

OCTOBER 13, 2024

EDITION 097



RANGER COLLEGE INSIDE STUDENT SERVICES



GETTING TO KNOW...
PROFESSOR OF ENGLISH
ROGER JONES

WHEN DID YOU BEGIN SERVING AT
RANGER COLLEGE?
AUGUST 18, 1991

WHERE WERE YOU BORN?
MORRISTOWN, NEW JERSEY

FAVORITE LOCAL RESTAURANT
THE CHINA CAFE

WHAT IS YOUR IDEAL VACATION
DESTINATION?
EUROPE

WHAT IS A BOOK, MOVIE, OR SERIES
RECOMMENDATION?
LA LA LAND

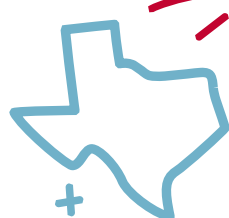
GUILTY PLEASURE
DOING NOTHING

MEANINGFUL RANGER COLLEGE
MEMORY
BEING HONORED FOR PUBLISHING A
BOOK ON LARRY MCMURTRY.

CARING CAMPUS MOMENT
TOO MANY TO NAME.

Blood Drive



 **Cliff D.**
Blood Recipient
Arlington, Texas

Monday, November 4, 2024

9:00 AM - 2:00 PM

Ranger College
Carter BloodCare Bus
1240 College Circle
Ranger, TX 76470

Schedule an appointment



Receive a blanket!*

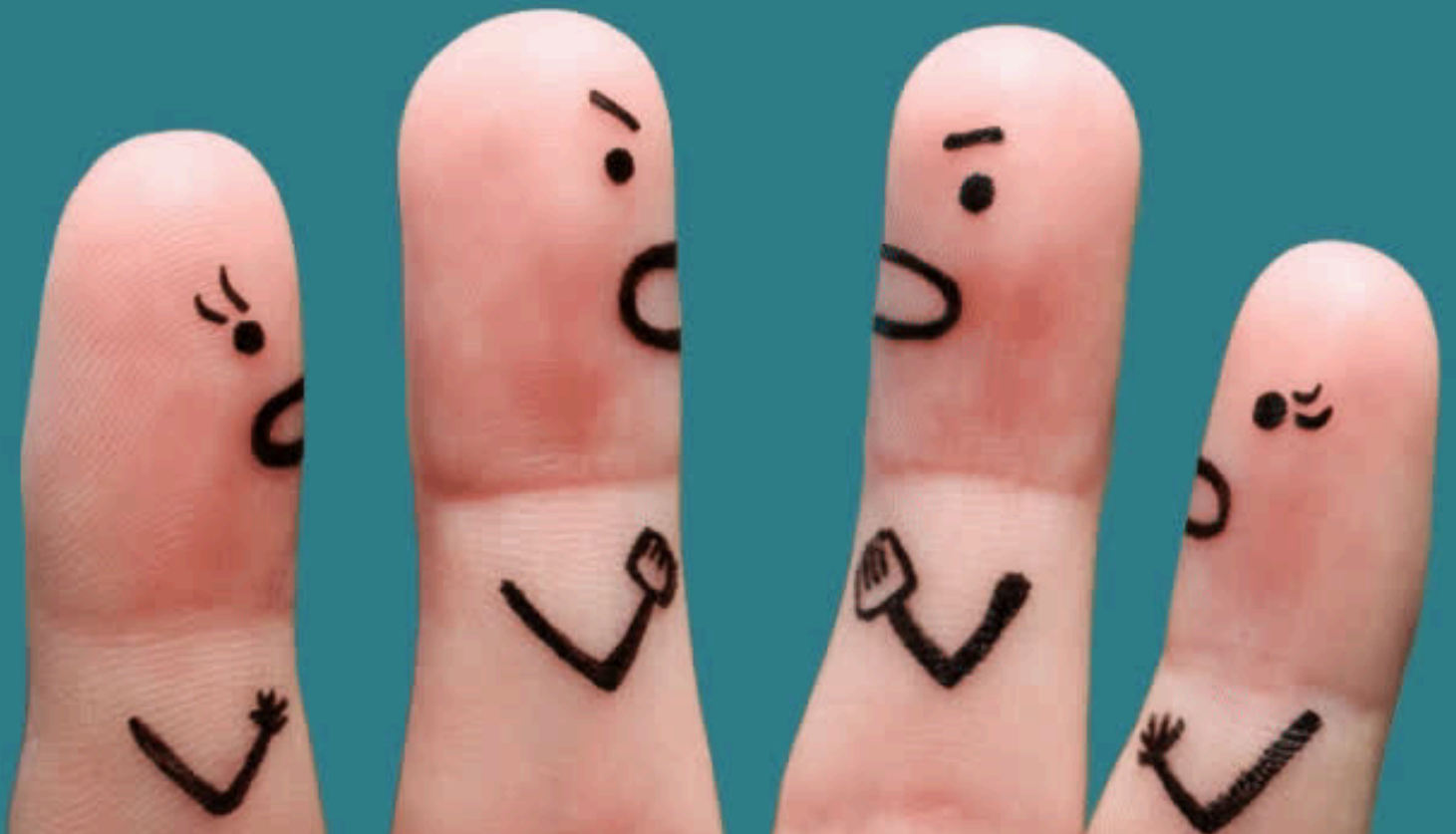


CarterBloodCare.org
800-366-2834 | Text CBCDonate to 999-777

*While supplies last. Item may be substituted for item of equal value.

Give therapy a try.

meta
teletherapy



SOCIAL MEDIA POST OF THE WEEK



Ranger College

5d · 🌐

🌟 Happy National Custodian Day! 🌟

Today, we want to take a moment to recognize and celebrate the incredible custodial staff at Ranger College. Your hard work and dedication keep our campus clean, safe, and welcoming for everyone.

Thank you for going above and beyond every day! Your efforts do not go unnoticed, and we appreciate all that you do to make our college a better place. [#NationalCustodianDay](#)
[#RangerPride](#) [#ThankYouCustodians](#)



MORE THAN JUST BOOKS BY GOLEMON LIBRARY ASSISTANT, KRISTA DUNCAN

