsaw, VA	333-3220	The Friday after the 1st Thursday 8AM-12PM
Colonial Beach Baptist	WESTMORELAND	10 Garfield Avenue	224-7555	Every Thursday 10AM-12PM
Ebenezer Church	WESTMORELAND	144 Ebenezer Church Rd. Oldhams, VA	472-4642	3rd Saturday 9-11AM
Little Zion Baptist Food Pantry	WESTMORELAND	7748 Leedstown Rd. Oak Grove, VA	224-0418	3rd Saturday 9-10:30AM
Oak Grove Baptist Church	WESTMORELAND	8096 Leedstown Rd. Colonial Beach, VA	224-9695	1st Sunday 1-3PM
St. James Episcopal	WESTMORELAND	15870 King's Hwy. Montross, VA	493-8285	2nd Saturday 9-12PM
St. Mary's Episcopal	WESTMORELAND	203 Dennison St. Colonial Beach, VA	224-7186	2nd & 4th Monday 10AM-12PM