

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



April 2019
ISSUE

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Student Spotlight — Leah Porter



TRIO Student Support Services is happy to spotlight Leah Porter in this month's newsletter. Leah will be graduating with a Bachelor of Science in Business Administration degree with an emphasis in Business Management and Human Resources. Her journey to earn her degree came with challenges. Leah grew up in a poor family in Malaysia where girls were expected to grow up and take care of a family and nothing more. Watching her mother work so very hard to support her family and seeing her sisters drop out of school to help support the family, Leah pushed herself to stay in school and graduate as she was the first in her family to have the opportunity to finish high school.

When Leah had the opportunity to immigrate to the United States, she jumped at the chance to attend college, enrolling at Arapahoe Community College. With her open and friendly demeanor, it didn't take long for her to make friends and soon she was getting

involved in many school activities and organizations. She developed strong leadership skills as the President of the Sigma Phi Chapter of the Phi Theta Kappa Honor Society. She was also the State Student Advisory Committee Representative (SSAC) as part of Student Government and Vice-Chair of SSAC at the state level. She also was asked to be the student representative on the State Board of Community College and Occupational Education (SBCCOE) during her time at ACC. These leadership skills served her and her community well. At ACC she was awarded the Rising Star award as well as being honored as the Student of the Year in 2017 and was asked to be a commencement speaker at graduation.

In fall 2017, after completing her Associate of Arts degree, Leah transferred to CU Denver applying to and being accepted to the TRIO SSS program, while pursuing her Bachelor of Science degree in Business Administration. Leah feels she has gained so much from being in college, as she stated, "I have learned so much and experienced personal and professional growth. In college I was given so many opportunities to stay competitive and to be successful." One of the mentors Leah found at CU Denver who has helped her along this path of success, has been our Vice Provost and Vice Chancellor of Student Access and Achievement, Dr. Linda Bowman. As Leah stated, "Dr. Bowman has opened her door to me, given me solid advice, wrote countless letters of recommendation and supported me mentally and emotionally. Leah would like to give Dr. Bowman a "shout out". Additionally, along with being a TRIO SSS participant, Leah is also a McNair Scholar and she feels equally supported by her mentors in the TRIO office. "Every time I need some kindness and understanding, all I need to do is visit the office and I am able to inhale all the kindness they offer. Thank you TRIO staff and students for providing me a place that I can call home while I am away from my home. I would not be here without all your support," she said.

Continued on Next Page.....

Spotlight Continued—Leah Porter



Leah likes to stay busy and involved so she joined Student Government when she came to CU Denver, additionally, she joined the Golden Key Honor Society and then became president of Golden Key. "I joined Golden Key and became the president because I want the opportunity to leave an impact, learn to be a leader, and meet new people. At Golden Key, we organized and participated in impactful events such as donating school supplies to high schools, planting trees on Arbor Day, adopting a refugee family for Christmas, and volunteering in STEAM Day (Stem + Arts) at CU Denver by introducing high school students to STEAM careers and majors," she said. Leah also started a new Transfer Student Organization club at CU Denver, to help other transfer students like herself, make the transition easier. "Our purpose is to be a place where transfer students can be themselves and we serve as a resource for them to maneuver around CU Denver. We can give advice on where to find resources ranging from the location of the tutoring center to what kind of scholarships are available at CU Denver. We want to be a place that students can call "Home away from home". We also want to support students mentally and emotionally to ensure students are retained and graduate," she said. Additionally, she was invited to participate in the Business School Dean Student Advisory Council and is most proud of her impact on getting Business faculty to post their office hours on their doors.

In terms of her academics, Leah noted, "classes at CU Denver are different than at ACC, but it is not harder. I graduated from ACC with all As and so far at CU Denver I am still an all As student. I truly believe that with a good work ethic, one can be competitive and successful no matter where you are." As a short term goal, Leah wanted to find a job in higher education and she did that as she is now working as an Admissions Counselor at ACC. The job is part-time for now as she completes her degree and research work this summer as a McNair Scholar. Next year, she would like to go back to Malaysia to visit her mother's grave and pay her respects reflecting on all that has changed in her life and how she is changing the family trajectory by being the first college graduate in her family. Her long term goal is to be accepted to the Master of Public Administration degree at CU Denver in fall 2020 and then going further in pursuit of a doctorate where she can work as an administrator in Higher Education inspiring more students to pursue their dreams.

