### FEBRUARY 23, 2025 EDITION 110

# RANGER COLLEGE



14.

### GETTING TO KNOW... HSI SUCCESS COACH DONNA WALKER RENTERIA

WHEN DID YOU BEGIN SERVING AT RANGER COLLEGE? SEPTEMBER 10, 2024

WHERE WERE YOU BORN? CHILHOWIE, VIRGINIA

FAVORITE LOCAL RESTAURANT GRUMPS AND AZTECA IN STEPHENVILLE

WHAT IS YOUR IDEAL VACATION DESTINATION? REALISTIC- DOLLYWOOD WITH MY FAMILY! DREAM GOAL- DENMARK

WHAT IS A BOOK, MOVIE, OR SERIES RECOMMENDATION? THE ANNE OF GREEN GABLES BOOKS OR ANNE WITH AN E ON NETFLIX

GUILTY PLEASURE TACO BELL BURRITOS

#### MEANINGFUL RANGER COLLEGE MEMORY

ATTENDING GRADUATION IN DECEMBER WITH THE REST OF THE HSI TEAM WAS SUCH A MEANINGFUL EXPERIENCE. WITNESSING THE SUCCESS OF THE STUDENTS WE SUPPORTED THROUGHOUT THE SEMESTER AS THEY GRADUATED WAS A TRUE HIGHLIGHT. THE GRADUATION SPEECH WAS ALSO VERY INSPIRING AND IGNITED MY PASSION TO FURTHER MY EDUCATION.

#### CARING CAMPUS MOMENT

DURING THE FIRST WEEK OF CLASSES THIS SEMESTER, WE WERE SO SWAMPED IN THE FRONT OFFICE OF ERATH DUE TO REGISTRATION. LUIS BOUGHT US PIZZA ONE DAY BECAUSE THERE WAS HARDLY TIME TO BREATHE, LET ALONE LEAVE FOR LUNCH. HE DIDN'T HAVE TO DO THAT, BUT IT DEFINITELY MEANT A LOT TO ME THAT HE CARED ABOUT US ENOUGH TO SEE THE NEED AND ACT.



Have you witnessed an act of kindness? Did someone brighten your day, or did you go out of your way to help someone? We want to hear about it!

Submit your stories to: ActsofKindness@rangercollege.edu

Your story could inspire others and be featured in our kindness spotlight!

What is RAOK?

Random Acts Of Kindness Examples of RAOK:

with notes Listening when someone needs to talk Giving a small, thoughtful gift Assisting someone in

Small acts that make a big impact!

 Assisting someone in need
Let's keep kindness going at Ranger College—one RAOK at a time! MARCH 4, 2025 CAFETERIA | OPENS AT 5 PM

IN RANGER

MARD

THA

GREAT WESTERN DINING WILL PROVIDE A CAJUN THEMED DINNER, THE VINTAGE BUTTERFLY WILL BE ON HAND FOR DIY MARDI GRAS MASKS, KING CAKES, AND MARDI GRAS PHOTO OPP

## SOCIAL MEDIA POST OF THE WEEK



Ranger College Cosmetology -Stephenville

Learning how to do an acrylic nail.

Chinda Lynn + 8







We had a great turnout at tonight's educational Bingo Night! Our wonderful students and staff had a blast.

Thank you to Rips Pizzeria for sponsoring the delicious desserts.

