

# THE PILLAR

A MONTHLY JOURNAL OF THE TRiO SSS COMMUNITY

*"Helping Students Realize Their Full Potential"*

## Student Spotlight- Duyen Tran



The TRiO Student Support Services program is happy to spotlight Duyen Tran in this month's newsletter. She will be graduating this semester with a degree from the College of Arts and Media in Illustration. Here favorite quote by Aldous Huxley states "There is only one corner of the universe you can be certain of improving, and that's your own self." This quote motivates her to change and to do better whenever she feels life is not fair and she is not capable of anything. She stated, "I cannot change the universe. I cannot change how things happens in life, but I can choose to be better, to step up and make things better, even if it is just a little thing, by changing my own self."

Duyen has worked hard to earn her degree. When asked about her experience in college she stated, "College is definitely a scary, but fun experience at the same time. I think just like me, many students also stress out about their grades. Being in my last semester, I am so worried if I can pass my classes, and successfully graduate or not. However, I also love being in college because I have met so many wonderful people. I learned a lot from my friends, professors, colleagues, and mentors." Duyen also stated, "I will miss being in college so much after I graduate from CU Denver. This place is filled with unforgettable memories that I will have for the rest of my life." Her favorite memory happened when she met her best friend in an art history class during her second semester. Her family migrated from Vietnam to the United States not long before she started school and her English was not that good. She was timid and shy. When her friend came around, she started to relax and open up to people. She was grateful that she met him here. She notes that they had a few more classes together before he moved to New York City. They remain close to each other, which she believes is amazing.

She wished someone had told her when starting her undergraduate career to not feel shy to ask for help. When she first entered the school, she always felt bad asking for help from professors, tutors, and from people around her. However, she soon realized that most people actually do not mind helping at all. She noted, "Staff are there to help students improve their skills in college and they are happy to help us. So whenever, I have a problem that I cannot figure out, I always seek advice from other people." TRiO has been an amazing support system for her during her time at college. "I have been a TRiO participant since I was at the Community College of Denver and I continued to join TRiO after I transferred to University of Colorado Denver," she stated. She received a lot of guidance from this program and they helped me overcome challenges that I had to face in these 5 years. She remembers that there was one incident when she encountered the lowest point of her life. She writes, "It was one of the advisors from TRiO – Imane Benjelloun who helped me get back on my feet. I am always grateful for that." One thing she would like to tell other participants is be more involved in this program. Being a full-time student with two jobs, she knows it is extremely hard sometimes to find time to participate and fulfil the requirements of this program.

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## Student Spotlight- Duyen Tran



Being a full-time student with two jobs, she knows it is extremely hard sometimes to find time to participate and fulfil the requirements of this program. However, once you do, there are so many benefits to gain from this. You can learn many things from the workshops provided by TRIO. You can share your concerns and get advice from the mentors. The program also helps to keep you on track with school. Moreover, joining TRIO means you have a chance to receive a scholarship, which means a lot to low income students.

If she won a million dollars, the first thing she would do is help her parents pay off the house loan. She stated, "My parents have to work really hard to take care of the family as well as paying the mortgage loan with the little money they make every month. Despite their old ages, they have to work extra hours just to make enough money. Being a full-time student with a part-time job, I cannot help them much." Her hobbies include drawing, listening to music, watching art and craft videos, hanging out with friends and family,

going to coffee shops and movie theaters with my loved ones. Her short-term goals include passing her classes with good grades and to successfully graduate. She would also like to create a solid portfolio to highlight her work, which will be helpful when she graduates. Together with that, she wants to learn how open a personal business and tax work from my professor because it is better to learn about them when she still has guidance and support from school and faculty rather than to figure everything out later by herself. Finally yet importantly, she wants to contact creative circle and creative group in Denver she can start working right after she graduates. Art has been a part of her life since she was young, and she treasures it so much. Because of that, her future goal is to be able to pursue her dream of illustrating her children books, toys, and collectables. She would also like to open an online shop where she could sell her artwork. We wish Duyen continued success in her art career.