When asked about her favorite memories of college, Leah said, "a favorite memory is getting the Transfer Student Organization going at CU Denver, seeing that wish come true and having a place for transfer students to feel welcomed. Also, being a Reisher Scholar as well as a TRIO SSS student and McNair Scholar are the highlights of my time in college because these organizations are full of people who truly care for their students' successes. I received countless hand-holding and support from these people and I will forever be grateful to have them in my life. I am also honored to receive the Milo Award for the Outstanding First Year member on the SGA board in 2018 and Student Leader of the Year for 2018. I also had the opportunity to represent CU Denver Business School on the Daniels Fund Ethics Competition in which our team placed second. This year, the business school awarded me the Outstanding Student Partner award. The other memories I will cherish are all the friends and connections I made at CU Denver. I found my besty, Mary Clohessy who has been my partner in crime in many things at school. I also have found so many life-long friends who I know I will stay in touch," she said.



If Leah won a million dollars, she would invest half the funds to draw interest and use the other half to support her kids in college as well as to pay for her master's and doctorate degrees, with anything left, she would donate to a scholarship fund for students of color. Her favorite quote is something her mom would say to her, "I am not a worm in your stomach." This is a quote she heard all her life growing up and she says it to her daughters all the time and they to her. The meaning of the quote is something like, I don't know what you are thinking, so please use words to tell me how you feel. Don't let it fester inside you, speak up. The TRIO SSS program would like to speak up and wish Leah the very best in her future endeavors!

Society of TRiO Students Club

Hello STS Club Members,

I hope everyone is having a great semester and ready to end their semester strong. I just wanted to let you know a few things.

- ☆ Thank you to all of those who came to the Movie Matinee, it was amazing and I hope everyone had fun and were able to enjoy some delicious tacos.
- ☆ I would like to cordially invite you to attend the upcoming **STS Study Session** held on Wednesday, May 8, 2019 in the Student Commons Building, Suite 2000 at 2:30 pm-5:00 pm.
- ☆ I want to congratulate Jessica Pineda our Vice-President, Cesar Munoz our Treasurer, and Vanessa Martinez our Secretary who will be graduating this Saturday, May 18. As well as for all of those who will also be graduating.
- ☆ We will be having elections for the upcoming year 2019-2020. If you would like to run for any of our STS Club positions (president, vice-president, secretary, and treasurer) please come to the TRiO SSS Office to get more information.

It was a pleasure to have served as your president. I wish everyone of you a safe summer and I can't wait to see what is next for the STS Club.

With Love, Your President—Cynthia



DIY for Mother's Day

Passion Tea Sugar Scrub

Supplies:

- ✓ Sugar
- ✓ Passion Tea bags
- ✓ Jojoba Oil Pure
- ✓ Orange Essential Oil
- ✓ Pink food coloring (optional)



Instructions:

1. Combine two tea bags into a small bowl with sugar.
2. Add a couple drops of pink food coloring. Be careful not to add too much or it will dye your skin.
3. Mix in orange essential oil and jojoba oil.
4. Store in airtight container.

<https://apumpkinandaprincess.com/passion-tea-sugar-scrub/>

By: Jessica Pineda | Peer Mentor

Free Days In Colorado

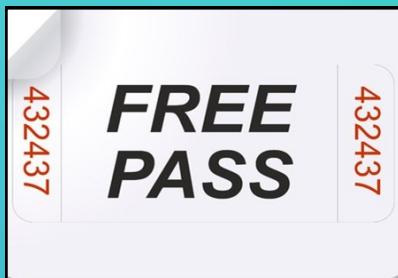
**Take some time for yourself this month to enjoy some spring events!!
Below, you find information on Denver Free Days!**

Friday, May 5 – Museo de las Americas	Saturday, May 6 – Denver Art Museum
Tuesday, May 7 – Children's Museum of Denver Marsico Campus (4-8 p.m.)	Thursday and Friday, May 10 & 11 Denver Botanic Gardens at York Street (Plant Sale)
Friday, May 10 – Four Mile Historic Park	Saturday, May 11 – Longmont Museum FREE VENUES

**Plus, there are several venues that are free every day of the year
(some listed here are in Colorado Springs):**

- | Colorado Sports Hall of Fame | Museum of Outdoor Arts |
- | Aurora History Museum |
- | Arvada Center Galleries |
- | US Air Force Academy Visitor Center and Chapel |
- | CU Art Museum | CU Museum of Natural History (you need to make a reservation for this one) |
- | Colorado State Capitol | US Olympic Training Center (Colorado Springs) |
- | Hudson Gardens |
- | Colorado Springs Pioneers Museum Cripple Creek Heritage Center (near Colorado Springs) |
- | Rocky Mountain Motorcycle Museum (Colorado Springs) |
- | Peterson Air & Space Museum (Colorado Springs) |
- | Dr. Lester L. Williams Fire Museum (Colorado Springs) |
- | Penrose Heritage Museum (Colorado Springs) |

By: Vanessa Martinez | TRiO SSS Peer Mentor



Importance of Self-Care—Mental Health Awareness Month



YOU GOTTA
NOURISH
TO FLOURISH

As the end of the semester approaches and our schedules continue to get busier, self-care is one of the most important things to keep in a regular routine. May is mental health awareness month, so there is no better time to begin or improve self-care. The National Alliance on Mental Illness (NAMI) partners with organizations all over the country to both increase awareness and access to mental health treatment.

