



The Carroll Claw | Week of 12/2!

Hi!

We are closing in on finals in a couple of weeks and we've got programs to help you study, take time to destress, and help you think about your plan for your future whatever that may be. Keep reading to see what's happening so you can mark your calendars.

Free Ticket to College Night at Cascade Lights on 12/13!



Experience the enchantment at Cascade Lights, Coppermine's festive outdoor celebration held at Coppermine Cascade Park in Hampstead, MD. We extend a warm invitation to all faculty, staff, and students of Carroll Community College to join us on:

Date: Friday, December 13

Time: 5:30 to 9:00 pm

Location: Coppermine Cascade Park
2844 Snydersburg Rd, Hampstead, MD
21074

To secure your free ticket, please visit the Business Office. Please note that we have a limited number of 75 tickets available (one per person).

Feel free to bring your family and friends to revel in the festivities! Additionally, half-price tickets can be purchased for \$5 at the Business Office to be used only on December 13.

Remember to showcase your Carroll pride by wearing college gear and swing by our Carroll Community College tent for candy canes and hand warmers.

We look forward to celebrating the holiday season with you at Cascade Lights College Night!

'Tis the Season to Prioritize Your Mental Health!

If you're struggling or feeling overwhelmed, remember that **TimelyCare** is here to help. **TimelyCare is your FREE Student Assistance Program for Carroll credit students.**

Use your TimelyCare app for:

- 6 free counseling sessions
- Peer-to-Peer community
- Self-guided wellness content
- 24/7/365 Support via TalkNow

Reach out for support and take care of yourself during this busy time.

988 Is Here to Help: Need immediate emotional support? **Call 988** to connect to a counselor who can help. Specialists provide confidential care 24/7. Because we all need help sometimes.

A promotional poster for the 988 Suicide & Crisis Lifeline. The background is light blue. On the left, there is a dark blue silhouette of a human head in profile, facing right. Inside the head, there is a white heart with a white ECG line. The head is surrounded by white snowflake patterns. At the top left, the number '988' is written in large, bold, dark blue font, followed by 'SUICIDE & CRISIS LIFELINE' in smaller, dark blue, all-caps font. Below this, the text 'MAKE YOUR' is in small, dark blue, all-caps font, followed by 'Mental Health' in large, bold, dark blue font, and 'A PRIORITY' in small, dark blue, all-caps font. At the bottom left, the 'timelycare' logo is displayed in dark blue, with a small square icon above the 'y'. At the bottom right, the 'CARROLL COMMUNITY COLLEGE' logo is shown in dark blue, followed by the text 'STUDENT CARE AND INTEGRITY' and 'Honesty · Trust · Fairness · Respect · Responsibility' in a smaller, dark blue font.

988 | SUICIDE & CRISIS LIFELINE

MAKE YOUR
Mental Health
A PRIORITY

timelycare

CARROLL COMMUNITY COLLEGE | STUDENT CARE AND INTEGRITY
Honesty · Trust · Fairness · Respect · Responsibility

Did You Rent Textbooks This Semester?

Rental textbooks are due back to the bookstore on **Friday, December 20**. If you no longer need the book, you can beat the rush and return it this week.

Regular Bookstore hours are Monday through Thursday from 9:00 am to 6:00 pm and Friday from 9:00 am to 1:00 pm. There will be extended Bookstore hours on Friday, December 20 from 8:30 am to 3:30 pm and Saturday, December 21 from 10:00 am to 2:00 pm.

Check Out the December Café Specials!

Café Specials

December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 Jambalaya with Green Beans	3 Roasted Pork with Vegetable	4 Lasagna with Breadstick	5 Loaded Nachos	6
9 Pulled Pork with Slaw	10 Sweet and Sour Chicken with Rice	11 Meatloaf and Vegetable	12 Chicken Pot Pie	13
16 Spaghetti and Meatballs	17 Omelet Station with Home Fries	18 Stuffed Peppers Vegetarian or Beef	19 Chicken Quesadilla	20
23	24	25	26	27
Winter Recess (College Closed)				

*Prices are as listed in the Café, while supplies last

Club Corner!

These Clubs Have Meetings & Events This Week:

Interesting in joining a club? Stop by a meeting!

