

# FEBRUARY NEWSLETTER

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## Love is in the Air

Hello TRIO/SSS Lobos!

As we enter the second month of the semester, there are several significant events lined up that we don't want you to overlook. Take a moment to peruse the newsletter and make the most of it!

## Important Dates:

Let's mark our calendars and cherish each significant date that adds color and meaning to our lives.

- **February 13** - Math Workshop
- **February 14** - Valentine's Movie Night
- **February 22** - TRIO/SSS Club Fundraising Event
- **February 23** - Nursing Info Session
- **February 28** - Endowment Scholarship Due 5:00 pm  
ATI TEAS Prep Workshop
- **March 1** - UNM FAFSA Priority Deadline

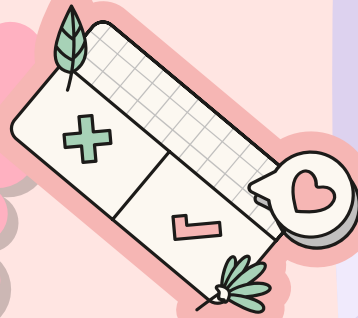
## Calendar

FEBRUARY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	

# FEBRUARY EVENTS

## Time Management Workshop

JOIN SOPHIA TO LEARN TIME MANAGEMENT TIPS FOR BALANCING HECTIC SCHEDULES AND MEETING DEADLINES ON TUESDAY, FEBRUARY 13, 2024, AT 10 AM.



## TRIO/SSS Student Club Fundraising Event

THE TRIO STUDENT CLUB WILL HOLD A FUNDRAISING STAND FOR THEIR CLUB ON FEBRUARY 22ND, 2024, FROM 12 PM TO 2 PM. VISIT THEIR STAND IN GURLEY HALL ON THAT DAY TO ENJOY SOME DELICIOUS FOOD.



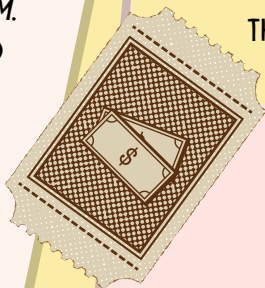
## Nursing Info Session

WANT MORE INFORMATION ABOUT THE UNM-G NURSING PROGRAM? ADN AND BSN PROGRAM REQUIREMENTS, NEEDED TEAS SCORE AND APPLICATION PROCESSES? JOIN US ON FRIDAY, FEBRUARY 23, 2024, AT 4-5 P.M. IN THE NURSING CAREER CENTER BUILDING ROOM 135



## Valentine's Movie Night

BRING YOUR SIGNIFICANT OTHER OR YOUR "FRIEND" AND JOIN US FOR A FANTASTIC MOVIE SCREENING AT TRIO/SSS AT 5PM. COMPLIMENTARY POPCORN AND DRINKS WILL BE AVAILABLE. NO ADMISSION FEE IS NECESSARY.



## REMINDERS

### General Endowment Scholarship

THE UNM GALLUP ENDOWMENT SCHOLARSHIP APPLICATION IS CURRENTLY OPEN, WITH A DEADLINE SET FOR FEBRUARY 23RD AT 5PM. APPLICATIONS CAN BE OBTAINED AT THE TRIO/SSS OFFICE AND THE FINANCIAL AID OFFICE. MAKE SURE TO SECURE YOUR APPLICATION BEFORE THE DEADLINE APPROACHES.



## ATI TEAS Prep Workshop

JOIN US ON FEBRUARY 28TH, 2024, FROM 11AM TO 2PM TO GET READY FOR THE TEAS TEST AND BETTER PREPARE! IF YOU HAVE ANY QUESTIONS OR WANT TO DO GREAT ON THE TEST, COME BY!

## UNM FAFSA Deadline

REMEMBER TO SUBMIT YOUR FAFSA IF YOU HAVEN'T DONE SO YET! APPLY FOR THE FAFSA THROUGH TRIO TO ENTER OUR FAFSA FILING DRAWING. ACT QUICKLY BEFORE IT'S TOO LATE!



# DEADLINE

# SCHOLARSHIPS

**Available scholarships**

**UNM Gallup Endowment - General Scholarships, Deadline: 02/23/2024**

UNM Gallup Endowment - General is available to UNM Gallup students. Apply and complete paper application before 02/23/2024 at 5pm. Pick up an application form at our office or the Financial Aid Office.

