

NEW PRESIDENT NAMED

History was made on June 3 when the college’s third president was named. Carolinus College of Health Sciences’ Board of Directors announced the selection of Hampton Hopkins, EdD, as the new College president. Dr. Hopkins has served as the dean of student affairs and enrollment management at Carolinus College since 2001. He became the third president of the College when he assumed the role June 12. “Dr. Hopkins is the clear choice to lead the College forward into the rapidly changing environment affecting education of healthcare professionals,” said C. Marcus Harris, chair of the College’s board of directors. “His experience, vision, leadership skills, dedication and enthusiasm will serve us well as the College faces these challenging times.”

The Board began its search for a new president in October 2015 after Ellen Sheppard, EdD, announced her retirement as president effective June 30. She has served 22 years with the College, 15 of those as president. Dr. Hopkins has more than 22 years of experience in higher education in various student affairs leadership positions. “Dr. Hopkins



Hampton Hopkins, EdD

brings an established record of leadership, a genuine love of Carolinus College of Health Sciences, its students and faculty, and a great vision for its future,” said Michael E. Ruhlen, MD, vice president of medical education for Carolinus HealthCare System. “The College has a clear opportunity to mold and develop young talent to meet our patients' needs for decades to come. I am impressed with the quality and dedication of CCHS students and look forward to their collective success.”

Dr. Hopkins also serves as an adjunct instructor for several colleges where he has developed and taught courses at the undergraduate and graduate level, including strategic planning, academic governance, higher education law, research methods, student development theory and community college leadership. Dr. Hopkins is the author of numerous professional papers and has presented at regional and national conferences more than 20 times. He is regularly invited to deliver professional presentations and consultations, workshops and keynote speeches. “I am honored and excited the board of directors has selected me as the next president of Carolinus College,” said Dr. Hopkins. “While our established reputation for academic rigor and student success has been well documented, we must continue to provide the academic, financial and social support necessary to ensure students can achieve their goals. We must explore new degree offerings and distinctive opportunities for students to expand their understanding of health care within their chosen program and in an interdisciplinary, team-based environment.”

Dr. Hopkins earned a bachelor’s degree in business administration from Winthrop University with a concentration in marketing, a master’s degree in leadership studies from the University of Tennessee with a concentration in higher education administration and a doctorate in educational leadership with a concentration in educational research at the University of North Carolina at Charlotte. His dissertation on the development and validation of scores on a student retention survey won the UNCC College of Education Outstanding Research Proposal Design Award and the Legacy for Leadership Outstanding Dissertation Award. He has been active in his profession having served on the board of directors of the National Association of Student Personnel Administrators. He has also served on regional and national leadership teams for the National Association for Campus Activities and the Association of College Unions-International.

CCHS Hours of Operation

Mon - Fri,

7:30 a.m. to 4:30 p.m.

Student badge access 24/7.

Closed July 4.

CCHS Computer Lab

Staffed Hours

Mon-Thurs

7:30 a.m. to 7:30 p.m.

Friday, 7:30 a.m. to 4:30 p.m.

(No after-hours staff on Fridays.)

Saturday, 11 a.m. to 4 p.m.

Sunday - No staff support.

24/7 access with

CCHS badge.

No staffed support July 3 & 4.

CCHS Nursing Skills Lab

Staffed M-F, 7:30 a.m. to 4 p.m.

AHEC Library

Medical Education Building

(MEB) Staffed Access to Collection & Services, Mon - Fri, 8 a.m. to 5 p.m. Badge access to 2nd floor study rooms is 24/7.

The AHEC Library will be closed on July 4. Study rooms on the 2nd floor are available via badge access.



CCHS HONORS DEPARTING PRESIDENT

Dr. Ellen Sheppard had been with the college for 22 years; 15 of those years as president. Her legacy will long be felt, so the College and the Alumni Association honored her with events on June 9 and 10. Among the tributes bestowed:

- ☞ President Emeritus status
- ☞ Honorary alumnus status
- ☞ Order of The Long Leaf Pine (bestowed by Gov. McCrory)
- ☞ Room 190 named "The Ellen Tillery Sheppard Auditorium"
- ☞ Japanese maple to be planted in her honor
- ☞ Commissioned glass flame and stained glass piece

Dr. Sheppard said, "You made me feel like Cinderella at the ball! Though I'm entering the next phase of my life's journey, I'm taking each of you, and each student and alumnus with me...you each have a permanent place in my heart." Dr. Sheppard and her husband Bob plan lots of travel. Their first road trip will be Route 66 to northern California later this month.