- **D&D Campaign Group 4:** Monday, 12/2 | 6-8PM | C269
- **Voces Latinas:** Tuesday, 12/3 | 2-3PM | K221
- **Pride Alliance:** Tuesday, 12/3 | 2-3PM | K220
- **Dance:** Tuesday, 12/3 | 3:30-4:30PM | P519
- **SGO:** Tuesday, 12/3 | 3:40-4:40PM | C269
- **Early Childhood Education:** Tuesday, 12/3 | 6-6:30PM | Microsoft Teams
- **Cru:** Wednesday, 12/4 | 3-4:30PM | K119
- **Indoor Soccer:** Wednesday, 12/4 | 4-5:30PM | P527
- **Art and Literary:** Thursday, 12/5 | 2:30-3:30PM | A125
- **Black Student Union:** Thursday, 12/5 | 2:30-3:30PM | K119
- **D&D Campaign Group 1:** Thursday, 12/5 | 3:30-5:30PM | K129
- **D&D Campaign Group 5:** Thursday, 12/5 | 3:40-5PM | K220
- **Indoor Soccer:** Thursday, 12/5 | 4-5:30PM | P527
- **D&D Campaign Group 2:** Saturday, 12/7 | 2-4PM | C267

News from Advising

Registration for Winter and Spring Classes is Open!

Registration is open! Get the classes you want in the format you want at the time and day you

want! If you need to meet with an advisor to help select courses, schedule an appointment in Starfish or call 410-386-8435.

Bills for winter classes are due on Tuesday, December 3 and bills for spring classes are due on Wednesday, January 8.



Events This Week!

Learn about medical ultrasound & how you can become a sonographer through our 18-month Diagnostic Medical Sonography Program!

Hayley O. Bantua, MSHPML, RDMS, RDMSE
Johns Hopkins School of Medical Imaging
Program Director of Diagnostic Medical Sonography
410.516.1881 | hantua@jhmi.edu

SCHOOLS OF MEDICAL IMAGING
JOHNS HOPKINS
MEDICINE

Diagnostic Medical Sonography Program Virtual Information Session

Date: Tuesday, Dec. 3
Time: 5:00 pm
Location: Virtual

The Johns Hopkins School of Medical Imaging's Diagnostic Medical Sonography Program is hosting a Virtual Information session on Tuesday, December 3. Learn about medical ultrasound and how you can become a sonographer through their 18-month program!

[Register here!](#)

Financial Wellbeing Wednesday

Date: Wednesday, Dec. 4
Time: 11:00 am to 1:00 pm
Location: Café

Join us this Wellbeing Wednesday to focus on your Financial Wellbeing!

☐☐ HSP's **Volunteer Income Tax Assistance (VITA)** program is our featured guest. **Plus, you could win a Café gift card when you stop by!** ☺☐

Don't miss this chance to get free, professional financial education and a chance to **WIN**. See you there! ☐☐

[Learn about your 8](#)

December 5th
K*119
10:30am-12:30

Access resources, enjoy affordable snacks, and find ways to fight hunger!

Create a positive impact
Connect with campus and local resources, enjoy healthy low-cost snacks, and determine ways to combat hunger for yourself and others!

Food for Thought

Date: Thursday, Dec. 5
Time: 10:30 am to 12:30 pm
Location: K119

Learn about food insecurity, make and enjoy a healthy low-cost snack, and support our community with hunger relief efforts.

Save the Date!



Make a Little Gift

Date: Monday, December 9
Time: 2:00 to 4:00 pm
Location: Library Lobby

Come to the Library and make a coaster using ModPodge that you can keep or give as a little gift! This will be a chill, easy craft for cozy, end-of-semester vibes.



Get it Done: Study Sesh and Snacks in the Academic Center

Date: Tuesday, Dec. 10
Time: 4:00 to 6:00 pm
Location: Academic Center

Ready for finals? Come to the Academic Center and study in a cozy group - snacks and brain breaks provided! There will be librarian and writing tutor help available.



Learn to Swing Dance

Date: Wednesday, Dec. 11
Time: 11:00 am to 12:20 pm
Location: Gym (P527)

Learn to swing dance with the Lifetime Fitness course! Open to students, faculty, and staff.

Questions? Contact Justin Mabe jmabe@carrollcc.edu



Snow-out Blowout Bingo

Date: Wednesday, Dec. 11
Time: 11:30 am to 1:00 pm and 5:30 to 7:00 pm
Location: Babylon Great Hall

Come play bingo and win some awesome prizes! Stop by in the afternoon or the evening! Open to all students to play.



Finals Breakfast

Date: Monday, Dec. 16
Time: 9:00 am to 10:30 am
Location: Café landing

Fuel up for finals with FREE breakfast served by faculty and staff. Stop by the Café landing to grab food on your way to or from your final exam. Open to all students while supplies last.



What's Your Vision?

Date: Tuesday, Dec. 17
Time: 11:00 am to 1:00 pm
Location: Babylon Great Hall

Stop by the Great Hall and get creative with this hands-on activity to help you visualize your goals through a collage of pictures and words. Free snacks!

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