**Family Nutrition—Eating Healthy**

TRIO students had an opportunity to attend a Healthy Holidays Workshop in November. This was presented by Kim Stover, Family Nutrition Program Assistant, from the OSU Extension Office of Richland County. Those who attended learned how to make good food choices for a healthy lifestyle.

Nutritious meals start with more vegetables and fruits and smaller portions of protein and grains. It is important to include fat-free or low fat dairy products on your plate or drink milk with your meal. It is good to cut back on foods high in solid fats, added sugars, and salt. Serving fruit for dessert is a healthy way to satisfy your sweet tooth.

Students participated in preparing a delicious fruit salad and everyone enjoyed sampling the results (see recipe below). Ms. Stover passed out cookbooks as well as other goodies for our students and recommended the following website as an additional resource: [http://richland.osu.edu/topics/family-nutrition-program](http://richland.osu.edu/topics/family-nutrition-program)

TRIO will be offering another Food & Nutrition Program on Friday, Feb. 22, at 11 a.m. in 127 Kee Hall. Call the TRIO office or email to RSVP.

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**Magical Fruit Salad**

Yield: 12 servings

**Ingredients:**
- 1 can (20 oz.) pineapple chunks
- 1/2 pound grapes, seedless
- 2 bananas
- 1 3/4 cup nonfat or lowfat milk
- 1 pkg. (3 1/2 oz.) instant pudding mix, lemon or vanilla

Drain off the pineapple juice, put chunks in a large bowl. Rinse the grapes and drain, add to bowl. Peel bananas and cut in bite-size pieces, add to bowl. Pour milk over fruit, while slowly stirring fruit mixture sprinkle in the pudding mix. Let mixture stand for 5 mins. and serve. Refrigerate leftovers within 2 hrs.
TRIO Student Snapshot

Student: Rajan Franklin

Personal/Academic Goal: To graduate in May, hopefully, and move on to a four-year school and study Sports Management.

Major: General Studies

What are three words which describe you? competitive, leader, adaptable

What is your dream vacation? To go to Barbados for a week and see the pretty blue water.

Who is your role model and why? Jim Valvano, former NC State coach. He was battling cancer and never gave up. He always kept a positive attitude and enjoyed what he was doing until he died.

Favorite Quote/Saying: “Never give up, never ever give up.” “Only God can judge me.”

If you were a cartoon character, which one would you be and why? Road Runner, because I am always on the go, don’t know how to slow down.

“Others would be surprised to know that I”... Am a Twilighter, have watched every movie that came out and read the books.

Rajan completed the StrengthsQuest workshop series and discovered his five signature strengths: adaptability, restorative, competition, relator, and arranger.

Congratulations Rajan!

Fall Semester 2012 Dean’s List

Lana Allen
James Blackford
Kyle Borders
Elisha Compton
Misti Delaney
Michael Gadd
Lula Garber
Leanna Hershey
Jason Massie
Melody Pearles
Danielle Roberts
Danielle Rogers
Jonathon Schrack

Congratulations TRIO Stars!!

Foundation Scholarship Applications

The Foundation of North Central State College has released its 2013 Scholarship Application for next academic year. Applications can be obtained by stopping into the TRIO Office or outside the Foundation Office (122 Kee Hall) or can be accessed on-line at: http://www.ncstatecollege.edu/cms/alumni-and-foundation/foundation/foundation-scholarships.html

Deadline to return completed applications is March 1, 2013.

Would you like to get a 4-year degree from Ohio State University following graduation from NC State? OSU advisors are available every Tuesday in Kee Hall for appointments at the following times: 11:30 a.m. 12:00 p.m. 12:30 p.m.

Students are welcome to make appointments at the Welcome Desk or by calling 419-755-4761. The OSU advisors will also see students on a walk-in basis!

If students are unable to meet during the scheduled times, they can call 419-755-4317 to set up a time in 104 Riedl Hall that is more convenient.

“Our greatest glory is not in never falling but in rising every time we fall.”

~Confucius~
TRIO Student Snapshot

Student: Amber Ferguson

Personal/Academic Goal: First, I want to attain my Associates Degree in Human Services and get a job working in the field. Then I want to start working on a Bachelor’s Degree to become a licensed Social Worker. My long term goal is to attain a Master’s Degree in Social Work.