Dr. Sheppard sees her name above the auditorium door for the first time.



Gifts presented to Dr. Sheppard at her retirement drop in celebration.



Dr. Sheppard shares a moment with alumnus Elinor Caddell, NUR '44, and a former nursing instructor.

IT'S PARTY TIME



A farewell rendition of the "CCHS Follies" was enjoyed by all!



Dr. Sheppard expresses her warmest appreciation to the group.

STUDENT OF THE MONTH - April Davis



April B. Davis

Congratulations to April B. Davis, the July Student of the Month. Said Jenni Reaves who nominated her, "April is a mother of four children, works harder than any student I know as far as studying, preparing for clinicals, and being dedicated to class and fellow classmates. She is a member of Phi Theta Kappa Honor Society, volunteers at all school events, and spoke to the spring NUR 101 students about what to expect in nursing school. She goes out of her way for her patients and shows them more compassion and empathy than any other student I've

worked with. April always has a smile and a welcoming "Hello." Added Dr. Ellen Sheppard, "April was quick to volunteer to participate in the PULSE program, taking advantage of a unique inter-professional opportunity. During the subsequent debrief, she and her medical student pairing complemented one another beautifully as they shared what they'd observed and learned. I was so proud of her obvious passion for patient care!"

OPEN FORUM WITH PRESIDENT HOPKINS

Five histotechnology students attended the June Open Forum. Topics discussed included new student orientations (excellent presentations but better notice needed) and campus way-finding (map needs to be improved). Feedback on these topics and others have been shared with the College's admissions personnel for consideration. The July Open Forum will be **July 18**, 2 to 2:45 p.m., room 137. Share what you like; what you don't. This is but one of the opportunities CCHS students have for input into college decision-making. Others include service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc.

WE WILL MISS YOU!

Suzanna Thornton, general studies instructor, is retiring effective August 12. She has been a significant part of the general studies department serving a majority of all program students over the past 21 years. Suzanna has served as a program director, science faculty and contributed by serving on various committees. She has been a great role model, mentor and friend to so many. The college will miss her and wishes her well as she moves on to her next adventure in life.



Suzanna Thornton

FREE SHIPPING ON BOOKSTORE ORDERS

The fall semester booklist will be available soon at <http://direct.mbsbooks.com/CarolinasCollege.htm>. Guaranteed buyback up to 70% off list price, rentals up to 60% off list price and used books - 25% off list price. Free shipping on all orders over \$99 from **July 25 to 27!!!**

TEAMMATE SPOTLIGHT (Teammate Spotlight is a recurring feature suggested by students.)

Ann Keathley, financial aid assistant, joined the staff at Carolinas College in October of 1999 as the assistant to the surgical technology, radiological technology, and medical laboratory science programs. In 2000, the allied health programs were combined with general education and she shared support responsibilities for both. In 2001, Ann joined the student services team supporting admissions and the registrar's office. She spent eight years in student services, then transferred the business office to support the financial aid area.

Ann is a strong student advocate and takes her time to assist and get to know students. She is flexible with her time and responsive to student needs. Student surveys always include comments on how helpful, accessible and supportive she is. She is a valued member of the business office and the college. She is ever willing to help with any project or event. Her ability to turn any event into a high quality occasion by adding all the right décor has made CCHS events special over the years.

Prior to coming to Carolinas College, Ann worked as a support specialist at IBM in Charlotte for eight years. After leaving IBM, Ann worked in Gastonia for a small, family-owned thread company as a customer service representative.

Ann has two daughters, Kristine, a current CCHS nursing student and the mother of Ann's precious granddaughter Lily (who adds liveliness and cheerleading to the phone-a-thon each year!) and Angela (who graduated from the nursing program at CCHS in 2005).

