



# TRIO SSS August 2020 CRIES FROM THE BASEMENT Newsletter

## WELCOME BACK RIVERHAWKS!

We hope you had a great summer and we are so excited to begin another incredible semester with you!

—TRIO Staff

Lena Deere &  
Hannah Foreman



# Student Support Services

**Great news! Our SSS Grant has been refunded!  
We will be able to continue serving NSU  
students for the next five years!**



# TRIO OFFICE CHANGES

Dear TRIO Participants,

Our office may look a little different when you come in, but we are still here to help you in any way that we can. In order to comply with NSU's standards for COVID-19, we have made some small changes for your protection. Beginning Fall 2020, we will have only one entrance and one exit. Students must enter through our exterior door on the south end of the building and exit through the door upstairs. There will be a temperature checkpoint before you may sign in to use our facilities—if you have a fever, you will be asked to wait until it has been gone for 72 hours without meds to enter our offices. We are also requiring every student and staff to wear a face mask while inside our office, while maintaining a social distance of six feet where possible. We have placed shields in between each station to provide an extra level of safety. We also recommend you to take advantage of our hand sanitizer and Lysol wipes to clean your station before you leave.

We look forward to seeing each and every one of you and to another successful and safe semester!

*thank you*  
*TRIO Staff*

# DATES TO REMEMBER

Classes begin

August 17th

Late Enrollment (\$10 fee)

August 17th-21st

Labor Day (campuses closed)

September 7th

Thanksgiving Break (campuses closed)

November 23rd-27th

Finals Week

December 7th-11th

NSU Commencement (Tahlequah)

December 12th

Due to the COVID-19 virus; many campus wide events and activities along with those at TRIO SSS will be scheduled as the semester progresses.

Make sure to check your email for updates on SSS activities and events!



# FAFSA

Have you completed your FAFSA?

NSU Federal School Code: 003161

## 2020-2021 Deadlines

### Federal Deadline:

Online applications must be submitted by 11:59 p.m. Central Time, June 30, 2021. Any corrections or updates must be submitted by 11:59 p.m. Central Time, September 12, 2021.

### State Deadline:

Oklahoma—As soon as possible after October 1, 2020. Awards are made until funds are depleted.



# August HAPPY Birthday

Bailee Bishop  
Carson Brown  
Karlie Bush  
Amanda Dunham  
Chad Graham II  
Lauren Grayson  
Tyler Little  
Debra Mason  
Katrin McGriff  
Rachel Nessman  
Carrie Owens

Christina Parker  
Hanna Smith  
Shelia Uehlin  
Paige Taylor  
Trenton Waters



# Cinnamon Maple French Toast

## INGREDIENTS

- 1/4 cup (about 2 large) egg whites
- 2 tbsp. unsweetened vanilla almond milk
- 1 no-calorie sweetener packet
- 3/4 tsp. maple extract
- 1/2 tsp. cinnamon
- Dash of salt
- 2 slices light bread

*Optional toppings: pancake syrup,  
powdered sugar, & berries*

## INSTRUCTIONS

- Spray a microwave-safe mug with nonstick spray.
- Add all ingredients except bread & mix thoroughly.
- Cut bread into 1-inch pieces.
- Add bread pieces to the mug, & gently stir to coat.
- Microwave for 1 minute. Gently stir. Microwave for 45 seconds, or until set.





# SLOW THE SPREAD

Wash your hands often



Avoid close contact with others

Avoid touching your eyes, nose, and mouth

Cover your cough and sneezes

Stay home if you feel sick

Social distancing of six feet

