# NABS Notes – February 2022

**“In action lies life, and with that action, history is made.” -Abhijit Naskar**

Welcome to the February edition of our NABS Notes! As winter slowly turns to spring, we find ourselves busier than ever in this spectacular student division, and we know this frenzy of activity can be overwhelming at times. So we invite you to utilize this collection of resources in order to prepare yourself for all that NABS has in the works. Take some time to read up on all things new and exciting in our student movement, and reach out to anyone in NABS leadership with questions. Read on to learn more about our upcoming events and updates from committees. In this edition you will find:

•February Blog Post

•February Episode of the NABS Now Podcast

•Committee Updates

•Stay Connected | NABS Social Media

## February Blog Post | Finding Your Footing: Tips to Get and Stay Involved on Your College Campus

This month’s [blog post](https://nabslink.org/blogs/finding-your-footing-tips-get-and-stay-involved-your-college-campus) is a wonderful resource for any student looking to gain a greater level of involvement in extracurricular activities, which allow us a much needed opportunity as students to relax, contribute, and grow. Author Hunter Kuester shares his tips for navigating social situations and opportunities, based on his own experiences as a transfer student at the University of Wisconsin Stout. Always remember that it is important to not only try new things, but also to show yourself some grace when venturing into the unknown.

## February Episode of the NABS Now Podcast | Teamwork Makes the Dream Work – Adaptive Team Blind Sports

In this episode, we explore adaptive team sports. Blind athletes share what it's like to play some of these sports, from Goalball to Blind Hockey. Learn how these sports work, how to get involved, and about the athletes that play them. We also discuss the unique challenges of navigating the world of blind sports and balancing it with the life of a student. Want more? Check out our previous episode on accessible fitness.

Thank you to our special guests Joshua and Tim Olukanni.

Created and produced by Kinshuk Tella, Melissa Sprouse, Nina Marranca, and Seyoon Choi.

Are you interested in assisting with the planning and production of the NABS Now Podcast? Email Nina at: [ninam0814@gmail.com](mailto:ninam0814@gmail.com) for more information.

Find us on [Spotify](https://open.spotify.com/show/47rJlZrFHD4EIqvgLRNhHM), [Apple Podcasts](https://podcasts.apple.com/us/podcast/nabs-now-podcast/id1507437256?uo=4), [Google Podcasts](https://podcasts.google.com/feed/aHR0cHM6Ly9hbmNob3IuZm0vcy8xYWRjNWZmNC9wb2RjYXN0L3Jzcw==%20), or see [our Anchor page](https://anchor.fm/nabs-now%20) for more ways to listen!

## Committee Updates

### Reconvene with the NABS Outreach Committee this March

Please join us for our next committee call, taking place on Sunday, March 13 at 8 PM EDT, and [reach out to committee chair Nina Marranca](mailto:ninam0814@gmail.com) with questions on how to get further involved.

### Looking Back & Forging Ahead: A Fundraising Recap

While February is one of the coldest months of the year, the only shiver felt by the NABS Fundraising Committee was one of excitement. Our annual auction was a smashing success, and all of our generously donated items found new and happy homes, which wouldn’t have been possible without all of our brave bidders. We would like to offer a resounding thank you to all who participated in this effort!

We are also proud to announce this year’s Super Bowl Roulette winners: Isabel Rosario, Kinshuk Tella, Joel Zimba, and Ellen Bartelt. Congratulations to our winners, and thanks again to everyone who participated. We’ll see you back for more in 2023!

Please join us for our next committee call, taking place on Sunday, March 13 at 9 PM EDT, and [reach out to committee chair Logan Stenzel](mailto:stenzellogan@gmail.com) with questions on how to get further involved.

### An Invitation for You: Involvement & Improvement in 2022!

Although February was filled to the brim with Washington Seminar action and advocacy, the NABS Legislative and Self-Advocacy Committee is more than ready for whatever comes next, and we hope you’ll join us for the journey! Stay tuned for details regarding our newest effort, the development of an online quiz that allows students to test their personal knowledge and identify areas for improvement.

Please join us for our next committee call, taking place on Sunday, March 20 at 8 PM EDT, and [reach out to committee chair Elizabeth Rouse](mailto:elizabethrouse.nfb@gmail.com) with questions on how to get further involved.

### DEI: Fostering Our Future

Please join us for our next committee call, taking place on Sunday, March 20 at 9 PM EDT, and [reach out to committee chair Sara Luna](mailto:sol.sky.luna@gmail.com) with questions on how to get further involved.

… And don’t forget our monthly NABS Sound Board, taking place on Sunday, March 27 at 9 PM EDT!

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