

# THE PILLAR

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"Helping Students Realize Their Full Potential"

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NEVER  
Give up  
BECAUSE  
Great things  
Take time

## Student Spotlight — Meaza Feyso



The TRIO Student Support Services program is happy to highlight Meaza Feyso. She has been an active participant since spring 2018. She is majoring in Bioengineering and will graduate this semester. Her solid work ethic is paying-off. Meaza has secured an internship position for summer 2021 with a medical device company in Boulder. Learning as much as she could will allow her to contribute valuable ideas as an intern. After completing her internship, she would like to find an entry-level bioengineering/biomedical position. She is also considering graduate school in the future and has not decided to what schools she will apply.

One of Meaza's strongest characteristics is her ability to persevere. Meaza was born and raised in Ethiopia and moved to the US in 2016. Being away from everything that she loves and knows has been her biggest challenge while earning her degree. Her favorite quote by Brian Dyson is, "Don't give up when you still have something to give. Nothing is really over until the moment you stop trying." She stated, "There were a million times I doubted myself in school and I felt all the odds were against me but reading this quote off of my bedroom wall helps me not give up." One of her short-term goals within the year is to visit her family and friends in Ethiopia. She has not visited home in five years.

Overall, her undergraduate experience has been rewarding. She was fortunate to secure a research assistant internship at the CU Anschutz Medical Campus, where she learned so much during her one and half years there. She also participated as an engineering intern in a small electronics company in Denver.

Her favorite memory during her college experience was her study abroad experience in Guatemala. She stated, "It was an amazing experience; it was worthwhile to see the different perspectives of engineering other than in the US." Gaining all this experience has helped her to learn the real-world application of the bioengineering field.

When asked about one thing she wished she was told when she started college, Meaza noted, "Take care of yourself; if someone told me this during my freshman year, I probably would not have listened, but taking a break and your mental health is so important." The TRIO SSS program has helped Meaza in several ways. She stated, "It feels like a home but within the school. I am very thankful for every single person in TRIO, to always take their time to listen to us. I always feel relieved after I talk to someone from the program."

Her hobbies include spending time with family and friends. She also enjoys yoga and listening to her favorite music while exploring different parks. If she won a million dollars, she has a long bucket list to complete. She would move back to Ethiopia to establish a non-profit organization to help low-resources students with their schooling. Our program wishes Meaza continued success not only in her career but in her personal life as well. We will celebrate with you during your upcoming graduation. You did it!





## Student Spotlight—Cynthia Lopez Tiznado



The TRIO SSS Team is also excited to highlight Cynthia Lopez Tiznado. She was accepted into our program in fall 2016 and has remained committed to meeting program requirements. She will be graduating with a Bachelor of Science degree in Biology. Cynthia aspires to become a nurse. Her short-term goal is to finish her last semester strong and to be accepted into a nursing program. Currently, she has applied to several programs. She has also considered the future and, as a long-term goal, would like to go back to school after earning her BSN to become a licensed Nurse Practitioner to open a small practice.

When asked about the challenges she faced while earning her degree Cynthia noted that being a first-generation college student was difficult. She did not have any idea how college worked. She stated, “I did not know where to look for help and, most importantly, how financial aid worked. I had to teach myself and, with the assistance from the TRIO program, get the help I needed to be successful and earn my degree.” This also included the financial aspect of paying for college and the lack of support. She stated, “As a full-time student raised by a single old school Mexican mother with no high school diploma, she was not a happy camper when I told her I wanted to go to college. She did not believe in higher education other than just earning a high school diploma, like many before her time believed. But she believed in hard work and easy money. She told me, it was a waste of my time, energy, and money going to college. I should rather work my way to the top in a company or get an easy and fast education.” In addition, due to her mother’s financial status, Cynthia’s family could not afford for her to go to college. Cynthia wanted to break the chain of non-degree college graduates in her lineage. She wanted to be the first person in her family to graduate from college. Cynthia convinced her mother to let her attend college with the agreement that Cynthia had to pay for her education and help support the family financially. She mentioned that her mother saw the true meaning and benefits of having a higher education, and she even helped Cynthia financially to pay for college. Cynthia mentioned that overall, the hardest challenge she faced while earning her college degree at first was that people she cared for did not believe she could make it or offended her by being surprised that she was even pursuing higher education. She stated, “Like if they thought I was not smart enough, due to my skin color, culture or status. Now, I am the one shining on top and proving them wrong.”



