

# December Newsletter

2023 / Vol. 15 Issue

## This Issue

Page 01

Tis the season

Page 02

December Events

Page 03

Self Care Guide

Page 04

December Birthdays

Page 05

Scholar of the Month

Page 06

Student Highlight

Page 08

Holiday Recipe

## *Tis the season!*

By McKayla Yazzie

Burr! its very cold out, hope you all bundle up and are having some nice hot chocolate by the fire. We have reached the last week of our semester! Speaking of hot chocolate...for the finals week and wrapping of things for the semester, our office will be open to having some cookies, hot chocolate, puzzles, and etc. Just to destress and relax for the holidays.

DECEMBER 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6		8	9
10	11					16
17	18	19	20	21	22	23
		26	27	28	29	30
31						

## Important Dates

- Dec. 14th - Finals Tabling Event & Paint Night
- Dec. 11th-15th - UNM Finals Week
- Dec. 15th - Last Day of Fall Semester
- Dec. 31st - 2024/25 FAFSA Opens
- Dec. 22nd- Jan. 3rd - Winter Break Campus Close





# December

# Events

## FAFSA Update

### 2023-24 FAFSA® Form

Use the 2023-24 FAFSA® form to apply for college financial aid for 7/1/23 - 6/30/24.

Launch of the 2024-25 FAFSA® Form

There are major changes and improvements coming to the 2024-25 Free Application for Federal Student Aid (FAFSA®) form. This redesigned and streamlined FAFSA form will be available by Dec. 31, 2023. To learn more, [Click Here](#)

## Winter Break Hours

Our Office will be closed this Friday, December 15th, 2023, from 3pm - 5pm for our annual TRIO/SSS staff Christmas Dinner. Our office will resume normal hours on Monday 12/18 - Thursday 12/21 from 8am - 5pm. Kim, Donovan and Sophia will be out of office 12/20 - 12/21. UNM-G Campus will be closed from 12/22/2023 - 1/3/2024.

After winter break our Office will resume office hours 1/3/2024 from 8am - 5pm. Spring 2024 semester will begin January 16th, 2024!



**TRIO**  
STUDENT SUPPORT SERVICES

TRIO/SSS STAFF CHRISTMAS DINNER

**OFFICE CLOSED**

FRIDAY, DEC. 15TH  
3PM - 5PM

NORMAL OFFICE HOURS WILL RESUME  
MONDAY 12/18 - 12/22 FROM 8AM - 5PM

SORRY FOR THE INCONVENIENCE.  
HOPE YOU HAVE A HAPPY HOLIDAYS!

UNM GALLUP





# Selfcare Guide

## Prioritizing Physical Activity at the End of the Semester

As we approach the final week of the semester, it's important to take stock of our progress. Whether you're finishing up last-minute tasks or have already completed everything, make time for physical activity. You could go for a lengthy jog or hit the gym to feel your best. Alternatively, you can take a refreshing stroll outside, play in the snow, or go for a calming drive. Remember that there's no need to be perfect, and this simple act of self-care can help you feel re-energized.

### Selfcare Tips

1. Get Enough Sleep
2. Stay Hydrated
3. Make cookies or Gingerbread houses
4. Set aside some time for movement.
5. Make sure to eat.
6. Try meditation or listen to music
7. Know the difference between "work time" and "play time".
8. Don't doubt yourself or allow negative thoughts...focus on your excitement for the finish line!



December

Birthdays



Clayton Becenti

Jessica Jimenez

Libertini Teengar

Nigel Joe

Anissa Benally

HAPPY  
Birthday

Chelsea McDargh

Arturo Villicana





# Scholar of the Month



## LUCAS LUCIO

Interviewed By McKayla Yazzie

### 5 Fun Facts about you?

1. Making artistic movie models
2. I dress Victorian and goth like
3. My favorite hobby is working on my art projects during downtime
4. Listen to classic, rock, and DJ mixes
5. Like watching horror movies

### How does it feel to be scholar of the month?

I was very surprised because I am not a very outgoing person.

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

Learning how to prioritize the most important things first as you work through. Finding a quiet space like TRIO. Writing things down to remember or keep notes, and always turn in things on time.

### What is your favorite thing about TRIO/SSS?

I like that it is a free space to do what you need to do, and that it's a place that helps me study and get focused. I like that it's a place to get away from chaos.

### Where do you plan to transfer to after graduation?

Right now, I am currently going to school to pursue my degree in General Studies, and I am unsure of what I would like to do. I do know that I would like to find a job that fits my career choice.

### I am thankful for...

My counselor and advisor Sophia, because she helps me to understand things that I may not know and whenever I have questions, she directs me or guides me through it.







# Student Highlight



## TEHYONNA NAKAI

Interviewed By McKayla Yazzie

Tehyonna Nakai is a sophomore at UNM-Gallup, and currently pursuing an Associates degree in General Studies. Tehyonna was inspired by anime shows during the pandemic. The first drawing was done on a phone. The drawings first started off as chibi characters then progressed into Native Anime art when Nakai studies anatomy. Tehyonna's art represents the Navajo culture and stories. At a young age Tehyonna was a powwow dancer which is also another inspiration to the art.

