National TRIO Day of Service: A Day of Giving Back to the Community

According to the 1986 U.S. Congressional resolution, National TRIO Day is meant to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made."

Every year, TRIO Day is the last Saturday in February and has been proclaimed a National Day of Service. This year TRIO Day is February 22, 2014. However, TRIO programs across the country schedule a variety of community service events during the month of February in observance of the day.

The TRIO Student Support Services program at North Central State College plans to give back to the community on Friday, February 21, 2014, through a service project at the Harmony House, 124 West Third Street, Mansfield. TRIO students and staff will spend the day engaging in a variety of activities. The TRIO program will also collect items for individuals at the Harmony House through Wednesday, February 19. Boxes are located in Fallerius, Health Sciences, Kee Hall, Kehoe, and Urban Center. The following items are being collected:

- Shampoo and Leave-In Conditioner
- Small Household Items (dish towels, etc.)
- Cleaning supplies
- Trash bags
- Wash Cloths and Towels
- Toilet Paper and Paper Towels

If you are interested in participating in the service project or would like more information about donating items, please contact the TRIO program at 419.755.9015 or stop by the office (121 Kee Hall).

Source: http://www.coenet.us/ecm
Quick and Easy Vegetable Soup
Allrecipes.com

1—14 oz. can chicken broth
1—11.5 oz. can tomato-vegetable juice cocktail
1 cup water
1 large potato, diced
2 carrots, sliced
2 stalks celery, diced
1—14.5 oz. can diced tomatoes
1 cup chopped fresh green beans
1 cup fresh corn kernels
Salt and pepper to taste
Creole seasoning to taste

Directions:
In a large stock pot, combine broth, tomato juice, water, potatoes, carrots, celery, undrained chopped tomatoes, green beans, and corn. Season with salt, pepper and Creole seasoning. Bring to a boil and simmer for 30 minutes or until all vegetables are tender.

TRIO Workshops
Students in the North Central State College TRIO Student Support Services program have the opportunity to participate in a variety of workshops throughout the year. Below is a list of workshops being offered during Spring Semester 2014:

- StrengthsQuest (this is a four-part series that focuses on helping students discover, develop, and apply their Top Five Signature Themes)
- Information Session with OSU-M for Criminal Justice Majors
- Tax Filing and FAFSA Assistance
- National TRIO Day of Service (assisting with projects at the Harmony House)
- Résumé Review
- What Not to Wear...How to Dress for Interview Success
- Etiquette Dinner (will be held at Café on Main)
- Mock Interviews
- Food Safety & Nutrition Workshop
- TRIO Awards Banquet (celebration of students’ accomplishments)

During the Fall Semester 2013 a variety of workshops were scheduled for TRIO students. Following are some of the highlights:

- MLA/APA Citations
- StrengthsQuest (this is offered each semester)
- Test Taking Strategies
- Scholarship Essay Writing (instructed by Pamela Henney)
- Group Advising Session for Human Services Majors
- Wellness Week (tips for healthy living and stress management)
- Healthy Holiday Meals (with Kim Stover, OSU Extension Office)
- Campus Visit to the University of Akron

(Students were assisted with course selection for their individual majors to plan ahead for the option to transfer.)

Tax Filing & FAFSA Assistance for TRIO Students
February 10, 2014; 9 a.m.—3 p.m.; 128C & 123 Kee Hall
February 11, 2014; 12—6 p.m.; 128C & 123 Kee Hall

By appointment only (1 hr. appts.); contact a TRIO staff member to schedule an appointment.

NC State TRIO Graduates
Fall Semester 2013
Rob Bailey
Melissa Craft
Misti Delaney

Congratulations TRIO Achievers!

Fall Semester 2013
Dean’s List
Raven Allen
James Blackford
Tammy Botello
Misti Delaney
Michael Gadd
Morgan George
Andrea King
Shelly Kiser
Teresa Lambert
Lydia Miller
Danielle Rogers
Shane Smith
Driana Starkey
Amy Stuff
Melanie Thomas

Congratulations TRIO Stars!