Cynthia noted, “I personally did not have time to experience the life of a college student. I did not have study group buddies; I did not play any sports or made many friends in college. However, I did work full-time, had three jobs, and I was taking 15 -credit hours each semester.” She shared that the close friends she did make have deep connections and they travel together in the summer. They have visited Dubai, Thailand, South Korea, Cancun, and Puerto Vallarta. Last year, they went skydiving. Cynthia’s favorite memory in college was completing a study abroad program in South Korea. When asked how the TRIO SSS program has helped her, Cynthia stated, “TRIO has helped me keep track of all of my goals throughout each year. My peer mentors reminded me of what is important at the moment and supplied me with resources to help make my goals come true.” One thing she wishes she were told when starting college was to meet with her academic advisor more often because she would not have taken some classes that were not necessary for her major. Cynthia would advise other students to meet more often than what is recommended with your advisors.

**TO BE CONTINUED . . .**



## Student Spotlight Continued—Cynthia Lopez Tiznado



Cynthia noted that she does not have a favorite quote but has a favorite song called “El Guero,” by Marca MP. This song resonates with her because she feels it represents her character, attitude towards success, and, overall, the song hypes her up every time she doubts herself. In her free time, she likes a good party, especially going dancing at the clubs and bails. She also enjoys hiking and playing any sport. She has an interest in traveling, tasting different foods from around the world, and learning about the history of our land. If she won a million dollars, she would buy acres of land in Mexico to build a ranch-style home including a separate home for her mother. In addition, she would build a small clinic where her sister and her could practice medicine to help the community. The TRIO SSS program wishes Cynthia continued success as she moves forward with a nursing career. You did it!



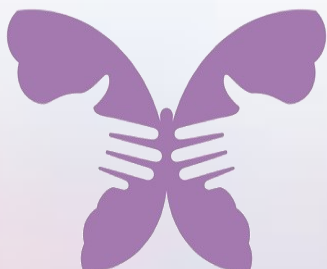
## Movie Review: Raya and the Last Dragon

If you have not yet watched Raya and the Last Dragon, it is a must-watch movie. This is a great movie to watch with your family. My children loved so much that we have seen this movie about 20 times already. The movie is about Kumandra, who was taken away by Druun, an evil spirit that attacks and petrifies the lands people and dragons. Sisu, the last dragon, combines her magic into a gem and banishes Druun reviving Kumandra's people but not the dragons. There is a power struggle between the people, which divides them into tribes based on their placement along a giant dragon-shaped river: Fang, Heart, Tail, Spine, and Talon. Years later, chief Benja, of the Heart tribe, trains his daughter to protect the gem. Raya ends up being the gem guardian after an event where all tribes were brought together at Heart to become Kumandra again. Without knowing the plan of Fang's chief, who wants to steal the gem from Heart. When Fang tried to get their hands on the gem, the gem broke into pieces and brought back the Druun. Each tribe was able to take a piece of the gem to keep the Druun away. Because the gem was not whole, the Druun moved around through the rivers and turned people into stone. Raya made it her job to find each piece of the gem to put it back together and brought back Sisu to help. Bringing back Sisu helped people believe in Kumandra again and brought back the dragons and people who had been turned to stone. This story teaches us to help people and to trust one another and that it is not always about having power.



## Lupus Awareness Month

The month of May provides an opportunity to increase awareness about Lupus. According to the Lupus Foundation, there are about five million people who are unaware they have Lupus (Days of the year, 2021). Presently, there are 1.5 million people who have this inflammatory disease (Days of the year, 2021). Most people who are diagnosed are women.



