Student Spotlight—Aimerance Kwihangana

The TRiO SSS Program is happy to highlight Aimerance’s (Aimée) journey as she will be graduating this semester. She is majoring in Finance and Information Systems. She is an active member of the CU Denver TRiO SSS program since spring 2018. Aimée started at the Community College of Denver, where she began with TRiO. Her experience here at CU Denver has been both fun and stressful. She states, “I networked a lot and met so many amazing people professionally and met many great friends. I attempted many things which in some instants failed and other times succeeded. This included changing my major at the end of my 3rd year from International Business to Information Systems without any coding experience, system knowledge or background.” One of her favorite memories in college is connecting and meeting her now longtime friends.

Aimée was asked how TRiO has helped her. She started off by saying, “Oh, my goodness where can I start! TRiO has definitely provided me an immense amount of support since my time at the Community College of Denver and all the way throughout my time at CU Denver. I have received mentorship and empowerment both academically and personally from TRiO and I am extremely grateful.” Her advice for other participants is, “Do not fear to ask for help! TRiO will certainly help you with anything possible and they do it graciously, no matter what kind of help you are asking for! Or even if you just want to talk about your dreams and future plans, they are happy to hear them and help with clarifying your vision… Hint hint Daniela.” Something that she wished she was told about college is to not make everything about school! She stated, “Learn to have fun and connect with others outside of the academic arena!”

When asked about her short and long term goals she noted, “Right after graduation, I am doing a European tour.” She will be traveling to Spain, United Kingdom, Portugal, Italy, and France. As a long-term goal she has been offered a job before she has even graduated. She would like to focus on the job and hopefully be promoted within 6-months to 1-year. She would like to continue on traveling and working on her non-profit dream as well as to learn French as her 4th language. Her favorite hobbies are traveling, weight lifting, playing soccer, learning different languages, reading all sorts of books, make-up, hiking, and brunch every Sunday with her girlfriends! If Aimée were to win a million dollars she would buy her parents a house and make sure that they never had to work for the rest of their lives.

Aimée leaves us with her favorite quote, “If you can’t fly, then run, if you can’t run, then walk, if you can’t walk then crawl, but whatever you do, you have to keep moving forward” - Martin Luther King Jr. She said, “This is my favorite quote because it literally describes my whole college career! Whether it was figuring out how I was going to get funding for my classes, not doing so well in a class and felt like giving up, I kept going!” TRiO SSS would like to wish Aimée luck in her future accomplishments.
Deal with it! An Exposé on Making Your Wallet Happy!

Winter is coming for all of us and that means presents for all. Hopefully everyone made the nice side of the naughty/nice list this year and deserves something special. Unfortunately, playing the role of Santa can be difficult on a limited income. Under my guidance seasoned with a little patience, we will realize some great resources to realize that one special gift that will change your recipient’s life.

Electronics such as video games, drones, and televisions are always an immediate way to please siblings, children, or even that special someone you’ve been eyeing all year. With all the fancy pricings and features, it’s important to spend a few quality minutes researching electronics. Reddit or amazon reviews on electronics often prove plentiful, truthful tales, which sometime lead to revealing the dark side of electronics. Televisions are notorious for having buzzwords such as interlaced framing technology with little substance behind them. Once narrowed down, preferably with a model number, the workflow to getting the best deal on the planet is simple. First, I would go to /r/deals (a community of deal searchers) and search the item of choice to see if there are any existing deals out there. If your search returns empty, then I would go to slickdeals.net to find more options. Once narrowed down, throw it in the cart, enter the relevant promotional codes, and slam the purchase button.

Textiles such as pants, jeans, shirts, belts and accessories require a little more nuanced approach. Sizing changes from brand to brand and can be tricky. For example, shoes often run a half size big or small and to find out the exact fit one can either contact the company or find reviews of people commenting on the sizes. Some companies even offer a service that will take other brands of shoes into consideration when assigning you a size. Some additional resources specific to clothes that I use are aliexpress.com and ebay.com. Aliexpress has an extensive clothing collection and most items ultimately end up in stores like Forever 21 or Hollister at a much higher price.

In the case that a deal does not exist at all, a little bit of patience can go a long way. Every item has its day with the seasonal ebb and flow of sales. Right now, televisions and electronics are in season for sales. The spring is a great time to buy winter clothes and vice versa. Big dollar necessities such as houses or cars vary between months.

Vrajen Patel | TRiO SSS Peer Mentor
**Human Rights Day**

Human Rights Day is observed every year on December 10, the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR): a milestone document proclaiming the inalienable rights which everyone is inherently entitled to as a human being regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world.