Another passion is community theater, which she has been involved in over the years. She's done everything from working on costumes, sets and props, to working backstage as a "stage hand" and yes, even a little acting.



Ann Keathley

FINAL EXAM SCHEDULE - SUMMER 2016

JULY 11	JULY 13	JULY 29	AUGUST 1	AUGUST 2	AUGUST 3	AUGUST 5
NUR 151 9 AM Rm 158	NUR 153 9 AM Rm 190	RAD 113/114 7:30 AM Rm 240	SUR 101 9 AM Rm 151	RTT 232 9 AM Rm 211	BIO 101 9 AM Rm 161	BIO 102 (All Sections) 10 AM Rm 190
NUR 152 8:30 AM Rm 190	NUR 154 9 AM Rm 157		RTT 222 9 AM Rm 211	RTT 270 1 PM Rm 211		
	NUR 155 9 AM Rm 161		RTT 260 1 PM Rm 211			

CHS VOLUNTEER OPPORTUNITIES

Carolinas HealthCare System (CHS) participates in tons of local activities - sometimes to provide assistance, sometimes for visibility. Either way, energetic, outgoing CCHS students can help as ambassadors. Below is a list of events coming up. To participate in any of them, email Devon.Smith@CarolinasHealthCare.org or call 704-667-6509. The only rule: If you sign up, show up; you are representing both CCHS and CHS! (This is different from being a CCHS Student Ambassador. See Rhoda Rillorta in student services for more information about becoming a Student Ambassador.)

Thursdays in July • 5:30 PM. Anne Springs Close Greenway Summer Concert Series: Held weekly on Thursday evenings throughout the summer, these events feature outdoor concerts and entertainment for the whole family. Concerts are held at the amphitheater near the Dairy Barn. CHS will have a booth set up to display services in the area. Ambassadors are needed to greet community members and staff the information table.

July 15 & 16 • 7:30 AM. Cam Newton 7v7 High School Football Tournament: The Cam Newton Foundation is hosting its annual 7v7 High School Football Tournament Series for the month of July at Nations Ford High School in Fort Mill, SC. Roles will be assigned at the volunteer meeting. Sample responsibilities include: collecting spectator money at the entrances, watching the kids' area, making Gatorade, managing hydration stations, and field oversight. Please sign up on the Community Benefit CHS Serves website, Project ID: 1000026838.

Students who wish to participate must call Devon Smith at 704.667.6509.



At last year's camp, Cam stopped to pose with a CCHS volunteer!



Dr. Ruhlen speaks to the class as he recognizes Caitlin Panter.

CHS VP RECOGNIZES CAITLIN PANTER

On June 20, Dr. Michael Ruhlen, pediatrician and former chief medical officer of CHS Pineville and current vice president in medical education, visited the college to meet Caitlin and treat her to lunch. The recognition was the result of Caitlin's having gently reminded a physician of the importance of hand hygiene. Caitlin was recognized in May as the Student of the Month.

**Attention students graduating in fall 2016 who missed the original picture date in January:
Makeup graduation picture date is September 13, 2016, 2 to 4 p.m.
More information to follow in future newsletters.**

CONGRATULATIONS!

Kristy Williams, DNP, RN, has been published in a major peer-reviewed journal, *Journal of Surgical Education*! The article was co-written with Dr. Dimitri Stefanidis, Crystal Bencken and Dawn Swiderski, and appears in Vol. 72, No. 5[1], September/October 2015.



Dr. Kristy Williams

FULL 24/7 ACCESS TO YOUR AHEC LIBRARY

New security equipment's been installed and the library's ready to roll on your new, improved access to all-night use of the AHEC library! Up till now only the 2nd floor study rooms have been available to you all night. Now, via badge access, the full library - first and second floors - will be accessible 24-hours-a-day. (Library staff is still available M-F, 8 to 5, or virtually through "Ask a Librarian.")