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Lupus is an autoimmune disease and difficult to diagnose. People who have Lupus typically do not look ill, and it is necessary to have blood drawn to receive an accurate diagnosis. Currently, there is no cure for Lupus, but it can be managed by lifestyle modifications and medications.

Each diagnosis is different, and various parts of the body are affected; different symptoms are experienced. A common symptom is a butterfly rash that appears underneath both eyes and across both cheeks (Days of the year, 2021). Some other symptoms include fever, tiredness, a high amount of mouth ulcers, and arthritis (Days of the year, 2021). To find out more about the signs and symptoms of Lupus, click here.

Here are a few ways to get involved in raising awareness (Lupus, 2021):

- Fundraising
- Donate
- Educate yourself, family, and friends
- Use social media to educate others
- Wear purple on May 21st

### References

Days of the Year. (2021). Lupus awareness month. <https://www.daysoftheyear.com/days/lupus-awareness-month/>  
Lupus Foundation of America. (2021). Ways to get involved. <https://www.lupus.org/lupus-awareness-month>

Carol Combs | TRIO SSS Peer Mentor



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## Kudos

Have an accomplishment? Please tell TRIO about it.  
Please send KUDOS to Henry Ornelas, TRIO SSS Program Manager.  
Click [HERE](#) to send him a message!



Congratulations to newly elected 2021-2022 SGA members including several TRIO members:

- ☆ Oscar Fraire—College Council: Business
- ☆ Felipe Aguirre—Senator Finance & Funding Committee
- ☆ Ezra Ekman—Senator Legislation & Outreach
- ☆ Jazmin Teran-Balbuena—Events & Planning Chair

Congratulations to other TRIO participants for their awesome news:

- ☆ Patitta Banjongwit secured two internships one at KPMG for summer 2021 and Deloitte for summer 2022.
- ☆ Honey Zin secured an internship for summer 2021 with the non-profit organization, "Fax Partnership."
- ☆ Odalis Castro has been accepted as a Fulbright scholar! Her research titled, "MCPIP1 Regulation in miRNA Profiles of Keratinocytes: Insights into Skin Tumorigenesis", will be conducted in Poland.



## Where to find summer internships/jobs?



As summer is quickly approaching and many students will be looking for summer jobs or internships, and they may have questions about where to find opportunities. Now is the time for students interested in finding an internship or job to begin applying for the summer. There are plenty of opportunities out there if you are willing to put in the effort to find them and know where to look. This article will give you an idea of a few places to look for jobs or internships and how to find the ones that fit your preferences.

The first resource is Indeed.com, which is often used for jobs, but also lists internships. I enjoy using this one because it is easy to rule out jobs and internships based on criteria like full or part-time, the industry, previous experience you may have, and how far you are willing to travel (or a remote option during this time). I highly recommend that you include at least one search word related to the field you are currently studying to find internships or jobs that can help you gain a better idea of what life is like in your field outside of college.

The second resource is Handshake which is available through the college. While Handshake doesn't have as many specific filters as Indeed.com, it does have important filters. If you go to <https://ucdenver.joinhandshake.com/login> and enter your University log-in information, click on "jobs" to see all the listings available through Handshake. The benefit of using Handshake is that the employers posting know that students are applying, so you have more influence when asking them to be accommodating and flexible if you are taking summer classes.



Finding a summer job or internship is a great way to get the industry experience many employers want to see amongst recent graduates. While there are many other places to look for jobs and internships, hopefully, these two sites will give you a good place to begin looking. I hope you find the job or internship you are looking for. Have a wonderful summer!

**Justin Shrader | TRIO SSS Peer Mentor**

## Cinco De Mayo

Cinco de Mayo, also known as the Anniversary of the Battle of Puebla, is a Mexican and American holiday commemorating a military victory over Napoleon III's French forces in 1862. The dispute started in 1861, when Mexico's president, Benito Juarez, stopped paying interest on debts owed to many nations, including France. The French army occupied Mexico and attempted to take control of the country. France's first attempt was successful: on February 27, 1862, they overtook the city of Campeche.