## Student Spotlight ~ Vicky Lin



TRIO Student Support Services is excited to spotlight Vicky Lin. She is an active participant in the program. She is originally from China and immigrated with her family to Colorado at the age of 13. She identifies as a first-generation college student. She started her educational career at Front Range Community College, Westminster Campus and transferred to CU Denver in fall 2014. She is a student in the School of Business majoring in Risk Management Insurance and Finance with a minor in Ethnic Studies. Her favorite quote by Christian D. Larson states, "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." This quote is important to her because it reminds her to believe in herself no matter the challenges she faces. Vicky noted, "As long as I have strength and perseverance in my heart I will keep moving forward." Vicky has certainly persevered and will be graduating this semester.

When asked about her undergraduate experience she stated, "It was hard transitioning my first semester to CU Denver. I attended too many events and started to take many leadership roles in student organizations." With time, she learned to manage her academic, social, and personal responsibilities. Vicky took a proactive approach to getting involved on campus. In fall 2017, she joined the Intercultural Engagement Certificate Program as Vice-President. Vicky shared that attending the approved events was eye opening into gaining great insight about various cultural backgrounds. She also joined the Gamma Iota Sigma Beta Mu Chapter as Secretary during the same semester.

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## Student Spotlight~ Vicky Lin

This organization focused on the Risk Management Insurance major. Through this experience, Vicki attended monthly meetings to learn about the profession and networked with people. She secured her first internship through this experience. She was also a member of the Transfer Student Organization, Transcend Social Justice Retreat, and attended the Property & Casualty Day at the Capitol. She had the opportunity to speak in the Colorado Supreme Court Chambers for an audience of 200+ industry professionals. She received the Public Risk Management Scholarship and attended the Annual Conference in summer 2017. Vicki stated, "Overall, I believe participating in many events like that was very beneficial for me. I gained a lot of great experience about leadership, communication, interpersonal skills, networking, and collaboration. I always share with other students about the importance of networking and to attend outside professional industry events, which can help you find job opportunities."



When asked about her favorite memories in college Vicky stated, "The most impressive thing in my undergraduate career was to be the Vice-President of Society of TRiO Students Club, which made me proud because I did not know my teammates and it helped me understand that teamwork is very important. It also showed me how to unite and organize activities as a group. Helping in the Epworth Foundation, Denver-Feed-A-Family Thank-giving program made me happy to help the community by doing something meaningful. In addition, participating in this club made me even more grateful to the TRiO program for everyone's encouragement and support." Vicky participated in the CU Denver Lynx Alternative Breaks Service Learning program in spring 2018 in South Dakota. The program focused on working with indigenous communities with the YWCA. She noted, "It was very fun working with kids in the cheery creek building, Tiospaye Topa Tribal School, and School Park. I had the opportunity to play hockey with third and eighth graders. I was able to connect with them little by little." Vicky has met great friends in school that support, encourage, understand, and listen to her academic needs. Vicky is earning a minor in Ethnic Studies, which gives her an understanding of cultural backgrounds and insight about the history of different ethnic groups and the issues they face. She is grateful to be at CU Denver because her family always encourages her to do well in school.

When asked how TRiO has helped her become successful Vicky stated, "TRiO has helped me grow so much in the past year since I started the program in fall 2015. I really like the office and people are super friendly, approachable, helpful and kind to me when I ask for help. Do not be afraid to ask your mentor and coordinator for assistance. TRiO also helped me with my resume, applying for scholarships and FAFSA, internships, providing academic support, creating business cards, and updating my LinkedIn account. TRiO helped me apply for the Cecil Glenn Textbook Scholarship for fall 2017, which I received." When asked what advice she would give to other TRiO participants she noted, "When you encounter difficulties, they will help you to solve the problem. I will tell TRiO participants to not doubt their potential and that you can handle school by using school resources wisely. My last advice is to attend professional networking events, ask for their business cards, and follow-up with them on LinkedIn or email to talk about their job experiences." Another tip is to follow up with CU Denver Alumni to ask about their experience in college and after.