Quick and Easy Vegetable Soup
Allrecipes.com
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Remembering Nelson Mandela

The South African activist and former president Nelson Mandela (1918-2013) helped bring an end to apartheid and has been a global advocate for human rights. A member of the African National Congress party beginning in the 1940s, he was a leader of both peaceful protests and armed resistance against the white minority's oppressive regime in a racially divided South Africa. His actions landed him in prison for nearly three decades and made him the face of the antiapartheid movement both within his country and internationally. Released in 1990, he participated in the eradication of apartheid and in 1994 became the first black president of South Africa, forming a multiethnic government to oversee the country's transition. After retiring from politics in 1999, he remained a devoted champion for peace and social justice in his own nation and around the world until his death in 2013 at the age of 95.¹

On February 4th, in recognition of Black History Month, NC State College; OSU-Mansfield; and Ashland University are sponsoring the presentation, “Nelson Mandela: A Celebration of His Legacy.” This will take place in Conard Performance Hall, 151 Riedl Hall, from 3—4 p.m.

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." —Nelson Mandela

¹http://www.history.com/topics/nelson-mandela

TRIO Student Snapshot

Student: Melissa Craft

Personal/Academic Goal: To help Autistic children be successful with their goals in life.

Major: Human Services

What are three words which describe you? friendly, organized, includer

What is your dream vacation? Going to an Indian Reservation casino

Who is your role model and why? Christina Littleton; she is a very good listener and she gives great advice on how to accomplish your goals.

Favorite Quote/Saying: “There are so many people out there who will tell you that you can’t. What you’ve got to do is turn around and say ‘watch me’.” —Layne Beachley

If you were a cartoon character, which one would you be and why: Tweety Bird, so I can sit on my swing and sing all day long.

Congratulations Melissa!

Winter Bucket List

*Go sledding
*Build a snowman
*Have a snowball fight
*Have a winter photoshoot
*Make snow angels
*Drink hot chocolate
*Bake cookies
*Read a good book
*Have a cup of tea
*See a musical
*Host a game night
*Buy a new sweater

TRIVIA Question:
What two items contain the same pertinent tax information (income and how much was withheld) to prepare your tax return?

FAFSA TIP - Those who use The Benefit Bank Free Application for Federal Student Aid (FAFSA) form to file their tax returns can take advantage of the auto-fill feature to automatically complete the FAFSA form and improve the tax filing experience. Clients who have already filed a tax return without The Benefit Bank tax filing application can still use The Benefit Bank FAFSA form.

http://www.thebenefitbank.org/TaxSummary#taxChangeFed
### Upcoming Events

**Tax Filing & FAFSA Assistance**
- February 10: 9 AM—3 PM
- February 11: 12 PM—6 PM
- 128C & 123 Kee Hall (by appointment only)

**StrengthsQuest**
- February 14: 12—2 PM
- 127 Kee Hall

**National TRIO Day of Service**
- February 21: 10 AM—3 PM
- Harmony House

**Résumé Review**
- March 5 & 6: Various Times
  - Location TBD

**What Not to Wear...How to Dress For Interview Success**
- March 21: 1—3 PM
- 128AB Kee Hall

**Spring Break**
- March 10-14 — College Closed

**Etiquette Dinner**
- March 27: 4—6 PM
- Café on Main; 28 N. Main Street

**Mock Interviews**
- April 9: 2—4 PM
- April 10: 9—11 AM
- 132 Kee Hall
  (must RSVP to schedule a 20 min. appt. time)

**Food Safety & Nutrition Workshop**
- April 18: 11 AM—12 PM
- 127 Kee Hall

**TRIO Awards Banquet**
- April 24: 4—6 PM
- 128 Kee Hall

**Commencement**
- May 9

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

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“Intelligence plus character—that is the goal of true education.” —Martin Luther King, Jr.