However, in an epic comeback, the Mexican army, led by General Ignacio Zaragoza Segun, defeated the French army of 8,000 men with just 4,000 men. In 50 years, the French had not lost a fight. Cinco de Mayo will be celebrated Wednesday, May 5, 2021. Mariachi bands, Mexican folk music, dancing, Mexican and Mexican American food, Mexican-inspired drinks, and costumes are all part of Cinco de Mayo celebrations in the United States. In Mexico, this day is celebrated primarily in the state of Puebla with parades, speeches, and reenactments of the 1862 war, but it is largely ignored elsewhere in the world. Cinco de Mayo became a way for Mexican immigrants in the United States in the mid-twentieth century to celebrate their Mexican heritage. Cinco de Mayo is often confused with Mexican Independence Day, which is celebrated on September 16. Miguel Hidalgo y Costilla, a Catholic priest, delivered his "Grito de Dolores," or "Cry of Pain," on that day in 1810, sparking an 11-year war of independence from Spain. The war ended in August 1821, 41 years before the Battle of Puebla between France and Mexico.

**Alexa Dominguez-Estrella | TRIO SSS Peer Mentor**

# Fruit Sando



Fruit Sando is a Japanese dessert, also known as a fruit sandwich. It is light, refreshing, and great for a picnic!

## Ingredients

- 1) Fruits (suggested using strawberry, kiwi, grape, orange, and mango)
- 2) 1 ½ cups of Heavy Whipping Cream
- 3) ½ cup of Condensed Milk
- 4) 3 tablespoons of Sugar
- 5) Bread (Japanese bread or brioche bread)
- 6) Plastic wrap

## Tips

While you are making fruit sando, here are some tips for you to think about. Think of the orientation of the fruits and cross section before you start.

1. Try to use the same size fruits and arrange the fruits so that they are aligned in a nice line.
2. When wrapping the sandwich with the plastic wrap, pull the wrap tightly to secure the sandwich.
3. Make sure to weigh down the sandwich and refrigerate before you cut
4. Clean your knife after each cut so the bread doesn't have a smear of the whipped cream

## Recipe:

1. Gather all of the ingredients
2. To prepare the fruit
  - a. Make sure you wash and let them dry. For strawberries, make sure to take out the core. As for kiwi, cut off both ends and peel the skin of the kiwis. If your fruit is not dry enough, you can use a paper towel to pat dry.
3. To make whipped cream
  - a. In a large bowl, add the heavy whipping cream and start whisking on a low speed. Begin adding the sugar and the condensed milk. If you want a milkier flavor, I suggest adding more condensed milk.
  - b. The cream will be thicker as you whip.
  - c. Whisk until you achieve the right consistency. Check the consistency of the whipped cream as you whisk. It should be spreadable but not runny.
4. To make the fruit sando
  - a. Spread the whipped cream on both side of the bread. If you can find a Japanese bread, it will help with the flavor. If not, brioche bread is a great substitute.
  - b. Align your fruit on only one side of the sandwich bread. Think carefully about how you want to show your cross section. Do not change the orientation of the sandwich
  - c. Use the whipped cream to fill any gaps between fruits
  - d. Place the second slice of sandwich bread over the fruits, facing the whipped cream side down
  - e. Cut a piece of plastic wrap large enough to wrap the sandwich tightly from all four sides. Remember not to change the orientation of the sandwich
  - f. Mark the cross section over the plastic wrap with a sharpie
  - g. Make sure to put weight on the sandwich prior to cutting in half. Refrigerate for at least one hour, can also be up to overnight.
  - h. After refrigerating, open the plastic wrap and cut the sandwich in half diagonally with a clean knife (do not open the sandwich to show cross section yet)
  - i. Make sure to clean the knife with a hot wet towel before each cut.
  - j. Serve immediately and enjoy!