If she won a million dollars, the first thing she would do is to donate money to charities, an orphanage, school, and support her family. Her passion is to help others in need to receive a better quality of life. She wants kids to be able to go to school and learn more. Her hobbies include playing badminton, writing poems, cooking, listening to music, and writing song lyrics. In addition, she also enjoys watching TEDTalks, singing, drawing and designing creative crafts. She enjoys spoken words to express her feelings, thoughts, ideas, and experiences during her free time. Her short-term goals include earning her college degree and seeking a professional position. She would like to take some time off from school and volunteer for a non-profit organization. She plans to earn a Property and Casualty license to become an independent associate. Her long-term goals include attending graduate school to earn an MBA within 2-4 years. Ultimately, she would like to own her own business (insurance company or financial consulting). As a future

financial investor, she would like to advise clients on how to save long-term funds and invest money. She would like build a website to share her poems and experiences with many people. Additionally, she would like to open a retail store to use her business skills (marketing, and accounting). The TRiO office wishes Vicky continued success in her career.

## Service Learning Student Spotlight



The TRiO SSS Program is excited to highlight Miranda Herrera Frausto who completed a recent “Alternative Break” program in Los Angeles, California. Miranda is earning a Bachelor of Science degree in Psychology and is very interested in focusing her studies on biochemical behavior and mental health. Miranda plans to continue her education at the Anschutz medical campus with a nursing degree and down the road, pursuing a master’s degree in women’s healthcare. Her long-term goal is to become a women’s health care nurse practitioner, where she will be able to better help women who need healthcare. She intends to work at a non-profit organization that provides free healthcare for women who live in poverty.

The Lynx Alternative Break Program is a way to give back to the community and for students to be exposed to social and cultural issues through direct service. The vision of the program is for students to advocate for social change on issues affecting our communities. This focus is on service is what drew Miranda to participate in the Alternative Break program as it aligns very well with her educational and career goals. The focus for this particular Lynx Alternative Break **“Black Youth Matter”** program, was to explore systematic discrimination that black youth encounter and how to reach equity through justice and empowerment. To that end, participants had the opportunity to provide service and learn about the struggles of African Americans in that community. Miranda stated “we helped the Black Aids Institute to recruit the black community through outreach around the area and informed them about HIV and how to get tested for free. We visited the Watts Towers Historic Park where we learned a lot about the history and the struggle of African Americans during the 1960’s led by Mrs. Watkins. During the break we also attended a meditation lead by activist and former leader of the Black Panther Party, Erica Huggins. We visited a soon-to-be educational institute (high-school) directed by the brother of our staff leader. He will be the youngest principal of the L.A community and we were the first to witness a business meeting between Principal Rahn and a potential educational program.”

When asked about her experience Miranda noted “for being my first alternative break, I really enjoyed it and fell in love with the fact that we got to go around the country and serve communities who need a helping hand. It exceeded my expectations and it was an amazing experience and one that I would rather have instead of staying home and being lazy. The cultural experience was different because there were a lot of Latino communities along with Korean communities in the area. Even though it was an urban community, there was a huge difference compared to Denver. My favorite part of the trip was when we visited the Watts Towers Historic Park because there was an exhibit of the Amistad ship that carried slaves to the U.S. The slave sculptures were amazing as their necks were in shackles and they were all naked and in uncomfortable positions. The lighting made this part even more powerful in that it shocked me and brought me to a realization of how horrible their lives must have been during the slave trade. This is when Mrs. Watkins said: “This is how horrible our country was and still is now.”

Also, another favorite part of the trip she said, “was when we were at the Black Aids Institute and the coordinator revealed three staff members who we were working with during the outreach were HIV positive. During this moment I was shocked to see how “normal” they looked, and I was disappointed at myself because I was ignorant to see beyond the stereotype that people that are HIV positive look ill and weak like the media portrays them. This is where I realized that people can still live long and healthy lives. The three-brave gay black men shared their journey of living with HIV and how they first reacted when they were diagnosed. What I learned from this was that HIV is not a death sentence and as one of the men said: “I have thrived and strived living with HIV, I have become the person I am now because of it”. From all of the information that we learned about HIV, our team created three infographics that inform people about the misconceptions and the facts about HIV, information about PrEP (Pre-exposure prophylaxis), and a resource map that informs people about testing and HIV healthcare services around the Denver metro area. These infographics were posted on social media, but there is still an event yet to be discussed with the group about the cause.”

