



November

TRIO Student Support Services Newsletter *Cries From The Basement*

November Student Spotlight Holly Fritch



I graduated high school in 2015 and attended NSU for the Fall 2015 and Spring 2016 semesters. I didn't know what I wanted to do and rushed into going to college. During that spring semester though, I figured out that I wanted to make a career out of helping others. So I applied to NWACC (Northwest Arkansas Community College in Bentonville, AR) and after obtaining the remaining general education requirements, I applied for, and was accepted into their Respiratory Therapy program. I graduated with my Associates of Applied Science in Respiratory Therapy in May of 2019. After working for a year as a Registered Respiratory Therapist, I reapplied to NSU and I am currently pursuing my bachelors of Nutritional Sciences in Allied Health. With this bachelors degree, my associates degree, and experience in healthcare I hope to be accepted into the NSU Physicians Assistant program. In my free time I love to spend time with my family, friends, and puppies as well as enjoying outdoor activities such as hiking, fishing, and camping. My goals for the next 5 years would be to finish school and travel more, specifically the U. S. National Parks.

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.”

– Thornton Wilder

DATES COMING UP!

Thanksgiving Break (**campus closed**)

November 23rd-27th

Finals Week

December 7th-11th

NSU Commencement—Tahlequah

December 12th

REMINDER

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!

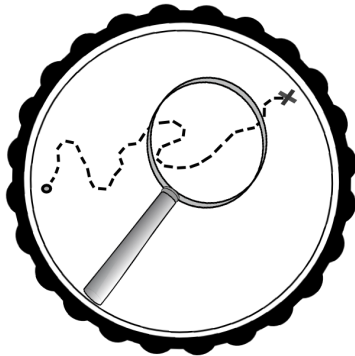




**Rachael Goforth—TRIO
Scavenger Hunt Winner**



**Jacari Mayfield—Mentor Program
Monthly Drawing Winner**



**Whitnee Robinson—TRIO
Scavenger Hunt Winner**




Congratulations to TRIO Participant Michaela Stewart for being inducted into Pi Sigma Alpha—the National Political Science Honor Society!

Happy Birthday November



Teiya Carbajal
Zaine Dyer
Yadira Flores
Allison Flute
Timothy Gardenhigh

Keven Nava Hinojosa
Jessie Poole
Elide Sierra
Delaney Sloan
Maycee Torix
Savannah Yon



FROM YOUR
TRIO STAFF
Lena Deere
Hannah Foreman
Alana Gardenhire

Loaded Fries



Cook frozen waffle fries (or any type of frozen fries) as directed. Sprinkle with shredded cheese of choice and crumbled bits of cooked bacon, then return to the oven until the cheese is melted.

This recipe is extremely simple and easy to make it your own. Add your choice of cheese and toppings to bring more flavor to the dish.

Need a Laugh?

Everyone: I'm so sad summer is almost over
Starbucks: *releases pumpkin spice latte early*
Everyone:



Me when the air gets chilly and I see a leaf on the ground



when you're just trying to enjoy the fall but existential dread keeps creeping in



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