Tehyonna's father was the inspiration behind dancing. From the dancing and songs of a cultural powwow, the movement of the characters on the art represent the different dances in a powwow. Some Navajo stories that were shared was the winter stories about the "Twins" and another story about "Spider Lady". These Native stories are another factor that drew Tehyonna's to create such beautiful art." and another story about "Spider Lady".

These Native stories are another factor that drew Tehyonna's to create such beautiful art. Karen J. , Micheal Ray, and Teyonna's father are the people that inspire Nakai to continue in artistic creations. Karen J. and Micheal are also artist themselves. Karen is an artist and created drawings in books. Micheal creates abstract art and a does photography as a hobby. Tehyonna's aunt, uncle, and parent inspire and encourage Nakai to continue. One things Tehyonna's parents say all the time is, "Go as far as you can!", they are Tehyonna's biggest supporters.



Self-portrait art character of Tehyonna Nakai and cat.



Navajo woman warrior inspired by a Navajo story.



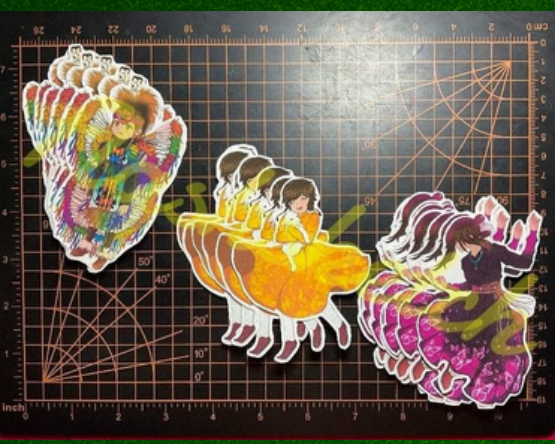
"Butterfly Girl" - First completed art done on a Note 9 phone, one of Tehyonna's most proud of.





# Student

# Highlight



Some of the stickers made by Tehyonna.

If Tehyonna has not much to do it would take about 6 to 7 hours to finish through one design. But with school and life it could take about 2 to 3 days. Tehyonna says that it all depends on the detail and sometimes more ideas come to mind during the process, with art ideas are endless.

Tehyonna does not only make digital art pieces, but she can also create make them into stickers, places them onto customized T-shirts, sweaters, or sweatpants,etc. Tehyonna

presents the artwork on different customizations and sells them online or at the local

Gallup Flea Market. With the help and support of Tehyonna's family, they display and sells every Saturday at the North side Gallup Flea Market. Tehyonna also takes orders online through Instagram or TikTok, which features more artwork and items. Not only does Nakai want to sell artwork through stickers and clothing. One goal that Tehyona has in mind is to create a movie. Currently Tehyonna is working on an animation inspired



One of the many custom-made T-shirts that Tehyonna makes to sell.

Navajo stories and songs which would present the strength of Native Americans through the origin stories told. Tehyonna has the characters picked out, and is working on the storyline.

Tehyonna does not have a time limit but overtime she would like to have that completed. Tehyonna loves being an artist and creating things that come to mind. When I asked her, "What do you like most about being an artist?" Tehyonna says, "I get to draw...it gives me a chance to say what I want when I can't say something sometimes." Tehyonna also wants to go to an art school in New York or UCLA or Santa Fe and continue doing art.



One of the many custom-made sweats and sweater items, made by Tehyonna to sell.





# Student Highlight



Another digital art created by Tehyonna.

I enjoyed talking with such an amazing artist that loves doing what they love. Seeing the many artworks and how the animation of each piece is so detailed is inspiring. Each item that presents Tehyonna's art is amazing. I wish her well on her artistic journey making it into art school and finishing the movie that Tehyonna wishes to complete. I hope many of you find her and see the many other works of talent.

To the bottom left are Tehyonna's social media links which show more artistic items.

Click Below to see more:

 [@sketchy\\_tykun\\_1730](https://www.instagram.com/sketchy_tykun_1730)

 [@sketchy\\_tykun\\_1730](https://www.tiktok.com/@sketchy_tykun_1730)



Another digital art created by Tehyonna.





# Holiday

# Recipe



## Grinch Cookies



 IN Katrina's KITCHEN

Made and loved by thousands every year! These Cake Mix Grinch Cookies are so easy and festive they will be sure to put you in the holiday mood.

Makes: 24 COOKIES

Prep time: 20 mins Cook time: 10 mins Chill time: 20mins  
Total time: 50mins

### Ingredients

- 1 box french vanilla cake mix, dry mix only
- 1/2 cup vegetable oil
- 2 eggs
- green food coloring, 1 drop
- 1/2 cup Powdered sugar, or more for dusting
- Sprinkles or candies, large heart-shaped

- 1. PREHEAT** oven to 360° F
- 2.** In the bowl of your mixture **CREAM** together cake mix, food coloring, oil, and eggs.
- 3. DROP** by tablespoon confectioner sugar into mixture.
- 4. CHILL** dough balls for 20 mins before transferring to a baking sheet to bake.
- 5. Place** on baking sheet and press 1 large heart candy/sprinkle in middle.
- 6. Bake** for 8 - 10 mins until just set.
- 7. COOL** for 3-4 mins. on pan before removing to cool completely on a wire rack **SPRINKLE** with more powdered sugar if desired.