This year’s theme is: Youth Standing Up for human Rights. Under the universal call to action "Stand Up for Human rights," they aim to celebrate the potential of youth as constructive agents of change, amplify their voices, and engage a broad range of global audiences in the promotion and protection of rights. The campaign, led by the Office of the High Commissioner for Human Rights (OHCHR), is designed to encourage, galvanize, and showcase how youth all over the world stand up for rights and against racism, hate speech, bullying, discrimination, and climate change, to name a few.

"Where, after all, do universal human rights begin? In small places, close to home -- so close and so small that they cannot be seen on any maps of the world. [...] Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world." ~Eleanor Roosevelt


Cristian Sarabia | TRIO SSS Peer Mentor

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**Recipe — Gingerbread Men**

**Ingredients:**

1. 1 (3.5 ounce) package cook and serve butterscotch pudding mix
2. 1/2 cup butter
3. 1/2 cup packed brown sugar
4. 1 egg
5. 1 1/2 cups all-purpose flour
6. 1/2 teaspoon baking soda
7. 1 1/2 teaspoons ground ginger
8. 1 teaspoon ground cinnamon

**Instructions:**

1. In a medium bowl, cream together the dry butterscotch pudding mix, butter, and brown sugar until smooth. Stir in the egg. Combine the flour, baking soda, ginger, and cinnamon; stir into the pudding mixture. Cover, and chill dough until firm, about 1 hour.

2. Preheat the oven to 350 degrees F (175 degrees C). Grease baking sheets. On a floured board, roll dough out to about 1/8-inch thickness, and cut into man shapes using a cookie cutter. Place cookies 2 inches apart on the prepared baking sheets.

3. Bake for 10 to 12 minutes in the preheated oven, until cookies are golden at the edges. Cool on wire racks.

For more information: [https://www.allrecipes.com/recipe/9329/gingerbread-men/print/?recipeType=Recipe&servings=30&isMetric=false](https://www.allrecipes.com/recipe/9329/gingerbread-men/print/?recipeType=Recipe&servings=30&isMetric=false)

Cristian Sarabia | TRIO SSS Peer Mentor
## DIY—Christmas Table Setting

1. **Always Add Placements**
   - Easy way to add a seasonal color or texture.

2. **Use Classic White Dishes**
   - Presents food to its best advantage neatly.

3. **Or Pull Out Your Vintage China**
   - Save money and use what you already have.

4. **Use Your Everyday Utensils**
   - If in good shape, use your everyday utensils.

5. **Stock Up On Steamed Glasses**
   - All wines look great in a clear glass.

6. **Add a Table Runner**
   - Add color/dimension with a table runner.

7. **Cloth or Regular White Napkins**
   - Fold any napkin neatly and see the magic.

8. **Create Place Cards**
   - Guests feel special if you write their name.

9. **Light Candles**
   - Set the mood with flickering candles.

10. **Make Your Own Centerpiece**
    - A simple centerpiece can bring your whole table together!

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## Sports Time

Tis the season to be grateful for all that the Sports world has given us. I would personally like to give my thanks to both the NFL and the NBA for serving as a source of relief and escape when I found myself often on the brink of mental breakdowns this semester. We as students are no different than the professional athletes that we watch on tv because both parties display grit and mental toughness in times of adversity to achieve our goals. Here at TRiO SSS, you have people who will cheer you on and encourage you to achieve your goals.

It saddens me to say that the NFL just passed its halfway mark of the season and that I finally came to the realization that the New England Patriots are as good as their record indicates. The Denver Broncos, on the other hand, are slipping out of playoff contention with a current record below 0.500 (3 wins-7 losses). Fortunate news for the Broncos is that they have not been mathematically eliminated from the playoffs. Now is the time for the Broncos organization to turn a new leaf and make a playoff run. Their remaining schedule consists of the Buffalo Bills, LA Chargers, Houston Texans, Kansas City Chiefs, Detroit Lions and the Oakland Raiders for the season finale. The Broncos will need to win out to be in the running for a wildcard playoff spot.

As the NFL season comes to an end, the NBA season is in full swing. Last season the Denver Nuggets made a tremendous playoff run by making it to the conference semifinals and forcing the series to a Game 7 against the Portland Trailblazers. The Denver Nuggets and its young core of talented players seek to impersonate who they were last year intending to win it all. The team lead by Jamal Murray, Nikola “The Joker” Jokic, and veteran Paul Millsap aim to battle through a talent-ful Western Conference to claim their sitting at the playoff table when the time of April 2020 has arrived.

