

# TRIO WORKS

## SSS & FGSO

### TAILGATING



The First-Generation Student Organization (FGSO) has participated in two tailgating events as well as the homecoming parade this fall semester. FGSO is dedicated to providing support for NSU first generation students by helping them adjust to a new environment, lifestyle, and academic traditions. The next meeting will be October 31 in the UC, room 225 at 3:30 p.m. All are invited to attend!



## CRIES FROM THE BASEMENT



**TRIO**  
STUDENT SUPPORT SERVICES

**TRIO STAFF SPOTLIGHT**

*TRIO HAS NEW FACES ON SITE!!*

*READY AND WAITING TO SERVE TRIO SSS PARTICIPANTS*



Hey there! My name is Alana Gardenhire. I am majoring in Psychology with a minor in English. I hope to one day become a Child Life Specialist. In my free time I enjoy reading, traveling, & hanging out with my friends.

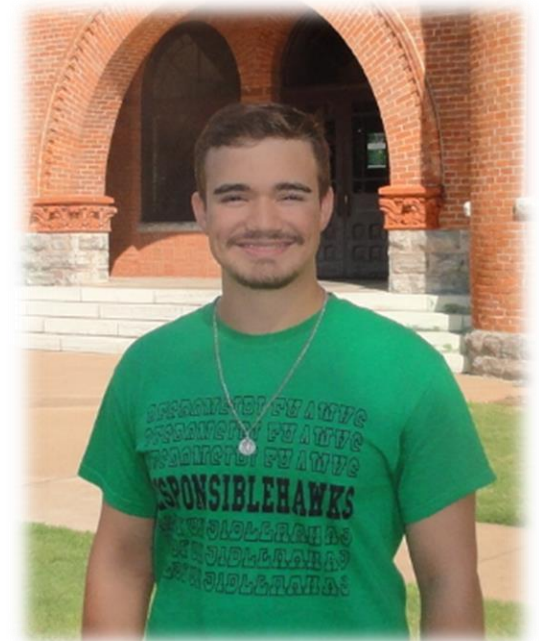
Area of expertise: Freshm an Composition I & II, Creative Writing, Psychology, Communications, & University Strategies.



Hello! My name is Hannah Foreman and I am the new TRIO SSS Coordinator. I am very happy and excited to be a part of this wonderful program. I am an Alumna of NSU with

a Bachelor's degree in Business Administration. I also hold a Master's of Business Administration degree from John Brown University. I have lived in Tahlequah the majority of my life and I enjoy spending time with family, watching movies, reading, and playing volleyball. I have one son, Josiah Foreman, who is in the 7<sup>th</sup> grade.

If you have questions about TRIO or the services we provided, please don't hesitate to stop by the office or call. We are always ready to help!



My name is Ryan Pope. I am a freshman at Northeastern State, and I graduated from Pryor High School. My major is undeclared, but I have interests in biology or physics paths. I am an associate of Sigma Tau Gamma here on campus. I play guitar and like to hunt. I am the desk attendant at TRIO. If anyone needs help while working on an assignment in the computer lab or needs specific supplies I can help!

## CRIES FROM THE BASEMENT



TRIO SSS HAS TUTORING SLOTS AVAILABLE.  
YOU MUST BE A PARTICIPANT  
SEE SHARON TO SIGN UP

### OCTOBER

Megan Carney	Brody Parrick
Roben Channel	Bridgett Pohlschneider
Zachary Fowler	Zachary Pope
Winter Guinn	Treybeinne Pritchett
Connor Knight	Ethean Russell
Maggie Lindsey	Abigail Stephan
Destini Mayes	Caitlin Stratton
Lauren Monroe	Sarah Thompson
Lillian Morris	Gabriel Watkinson
Alexis Park	Robin Wescott



## HAPPY BELATED BIRTHDAY

### AUGUST

Bailee Bishop	Chad Graham II	Rachel Nessman	Hannah Smith
Carson Brown	Lauren Grayson	Carrie Owens	Paige Taylor
Karlie Bush	Tyler Little	Christina Parker	Shelia Uehlin
Amanda Dunham	Debra Mason	Allie Robbins	Emily Walters
Katrina Ezell	Katrin McGriff	Cameron Saul	Trenton Waters