OD Misharee Gunstanson + 9

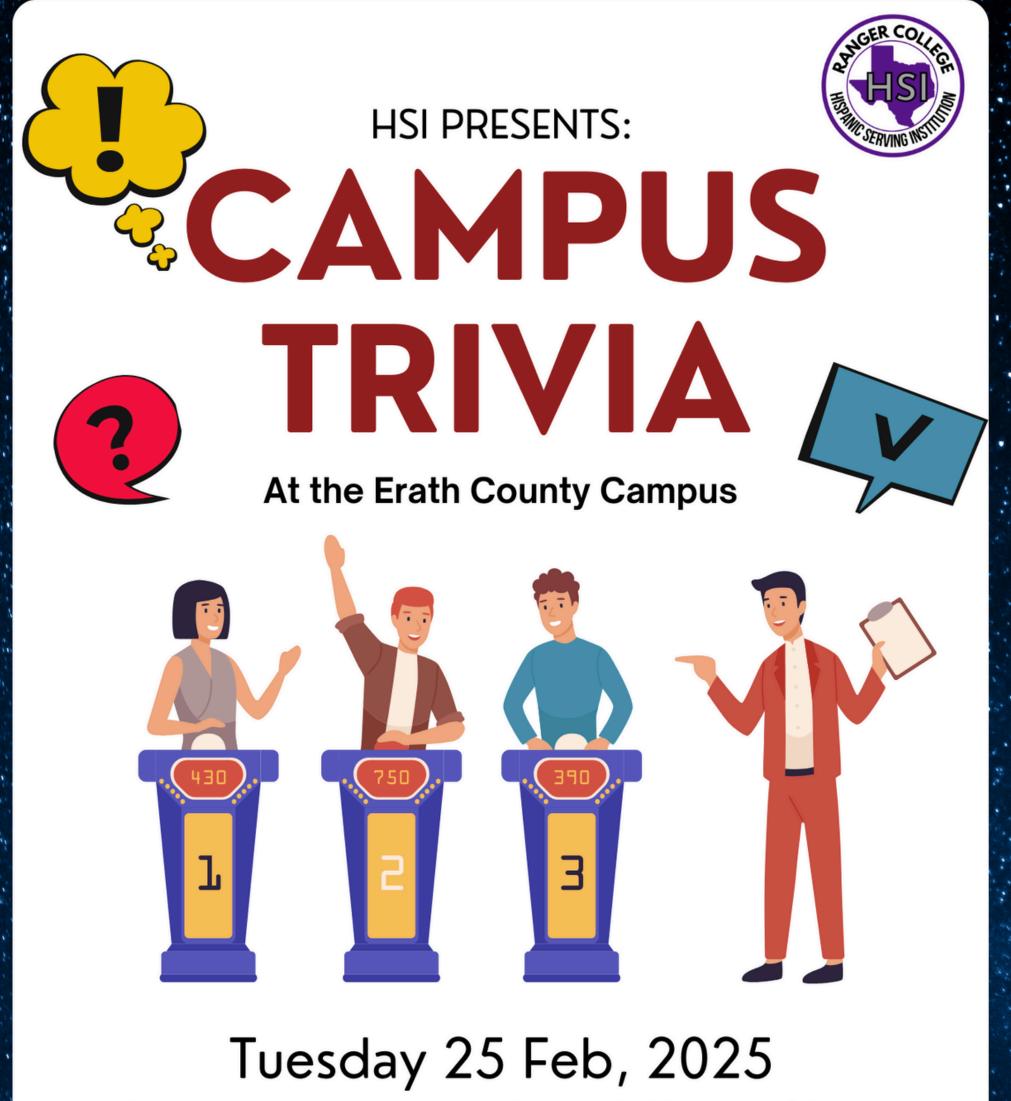




Ranger College Upward Bound

Our Saturday Academy Job Fair was a HUGE success with 39 students present! They heard career information from a doula/yoga instructor, Marine Corps veteran/Oil Field Crew Chief, Army Veteran/RN student, LVN Home Health nurse, RN Hospice Program Director, Pharmacy Technician, Personal Banker, and RC's Jon Madore about careers in technology. After lunch, we travelled to Eastland to tour the Police Department and Fire Department. We would like to express our sincerest gratitude's to each of these individuals for giving their time on this Saturday to speak to and help inspire our students! #RCUB #jobfair #RCUBisgoingplaces 💙 🖣





Come to the Lecture Hall from 12:30pm - 1:00pm

Free lunch provided by the BSM

Trivia, Prizes & Fun

# Free Counseling.

# META Teletherapy

### Free private sessions - choose your own counselor

### **Ranger College is a limited number of sessions**

Your mental health matters, especially while in school. Talking to a licensed counselor can help you cope with any emotional turmoil you're experiencing, including feelings of isolation, depression, stress, and anxiety. Ranger College will cover the costs for a limited number of counseling sessions with META providers.

### Download the free app today to get started: meta.app/students.

Note: Selecting too many filters may prevent providers from displaying.

Use the advanced filters to show providers offering school-sponsored sessions.





meta.app/students | 833-844-META

in Thousands

meto

Filters

Clear

>

>

>

>

>

kith a counselor

otines into

X

Ethnicity

Languages

Genders

Faiths

Therapy Styles

my insurance

available now

Show providers who accept

Show providers who offer free,

school-sponsored sessions

Show providers who are