In collaboration with Career Services, TRIO participated in the Etiquette Dinner held Nov. 13 in the Lumen Vitae.

Speaker Charles Repnow, expert on proper dinner etiquette, spoke to students about proper dinner techniques to prepare students for future interviews that may take place in a dinner setting.

Charles Repnow has been a columnist for the Minot Daily News since 2006 writing a popular column entitled, “Let’s Cook!”

Students dressed in dress and business casual attire.

Complete dinnerware place settings filled the tables with a delicious meal of salad, pasta, chicken, sides, cake and all the trimmings was served.

Alyce Pallo and Sarah Rapp
**Remaining December TRIO Workshops**

Dec. 3: Killin’ It, 11-11:30 a.m., LVUC Student Organizations Conference Room. *Your way to academic success!*

Dec. 4: Killin’ It, 9-9:30 a.m., LVUC Student Organizations Conference Room. *Your way to academic success!*

Dec. 7: The Nutcracker. Meet at 6 p.m., in the Student Success Center. Join as a group on campus for hot cocoa and a ride to The Nutcracker in Bismarck!

Dec. 11: De-Stress for Finals Success. 11 a.m.-1 p.m., lower level Welder. Participate in the SSC De-Stress event to decorate cookies and distribute with TRIO to all of our helpful resources on campus!

Dec. 12: Salvation Army Bell Ringing, 12-4 p.m., Kirkwood Mall (outside of Scheels). *Serve the community of Bismarck with TRIO during the holiday season!*

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**We are TRIO and We are Thankful!**

Thank you to so many who came to TRIO Friendsgiving. It was a really fantastic night of good food and fun games. The best part of the night was watching everyone write what they are grateful for. We are grateful for our TRIO students and all that you bring to UMary.
Day of the Dead Celebration

On October 30, TRIO students Dora Cantu and Mary Montoya gave a presentation on the Mexican celebration of the Day of the Dead Celebration and how it correlates with the movie Coco while sharing how it relates to their culture and personal lives.

Dora and Mary also served a Mexican feast of Sopes and Arroz. After the presentation, they had a fun project for students who wanted to stay and decorate cookies.

Celebration of Countries Fair held Nov. 12

Karly and Elizabeth Hands share cuisine favorites from their homeland of Canada.

Ashley Robledo shares interesting facts about her South Korean heritage.

Varun Doshi answers questions about his birthplace India and shares some of his favorite Indian foods.
Outside hitter, Natalia Cruz, took over as the leader of the team in digs averaging 3.09 digs/set. Cruz has been doing so well on defense that she made a position change to libero against SMSU and has continued in that position ever since. Cruz recorded a game high of 14 digs against Augustana.

Looking Back and Looking Ahead

Senior TRIO student Ryan Naki-Poomaihealani (Ryan) completed his UMary football career this month! For the 2018 season, Ryan played in all 11 games and completed 50 tackles.

In 2017, Ryan played in all 11 games, recorded 24 tackles, three passes defended, and one tackle for a loss. He recorded a career high five tackles against MSU Moorhead and a 2 pass break ups against Sioux Falls along with 4 tackles.

In 2016, he played in all 11 games and recorded 24 tackles, four passes defended, and one forced fumble. Ryan recorded a career high five tackles and a forced fumble against Northern State.

In 2015, he played in six games and recorded nine tackles. Ryan redshirted his freshman year in 2014. Ryan’s coaches comment “He is a good leader, hard worker, and great kid!” He will complete his degree in Business Administration this fall and return to walk at graduation in the spring. Ryan is known for his cheery personality and uplifting spirit. He was recorded on the Dean’s list for the full 2017-2018 academic year. He represents our TRIO program well!

TRIO student Jaylan White serves the Bismarck/Mandan community for the annual Special Olympics bowling event! Jaylan is a junior pursuing a degree in Coaching and Sport Studies with a minor in Sport and Leisure Management. Jaylan is also a student-athlete for the Marauders men’s basketball team.

TRIO Serves

TRIO student Jaylan White

“Naki” had Coach Splon, Sawyer Kluge and Jamie Ziegler stand with him on Senior Day.
De-Stress for Finals Success

Take some time for YOURSELF during this busy finals season!

**DECEMBER 3-19**
- **PUZZLES AND COLORING** 2:30PM-4:00PM  LOWER LEVEL WELDER

**DECEMBER 7**
- **THERAPY DOGS** 9:00AM-2:00PM  LOWER LEVEL WELDER

**DECEMBER 10**
- **HOLIDAY DE-STRESS TREE** 9:00AM-2:00PM  CHI ST. ALEXIUS CLINIC, LVUC
- **RELAXATION STATION** 10:00AM-2:00PM  LVUC LOWER LEVEL, BREAKOUT ROOM A
  (SIGN-UP IN STUDENT SUCCESS CENTER)

**DECEMBER 11**
- **HEALTHY APPS** 9:00AM-1:00PM  LVUC ATRIUM DESK

**CHRISTMAS COOKIE DECORATING** 11:00AM-1:00PM  LOWER LEVEL WELDER

**DECEMBER 12**
- **DIY CHRISTMAS ORNAMENT** 9:00AM-12:00PM  LOWER LEVEL WELDER

**STRESS ROCK DECORATING** 6:00PM-7:30PM  LVUC STARION BANK LIVING ROOM

**DECEMBER 13**
- **HOLIDAY CHEER BOOTH** 9:00AM-1:00PM  LVUC STARION BANK LIVING ROOM
- **MASSAGES** 11:00AM-1:00PM  LOWER LEVEL WELDER (SIGN-UP IN STUDENT SUCCESS CENTER)

**DIY WINTER SURVIVAL KITS** 4:00PM-6:00PM  LVUC STARION BANK LIVING ROOM

**DECEMBER 16**
- **MASS & LUNCH BLESSINGS WITH THE SISTERS** 11:00AM  -  ANNUNCIATION MONASTERY

+ **Free Food!**

December 14 and 17-19  -  Lower Level Welder Library