Patitta Banjongwit | TRIO SSS Peer Mentor



## May 5th Children's Day in South Korea & Japan



Chong-hwan Pang, Korean children's writer, founded *Orininal*, Children's day, in S. Korea in 1923. Children's day instills in children a sense of independence and national pride. Children's day was designated as a national holiday in 1975. Most Asian cultures value honor and respect for elders. Children's day highlights children's need for love, care, and respect, and it is also a day to honor adults that have contributed to improving the lives of children. Children of all ages are celebrated during Children's day and the entire community is involved in the festivity. There are many parades and public activities in many cities. Museum, zoos, amusement parks, and movie theatres offer free admission to children. Parents spend the day with their children and give their children gifts. Some Korean traditional games such as *yut* are played – *yut nori*. *Tae kwon do* – Korean martial art demonstrations are often a part of Children's day.

In 1948, May 5<sup>th</sup> became a national holiday for Children's day in Japan called Tango no Sekku and was a festival for boys. Girls had festival days called Hina Matsuri (Doll Festival) on March Third. On Children's day, families with boys fly *koinobori* – a huge carp-shaped streamers outside of the house and display famous warriors and other heroes dolls inside.

Lately, more people have moved into apartments and smaller houses, and the carp steamer has gotten smaller. Families often take baths sprinkled with iris leaves and roots. Iris has been known to promote good health and ward off evil. Japanese people also eat *kashiwamochi* which is rice cakes wrapped in oak leaves and filled with sweet bean paste for children's day.

For more information:

- <https://www.officeholidays.com/holidays/south-korea/south-korea-childrens-day>
- <https://web-japan.org/kidsweb/explore/calendar/may/children.html#:~:text=May%20is%20Children's%20Day,was%20a%20festival%20for%20boys>

Alexandria Joo | TRIO SSS Project Specialist



## Movie Review: Godzilla vs. Kong



After a year of quarantine and isolation, I think it is fair to say that movie lovers are waiting to scratch their cinematic itch. What better way is there to start the summer and enter a new era of cinema than with a hit movie that is sure to bring excitement and thrills for everyone in attendance. *Godzilla Vs. King Kong* is the latest movie in the monster verse franchise and was a huge success, opening with the highest box office since the COVID-19 pandemic last year. The film focuses on the destructive and impulsive attacks that Godzilla inflicts on humans. To defend people from the destruction of Godzilla, a rich CEO devises a plan to use King Kong, who is held captive on Skull island. King Kong serves as a guide to enter the world of the titans inside Earth's core to find a resource that will help develop a powerful weapon to defend against Godzilla. The movie is full of action-packed scenes that include multiple fights between Godzilla and Kong as the humans do their best to stay out of the way. Along the way, the real intentions of the CEO begin to unravel and put Godzilla and King Kong in unfamiliar territory. Overall, the movie continues and intersects the stories of Godzilla and King Kong from the previous monster verse films and does a decent job of keeping the attention of the audience. Although every movie has its pros and cons, this movie is exciting and has a slight feeling of nostalgia. As society slowly progresses back to the way movies were before the pandemic, this is a perfect film to enjoy and satisfy any moviegoer.

Michael Martinez | TRIO SSS Peer Mentor

## National Physical Fitness & Sports Month



Annually in May the President's Council on Sports, Fitness & Nutrition encourages Americans to #MoveInMay in celebration of National Physical Fitness & Sports Month. This year, the council is teaming up with the Office of Disease Prevention and Health Promotion's (ODPHP) 'Move Your Way' campaign to promote safe physical activity while practicing social distancing. Many of us are missing sports and it is up to individuals to be mindful of COVID precautions. While you stay at home or practice safer at home, there are still a lot of activities you can do: work out with an online video, go for a

walk, take a bike ride, or dance to your favorite playlist. Activity breaks are also a great way to stay focused. This month try doing yoga, push-ups, or squats between tasks. Whatever inspires you to #GetActive. Just have fun and remember to 'move your way'! Spread the word and advocate for active lifestyles in your community!

