

# August 2021 Newsletter

WELCOME  
HOME  
RIVERHAWKS!

Come visit us & pick up your  
beginning of semester goodies!

♥ SSS Staff

# Meet Our Staff



**Lena Deere**  
Director



**Hannah Foreman**  
Tutor Coordinator



**Alana Gardenhire**  
Mentor Coordinator

# Welcome Back Letter!



Dear SSS Participants,

Welcome to all of our participants! We are so excited to begin another incredible semester here at NSU! We look forward to seeing each and every one of you and to another successful and safe semester! Our staff is committed to helping you succeed in your studies. Make sure you stop by the TRIO SSS office soon to visit with staff, sign up for tutoring & our mentoring program, and pick up your fall success pack!



Thank you,

Lena Deere, Hannah Foreman,  
& Alana Gardenhire



# DATES TO REMEMBER



CLASSES BEGIN	AUGUST 23RD
LATE ENROLLMENT	AUGUST 23RD-27TH
LEARNING STYLE WORKSHOP	AUG 31ST-SEPT 1ST
LABOR DAY (NO CLASS)	SEPTEMBER 6TH
STUDENT SUCCESS WORKSHOP	SEPT 21ST-22ND
FAFSA NIGHT	OCTOBER 5TH
EXAM PREP WORKSHOP	OCTOBER 19TH-20TH
FALL BREAK	OCTOBER 21ST-22ND
STRESS MANAGEMENT WORKSHOP	NOV 17TH-18TH
THANKSGIVING BREAK	NOVEMBER 24TH-28TH
FINALS WEEK	DECEMBER 13TH-17TH





**HAPPY  
Birthday!**

*Bailee Bishop*

*Morgan Burke*

*Amanda Dunham*

*Alayna Fielder*

*Betheny Gregory*

*Tyler Little*

*Jamar McKee*

*Drake McKerall*

*Trey Renfrow*

*Cynthia Romo*

*Angela Tollett*

*Trenton Waters*

*Nicole Waugh*

*Terry Wilson*

*Alexia Zamora*

**FROM YOUR SSS STAFF,**

*Lena Deere, Hannah Foreman, & Alana Gardenhire*

# "INSTANT" MAC & CHEESE IN A MUG



## INGREDIENTS

1 cup water

½ cup elbow macaroni

½ cup cheeses of choice

## 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!

