Special Community Night in the Rec Center

TONIGHT — Learn to Make Sushi!

TRiO Community Nights are fun! There are games, bowling, pool, and great company. This is a time to bring a friend or your family, relax and eat a delicious dinner while visiting with other TRiO scholars.

This Community Night will feature TRiO scholar Amy Jones who is an honest-to-goodness sushi chef. Amy will show us how to roll our own sushi. We will be featuring mostly vegetarian sushi (sorry, no raw fish). Learn tips from the expert so you can make your own and impress your friends and family.

Sushi will be supplemented with Thai food from Sweet Chilis.

Rec Center in the basement of the SUB, 5 to 7:30 pm
Bring your family, partner, or friends.

Trifecta — Toast with TRiO on Tuesday!

Toast was so good last week, we are bringing it back this week, too. We have various breads and spreads and some pretty awesome recipes to take toast to the next level. Get innovative, experiment on your own or keep it simple. As always, fresh fruit and other items are available.

Reid Hall, Room 314 from 8:30 to 11:30 am or so.

Dinner & Dialogue Addresses

Microaggressions

In partnership with the American Indian/Alaska Native Student Success Services and Counseling & Psychological Services, TRiO SSS is hosting a series of informal discussions with an interreactive presentation. RSVP here.

- Enjoy a casual meal
- Gain additional skills
- Expand your support network
- Explore timely topics
Dinner & Dialogue is on **Microaggressions**, the subtle insults we inflict on others without thinking or knowing it. **Tuesday, October 18, from 4 to 5:30, in SUB Room 235.**

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**Indigenous People's Day Is Celebrated This Week**

Monday marked Indigenous People's Day, a holiday adopted throughout the city of Bozeman to celebrate Native American culture and people and reshaping the conversation around a holiday that subjugated indigenous people in the US. Enjoy learning about this holiday from another perspective by engaging in the many activities around campus.

There's more information [here](https://t.e2ma.net/message/6l2wi/at6bst).

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**Major Madness— Like Speed Dating for a Major!**

Academic Advising Center and ASMSU will host Major Madness, an interactive event designed to introduce exploring students to many majors, minors, and certificates through short, focused discussions with successful upper-division students. Major Madness follows a structure similar to speed dating, allowing students to rotate through different areas of interest every seven minutes, with a three-minute transition between rounds.

Through these brief interactions, students will be introduced to multiple majors, minors, and certificates in one evening. Major Madness is also recommended for students who want to learn more about their declared major from upper-division students in that field. In addition to student representatives, career coaches and academic advisors will be on hand to answer questions and to connect students with academic advisors in fields of interest.

**Monday, October 24th, from 6:30-7:30 in SUB Ballroom B.**
**FAFSA Time Again!**

The FAFSA priority deadline for application is now December 1st. The sooner you fill out the FAFSA, the more likely you will be to be granted the maximum amount of Pell and other grants, student loans and work study awards.

Here's MSU's page with more information and a link to the application.

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**Nutritious Food On A Budget**

This week try some breakfast ideas to give you a healthy and nutritious boost to start your day. Here's a list of no-cook, quick breakfasts.

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