Resources: <https://health.gov/news/202004/celebrate-national-physical-fitness-sports-month>

Zaira Flores | TRIO SSS Graduate Assistant

## Directors Corner

Dear SSS Participants,

Congratulations on completing another semester of distance learning! We are incredibly proud of our SSS spring and summer graduates – you did it! We hope you will join our virtual graduation recognition ceremony on Thursday, May 13th, from 6 PM – 7:30 PM.

The SSS team is preparing to return to campus in Fall 2021, and WE NEED YOUR HELP! We are committed to developing programming that meets your needs, and we would like to know what aspects of SSS virtual programming and services you would like to keep in 2021-22. Please take a couple of minutes to provide your feedback on our [Spring 2021 Student Satisfaction Survey](#). Your opinion matters and will help us shape the future of our program.

I am happy to announce that starting June, you will be able to schedule in-person Coordinator appointments. Our computer lab will also re-open this June but in a limited capacity. We will continue to offer virtual coordinator and peer mentor meetings and workshops this summer. As we navigate this hybrid period, we ask that you limit office visits to business needs only: coordinator appointments or computer lab usage. Finally, if you feel unwell, please do not visit the office.

If you are enrolling in at least 6-credits this summer and have completed the Spring 2021 program requirements, we have some exciting news: you are eligible to apply for the 2021 Summer Book Scholarship! We will award four \$300 book scholarships to participants who:

- ☆ Are enrolled in at least 6 credits this summer
- ☆ Have completed their 2021 program requirements
- ☆ Complete the scholarship application, including a 500-word essay

Don't miss out on this great opportunity!

I hope you all have a fantastic summer! If you're taking classes this summer, remember that the SSS team is here to help you succeed. If you're working or interning, please carve out some time to do things that bring you joy.

Be safe and be well.

Sonia Valencia  
Director, TRIO SSS & McNair



# May Workshop Calendar

Mon	Tue	Wed	Thu	Fri
<b>3</b> <b><sup>1</sup>Coping with Stress</b> <b>10:00 am—11:00 am</b> 	<b>4</b> <b><sup>1</sup>Now or Later: Procrastination</b> <b>11:00 am—12:00 pm</b>	<b>5</b> <b><sup>1</sup>What is Mindfulness?</b> <b>11:00 am—12:00 pm</b> 	<b>6</b>  <b><sup>2</sup>TRIO SSS Financial Literacy: Saving Strategies &amp; Retirement</b> <b>2:00 pm—3:00 pm</b>	<b>7</b> <b>Book Scholarship Deadline</b>
<b>10</b> Finals Week	<b>11</b> Finals Week	<b>12</b> Finals Week	<b>13</b> TRIO Virtual Graduation Celebration 6:00pm—7:30pm	<b>14</b> Finals Week
<b>17</b> Maymester Classes Begins	<b>18</b>	<b>19</b>	<b>20</b> Final Grades Available UCDACCESS	<b>21</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Last Day to Withdraw from Maymester	<b>28</b>
<b>31</b>		<b>WORKSHOP EVALUATIONS</b> Please be sure to complete the workshop evaluation after the workshop. You can access the form at: <a href="http://bit.ly/2Wtio87">http://bit.ly/2Wtio87</a>		

## REGISTRATION REQUIRED

<sup>1</sup>TRIO SSS Skill Building Workshops: Registration Required: RSVP at: <https://bit.ly/2LYSIhJ>

<sup>2</sup>TRIO SSS Financial Literacy Workshops: Registration Required: RSVP at: <https://bit.ly/3rkhBVa>



Don't forget to join us on May 13th at 6 pm-7 pm, as our office will be celebrating TRIO participants in their accomplishment in earning their undergraduate degree. This event will be virtual, we will have alumni students come and talk to students about their experience after earning their undergraduate degree.