If you or someone you know needs support, please do not hesitate to reach out to someone and ask for help. In addition, if you or someone you know is in danger of harming themselves or others, seek immediate help. Here are multiple accessible resources. You are not alone, and you do not have to struggle by yourself.

RESOURCES:

CU Denver Student & Community Counseling Center

Tivoli 454

Phone: 303.315.7270

After hours line: 303.615.9911

Fees: Free to all CU Denver students; fees apply for psychological testing; community members pay anywhere from \$5-40, depending on income and number of dependents.

CU Denver Psychology Clinic

North Classroom Building, Suite 4036

Phone: 303.315.7080

Fees: Initial evaluation: \$10

Every therapy session after evaluation: \$5 for Auraria Campus students; \$5-25 sliding scale for community members.

24-Hour Free Crisis Text Line

Text "HOME" to 741741

Free Colorado Crisis Services:

24 hour confidential line: 1.844.493.8255

Or text "TALK" to 38255

Phoenix Center at Auraria: Support for Interpersonal Violence

Tivoli 259

Phone: 303.315.7250

24 hour confidential hotline: 303.556.CALL (2255)

Services free and confidential to all Auraria and Anschutz Campus students, staff, and faculty

By: Samaria Stovall | TRiO SSS Peer Mentor

TRiO Graduation Celebration

You are cordially invited to attend the Graduation Celebration sponsored by the TRiO Student Support Services, TRiO McNair Scholars Program, Society of TRiO Students Club, and CU Denver Student Government Association. The celebration will take place on Thursday, May 9th from 6:00 pm to 7:30 pm in the Student Commons Building, Room #2500. This will be a great opportunity to celebrate your success as well as the other graduates.



CU Denver Wellness Week



Student Government Association

UNIVERSITY OF COLORADO **DENVER**



Wellness &
Recreation Services

UNIVERSITY OF COLORADO **DENVER**

SCHEDULE

MAY 6

SELF-CARE FACE MASKS + FREE BEVERAGES

11:00am - 1:00pm | Student Wellness Center—Kitchen

PET THE STRESS AWAY WITH THERAPY DOGS

1:00pm - 3:00pm | Student Wellness Center—MAC Court

MAY 7

COFFEE CONVERSATIONS

10:00am - 12:00pm | Student Wellness Center—Lobby

FREE IN-BODY ASSESSMENTS

2:00pm - 4:00pm | Student Wellness Center—Wellness Suite

STRIKE BOXING GROUP FITNESS CLASS

5:00pm - 5:45pm | Student Wellness Center—Group Fitness Studio 2

MAY 8

BIG STRESS YOGA

1:00pm - 2:00pm | Student Wellness Center—Group Fitness Studio 1

NUTRITION STATION - SMOOTHIES

2:00pm - 4:00pm | Student Wellness Center—Kitchen

MAY 9

MAKE YOUR OWN SLIME

11:00am - 1:00pm | Student Wellness Center—Kitchen

STRESS SCREENINGS

12:00pm - 2:00pm | Student Wellness Center—Conference Room

WEEK LONG CLIMBING CHALLENGE:

First 2 people to climb the height and grade of Steck-Salathe (1,600 ft -or- 42 top rope climbs) during Wellness Week will win a Black Diamond prize package. Go to the climbing desk to enter challenge.

Chocolate & Raspberry Tart Recipe

Ingredients

- ✓ 175g (6oz) plain flour
- ✓ 15g (1/2oz) cocoa powder
- ✓ 50g (2oz) caster sugar (also known as super fine or baker's sugar)
- ✓ 100g (4oz) butter, diced
- ✓ 2 egg yolks

FOR THE FILLING:

- ✓ 250ml (8fl oz) double cream
- ✓ 125ml (4fl oz) semi skimmed milk
- ✓ 150g (5oz) dark chocolate, broken into pieces
- ✓ 2 medium eggs
- ✓ 65g (2 1/2oz) caster sugar
- ✓ 1/2 teaspoon vanilla bean paste or extract
- ✓ 175g (6oz) pack fresh raspberries
- ✓ Extra raspberries and a little sifted cocoa powder to decorate