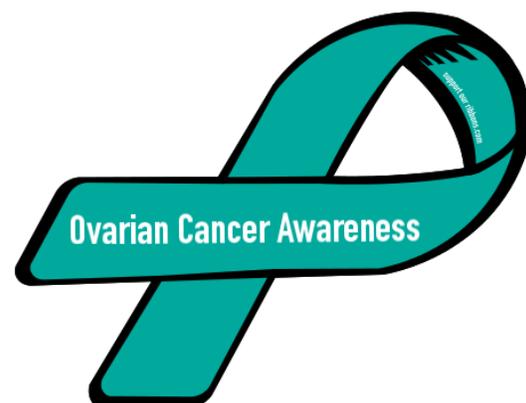
On June 14 three ovarian cancer survivors joined CCHS staff members Diahanne Holandez, Beverly Martin, and Dr. Ellen Sheppard to share their journeys from diagnosis to recovery.

CANCER SURVIVORS SPEAK AT CCHS

On June 14, the college welcomed three survivors of ovarian cancer to share their insights with nursing and radiation therapy students. This interprofessional activity, arranged by Lydia's Legacy, Inc., allowed students from different academic programs to hear from these courageous women about their journey from diagnosis to treatment to recovery, complete with stories of the emotional toll taken on themselves and their families. The presentation included academic information (signs and symptoms, diagnostic methods, treatment options) as well as personal insights which enriched students' ability to help their own future patients. Interprofessional education, in which students from different educational programs collaborate, is a major 2016 goal for CCHS. Through it, the college hopes to improve the effectiveness of healthcare teams through improved knowledge and respect.

Said Sarah Noonan, director of Lydia's Legacy, to Dr. Sheppard, "Thank you for welcoming the Survivors Teaching Students program into your curriculum. All of you asked excellent questions, and we are glad to have had the chance to offer a 'non-text book' perspective of ovarian cancer for your students. This is a unique opportunity not only for students, but also for us as we continue on our healing path...a path which never ends, but takes us to amazing places!"

Said Holandez, "This was very powerful. We plan to repeat it every seven weeks!"



PHI THETA KAPPA (PTK) UPDATE

Congratulations to the newest PTK Inductees. Fourteen students accepted membership into PTK: Carter Baynard, Jenna Bryson, Natasha Demaio, Nicole Denniston, Olivia Denton, Caroline Doby, Ashley Hilton, Cecelia Lapp, Tracy Mulligan, Shannon Nadolny, Summer Nunn, Melanie Simpson, Brianna Ward, and Matthew Williams.

Upcoming Events:

- ☞ **August 26:** Next members meeting
- ☞ **September 1:** Men's Shelter

PTK members and students interested in learning about PTK are encouraged to attend.

New blue PTK t-shirts are available to members for purchase. See Cathey Miller in room 252, to get yours today! Sizes available: S, M, L & XL = \$9.90 (Green) and \$10.50 (Blue).

Please visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Cathey Miller and Cathy Borysewicz.

PTK is a national honor society which recognizes and encourages the academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming. Want more information? Contact Shelia Wallace, PTK president at shelia.wallace@cchsmail.org.



L to R: Summer Nunn, Caroline Doby and Cecelia Lapp.

CCHS CHAPTER OF PTK RANKS #2 INTERNATIONALLY

One way an organization knows it's doing well is if a high percentage of those eligible for membership choose to join. That's called "acceptance rate." when an eligible CCHS student earns the required GPA for members, they receive a letter of invitation. At CCHS, 87% of those invited to join do so. That puts the CCHS chapter in the #2 spot - out of 1,280 chapters in the world! Congratulations to the CCHS advisors and officers, and to the CCHS students who've recognized the value of membership.

STUDENT NURSES ASSOCIATION (SNA) UPDATE

SNA hopes everyone is having a great summer! Looking for a little relaxation and fun? Join SNA members on a social hike at Crowder's Mountain on **July 15**. Complete information is listed on the SNA page on the information portal. Led by SNA board members, this is a great opportunity to socialize and de-stress.

Interested in assisting with the fall NUR101 mentorship luncheon on **August 16**? Contact Steven.Cuzmenco@cchsmail.org. Coming up in the fall: mentoring session for NUR101. If interested please contact Dr. Susan Patterson. Have a great rest of the summer!