Now that the trip is over, Miranda was asked about the biggest thing she learned about herself through this experience. She stated “before going on the trip, I had a little hesitation about getting out there by myself without knowing any of the students, but I reminded myself that it was an opportunity for me to get out of my comfort zone. After arriving at the airport, the students were very welcoming, and I was hopeful about building new friendships during this trip. I went in with an opened mind and after living through the amazing experiences of this trip, my mind was filled with so much information and perspectives on racial issues from wonderful people. Thankfully, this trip gave me an opportunity to share my thoughts and have my voice heard with a group of students who are equally passionate about these issues as I am. It was an honor for me to have built healthy relationships with these students that hopefully will last a lifetime.”



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## Service Learning Student Spotlight



Miranda encourages other TRiO SSS participants to consider completing a service learning experience. She notes “I would encourage every student to go because as one of the AB leaders stated, the trips are already paid for by every student who attends CU Denver through their student fees. You might as well take the opportunity to go experience and build amazing relationships with students who are willing to learn and serve different communities in need. I would prefer to go on any AB trip instead of staying at home and binge on Netflix which is always cool, but there is nothing better than making a positive impact and making better use of time by helping others. The AB lynx trips that are within the country are for a great price and includes food, the flight or by car, and the place where the students will be staying at for a week! I will definitely go on another trip and my goal is to go to an international one before I graduate because the experiences are one of a kind.”



When asked about what other information she would share she noted “For my next trip, I will definitely pack light because everyone is in charge of their luggage for obvious reasons. One thing that I learned, and from what the AB leaders shared with us is that it is important that every student takes care of themselves, self-care is very important because the leaders are not in charge of packing lunches or other needs for individual students. On this trip, everyone took care of themselves and that was appreciated by the leaders, as that has not always been the case in other AB experiences. In conclusion, everyone was fully involved in everything and we all became friends and I am glad that there were no cliques which is really important to avoid because it excludes the students that do not know anyone. Overall, I had an unforgettable experience.”

## Heat Sensitive Color Changing Slime



### Ingredients

- ⇒ 1/4 cup white school glue {affiliate}
- ⇒ 1 Tablespoons water
- ⇒ 3 teaspoons ThermoChromic pigment {affiliate}
- ⇒ 1/4 cup liquid starch {affiliate}
- ⇒ Food coloring

### Instructions

1. Decide on your color scheme for the slime. The color of thermoChromic pigment will be the color of the slime when it is cold. Then pick an alternating color of food coloring for the hot color. Think color wheel neighbors to make the transition smooth. I used:
  - ⇒ Blue pigment with yellow food coloring (Slime is teal and turns yellow when hot)
  - ⇒ Red pigment with yellow food coloring (Slime is orangey red and turns yellow when hot)
  - ⇒ Blue pigment with red food coloring (slime is purple and turns pink when hot)
2. Pour 1/4 cup glue into a large bowl. Add 1 tablespoon water and stir until combined. Add 5 drops of food coloring and mix well. Then add 3 teaspoons of thermoChromic pigment and mix until uniformly distributed.
3. Add 1/8 cup liquid starch and mix until thick and slimy. Then knead the slime with your hands and return to the starch mixture for another mixing. This step is important because it makes sure there's no unmixed glue hiding in the center of your slime ball. If slime is still sticky, add additional starch, a little bit at a time, and knead until not sticky anymore. Most batches will use almost all of the starch.
4. Store slime in a glass or plastic container with a lid for up to one week. I noticed that it needed a bit more starch if it had been a few days since playing with it. Just pour a teaspoon or so on the slime and knead it again.

Video: [https://www.youtube.com/watch?time\\_continue=10&v=f-w6uobne2o](https://www.youtube.com/watch?time_continue=10&v=f-w6uobne2o)

More information: <http://diyprojectsforteens.com/diy-slime-recipes/>

Submitted by : Yvonne Devora | TRiO SSS Mentor

## Nutrition—Healthy Eating

The World Health Organization (WHO) defines nutrition as the intake of food, considered in relation to the body's dietary needs. This is a rather ordinary way of looking at nutrition, so the WHO further explains that we should aim for good nutrition, which is an adequate, well balanced diet combined with physical activity. Well what is a well-balanced diet? I am glad you asked. The U.S. Department of Health & Human Services provides a list of eight healthy eating goals, which comprise a well-balanced diet:

**Make half your plate fruits and vegetables:** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

**Make half the grains you eat whole grains:** An easy way to eat more whole grains is to switch from a refined-grain food to a whole-grain food. For example, eat whole-wheat bread instead of white bread. Read the ingredients list and choose products that list a whole-grain ingredients first. Look for things like: "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "rolled oats," quinoa," or "wild rice."

