

February Newsletter

"TRUE FRIENDS MAKE LIFE'S JOURNEY
WORTHWHILE."
— RIP MILLER

Hey there, TRIO/SSS Lobos!
As we leap into the second
month of the semester, we've
got a lineup of fabulous events
that you won't want to miss! So
grab a snack, flip through the
newsletter, and get ready to
make the most of it!

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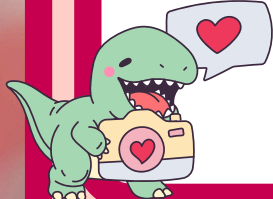
IMPORTANT DATES

02/04 - Writing
Workshop

02/05 - Math Workshop

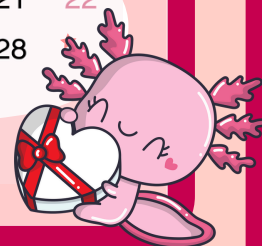
02/07 - FASFA Filing
Drawing

02/11 - Time
Management Workshop
w/ Sophia



CALENDAR

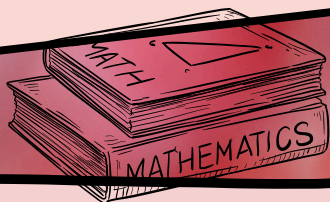
02 FEB 2025						
S	M	T	W	T	F	S
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2	3	English	MS	6	7	8
9	10		12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	



February Events

Time Management Workshop

Join Sophia to learn time management tips for balancing hectic schedules and meeting deadlines
Tuesday, February 11, 2025, at 11:00 AM.



Math Workshop

SPEND SOME TIME WITH OUR PEER TUTORS AND WORK ON SOME OF THE "PROBLEM AREAS" OF MATH.

11:00 AM TO 12:00 PM

MATH WORKSHOPS WILL BE HELD MONTHLY IN TRIO/SSS CONFERENCE ROOM GH 1146

DATES:

- ~~FEBRUARY 3, 2025~~
- MARCH 5, 2025
- APRIL 2, 2025
- APRIL 23, 2025

NM GALLUP

TRIO
STUDENT SUPPORT SERVICES

WRITING A PAPER?
WRITING PROCESS | REFERENCES |
FREQUENT ERRORS | STRUGGLING?

JOIN OUR PEER TUTORS FOR THE

Writing Workshops

2:00 PM TO 3:00 PM

Dates:

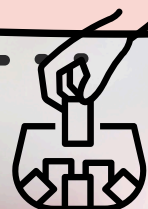
WRITING WORKSHOPS WILL BE HELD MONTHLY IN TRIO/SSS CONFERENCE ROOM GH 1146.

- ~~FEBRUARY 4, 2025~~
- March 6, 2025
- April 3, 2025
- April 24, 2025

FASFA Drawing

The FASFA Filing Drawing will be held on February 7, 2025 @ 12:00 pm in TRIO/SSS.

02/14



Scholar of the Month



Myra Chee

How does it feel to be Scholar of the Month?

"Honestly, I am surprised! I do check-in here and there and I come in when I need help. I am happy I am doing well in school!"

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

"I work a full-time job, and to those who do the same, I would say work on time management. I try to do at least an assignment a day, and I still get my full hours of sleep for work. I try not to overwhelm myself."

What is your favorite thing about TRIO/SSS?

"They are always willing to help and if they can't find the answer, they are willing to ask. They have tutors that can help in different subjects."

Where do you plan to transfer after graduation?

"Right now, I am looking into UNM Albuquerque main campus and continue online."

Is there someone you are particularly thankful for or would like to acknowledge?

"My little sister, if it were not for her, I would be stuck with credits and would not have been able to graduate."

What are 5 fun facts about you?

- My favorite team is the LA Dodgers.
- I enjoy baking a lot.
- When I get a chance, I like to go for a walk or hike.
- I fell in love with traveling, both in-state and internationally.
- I enjoy the peace and quiet after a long day.



Dean's List Fall 2024

Congratulations to the TRIO/SSS participants for
making the Dean's List for Fall 2024!

We are proud of your hard work and dedication. As you
start the Spring 2025 semester, continue to pursue
excellence, knowing that the TRIO/SSS community
supports you. We look forward to your future
achievements and wish you a successful Spring
semester!

<i>Tiffany Armijo</i>	<i>Felicia Douglas</i>	<i>Call Lemmon</i>	<i>Cherin Tewanema</i>
<i>Quartilla Begay</i>	<i>Alora Francis</i>	<i>Aaliyah Livingston</i>	<i>Tamera Thomas</i>
<i>Cynthia Benally</i>	<i>Deana Green</i>	<i>Brianna Livingston</i>	<i>Jade Thompson</i>
<i>Christopher Bettelyoun</i>	<i>Cordell Grey</i>	<i>Antoinette Marianito</i>	<i>Isaac Toehe</i>
<i>Jessica Brown</i>	<i>Donald Haswood</i>	<i>Aleija Nasafotie</i>	<i>Jodie Tsosie</i>
<i>Alicia Campos</i>	<i>Hominy Hasteen</i>	<i>Wilbert Sandoval</i>	<i>Darrel Watchman</i>
<i>Tyrone Castillo</i>	<i>Diandra James</i>	<i>Katherine Schultz</i>	<i>Katelynn Wilson</i>
<i>Tristan Claw</i>	<i>Jessica Jimenez</i>	<i>Brandon Tate</i>	<i>Jade Yazzie</i>
<i>Ralph Diaz</i>	<i>Tee-Jay Jimenez</i>	<i>Vannah Teller</i>	

