



Term: Fall | Issue: November | Year: 2022

## NOVEMBER STAFF SPOTLIGHT



*Alana Gardenhire*

Hello! My name is Alana and I am one of your TRIO SSS Coordinators!

My role is to help you succeed while you are here at NSU! I am a first-generation college student, and like you, I have faced a lot of the same struggles. I have a bachelor's degree in psychology and I am working on my master's in health psychology. In my free time, I enjoy going for walks, reading, and shopping for things I definitely don't need. If you have any questions or need to talk about anything, just stop by our office and ask to speak to me!

# IMPORTANT DATES

- ★ November 13th - 16th - TRIO SSS Office Closed - Staff at Conference
- ★ November 23rd - 25th - Thanksgiving Break - Campus Closed
- ★ November 30th - Ceramic Painting Workshop
- ★ December 5th - 9th - Finals Week
- ★ December 10th - Fall Commencement
- ★ December 14th - Faculty Grades Due
- ★ December 12th - January 6th - Christmas Break - Campus Closed
- ★ January 9th - Spring Semester Begins

## GRANT AID

TRIO SSS applications for Grant Aid will be opening at the end of November! Make sure you have completed your requirements to apply!

Are you eligible to apply?  
Refer to the checklist below!

- Earned less than 60 hrs
- 2.0 GPA
- Attend 1 workshop
- Attend 1 field trip
- Receive Pell Grant



## ★ FAFSA ★

**FAFSA OPENED ON  
OCTOBER 1ST, 2022  
FOR THE 2023/2024  
SCHOOL YEAR. NOW IS  
THE TIME TO REAPPLY!**

**FAFSA<sup>®</sup>**  
Federal Student Aid  
An OFFICE of the U.S. DEPARTMENT of EDUCATION



# October Birthdays



NICOLE ANDERSON  
JACKSON BALL  
WYATT DODD  
AUTOM EITAN  
ERIKA FERGUSON  
ERIC FRYE  
MORGAN HARRIS  
LIAM JOHNSON

SARAH JOHNSON  
BETHANY MEJIA  
ALEXA MITCHELL  
VANESSA MURPHY  
SALLIE NGUYEN  
BRODY PARRICK  
TRISTEN SYKES  
MICHELLE TAYLOR



Happy Birthday from your SSS Staff  
Lena Jade Alana

# NOVEMBER



# BIRTHDAYS



**TEIYA CARBAJAL**  
**ADRIANA ESQUIBEL**

**JASON JUSTICE**

**XANDER QUIROGA**

**KAIDEN RODEN**

**ELIDE SIERRA**

**DELANEY SLOAN**

**SHEA STOWERS**

**BREANNA THOMPSON**

**BRIANA WITHAM**



**Happy Birthday**  
**from your SSS Staff**

*Lena Jade Alana*

# Roundtrip Train Excursion from Springdale, AR to Van Buren, AR



**TRIO SSS Students were able to ride a passenger train down to Historic Old Town Van Buren, AR. We had a nice lunch and then had some time to explore the history of this beautiful city, before boarding the train back to Springdale!**



<https://iambaker.net/tiktok-cinnamon-roll-mug/>

# CINNAMON ROLL IN A MUG

## Ingredients

### Dough

- 1½ TABLESPOONS SALTED BUTTER, MELTED
- ½ CUP ALL-PURPOSE FLOUR
- ½ TEASPOON BAKING POWDER
- 2 TABLESPOONS GRANULATED SUGAR
- 3 TABLESPOONS MILK, I PREFER WHOLE MILK
- ½ TEASPOON VANILLA

### Filling

- 1 TABLESPOON BUTTER
- 2 TABLESPOONS BROWN SUGAR
- ½ TEASPOON CINNAMON

### Glaze

- ⅓ CUP CONFECTIONERS' SUGAR
- 1 TABLESPOON MILK

## Instructions

### Dough

ADD THE FLOUR, BAKING POWDER, GRANULATED SUGAR, MILK, VANILLA, AND MELTED BUTTER TO A SMALL BOWL AND STIR UNTIL COMBINED.

ONCE THE DOUGH IS SOLID, DROP ONTO A CLEAN AND SLIGHTLY FLOURED SURFACE.

USE YOUR HANDS TO FLATTEN DOUGH INTO A RECTANGLE .

### Filling

IN A SMALL BOWL, MELT THE BUTTER, BROWN SUGAR, AND CINNAMON FOR ABOUT 1 MINUTE. (DEPENDING ON HOW COLD YOUR BUTTER IS.) STIR WELL.

### Assembly

POUR FILLING OVER DOUGH RECTANGLE AND THEN ROLL UP INTO A CINNAMON ROLL SHAPE.

PLACE ROLL INTO MUG. MAKE SURE YOUR MUG IS SPRAYED WITH NON-STICK SPRAY OR GREASED.

HEAT ROLL IN MICROWAVE FOR 90 SECONDS. IF THE DOUGH APPEARS WET ON TOP, IT MAY NEED TO HEAT FOR A FEW MORE SECONDS. (10 SECOND INCREMENTS.) IF THE DOUGH APPEARS DRY THE CINNAMON ROLL IS DONE. YOU CAN ALSO TEST WITH A TOOTHPICK.

### Glaze

STIR CONFECTIONERS SUGAR AND MILK TOGETHER IN A BOWL UNTIL SMOOTH.

POUR OVER WARM CINNAMON ROLL IN THE MUG OR INVERT THE ROLL ONTO A PLATE AND POUR GLAZE OVER TOP.