



December 2015

Volume 2 Issue 2

SSS Newsletter

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. ~ John 3:16

Student Support Services Welcomes Our Newest Staff Member, Mr. Jermaine Thomas

Mr. Thomas joined the SSS staff November 2015 as an Advisor/Instructor. Jermaine brings several years of TRiO experience from his past employment with Southern University of Shreveport Louisiana's Trio Program in Sabine Parish. He also brings in teaching experience from teaching grades k-12 for many years. Jermaine is a native of Zwolle, La. He graduated from Grambling State University with his bachelor's degree and Northwestern State University with his Master of Education degree. Mr. Thomas teaches ACSI1010, Academic Skills, and DR1030, Educational & Vocational Guidance.

SSS is delighted to have Mr. Thomas and we look forward to working with him. If Mrs. Kim Liner was your advisor, Mr. Thomas is now your advisor so schedule your appointment with him ASAP.

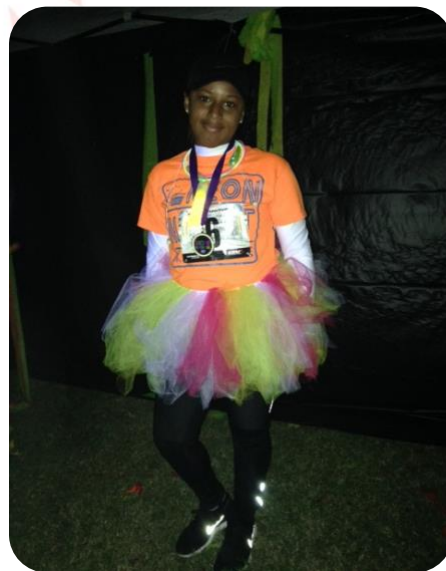


Trio Fit 5K Was a Huge Success

Trio Fit members participated in the Neon Night for a Cure Race Saturday, November 14th in Downtown Natchitoches. Everyone in the group did exceptionally well and completed the race. The group was proud that all of the hard work and countless hours of training they put in this semester paid off. If you see any of the Trio Fit participants around campus, please congratulate them on their accomplishment.



Trio Fit would like to congratulate Ms. Kiera Jones on a job well done in the 5K. There were 28 people that ran in the race and Trio Fit's own, Kiera, was able to take home the 1st place medal. Congratulations Kiera, you have made our group very proud of all of our hard work.



Sometimes the
magic
of Christmas is found in the
simple things.

TOP 10 CHRSTIMAS MOVIES

1. Love Actually
2. A Christmas Story
3. Elf
4. Scrooged
5. National Lampoon's Christmas Vacation
6. A Nightmare Before Christmas
7. Home Alone
8. Bad Santa
9. The Muppet Christmas Carol
10. Gremlins

TOP 10 CHRSTIMAS SONGS

1. Waiting for Christmas
2. Jingle Bell Rock
3. Silent Night
4. White Christmas
5. All I Want for Christmas Is You
6. Do They Know Its Christmas
7. Rudolph The Red Nose Reindeer
8. O Holy Night
9. The Christmas Song (Chestnuts Roasting On An Open Fire)
10. Jingle Bells

Pretzel M&M Hugs (Christmas Style)

Ingredients:

70 square pretzels (do NOT use butter snaps)
70 Hershey's Hugs Chocolates (nearly 1 full 12 oz package), unwrapped
70 Milk Chocolate M&M's (red and green Christmas package)

Directions: Preheat oven to 200 degrees. Line a cookie sheet with a Silpat or parchment paper. Align pretzels on cookie sheet in a single layer then top each pretzel with one Hershey's Hug chocolate. Bake in preheated oven for 4 - 5 minutes, until the chocolate is shiny and soft (but NOT melting, the chocolates should still hold their shape).

Remove from oven and carefully place one M&M in the center of each soft Hug and press down on M&M to spread the chocolate. Place in refrigerator and allow to rest until chocolate has set, about 5 minutes. Store in an airtight container.



Important Dates

Event	Date	Venue
SSS Movie Night	Thursday, Dec. 3 5:00 p.m.	President's Room in Student Union
Last Day of Class	Wednesday, Dec. 9	
SSS Mentor/Mentee Meeting	Friday, Dec. 4 12:00 p.m. – 2:00 p.m.	President's Room in Student Union
Final Examinations	Wednesday, Dec. 9 – Wednesday, Dec. 16	
Conference	Friday, Dec. 18	President's Room
First Day of Spring Classes	Monday, Jan. 11	
Martin Luther King Holiday	Monday, Jan. 18	



GO T NEWS!

If you're a student you'd like to share with the NSU SSS community, please send it to us at

trioss@nsula.edu. A picture may enhance your story, so feel free to

include that also. The deadline for all submissions for the next month's issue is always the 20th.

We're on the Web!
See us at:

<http://studentsupportservices.nsula.edu/>

Student Support Services
Northwestern State University
243 Kyser Hall
Natchitoches, LA 71497

Phone:
(318) 357-5901
Email:
trioss@nsula.edu



STUDENT SUPPORT SERVICES STAFF

NATCHITOCHE CAMPUS: 357-5901
FRANCES WELCH, DIRECTOR
JAMIE FLANAGAN, ASSISTANT DIRECTOR
DANIELLE CONDE, ADVISOR & INSTRUCTOR
JERMAINE THOMAS, ADVISOR & INSTRUCTOR

WELCHF@NSULA.EDU
FLANAGAN@NSULA.EDU
CONDED@NSULA.EDU
THOMASJER@NSULA.EDU

SHREVEPORT CAMPUS: 677-3063

DESIREE WYROSDICK, COUNSELOR/INSTRUCTOR WYROSDICKD@NSULA.EDU