Major: Human Services

What are three words which describe you? positive, outgoing, driven

What is your dream vacation? I would love to go to Australia! I would take my two children to the Australia Zoo to meet the crocodile hunters family.

Who is your role model and why? All of my Human Services instructors because of their dedication to their students. They truly care about our success!

Favorite Quote/Saying: “Life is a garden, dig it!” —Joe Dirt Movie

If you were a cartoon character, which one would you be and why? I would be Fiona from the Shrek movies. She is not the typical princess. She is smart and funny and has a big heart.

Favorite Book: The Host by Stephenie Meyer

“Others would be surprised to know that I” . . . was born in Germany and I have lived in five different states.

Amber completed the StrengthsQuest workshop series and discovered her five signature strengths: positivity, responsibility, relator, input, and harmony.

Congratulations Amber!

Trivia Question:

When is the TRIO Grant Aid Application due?
**Winter Reconnection Program Available to Help Consumers Avoid Utility Disconnection**

As temperatures drop, Ohioans are starting to crank up their home heating systems. Ohioans with lower incomes can now benefit from additional relief for these utility services. Residential utility consumers can avoid a utility disconnection or restore their heating services by making a one-time payment of $175.

In September, the Public Utilities Commission of Ohio (PUCO) issued a Winter Reconnection Order providing low-income consumers with this assistance. This option is available for consumers until April 15, 2013.

For households with incomes at or below 200 percent of the federal poverty guidelines, funds provided through the Low Income Home Energy Assistance Program (LIHEAP) Winter Crisis Program (WCP) or other energy assistance programs may be used to pay the $175 charge. For more information about LIHEAP visit: [www.pickocc.org/publications/assistance_programs/HEAP_Guidelines.pdf](http://www.pickocc.org/publications/assistance_programs/HEAP_Guidelines.pdf)

Households with incomes above 200 percent of the federal poverty guidelines must enter into a payment plan for any remaining balance on their utility bills above $175. If a consumer’s heating service has already been disconnected, an additional $36 reconnection fee is required. Consumers are encouraged to apply for assistance or contact their utility company to establish a payment plan before they face loss of service and additional reconnection fees.

Other features of the PUCO’s order are as follows:

- Consumers can only take advantage of the Winter Reconnection Order once during the winter heating season.
- If customers owe past due payments on their natural gas and electric bills, the $175 can be divided between both utilities.
- Customers can use the Winter Reconnection Order to initiate electric or natural gas service rather than pay the required security deposit. If the security deposit exceeds $175, the remaining balance will be added to their next month’s bill.
- Percentage of Income Payment Plan (PIPP Plus) customers can take advantage of the Winter Reconnection Order. PIPP Plus customers who have been dropped from the program are required to make any missed PIPP Plus payments or pay $175, whichever is less, to re-enroll in the program.

**Winter Bucket List**

* Build a snowman
* Have a snowball fight
* Drink hot cocoa
* Host a book club
* Have an indoor picnic
* Visit a museum
* Go ice skating
* Bundle up and go for a walk
* Snuggle up for a movie night
* Bake cookies
* Volunteer somewhere for a day
* Meet a friend somewhere for a day
* Try a new soup recipe

**Savory Winter Soup**

Ingredients:

- 2 pounds ground beef
- 3 medium onions, chopped
- 1 garlic clove, minced
- 3 cans (10-1/2 ounces each) condensed beef broth, undiluted
- 1 can (28 ounces) diced tomatoes, undrained
- 3 cups water
- 1 cup each diced carrots and celery
- 1 cup fresh or frozen cut green beans
- 1 cup cubed peeled potatoes
- 2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- Salt and pepper to taste

Directions

In a large skillet, cook beef and onions over medium heat until the meat is no longer pink. Add garlic; cook 1 minute longer. Drain.

Transfer to a 5-qt. slow cooker. Stir in the remaining ingredients. Cover and cook on high for 8 hours or until heated through.

**Yield:** 14 servings (3-1/2 quarts).

*from the kitchen of: Sharon Baker*
**The Case of the Missing Money, or the $780 Snack**

Lin is trying to follow a careful spending plan, but money seems to keep disappearing mysteriously. Let's look at what’s happening to Lin’s missing cash.