1. To make the pastry, sift the flour and cocoa into a bowl, add the sugar and the butter and rub the butter in with fingertips or an electric mixer until it resembles fine crumbs.
2. Stir in the egg yolks and gradually bring the crumbs together, squeezing with fingertips, and bring them together to form a ball. Add a little cold water if needed.
3. Knead the pastry lightly and roll out thinly on a lightly floured surface. Lift the pastry over a rolling pin and then drape into a 24cm (9 1/2 in) fluted flan tin that is 2.5cm (1in) deep. Ease the pastry into the flan tin, pressing into the flutes. Trim the pastry a little above the top of the tin with scissors to allow for shrinkage during baking. Prick the base with a fork and chill in the fridge for 30 minutes.
4. Preheat the oven to 190°C/375°F/Gas Mark 5. Transfer the chilled tart tin into a baking sheet, line the pastry case with a large square of no-stick baking paper and fill with baking beans. Cook for 10 minutes. Carefully lift the paper and beans out of the pastry case and cook for 5-10 more minutes until the base is crisp.
5. Meanwhile make the filling - pour the cream and milk into a saucepan, bring just to the boil, take the pan off the heat and add the chocolate. Leave for five minutes until melted. Whisk the eggs, sugar and vanilla together in a bowl until smooth and gradually whisk in the warm chocolate milk.
6. Sprinkle the raspberries over the base of the warm pastry case. Strain the warm chocolate cream into the tart case and cook in the oven reduced to 160°C/325°F/Gas Mark 3 for 25-30 minutes or until just set with a slight wobble in the center. Leave to cool at room temperature for at 1-1½ hours. The tart can be made in advance and chilled in the fridge but the filling will be much firmer when sliced.
7. When ready to serve, remove the tin and transfer tart to a serving place. Sprinkle a few extra raspberries over the top and decorate with a little sifted cocoa. Cut into slices to serve.

<https://www.houseandgarden.co.uk/recipe/chocolate-and-raspberry-tart>

By: Jessica Pineda | TRiO SSS Peer Mentor

Director's Corner

Hello TRiO students,

We are fast approaching the end of another spring semester and hopefully it has been another successful academic term for all of you. Finals are right around the corner and I hope you are all feeling ready for your finals, 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 18th in the Tivoli Quad. To honor our graduates and all of our students, we will be conducting our **Graduation Celebration** with McNair Scholars and the Society of TRiO Students Club on **Thursday, May 9th from 6:00-7:30 pm in Student Commons, Suite 2500**. Note the date and time change. We are trying an evening celebration this spring as we hope more of you, our participants will be able to attend. We are also hopeful that family members of our graduates will be able to attend as well as see their students receive awards from our programs. Please come to this event and celebrate with our graduating students and our TRiO Club members who are receiving certificates of participation. Dinner 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 who is completing his Master's degree, Vanessa Martinez and Jessica Pineda who are completing their Bachelor's degrees. 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, you still have time to complete your participation and Book Scholarship requirements, so keep working at it. If you are missing a peer mentor or full-staff meeting appointment, 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.

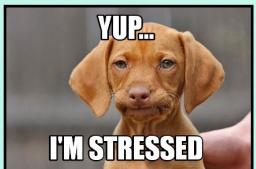
Take care! - Teresa De Herrera

"A winner is one who accepts his failures and mistakes, picks up the pieces, and continues striving to reach his goals."

~ Dexter Yager



May Workshop Calendar

Mon	Tue	Wed	Thu	Fri
		1 *Take a Selfie: Values SC, Suite 1401 3:30 pm—4:45 pm	2	3
6 Financial Literacy: Managing Your Finances SC, Suite 2000 1:00 pm—2:00 pm Procrastination SC, Suite 2000 3:00 pm — 4:00 pm	7 Resume Basics SC, Suite 2000 11:00 am — 12:00 pm	8 Coping with Stress SC, Suite 2000 12:00 pm — 1:00 pm 	9  TRiO Graduation Celebration SC, Suite 2500 6:00 pm — 7:00 pm (Not an Approved Workshop)	10 Book Scholarship Deadline
13 	14 Finals Week	15 	16 Finals Week	17 
20 Maymester Classes Begin	21	22	23 Tentative Final Grades Available UCDAccess	24
27	28	29	30	31

Kudos

**Have an accomplishment? Please tell TRiO about it! Inside the TRiO office,
there is a sheet of paper for you to share your recent accomplishments and awards.
We would love to feature YOU here in the next issue!**

- ☆ McNair Scholars Ashley Anaya, Samaria Stovall, and Marcia Maxson won the Eureka Summer Fellows Stipend.
- ☆ Norma Baz is a recipient of HDFR Leadership Award.
- ☆ Vanessa Martinez was accepted into the MSW Program at MSUD.
- ☆ Leah Porter and team placed second in the Daniels Fund Ethic Completion.
- ☆ Alan Prieto was selected for a summer internship with Xcel Energy.
- ☆ McNair Scholar Alex Morales received the Benjamin A. Gilman International Scholarship.

Congratulations to all and keep up the great work!