A note for the TRiO student body, as the fall 2019 marathon of a semester is coming to an end. I would like all who are reading this to reflect back on the last three weeks as we glorify the sacrifices we had made, appreciate the setbacks, and give thanks to all the support we have received. We have endured, we have suffered, but yet we have found success. Congratulations to all for finishing the semester and to all who are graduating as well. As we continue on our life’s journey, we endure so that we can prosper, we prosper so that we can serve as encouraging light to others. In doing so, we achieve our life’s purpose.

Happy Holidays,

Carlos J Guillen | TRiO SSS Peer Mentor
Recipe—Pineapple BBQ Tofu Meal Prep

What you need:
1. 3/4 cup uncooked quinoa
2. 1 tablespoon olive oil
3. 1 zucchini chopped
4. 1 red onion chopped
5. 2 bell peppers chopped
6. salt & pepper
7. 12 oz extra firm tofu
8. 1/2 cup barbecue sauce (plus extra to drizzle)
9. 8 pineapple rings

Prepare the tofu
1. Remove tofu from package, draining extra liquid. Sandwich the tofu between two paper towels on a plate. Top with a second plate and place a heavy object, such as a 28 oz can, on top. Press for at least 30 minutes to remove extra liquid.
2. When the time is up, discard the paper towels and cut the tofu into 3/4 x 3 inch sticks.

Cooking ingredients
1. Cook quinoa according to package directions.
2. While quinoa is cooking, heat grill over medium-high heat.
3. Toss vegetables in olive oil, season with salt & pepper, then grill using a grill plate for 8-10 minutes, turning/stirring occasionally.
4. Grill pineapple rings for 2-3 minutes per side.
5. Before grilling the tofu, be sure to grease the grill with a bit of oil (you can brush it on or carefully spray some oil on from a distance- flames will flare up)
6. Grill the tofu sticks for 3-4 minutes per side, brushing with barbecue sauce several times while cooking.

For more information: https://sweetpeasandsaffron.com/pineapple-bbq-tofu-meal-prep/

Cathy Saucedo | TRiO SSS Peer Mentor

Free Day’s

Saturday, December 7 — Denver Art Museum
Saturday, December 7 — Counterterrorism Education Learning Lab
Saturday, December 7 — Museum of Contemporary Art Denver — Admission is only 1¢ for CO residents
Sunday, December 8 — Denver Museum of Nature & Science
Friday, December 13 — Four Mile Historic Park — from noon to 4 p.m.

Saturday, December 14 – Longmont Museum
Wednesday, December 18 – Clyfford Still Museum
Thursday, December 19 – Denver Botanic Gardens’ Plains Conservation Center

Alexa Dominguez | TRiO SSS Office Staff
Greetings TRiO students,

I hope your semester is going smoothly. With finals coming up and papers due, this time of year is such a busy time, but just around the corner is the end of the semester and another holiday season. Keep that in your sights and remember that you will have plenty of time to relax and get some much needed rest during the winter break.

As you all know I will be retiring soon from CU Denver, so this is the last Director’s Corner from this director. Plans are in place to hire a new director for spring 2020 and you will hear more about that from professional staff early in the spring semester. This may not be the last you see of me however, as I may be back on a part-time basis in the spring helping the professional staff and new director get oriented to this program, so this really isn’t goodbye. I want you all to know I have had a wonderful time working with all of you, staff, students and faculty from CU Denver and I will be taking a lot of wonderful memories with me. Thank you all of you for the positive impact you have had on my life.

We have a big celebration coming up that I hope you will all attend at the end of this week. Our fall 2019 Graduation Certification Celebration is on Friday, December 6, 2019 in Student Commons 2500 from 12:00 – 1:30 pm. All our participants are invited to attend and we hope that all of you will come and join in the celebration. If you are graduating this fall semester, please come so we can honor you at this event. If you are not yet graduating, come and support your fellow TRiO colleagues. We are collaborating with TRiO McNair Scholars to put together this important celebration. We will have good food and good company as well as hearing from alumni of CU Denver TRiO SSS and McNair. We hope you can all come and celebrate another successful semester with your friends and colleagues.

As a last note, please continue to work on meeting your program requirements that are also required for the TRiO SSS Book Scholarship for spring 2020. Keep working and studying hard in this next month and a half to have a successful semester.

Take care and good luck to everyone with papers, exams and upcoming finals!

- Teresa De Herrera

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."

~ Groucho Marx