**Cobell Scholarship, Deadline: 03/31/2024**

The Cobell Scholarship has many opportunities for graduate and undergraduate students. There are various scholarships available with the link provided above. Take a look at the second box to the bottom right for Cobell scholarships and apply for all.

**Native Forward - Wells Fargo Undergraduate Scholarship, Deadline: 6/1/2024**

The Native Forward Scholarship awards a maximum of \$2500 for eligible Native American or Alaskan Natives attending college as a junior or senior. See additional requirements by clicking the link above.

**Cobell Scholarships**

- 2024-2025 Cobell Scholarship Academic Year opportunity
  - Opens December 15, 2023 - Closes March 31, 2024 at 11:59 PM MDT
  - Reference due April 7, 2024
- 2024 Cobell Scholarship Summer opportunity
  - Opens February 15, 2024 - Closes May 4, 2024 at 11:59 PM MST
  - No reference required.
- 2024 Cobell Graduate Summer Research Fellowship opportunity
  - Opens September 1, 2023 - Closes January 10, 2024 11:59 PM MST.
- 2024 The Elouise Cobell Dissertation Writing-Year Fellowship opportunity
  - Opens September 1, 2023 - Closes January 10, 2024 11:59 PM MST.
- Cobell Scholarship Vocational opportunity - Open year-round until funds run out.

No reference is required. ([Visit the OASIS portal for specific information](#))



# BLACK HISTORY MONTH

Black History Month is a time to celebrate and honor the achievements and contributions of Black individuals throughout history.

One significant aspect of Black history is the birth of hip hop, a cultural movement that emerged in the 1970s in New York City. Hip hop has since grown into a global phenomenon, influencing music, art, fashion, and more.

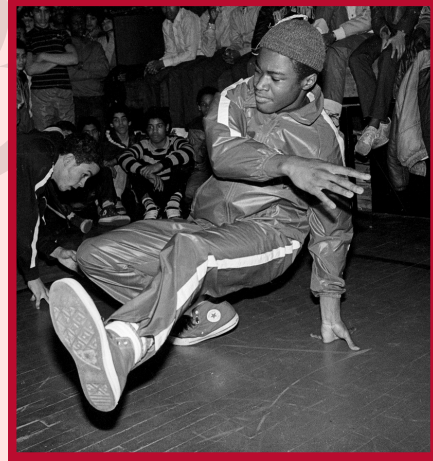
Today, hip hop remains a powerful force for social change and self-expression. It continues to evolve and innovate, reflecting the diverse experiences and voices within the Black community and beyond. As we celebrate Black History Month, let us also recognize the impact of hip hop and its role in shaping our cultural landscape.

The roots of hip hop can be traced back to the Bronx, where DJs, MCs, and dancers came together to create a new form of artistic expression. Through their music and lyrics, they addressed social issues, shared personal stories, and created a sense of community among marginalized groups.

## **Want to know more about Hip Hop?**

Click the link below to watch a short video:

<https://youtu.be/10C-Q3NIlzU>



*Young B boy dressed in Hip Hop fashion break dancing to Hip Hop music at the non-governmental organization Zulu Nation, a pioneer of the Hip Hop movement, was established in 1974. (Rapdab, 2021)*



*A video about the Birth of Hip Hop and the history of Hip Hop. (YouTube, 2020)*



*Group of Hip Hop artists and DJs at an event for the Start of the Movement: Hip Hop of the 1970s & 1980s. (Sotheby's, 2024)*





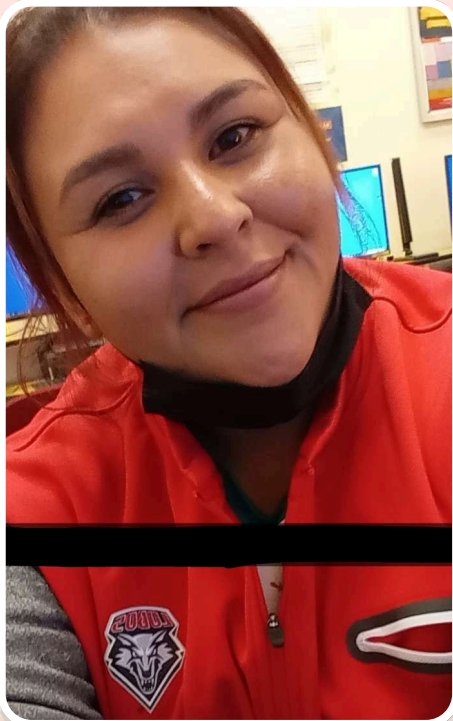
# FEBRUARY BIRTHDAYS



# HAPPY BIRTHDAY



# SCHOLAR OF THE MONTH



## STEPHANIE BRITTAIN

How does it feel to be scholar of the month?