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session. July 5, 3:30 to 5 p.m. The schedule: 3:30 to 4 = tour; 4 to 5 = info session. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

CPR: BCLS Online - Part 1. Cost \$22.00 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address: www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect). Choose BLS Online - Part 1. The course takes approximately 1 hour. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to BCLS Online Skills Check Part 2.

CPR: BCLS Online Skills Check - Part 2. July 6, 13, 20 & 27. 1 to 3 p.m. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

What is Normal Teen Behavior? (Webinar). July 28 Noon to 1 p.m. Objectives of the webinar include: 1) Gain insight into the latest research about the teen brain; 2) Differentiate between "normal" behaviors and those that are cause for concern; 3) Discover tips for staying connected to your teen. Sponsored by CHS Employee Assistance Program (EAP), 720 East Blvd., and **FREE** for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register.

STUDENT SUCCESS CENTER

Student Employment Opportunities. Interested in part-time/PRN employment with CMC? CHS recruitment specialist Clifton Chapman will be available in the main lobby between 10:00 and 12:00 on Monday, **July 11**.

To make an appointment:

- Log onto the Information Portal and click on *Student Success Center* under *CCHS Quick Links* on the home page.
- Select the *Job Search Resources* tab. When you open that section, the interview sign-up sheet will be your first choice. You may sign up for any open 15-minute timeslot.

You can still talk with the recruiter on a drop-by basis without making an appointment as long as he is not busy with another student.

A human resources representative is available at the college on the first Monday of each month. Don't have time to meet in person? Send an email or call with your questions: Clifton Chapman Clifton.Chapman@carolinashealthcare.org, Recruitment Specialist; 704-631-0347

Study Tip of the Month - Do Some Review Every Day!

Try to change up your review methods and make them as active as possible to help you retain concepts. Rather than just silently reviewing your notes over and over, try the following:

- Read out loud and listen to yourself/create quiz questions.
- Recopy main points from your notes.
- Brainstorm ways to apply the information.
- Test yourself on your notes – perhaps by using the Cornell Note-taking System (see Student Success Center Page on Moodle).
- Teach the information to a friend.
- Record yourself reciting the notes and then listen to the recording.
- Create mnemonics, charts, mind maps and other visuals to help organize information in your head.

For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Success Center page on the information portal. (Click on *Student Success Center* under *Quick Links*.)

SUMMER TIPS FROM THE SAFETY COMMITTEE

What a great time of year ushered in by the Summer Solstice with the promise of long days of sunshine. Along with the joys of summer come several precautionary measure of which we all should be mindful.

1. **BE SAFE with the sun:** One in five Americans develops skin cancer. This is an alarming fact but one that can be reduced through education and precautions. Overexposure to UV rays can seriously threaten your health. Everyone knows the immediate effect of sunburn BUT keep in mind it can also lead to skin cancer, eye damage, suppression of the immune system and premature aging. Be smart, be cautious and do all you can to reduce the risk of damage from too much sun.

2. Swim, ski, tube and enjoy the water but be cautious! On average over the years, America experiences 3,500 deaths due to drowning annually, about 10 every day. One in five drowning victims are children younger than 15 and many of these cases involve pools. Have fun, cool off, splash around but keep an eye on yourself and others at all times.
3. Independence Day! The Fourth of July! A day of picnics, parades, barbecues and fireworks. This is a celebratory day for all but along with the food, fun and fireworks comes a busy time for first responders and hospitals. Burns from bonfires, backyard grills and fireworks comprise a majority of these burn cases. It is estimated that over 8,000 people are treated in emergency rooms across the country on the fourth of July alone. Please . . .enjoy all that summer has to offer BUT be safe and cautious so you can enjoy this season of "tilt of the earth toward the sun" repeatedly for many years to come!

HIPPIE FEST A GREAT SUCCESS

The first annual CCHS Hippie Fest was "really groovy!" Students designed and tie-dyed their own Carolinas College t-shirts. Proceeds from t-shirt sales benefit the college's Student Government Association.