**Switch to fat-free or low-fat (1%) milk:** Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

**Choose a variety of lean protein foods:** Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast, or chicken breast.

**Compare sodium in foods:** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

**Drink water instead of sugary drinks:** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets. Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass of water if you want some flavor.

**Eat some seafood:** Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood. Children can eat smaller amounts of seafood, too.

**Cut back on solid fats:** Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats (e.g., sausages, hot dogs, bacon, ribs); and ice cream

The more colorful you make your plate, the more likely you are to get the vitamins, minerals and fibers your body needs to be healthy. Make sure you are in-taking the right amount of calories for your age and weight.

To you all I wish a healthy, happy and fulfilling life.

Sources:

<https://www.hhs.gov/fitness/eat-healthy/how-to-eat-healthy/index.html>

<http://www.who.int/topics/nutrition/en/>

**nutrition**  
the right balance of real foods



Submitted by: Tatiana Marlene Andre Gomes | TRiO SSS Peer Mentor

## Kudos



Have an accomplishment? Please tell TRiO about it. Inside the TRiO office, there is a sheet of paper for you to write and share your accomplishments and awards you received. ★

- ★ Joselinne Mendoza-Ortega, Yvonne Devora, and Cynthia Cordova will be graduating this spring semester.
- ★ Vicky Lin successfully completed the Lynx Alternative Break Service Learning trip to South Dakota.
- ★ Vicky Lin earned the Intercultural Engagement Certificate.
- ★ Ranks Barima and Cynthia Cordova was accepted to their master's degree programs.
- ★ Mardochee Mafuana was selected for a Reisher Scholarship interview.
- ★ Marcia Maxson received the Gilman Scholarship for Summer 2018.



## Mental Health Awareness Month

Each year, millions of Americans face the reality of living with a mental health condition, as 1 in 5 U.S. adults will experience a mental health condition in their lifetime. However, *everyone* is affected or impacted by mental illness through friends and family. Throughout May, NAMI and participants across the country are raising awareness for mental health. Each year, we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger. <https://www.nami.org/mentalhealthmonth>

### Student and Community Counseling Center

**Support. Growth. Solutions.**

#### Location

Tivoli 454 (4th floor)  
900 Auraria Parkway  
Denver, CO 80204

#### Phone

(303) 315-7270

#### Hours

Mondays - Thursdays

8:00 a.m. - 6:00 p.m.

Fridays

8:00 a.m. - 5:00 p.m.

#### Crisis Walk In Hours

**Available to CU Denver Students**

Monday - Thursday

10:00 a.m. - 4:00 p.m.

Fridays

11:00 a.m. - 2:00 p.m.

#### Emergency After Hours

**for CU Denver students**

(303) 615-9911

<http://www.ucdenver.edu/life/services/counseling-center/Pages/default.aspx>

Submitted by Joselinne A. Mendoza O. | TRiO SSS Peer Mentor



Mental Health  
Awareness Month

## Mothers Day



I thought about starting this article researching and talking about the history of the first "Mother's Day" in the United States. Nevertheless, it felt dry, dull, and flat because it seems to celebrate only our own mothers. What about our aunts, cousins, grandmothers, female friends, neighbors, bosses and peers, who may not have a child? However, these women have the gentleness to rescue us from difficult days, advocate for and support our learning and development in becoming whole women and men. What about my younger friends who teach me to be myself or my fourteen-year-old daughter who hugs me and encourages me to be the best of me? How do we celebrate them or in what day of the calendar we should pencil them in?

Then, I started to wonder about this obsession we human beings have about consecrating one day to acknowledge roles in societies. Mothers in this case, which in turn remind many women that Mother's Day is not and never will be for them. Simply, because they never had the opportunity to find the right partner, the right moment, didn't want to or because it was biologically impossible. I feel I want to transcend these kinds of celebrations into something more meaningful, a celebration that includes and celebrate kindness, embrace connection and trust and support the other.

So for its worth, Happy Day to all my Powerful Women!

