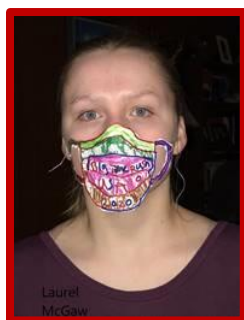


Mask Contest Winners ~ Congratulations!

Wellness Workshop: Fitbit Winners!



Laurel McGaw,
Early Childhood Education

Two TRIO Scholars
Win the
Holiday Mask Contest



Emma Belanger,
Welding



Ashley Yardley, Human

Five TRIO Scholars participate in the TRIO Wellness Workshop presented by Linda Shattuck and Liz Sullivan. Each student won a Fitbit to enhance their exercise routine.

- Jill Hayman
- Tyler Sabattis
- Harley Sanford
- Guy Woodruff
- Ashley Yardley

Tips to De-stress During the Holidays



- Reduce anxiety and burnout
- Engage in self-care/Communicate
- Balance is the key to happiness
 - Personal/Spiritual/Emotional
 - Psychological/Physical/Work

Be kind to yourself and others

Rest, meditate, take a break
Do something you enjoy
Dance, sing, daydream
Build a snowman or woman
Maintain a sense of humor!



Congratulations!

to all
participants!



Tyler Sabattis,
Mechanical Technology





Culture Corner *Traditional December Celebrations*

Kwanzaa is an annual celebration of African-American culture that is held from December 26 to January 1, culminating in a communal feast called Karamu, usually held on the 6th day. It was created by Dr. Maulana Karenga, based on African harvest festival traditions from various parts of Africa, including West and Southeast Africa.



Hanukkah is a Jewish festival commemorating an early victory in the Maccabean revolt against the Seleucid Empire: the recapture of Jerusalem in the year 164 BCE, and subsequent rededication of the Second Temple. It is also known as the Festival of Lights. Hanukkah is observed for



eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar.



Ramadan is one of the Five Pillars of Islam and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next. Fasting from sunrise to sunset is obligatory for adults. The spiritual rewards of fasting are believed to be multiplied during Ramadan. Accordingly,



Muslims refrain not only from food and drink, but also tobacco products and sinful behavior, devoting themselves to prayer and recitation of the Quran.



Christmas (or the Feast of the Nativity) is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions

of people around the world. A feast central to the Christian liturgical year, it is preceded by the season of Advent or the Nativity Fast and initiates the season of Christmastide, which historically in the West lasts twelve days and culminates on the Twelfth Night.



Winter Solstice occurs on December 21 or 22 and lasts for only a moment; the term refers to the day on which it occurs. Since prehistory, the winter solstice has been a significant time of year in many cultures marked by festivals and rituals of the symbolic death and rebirth of the Sun. The



seasonal significance is in the reversal of the gradual lengthening of nights and shortening of days. In earlier time the winter solstice was significant because people's survival was dependent on monitoring the progress of the seasons.



All text is from Wikipedia





Dear TRIO,

You've made it to the end of the fall semester. TRIO staff

will be working between semesters, so you can contact us anytime for assistance. Breaks can be a great time to finish filing the FAFSA, brush the dust off your resume, and get organized.

Enjoy your time off for the holidays and winter break. I look forward to providing you with a new set of workshops next term and a virtual study hall. Merry Christmas!

Nicole Nygren



As your

semester comes to a close, it is my wish to all of you that you continue to stay resilient and encouraged by all that you have accomplished this semester. This too shall pass!

Remember TRIO has your back. Enjoy your well-deserved winter break, especially your holidays, and I will look forward to hearing from you next semester. *Linda*



Sprinkles will return to TRIO next year!



TRIO Study Tip of the Month

Enjoy your break from studying!



*We'll see You in January
Happy New Year!*





Winter begins, a time of rest and hibernation. Thank you for all your hard work this semester. As you return home for the holidays, enjoy the fruits of your labors with family, friends, and community. Be safe; be happy. We look forward to seeing you in the New Year to start the cycle again! *Pam*