OCTOBER 10 TH IS WORLD MENTAL HEALTH DAY. IT MADE ME THINK ABOUT HOW I HAVE RECENTLY HAD TO BE A LITTLE MORE SELFISH WHEN IT COMES TO CARING FOR MYSELF. I WAS OUT FOR A WHOLE WEEK BECAUSE OF THE SICKNESSES THAT COME DURING THESE FALL MONTHS. PUSHING THROUGH ISN'T ALWAYS AN OPTION. THIS GOES FOR PHYSICAL AND MENTAL HEALTH. YOU'VE GOT TO REALIZE WHEN IT'S TIME TO GET OUTSIDE HELP. I HAD EXHAUSTED MYSELF WITH STRESS AND WORRY ABOUT MISSING WORK AND HAVING MY SINGLE MOM DUTIES, THAT I DIDN'T REALIZE THAT DOING IT ALL ALONE AND PUSHING THROUGH WAS ONLY MAKING ME SPIRAL. IT ALSO KEPT ME DOWN EVEN LONGER.

I'VE COME TO REALIZE THAT NO MATTER HOW MUCH WE STRESS OR WORRY ABOUT SOMETHING, THE OUTCOME IS GOING TO BE THE SAME. ANOTHER THING I LEARNED WAS THAT HAD I JUST REACHED OUT FOR HELP SOONER, I MAY HAVE RECOVERED A LOT SOONER. I HAD TO REALLY ALLOW MYSELF TO REST AND FOCUS ON GETTING BETTER. I HAD TO TOTALLY SURRENDER AND GET OUTSIDE HELP.

JUST LIKE OUR PHYSICAL HEALTH, OUR MENTAL HEALTH IS JUST AS IMPORTANT. THE TWO AFFECT EACH OTHER AND THEY BOTH NEED CONSTANT FUEL AND ATTENTION. ROUTINE UPKEEP IS VERY IMPORTANT. A FEW THINGS I LIKE TO DO FOR MY MENTAL HEALTH IS MAKING SURE THAT I DO SOME PAMPERING AT HOME EVERY NIGHT. I HAVE ALSO RECENTLY GOTTEN BACK INTO THE GYM AND IT'S ONE OF THE MAIN THINGS I LOVE. I WAS AN ATHLETE GROWING UP. IT'S A GOOD WAY TO RELEASE DOPAMINE AND ENDORPHINS THAT MAKE YOU HAPPY! HAVING SOMEONE TO TALK TO WHEN YOU HAVE A LOT GOING ON IS ANOTHER THING THAT I'VE LEARNED HELPS A TON. A SUPPORT SYSTEM IS A GREAT FOUNDATION TO BALANCING YOUR LIFE.

I HOPE YOU ALL HAVE A WONDERFUL WEEK! DON'T FORGET TO DO SOMETHING FOR YOU! YOU'RE THE MOST IMPORTANT PERSON IN YOUR LIFE, TREAT YOURSELF AS SO.



WORLD
MENTAL
HEALTH
DAY

10TH OCTOBER