*Apply
Now*

Scholarships



[CLICK HERE](#)



DAR American Indian Scholarship

Daughters of the American Revolution offers 3 separate scholarships to Native American students who are currently or planning to attend two or four year college or university.

Deadline is Jan. 31st.



[CLICK HERE](#)



Jeannette Rankin National Scholar Grant

This scholarship supports low-income women aged 35 and older who are pursuing technical, vocational, or undergraduate degrees. It aims to empower women through education and career advancement opportunities. Deadline for all scholarships are February 16.

Indian Health Services Scholarship

The IHS scholarship covers tuition, fees, and a stipend for Native American and Alaska Native students pursuing health-related degrees. In return, recipients must commit to working in IHS facilities or other health programs that serve Native populations. Deadline is Feb. 28th.



[CLICK HERE](#)



Udall Scholarship

The Udall scholarship application has opened! The Scholarship Program identifies future leaders in environmental, Tribal public policy, and health care fields. You need to contact your Udall state/faculty representative to get access to the application portal by March 4, 2025 and applications must be submitted by March 5.

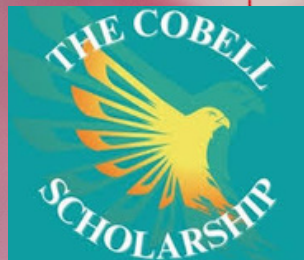


[CLICK HERE](#)



**Apply
Now**

Scholarships



CLICK HERE



Cobell Undergraduate and Graduate Scholarship

This annual, non-renewable scholarship provides up to \$10,000 for undergraduate students and up to \$12,500 for graduate students. It is open to Native American and Alaska Native students who are members of federally recognized tribes, supporting their pursuit of higher education at accredited institutions. Application deadline is March 31.



CLICK HERE



Catching the Dream Scholarship

This program offers merit-based scholarships ranging from \$500 to \$5,000 annually to Native American students. The focus is on supporting Bachelor degree or higher students in fields related to economic development for tribes, such as science, education, business, and computers. Deadline to submit for Fall semester is April 30.



CLICK HERE



Southwest Native American Foundation Scholarship

These scholarships are provided to Native American students from the Southwest who are pursuing undergraduate or graduate degrees. The program emphasizes supporting students with financial need and strong academic records. Deadline to apply is May 1.



DAN BEGAY
FOUNDATION
FOR EXCELLENCE™

CLICK HERE



Dan Begay Foundation for Excellence Scholarships

The Dan Begay Foundation for Excellence has scholarships available for full-time, part-time and vocational/trade school Navajo Nation students.

**Apply
Now**

Scholarships



CLICK HERE



CLICK HERE



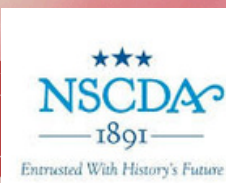
Intertribal Timber Council

CLICK HERE



**NATIONAL MEDICAL
FELLOWSHIPS**

CLICK HERE



CLICK HERE



**NATIVE FORWARD
SCHOLARS FUND**

CLICK HERE



Horatio Alger Association Scholarships

The Horatio Alger Association provide scholarship assistance and support services to deserving young people. Over 1800 scholarships were awarded in 2024. There are multiple scholarships available year round.

IHS Scholarships

IHS offers financial aid to educate and train health professionals to staff Indian health programs. Application Deadline: February 28

The Intertribal Timber Council Scholarships

The Intertribal Timber Council has multiple scholarships, fellowships, financial aid agreements and internships listed and available for Native students.

National Medical Fellowships

This organization is dedicated to providing scholarships and support to medical and health professions students.

National Society for Colonial Dames of America

These scholarships support students pursuing careers in nursing or related health fields. Award amounts vary, and applicants must be U.S. citizens or permanent residents enrolled in accredited pre-med or pre-nursing programs.

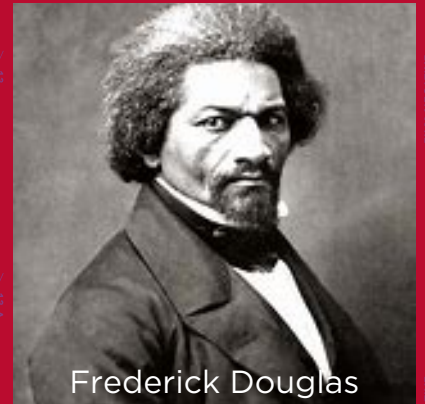
Native Forward Opportunities

Undergraduate and graduate scholarship opportunities are available to Native students from the Native Forward Scholars Fund.