JULY DATES/TIMES FOR COMPUTER LAB/ANNEX CLOSURES

To ensure the integrity of online exams, most will be offered in a proctored environment in the computer lab and/or annex. The size of the class will periodically necessitate the temporary closure of the computer lab and/or annex. During those periods, students will have access to a temporary computer lab set up in room 151 as well as continued access to computer resources in the AHEC Library. For planning purposes the lab closure days for July are listed below:

Date	Duration in Hours	Client	Time	What is Closed?	Where will an alternative lab be accessible?
July 5	3.5	TEAS	9 AM to 12:30 PM	Annex	Computer Lab and AHEC library computer lab
July 6	1	BIO 101	9 to 10 AM	Lab & Annex	Room 201 and AHEC library computer lab
July 7	1	RAD 113	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
July 7	3	RTT 270	1 to 4 PM	Annex	Computer Lab and AHEC library computer lab
July 8	1	RAD 114	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
July 8	3	NUR 153	8:30 to 11:30 AM	Lab & Annex	Room 151 and AHEC library computer lab
July 11	1	SUR 101	8 to 9 AM	Lab	Annex and AHEC library computer lab
July 11	2	NUR 153	9 to 11 AM	Lab	Annex and AHEC library computer lab
July 12	7.5	CAP	7 AM to 2:30 PM	Lab & Annex	Room 151 and AHEC library computer lab
July 12	1.5	RAD 113	3 to 4:30 PM	Lab	Annex and AHEC library computer lab
July 13	3	NUR 153	8:30 to 11:30 AM	Lab & Annex	Room 151 and AHEC library computer lab
July 14	1	RAD 113	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
July 15	2	RTT 270	1 to 3 PM	Annex	Computer Lab and AHEC library computer lab
July 18	1	SUR 101	8 to 9 AM	Lab	Annex and AHEC library computer lab
July 19	3.5	TEAS	9 AM to 12:30 PM	Annex	Computer Lab and AHEC library computer lab
July 21	1	RAD 113	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
July 21	3	RTT 270	1 to 4 PM	Annex	Computer Lab and AHEC library computer lab
July 22	1	RAD 114	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
July 26	1	BIO 101	9 to 10 AM	Lab & Annex	Room 151 and AHEC library computer lab
July 28	3.5	TEAS	9 AM to 12:30 PM	Annex	Computer Lab and AHEC library computer lab
July 29	3.5	RAD 113/114	7:30 to 11 AM	Lab	Annex and AHEC library computer lab
July 29	3	RTT 270	1 to 4 PM	Annex	Computer Lab and AHEC library computer lab

WOW! THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that with WOW cards, Values In Action recognition and KEAP bonuses. Read the posted WOW cards on the WOW board to see what your classmates and CCHS teammates are being recognized for! These CCHS Stars were recognized recently:

Students April Carpenter

Teammates Kisha Choice, Joy Godwin, Sharran Penny

VIAs Lori Bequette, Kim Bradshaw, Hampton Hopkins, Ruthie Mihal

CULTURAL AND RELIGIOUS DIVERSITY: UNDERSTANDING AND RESPECTING OTHERS' BELIEFS

Charlotte's increasing diversity is reflected in the patients we serve. A culturally competent provider knows that religious beliefs can bring comfort to patients dealing with illness, pain and stress. Listed below are some of the current month's days of cultural and spiritual significance.

July 1: *Laylat al-Qadr [Night of Power or Destiny] - Islam.* A festival commemorating the first revelation of the Qur'an to the Prophet Muhammad in 610 C.E., at the age of 40. The festival begins at sundown. *Jum'at al-Wadā [Farewell Friday] - Islam.* As the last Friday in the month of Ramadān and the Friday immediately preceding Eid al-Fitr, this day is not a festival day, but it is still considered special by many Muslims.

July 5: *Eid al-Fitr - Islam.* This is the Breaking of the Fast that celebrates the end of the month of Ramadān. Usually lasting three days, this festival begins with communal prayer and may also include charitable acts, visiting family and friends, preparing special foods, dressing in new clothes, and giving gifts. *Birthday of Gurū Hargobind Sahib Ji - Sikhism.* Celebrating a renowned martial artist who was named the 6th of the 11 Sikh Gurūs (1595 - 1644 C.E.).