Everyday Lin buys three snacks from a vending machine:
- 1 soda $1.25
- 1 pack of chips $0.75
- 1 snack cake $1.00

These three snacks add up to just a few dollars a day. Although this doesn't seem like much, over time it grows:
- Every day: $3.00
- Every 5 days: $15.00
- Every 4 weeks: $60.00
- Every year: $780.00

This means that if Lin's job pays $7.80 an hour, she has to work 100 hours just to pay for her snacks! Do you have any missing money? Think about your daily routine? Do you get a snack from a vending machine most days? Do you buy a pack of cigarettes every day? These are examples of missing money. To see where your money is going, list these items below and see what items you can eliminate. Otherwise, your money is disappearing without a trace!

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**Do you have any “missing money?”**

Think about your daily routine. Do you get a snack from a vending machine every afternoon? Do you buy a pack of cigarettes every day? Do you play the lottery every week? These are all examples of “missing money.” To see where your money is going, record these items below. Otherwise, it will continue to disappear “without a trace.”

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost per day</th>
<th>Per week (day x 5)</th>
<th>Per month (week x 4)</th>
<th>Per year (month x 12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 soda</td>
<td>$1.25</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pack of chips</td>
<td>$0.75</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
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**Grant Aid Applications** for TRIO students are available on the website or can be picked up in the TRIO office in 121 Kee Hall. Applications are due by **February 15, 2013**. The following requirements must be met to receive Grant Aid:

- Must be actively using services (example: meeting with your TRIO Advisor, attending workshops, receiving tutoring, etc.)
- Must receive Pell Grant and have unmet need as determined by the Financial Aid Office
- Must be within 1st two years of enrollment at the College
- Must be in good academic standing and not on Financial Aid suspension with the College
- Must have completed the CashCourse Financial Literacy program: Budget Basics and Paying Back Student Loans
- Must be enrolled in 6 credit hours or more for the term awarded

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**Cash Course—Financial Basics**

No doubt you’ve had a little experience managing money at this point—and you may have been successful. But don’t be surprised if all the demands and temptations of college life catch up to you and you find yourself scrambling for cash.

You wouldn’t be alone—the average college student graduates with $2,700 in credit card debt on top of an average of $19,000 in student loans. That’s a lot of money to pay back when you’re launching a new life after college.

It doesn't have to be this way. By learning financial basics in college, you can get a handle on your money now. You can learn to:

- Live within a budget-and never have to call home for cash
- Handle debit cards, credit cards, and checking accounts
- Prevent identity theft and avoid short-term financial fixes such as pawnshops
- Set goals and save for them
- Invest in your future

Once you understand the basics of financial management, and put those techniques to work, you'll be able to manage your money for life. You will not only avoid the stress of unnecessary debt, but you can learn to easily achieve financial goals, whether it's getting through the week on a paycheck, paying for spring break, or retiring early.

**Source:** http://www.cashcourse.org/ncsc//categories/financial-basics
**Upcoming Events**

**StrengthsQuest Workshop Series**  
Group A; Fridays 10 AM—12PM  
January 11  
January 25  
February 1  
February 15  
127 Kee Hall  
Group B; Thursdays 12:30—2:30 PM  
March 7  
March 21  
April 4  
April 18  
128C Kee Hall

**Scholarship Essay Writing Workshop**  
January 18: 11 AM  
January 31: 12 PM  
February 12: 10 AM  
TRIO Office—121 Kee Hall

**TRIO Week and National TRIO Day of Service**  
February 18: TRIO Spirit Day  
February 19: Open House in the TRIO Office (11am-1pm)  
February 20: Day of Service (location & time TBD)  
February 22: Food & Nutrition Program (11am)

**Soul Food Dinner**  
February 21: 6 PM—Eisenhower Café

**Campus Visit**  
March 14 & 15 — TBD

**Etiquette Dinner**  
March 28: 4PM  
Café on Main, 28 N. Main Street

**TRIO Awards Banquet**  
April 25: 4 PM  
128 Kee Hall

**Final Examinations**  
April 29 — May 5

**Commencement**  
May 3

To schedule an appointment TRIO students can:  
- Call the TRIO office (419.755.9015);  
- E-mail us at triosss@ncstatecollege.edu; or  
- Stop by the TRIO office, 121 Kee Hall