"Quite surprising and honoring when I got the email! Its good!"

Do you have any study habits that you would recommend to other students? What are they?

"I highly recommend staying organized and getting your syllabus printed as soon as possible. I also recommend highlighting assignments and due date and doing color coding."

Where do you plan to transfer after graduation?

"I plan on going on transferring to Main Campus to obtain my degree in Psychology."

I am thankful for...

"My aunt, Michelle Lee, because she has been a big encouragement to me and has helped me along the road, and also gave me advice."

5 Fun Facts about me:

1. I love to try new things like food
2. I love helping others
3. I binge shows
4. My favorite color is pink
5. I have 4 sister and 2 brothers

What is your favorite thing about TRIO/SSS?

"I attended Lobo academy before which introduced me into college and that was fun. TRIO has free tutoring, studying spots, computer lab, and printing. I mean come on; you can't beat that! Plus, the people there are amazing!"

# VALENTINES RECIPE

Got a hot date or want to whip up a memorable dinner for your sweetheart? Let us be your kitchen fairy godmother with this amazing Spaghetti and meatball recipe! Just follow the steps for a mouthwatering meal that will surely impress.

Bon appétit!

## Ingredients

(for 6 servings)

### MARINARA SAUCE

- ¼ cup olive oil
- 2 large yellow onions, chopped
- 10 cloves garlic, minced
- kosher salt, to taste
- pepper, to taste
- ½ teaspoon red pepper flakes
- 12 oz tomato paste
- 55 oz crushed tomato, 2 cans
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley

### MEATBALLS

- 1 lb ground beef
- 1 lb ground pork
- 1 cup breadcrumbs
- ½ cup ricotta cheese
- ¼ cup fresh parsley, chopped
- 2 large eggs, beaten
- ½ cup grated parmesan cheese
- ¼ cup milk
- kosher salt, to taste
- black pepper, to taste

### FOR SERVING

- 1 lb dried spaghetti
- fresh basil, chopped
- grated parmesan cheese





# VALENTINES RECIPE

## Preparation

1. **Preheat the oven to 425°F (220°C). Set a wire rack over a baking sheet and grease with nonstick spray.**
2. **Make the marinara sauce:** Heat the olive oil in a large saucepan over medium heat. Add the onions and garlic and season with salt, pepper, and the red pepper flakes.
3. **Cook until soft and caramelized, about 15 minutes. Set aside ⅓ cup (50 G) of the cooked onions and garlic for the meatballs and let cool.**
4. **Stir the tomato paste into the onions and cook until browned and aromatic, 3-5 minutes.**
5. **Add the crushed tomatoes, dried basil, dried oregano, and dried parsley. Stir together and bring to a boil. Reduce the heat to low, cover, and simmer for at least 30 minutes.**
6. **Make the meatballs:** In a large bowl, combine the ground beef, ground pork, reserved onion and garlic mixture, breadcrumbs, ricotta, parsley, eggs, Parmesan, milk, salt, and pepper. **Mix with your hands until well combined.**
7. **Shape about 2 ounces (55 G) of meat at a time into balls and set on the prepared wire rack.**
8. **Bake the meatballs for 20 minutes, until the outsides are browned and the centers are tender and juicy and reach about 155°F (68°C).**
9. **Bring a large pot of water to boil and add a generous pinch of salt. Cook the pasta according to the package instructions, 7-10 minutes, until al dente. Stir occasionally to keep the noodles from sticking together.**
10. **Drain the pasta and add it directly to the simmering marinara sauce. Reserve some pasta water, in case you need it to loosen the sauce. Stir the pasta into the sauce until fully coated.**
11. **Add the pasta to serving bowls, top with the meatballs, and garnish with Parmesan, fresh basil, and cracked pepper.**
12. **Enjoy!**

Want to know more about the recipe or see a "How To" video?  
[Click here!](#)



"Oh, this is the night, it's a beautiful night  
And we call it bella notte  
Look at the skies, they have stars in their eyes  
On this lovely bella notte

Side by side with your loved one  
You'll find enchantment here  
The night will weave its magic spell  
When the one you love is near

For this is the night, and the heavens are right  
On this lovely bella notte"

[Click here for Song](#)