July 6: *Birthday of the XIVth Dalai Lama - Tibetan Buddhism.* Celebrating the 81st birthday of His Holiness Tenzin Gyatso, born in 1935 C.E. in northeastern Tibet. The Nobel Peace Prize laureate is the spiritual leader of the Tibetan government in exile and is revered as the fourteenth in a succession of manifestations of Avalokitesvara, the enlightened being (bodhisattva) who embodies compassion in Buddhist practice.

July 14: *Feast Day of St. Kateri Tekakwitha - Catholic Christianity and Native American spirituality.* Celebrating the life and ministry of Kateri Tekakwitha (1656 - April 17, 1680), a Mohawk-Algonquin woman who is the first Native American to be canonized by the Roman Catholic Church. She was so recognized by Pope Benedict XVI in 2012, over three hundred years after her death.

July 15: *Chaturmas - Hinduism and Jainism.* This day marks the beginning of a four-month period (ending in November) during which time devotees observe some form of vow. Penance, fasting, and other religious observances mark this period. It is considered an inauspicious time for weddings or thread ceremonies.

July 19: *Dharma Day (Asalha Puja Day) - Buddhism.* This day commemorates the historical Buddha's first sermon, called "Turning of the Wheel of Dharma (Dhamma)," following his own enlightenment. The following day marks the beginning of the three-month Vassa or "Rains Retreat" for Theravadin Buddhist monks and nuns. This period is a time for training in Dharma studies, meditation practice, and giving religious services to the people. *Obon - Buddhism.* A Japanese festival to honor deceased ancestors, usually involving the lighting of bonfires, traditional meals, paper lanterns, and folk dancing. Locally this festival is celebrated at various times in July and August. *Gurū Purnima - Hinduism.* This day celebrates the ancient Hindu sage Krishna Dvaipayana, also known as Veda Vyāsa, who is credited as the compiler of the sacred Vedas, the author of the Eighteen Puranas (supplementary texts), and credited with writing the Sanskrit epic Mahābhārata. The term "gurū" refers to a teacher or remover of darkness. Buddhists also mark this day as an opportunity to thank their teachers.

July 22: *Feast of St. Mary Magdalene - Roman Catholic, Orthodox, Anglican, and Lutheran Christian churches.* Also known as the Penitent, Mary Magdalene is celebrated as one of Jesus' earliest and most faithful disciples, after being healed by him. She is also recognized as a witness to Jesus' death and the first recorded witness of his resurrection on Easter.

July 23: *Birthday of Gurū Har Krishan Sahib Ji - Sikhism.* Marking the birth of the 8th and youngest of the 11 Sikh Gurūs (1656 - 1664 C.E.) in the Nanakshahi calendar.

July 24: *Pioneer Day - Church of Jesus Christ of Latter-day Saints.* Celebrated annually as the anniversary of the entry of LDS pioneers into the Valley of the Great Salt Lake, in Utah in 1847 C.E., after a historic trek across 1,300 miles of wilderness.

July 30: *Oharai-taisai - Shinto.* A purification ceremony to cleanse believers from offenses committed during the first half of the year. A large ring of woven grasses and reeds is placed at the entrance to Shinto shrines, and people walk through the ring as a symbol of inner purification.



Activities & Deadlines for July

Complete information, with times, is elsewhere in the newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 HOLIDAY COLLEGE CLOSED 	5 ADMISSIONS INFORMATION SESSION	6 BCLS ONLINE SKILLS CHECK - PT 2	7	8 7-WEEK CLASSES END
11 FINAL EXAMS HR REP ON CAMPUS	12	13 FINAL EXAMS BCLS ONLINE SKILLS CHECK - PT 2 LAST DAY TO WITHDRAW (7-WK CLASSES)	14	15 SNA AT CROWDER'S MTN 
18 OPEN FORUM	19	20 BCLS ONLINE SKILLS CHECK - PT 2	21	22
25 <div style="background-color: red; color: white; padding: 5px; text-align: center;">FREE SHIPPING ON BOOKSTORE ORDERS</div>	26	27 BCLS ONLINE SKILLS CHECK - PT 2	28 BCLS ONLINE SKILLS CHECK - PT 2 WHAT IS NORMAL TEEN BEHAVIOR? EAP WEBINAR	29 FINAL EXAMS FULL SUMMER CLASSES END