Submitted by: Yolanda Valencia | TRiO SSS Office Staff



## McNair Corner

On the 30<sup>th</sup> of March 2018, The McNair program initiated its first get together. That night, administrators and students gathered around to get to know one and another and to learn of each other's academic and professional pursuits. To begin the orientation, we wanted to introduce students to the background of the McNair Scholars program by viewing a documentary on Ronald E. McNair. Ronald E. McNair was an incredible person – incredible in his pursuit of knowledge and for his ambition in life. During an era of racial inequality - McNair pushed for his pursuit of knowledge and against all that was stacked against him, he made it into Massachusetts Institute of Technology for graduate school. After completing his PhD at this prestigious institution – he then became an astronaut! The point of his documentary was to show students the importance of preservice. Following a lively discussion of the life of Ronald E. McNair, students stated that although he faced many trials in his life – many things that were out of his control – McNair was able to achieve all his goals while still maintaining a healthy life filled with the activities he enjoyed most.



After the movie and dinner- students shared their backgrounds and research. It was incredible to hear of so many different paths – from public health to food science nutrition to behavioral neuroscience! Some students were taking their research abroad! Not only were the research and ideas innovative and ambitious, but the students themselves were just as diverse. The McNair program has some traditional students, and many who have taken the path less traveled, but all with a common goal – the pursuit for higher knowledge.

Our first orientation for the McNair program was a great opportunity to meet the students, to mingle and get to know each other and to realize that we are fortunate for the many different paths people take to make their dreams and ambitions come true.

Submitted by: Hiba Eltom | McNair Scholars Graduate Assistant

## Welcome~ Hiba Eltom



Hello CU Denver TRiO SSS and McNair Students,

My name is Hiba Eltom and I am the McNair Graduate Assistant. What this means is that I help mentor and tutor our McNair scholars in their pursuit to graduate school. I will also work to recruit more potential students into our growing McNair program. I am available as a tutor to TRIO SSS students as well. I have a strong background in STEM, but I am also available for GMAT, GRE and MCAT tutoring as well. My availability is Thursdays and Fridays from 8- to 10. However, my hours will be more open during summer! I hope to see some of you in the meantime.

A little bit about me - I am a CU Denver and TRIO SSS alumni with a degree in biology and minor in chemistry. Currently, I am a graduate student at Anschutz Medical Campus in the Modern Human Anatomy program. My ambitions are to one day become a Physician Assistant and serve our underserved community here in Denver. If you want to talk about graduate school, in need of tutoring or a chat don't hesitate to stop by!

## McNair Scholar

The McNair Scholars Program would also like to take this opportunity to Congratulate Alex Morales for taking second place in his poster presentation under the biomedical sciences division at the Research and Creative Activities Symposium (RaCAS) this past Friday, April 28, 2018. Alex decided late in the semester that he had a research topic to explore and to take a chance and apply to present at RaCAS. He completed a very thorough literature review with the help of his mentor, Jessica A. Luna, our Program Coordinator for the McNair Scholars Program. That initiative and hard work paid off for Alex and we are very proud of his accomplishment. Way to go Alex!!

## Cinco de Mayo



For many Americans, Cinco de Mayo means enjoying Mexican food and probably a few margaritas. But Cinco de Mayo, which means May 5 in Spanish, is probably one of the most misunderstood Mexican holidays. Contrary to popular belief, Cinco de Mayo is not Mexico's Independence Day. Mexican independence is celebrated Sept. 16. Cinco de Mayo commemorates the Mexican army's unlikely victory over the French forces of Napoleon III on May 5, 1862, at the Battle of Puebla. Mexico had trouble paying back war debts to European countries, and France had come to Mexico to collect that debt.

Today, Cinco de Mayo has become more of an American holiday than a Mexican one, it has evolved into a commemoration of Mexican culture and heritage. But most non-Mexican Americans have "no idea" about the day's history, said Carlos Tortolero, founder of the National Museum of Mexican Art in Chicago. If you were to ask most people on May 5<sup>th</sup> why they are celebrating Cinco de Mayo in the United States, most people will get it wrong or will be clueless including myself, until today, and they cannot be blamed for it as it has been taken out of context in my opinion.

