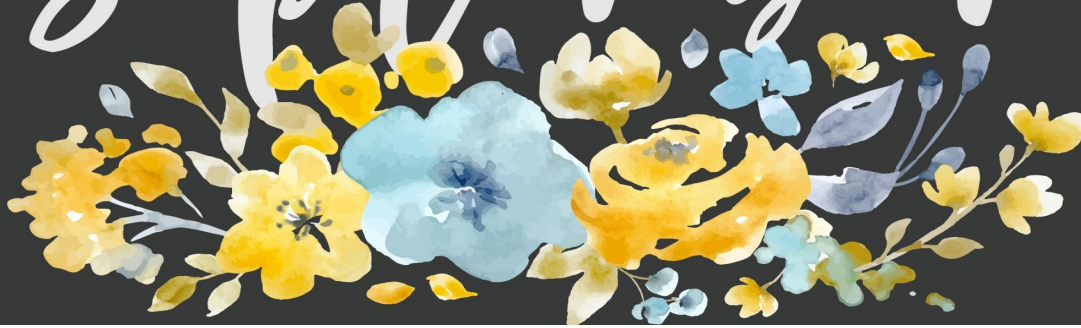


# september



## TRIO SSS

## CRIES FROM THE BASEMENT NEWSLETTER

Student  
Spotlight

### Philard Rounds III

Hi, I'm a non-traditional college student and my major is Psychology and minor is Recreation. I enjoy doing things in the great outdoors like camping, hiking, swimming, canoeing, kayaking, backpacking, rock climbing, repelling, ropes courses, etc. I also like reading books and spending time with family and friends. After completing my bachelor's degree at NSU I hope to get accepted into NSU's graduate program for Counseling. After that program, I plan on working with clients that do and don't have disabilities in an agency setting that uses combined therapy and therapeutic recreation to help clients make progress and learn how to be successful in life. I was accepted into NSU's TRIO SSS program in June 2020. NSU's TRIO SSS program has helped with tutoring, academic advice, scholarships, and so much more. TRIO makes it possible for me to be successful in college, and learn new skills to improve my writing. They are always encouraging me to do my best, and are very supportive. The TRIO staff feels like a family because of how much they all do to help students make progress in their studies and always there for their students.



# IMPORTANT DATES

Labor Day (campuses closed)

*September 7th*

Etiquette Dinner (Career Services)

*October 15th*

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!

## Feeling stressed out?

Make sure you are taking care of your body by eating right, getting plenty of sleep, exercising regularly, and drinking a lot of water.



# FAFSA

*We are getting closer to October 1st. Make sure you are prepared!*

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.



# September Happy Birthday

**Cameron Akin**

**Sara Bonniger**

**Madison Engle**

**Makayla Farrington**

**Ashley Gantt**

**Caroline Harkins**

**Benny Jones**

**Caitlin McLemore**

**Cody Norriss**

**Alexis Pavey**

**Sheila Riley**

**Whitnee Robinson**

**Mattison Siler**

**Humberto Soto**

**Terrah Wells**

**Cody Willis**



**FROM YOUR  
TRIO STAFF**

**Lena Deere**

**Hannah Foreman**

**Alana Gardenhire**





# Microwave Mac & Cheese in a Mug



## Ingredients

- $\frac{1}{3}$  cup pasta
- $\frac{3}{4}$  cup water, cold
- 4 tablespoons milk
- $\frac{1}{2}$  teaspoon cornstarch
- 4 tablespoons shredded cheddar cheese
- salt and pepper

## Instructions

1. In a large microwavable mug or large bowl add in the macaroni and the water. You need a large mug as the water will boil.
2. Microwave for roughly 3  $\frac{1}{2}$  minutes. You want the pasta to be fully cooked.
3. Pour out the remaining water.
4. Stir in the milk, cornstarch, shredded cheese and microwave for a final 60 seconds to create your sauce. Stir well and enjoy!



# 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*