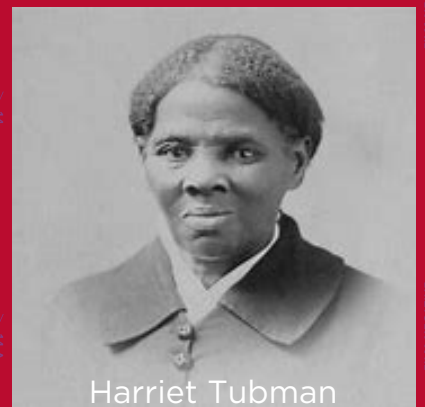
Black History Month

Since 1976, every U.S. president has officially designated February as Black History Month. This observance extends beyond the United States, with other countries, such as Canada and the United Kingdom, also dedicating a month to honoring Black history.

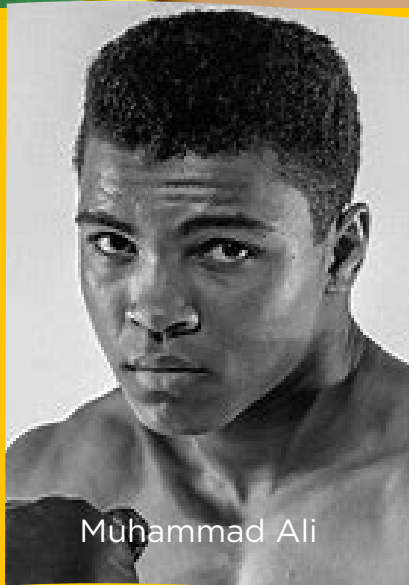
Throughout American history, Black Americans have played a crucial role as influential leaders, significantly shaping the cultural and political landscape of the nation. Notable figures such as Frederick Douglass, Harriet Tubman, Rosa Parks, Muhammad Ali, and Jackie Robinson embody the values of resilience and determination. Their extraordinary achievements have greatly advanced the tradition of equality under the law, serving as a lasting source of inspiration for all Americans.



Frederick Douglass



Harriet Tubman



Muhammad Ali



Jackie Robinson



Rosa Parks

Happy Birthday!

Kimimila

TRIO/SSS Program Director

Elizabeth

Wilbert

Cynthia

Halley

Desiree

Joshua

Nakali

Martina

Anthony

Bridgette

Daniel

Alvina

Eric

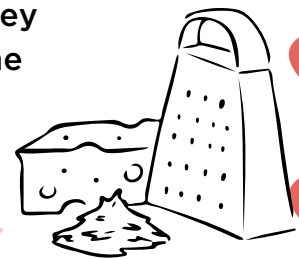
Valentine's Recipe

This Valentine's Day, why not surprise your loved one with a delightful dish of shrimp pasta? It's a perfect blend of flavors and textures that will impress any palate. A romantic dinner that's both easy to make and utterly delicious. Your Valentine will surely appreciate the effort and enjoy this special meal together!

Pasta

Ingredients

- 3 ounces uncooked angel hair pasta
- 1/2 pound uncooked shrimp (16-20 per pound) peeled and deveined
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper flakes
- 2 tablespoons olive oil, divided
- 8 fresh asparagus spears, trimmed and cut into 2-inch pieces
- 1/2 cup sliced fresh mushrooms (optional)
- 1/4 cup chopped seeded tomato, peeled
- 4 garlic cloves, minced
- 2 tablespoons chopped green onions
- 1/2 cup white wine or chicken broth
- 1-1/2 teaspoons minced fresh basil
- 1-1/2 teaspoons minced fresh oregano
- 1-1/2 teaspoons minced fresh parsley
- 1-1/2 teaspoons minced fresh thyme
- 1/4 cup grated Parmesan cheese

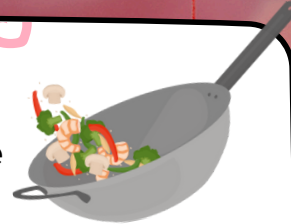




Valentine's Recipe

Directions

1. Cook pasta according to package directions.
2. Meanwhile, sprinkle shrimp with salt and pepper flakes. In a large skillet or wok, heat 1 tablespoon oil over medium-high heat. Add shrimp; stir-fry until pink, 2-3 minutes. Remove; keep warm.
3. In same skillet, stir-fry asparagus, mushrooms, tomatoes, garlic and chopped green onions in remaining oil until vegetables are crisp-tender, about 5 minutes.
4. Add wine and seasonings. Return shrimp to pan.
5. Drain pasta; add to shrimp mixture and toss gently. Cook and stir until heated through, 1-2 minutes. Sprinkle with Parmesan cheese. Serve with lemon wedges.



Other tips:

- Switch up the veggies: asparagus and mushrooms taste delicious in this recipe this pasta works with any veggies you like.
- Make it creamy by adding in heavy cream, plain yogurt or half-n-half.

HAPPY
VALENTINE'S
DAY