Cinco de Mayo is a reminder of how many times Mexico has been invaded by other countries and the bravery of the few soldiers who stood and fought the French forces and against all odds owned the battle. Within Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where Zaragoza's unlikely victory occurred, although other parts of the country also take part in the celebration. Traditions include military parades, recreations of the Battle of Puebla and other festive events. For many Mexicans, however, May 5 is a day like any other: It is not a federal holiday, so offices, banks and stores remain open.



For more information please visit: <https://www.history.com/topics/holidays/cinco-de-mayo>

Submitted by: Ranks Barima | TRiO SSS Office Staff

## Graduation Certification Celebration



<b>GRADUATION CERTIFICATION CELEBRATION</b>	<b>CU IN THE CITY</b> <small>CU Denver UNIVERSITY OF COLORADO DENVER CU IN THE CITY</small>
<b>SEE YOU THERE!</b>	
<b>WHEN</b> <b>Friday, May 4, 2018</b>	 TRiO Student Support Services <small>UNIVERSITY OF COLORADO DENVER</small>
<b>TIME</b> <b>12:30 pm - 1:00 pm</b> Check-In, Networking, Milo Appearance <b>1:00 pm - 3:00 pm</b>	 Learning Resources Center <small>UNIVERSITY OF COLORADO DENVER</small>
<b>WHERE</b> <b>Student Commons, Suite 1500</b> 1201 Larimer St., Denver, CO 80204	 Student Government Association <small>UNIVERSITY OF COLORADO DENVER</small>
<b>SPONSORS</b> Student Government Association TRiO Student Support Services and TRiO McNair Learning Resources Center Society of TRiO Students	 <b>TRiO</b> <small>MCNAIR SCHOLARS PROGRAM</small>
<b>FEATURING</b> • Networking • Alumni Panel • Milo • Lunch • Outstanding Staff Recognition • Tutor Certification • Graduate Certificates •	



## Director's Corner

Hello TRiO students,

We are fast approaching the end of hopefully, another successful academic term for all of you. With finals right around the corner, you should all be getting ready for your finals and with a lot of hard work, you should end on a good note this semester. We again have a large number of students graduating this spring semester and a few in summer who are walking at Commencement on May 12 in the Tivoli Quad. To honor our graduates and all of our students, we will be conducting our **Graduation/Certification Celebration** with McNair Scholars, the LRC and Society of TRiO Students Club on **Friday, May 4<sup>th</sup> from 1:00-3:00 pm in Student Commons, Suite 1500**. Please come to this event and celebrate with our graduating students, as well as our tutors who are receiving their international training certification, and our TRiO Club members who are receiving certificates of participation. Lunch will be provided to everyone who attends and celebrates with us. Our graduates will receive certificates of completion and TRiO SSS sashes. This is also a good time to thank our Peer Mentors and Office Staff Assistants who are graduating and say your farewells to them, they include, Ranks Barima, Cynthia Cordova, Yvonne Devora, Tatiana Gomes and Joseline Mendoza Ortega. Although we are happy for them that they are completing their academic goals, we are sad to see them leave us. We in the TRiO Office are proud and happy for all of our graduating seniors. Way to go Graduates! Don't forget about us back in the TRiO office. We are always excited to hear from our alumni and to know that you are doing well. For those of you who will still be enrolled in our wonderful university next fall, your turn will be coming up soon, so keep working hard towards completion of your goals. Time passes quickly and before you know it, you will be the next ones on the stage accepting that diploma and adding to the educated workforce of this great nation.

For our continuing students, we still have until the end of the week before the deadline for the TRiO SSS Book Scholarship passes, so if you still have a peer mentor or full-staff meeting to make, or a workshop to attend, please get that scheduled as soon as possible. There are plenty of workshop options to choose from in May. If you still need a financial literacy session to complete, you can always complete that online through Money 101. If you are having trouble with the Money 101 system, please send me an email or work with your Peer Mentor or Coordinator to get signed up. Best of luck to all of you on your finals and have a great summer! If you are taking classes over the summer, please be sure to stop in and see us in the TRiO Office. We will be open as will our computer lab and you will still have access to all the services the program provides.