### SEPTEMBER

Cameron Akin	Ashley Gantt	Caitlin McLemore	Tyler Sivard
Sara Bonniger	Brianna Germany	Cody Norriss	Humberto Soto
Earnest Cobb	Benny Jones	Alexis Pavey	Terrah Wells
Madison Engle	Caitlin Long	Wyatt Phillips	Cody Willis



### FROM TRIO STAFF

*LENA DEERE*

*SHARON BLACKFOX*

*HANNAH FOREMAN*



# OCTOBER EVENTS



## TRIO SSS CULTURAL TRIP

**“What’s Your Color?”  
WORKSHOP**

**OCTOBER 9 & 10**

DISCOVER THE  
COLOR OF YOUR  
LEADERSHIP STYLE  
AND WHAT IT SAYS  
ABOUT YOU

TRIO SSS is heading to Crystal Bridges Museum in Bentonville, AR for the first semester cultural trip. The trip is scheduled for Saturday, October 12, 2019. We will leave campus at 8 a.m. and return approximately 5 p.m. Transportation and a meal will be provided for SSS participants. Seating is limited so make sure you sign up early!



## >>>>>>>>>>>>>>>>>>> **FAFSA LAB** <<<<<<<<<<<<<<<<<<<<<<<<<<<<

**OCTOBER 22, 2019**

**4 – 6 p.m.**

### **TRIO SSS COMPUTER LAB**

2 Financial Aid Representatives will assist students with FAFSA application process.

#### **Remember to bring:**

- ✓ Social Security Card
- ✓ Driver’s License
- ✓ W-2’s and Tax Returns

**\*\* If considered a dependent student for Federal aid purposes, you will need your parent’s information\*\***

# OTHER NEWS & REMINDERS

**TRIO MENTORING PROGRAM AVAILABLE  
FOR INCOMING FRESHMAN AND  
SOPHOMORE STUDENTS**

**ASK HANNAH FOREMAN ABOUT SIGNING UP!**

**Mentor Monthly Meeting  
Tuesday October 29 @ 3 pm**



*WHAT'S YODA TRYING TO TELL ME???*  
*ASK A TRIO STAFF REPRESENTATIVE*



**F.Y.M.D.**

**T.I.I.N.**



## SPRING SEMESTER ENROLLMENT DATES:

OCT 1: Able to view classes

OCT 14-18: Priority enrollment for graduate students and seniors

OCT 21 – All other student enrollment

## FASFA Application

Reminder for the 2020-2021  
Academic Year

The Free Application for Federal Student Aid (FASFA) is awarded on a first come first serve basis, so apply as soon as possible.

Start applying after October 1, 2019 for the academic year 2020-2021. Using income tax information from 2018

FASFA <http://StudentAid.gov/fsaid>

FSA ID <https://fsaid.ed.gov>

**"INSTANT" MAC & CHEESE IN A MUG**

**DIRECTIONS**

1. Put macaroni in a mug and pour in water. (You may want to add more or less water depending on mug size, but there should be more than enough to completely cover noodles).
2. Microwave on high for 8 minutes pausing at the 5 and 2 minute mark to stir and add more water if necessary.
3. Cook until al dente.
4. Add cheese to pasta mixing with the small amount of water remaining at bottom of mug
5. If cheese does not completely melt, pop mug back in microwave for 30-60 seconds
6. Stir then enjoy!

**NOTES**

-If you are feeling really fancy with your microwave cooking skills add some herbs or veggies like red peppers or chopped broccoli



**INGREDIENTS**

- 1 cup water
- ½ cup elbow macaroni
- ½ cup cheeses of choice



**Let's Eat!**

Stop by TRIO SSS office and have some food with us!

Monday Oct 21 – Chili

Monday Oct 28 – Beans & Cornbread

