

# Compass Rose News



## Congratulations on passing your driver's test, Kelly!

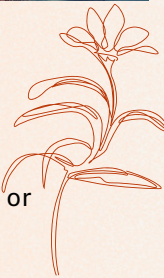
You have worked hard to come this far, and we are all proud of your big achievement!



## Decide future events & Flow Spot equipment!

Have you always wanted to go to a water park or an amusement park? What about indoor sky diving?

Join the pre-advisory board to collaborate on what kind of activities we do during House Community Building Saturdays, and what kind of equipment we have at the Flow Spot! AND get paid a \$30 stipend to do so. Reach out to an Ascending Flow mentor if you're interested! Online survey options will be available for those who cannot make in-person meetings.



## Take Instant Ramen, Make it Nutritious

Add these 3 simple foods to add nutrition to your instant noodles.

- Poached egg
- Spinach
- lemon juice