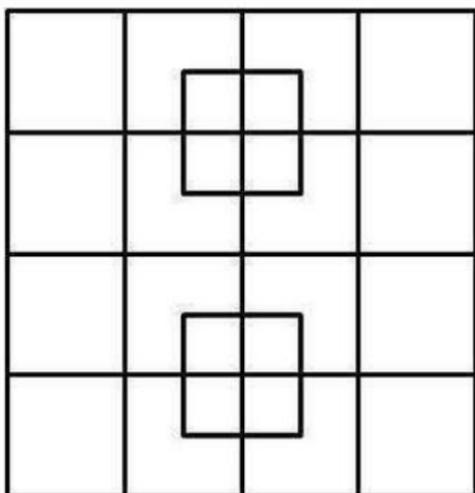
Take care! - Teresa De Herrera

"Success is not measured by what you accomplish but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds."

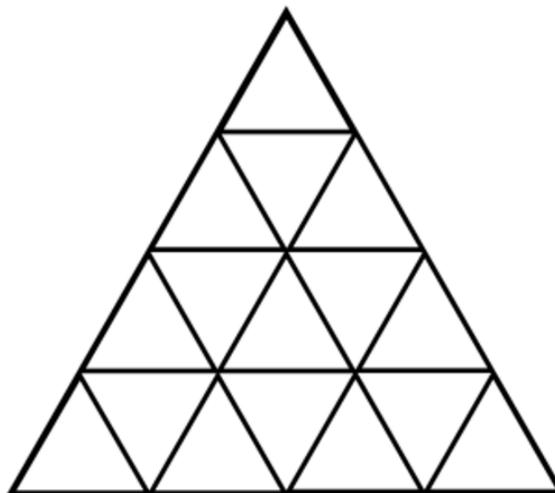
~ Orison Swett Marden

## Mind Puzzles

### How Many Squares Are There?



### How Many Triangles Are There?



TRiO SSS Participants:

This is a way for you to get your brain working even more in a fun way where you can relax for a moment from the stress of finals. The first **six** people to figure out the puzzles get a bag of M&M's. Stop by the office and grab a puzzle at the front desk.

## Academic Calendar and May Workshops

Mon	Tue	Wed	Thu	Fri
<i>Never let go of your Dreams</i>	1  Job Search Tips SC, Suite 2000 1:30 pm—2:30 pm	2  Motivation and Goal Setting SC, Suite 2000 1:00 pm—2:00 pm  <sup>1</sup> Timed Writing/ GRE Preparation SC, Suite 2000 4:00 pm—5:00 pm	3  Coping With Stress SC, Suite 2000 10:00 am—11:00 am  <sup>2</sup> Resume and Cover Letter Meetup Tivoli, Rm 267 2:00 pm—3:00 pm	4  TRiO SSS Book Scholarship Deadline  Graduation Certification Celebration SC, Suite 1500 12:30 pm—3:00 pm
7	8	9	10	11
14  First day of Maymester	15	16	17	18
21	22	23	24	25
28  Memorial Day Holiday No classes Campus closed	29  Residency Petition final Submission date	30  	31  Maymester Classes End	<i>"The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt</i>
<sup>1</sup> Writing Center and TRiO McNair: No RSVP Needed. <sup>2</sup> Career Center: RSVP via Handshake Portal <p style="text-align: center;">Room Location Key: SC = Student Commons, NC = North Classroom   *Non-TRiO workshops are subject to change</p>				

## Summer 2018 Online Ethnic Studies Courses



**Ethnic Studies**

COLLEGE OF LIBERAL ARTS AND SCIENCES  
UNIVERSITY OF COLORADO DENVER

The Ethnic Studies department is offering two online courses over the summer. This is a great way to learn more about culture change and the history of the indigenous people. For more information please call 303-315-7205 or email [ethnic\\_studies@ucdenver.edu](mailto:ethnic_studies@ucdenver.edu)

### ETST 3110-E01: Indigenous Studies

Examines how communities in diverse world regions preserve tradition, share knowledge, and respond to influences both within and outside of their immediate environments. Max hours: 3 credits. Semester Hours: 3 to 3. Instructor: Donna Martinez.

### ETST 3396-E01: History of American Indians

Indigenous nations in North America comprise hundreds of diverse cultures. This course examines U.S. Indian policy and how indigenous nation responded; how they creatively adapted, and resisted cultural change; and how they continue to persist culturally, socially, and politically. Cross-listed with HIST 3396. Max hours: 3 credits. Semester Hours 3 to 3. Instructor: Donna Martinez.