

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



May 2022
ISSUE

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Student Spotlight — Mayada Arbab



TRIO SSS is happy to spotlight Mayada Arbab in this month's newsletter. She has been an active member of the program since fall 2018. She is working on complete degrees in both Biology and Public Health. When asked what her biggest challenge was in graduating college, she noted, "Getting a dual degree has been the most difficult challenge. Although it took me some time to complete both degrees, I have gained a lot of experience that can be used outside of school. Having the ability to work in the healthcare field is important but understanding the issues that others might face, such as health disparities, is equally important, so I decided to earn a second degree in public health." In addition to working in health care, Mayada has another goal to help eliminate health

disparities. My passion for science and different experiences encouraged me to pursue a career in health care. I gained knowledge and appreciated health care more as a result of the unlimited opportunity to learn about science and clinical experiences. Her favorite quote by Dr. Hanna-Attisha is, "The biggest kind of lesson is to share that we all have this power, no matter who we are, where we are, what we do, to open our eyes, to open our eyes to injustices that are happening everywhere." Mayada noted that this quote is meaningful to her because privilege should not blind people from the realities of others but should allow us to use what we are blessed with to help others.



When she started college, she wished she was told that procrastination could be her biggest enemy. She noted, "It would have been better if I discovered ways to deal with procrastination before starting college instead of having to cope with it while in college. In addition, I would have appreciated it if I was told that failing is okay and that it is not the end of the world. Failure is a necessary part of success." Her favorite memory in college was her trip to Cuzco, Peru. She stated, "Although the locals were very kind and welcoming, they could not hide the pain and struggles they faced regularly. More than anything, I wanted to help these individuals bring back those beautiful smiles they once had." This experience has given her the courage and determination to pursue something that she is passionate about and can help others.

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Mayada mentioned that her college experiences have taught her how to expand her knowledge and how to handle challenges that may come her way. Having enjoyed the sciences so much, Mayada was confident that she chose the right path. Her experience has taught her that time management is a necessity of adulthood, and without time management, it would be difficult to accomplish the goals she has set for herself. As the Vice-President of the Minorities in Pre-Health organization, she is devoted to advocating for people who are just like her to take part in pre-health opportunities and address the health disparities minorities are faced with every day when they become health professionals.

When asked how the CU Denver TRIO SSS Program has helped her, Mayada stated, "Due to my lack of knowledge about college, if it were not for TRIO, I would not be where I am now, one month away from graduating. As a first-generation college student, I had many challenges and feared starting college. I had no idea how to apply to FASFA, how to succeed in college, and gain experience." TRIO gave her the resources and guidance to continue her education without having to worry about future challenges or stress.



Mayada's hobbies and interests include cooking, decorating, and listening to podcasts. She mentioned that traveling is her passion and she would love if she could get paid to travel. Traveling ties into her short-term goal to travel the world to experience other cultures within one year. She noted, "The more I travel, the more I will appreciate my life. In addition, I am hoping to take a break from school and learn more about myself as a whole outside of the classroom." If she won a million dollars, the first thing she would do is invest in her education. Her second priority would be to use the money to support the girl's orphanage her sorority helped to open in Isiolo, Kenya. She would use the remaining funds to help support organizations that promote health equity. Her long-term goal is to attend dental school. By becoming a dentist, she hopes to open different clinics where she could provide oral health care to different communities and populations that are in dire need of affordable access to care. We wish Mayada continued success in her future endeavors.

Auraria Library's Relaxation Station

Relaxation Station

Monday, May 2, 2022 11am to 3pm + 3 dates

I'm Interested

Tuesday, May 3, 2022 11am to 3pm
Wednesday, May 4, 2022 11am to 3pm
Thursday, May 5, 2022 11am to 3pm



Need a little social time? Perhaps, some health and wellness!

Visit the Auraria Library's Relaxation Station for crafting and other fun activities to get your mind off the stress of finals. The Relaxation Station will be located in the Auraria Library, Innovation Garage.

Denver Free Events

Cinco de Mayo Festival (Civic Center Park)
⇒ May 7-8, 2022
Denver Day Rock (LoDo/Downtown Denver)
⇒ May 28, 2022
Denver Museum of Nature & Science Free Days
⇒ May 1 (Día del Niño) and May 23
Clyfford Still Museum Free Days
⇒ May 28, 2022
Museo de las Americas Free First Fridays
⇒ May 6, 2022
Civic Center EATS (Civic Center Park)
⇒ Thursdays, May 19 – Sept 1, 2022
Denver Arts Festival (Central Park)
⇒ Sat-Sun, May 28-29, 2022



Emily Patino | TRIO SSS Peer Mentor

CU Denver Club Highlight - Mental Health Association

CU Denver's Mental Health Association (MHA) aims to spread awareness about mental health and connect students to resources to better their emotional well-being. We plan to host events that will connect campus communities, aid in dissolving stigma, and help create future advocates. Talking is a powerful step in reducing stigma, and MHA is a great and safe place to do so. The Mental Health Association holds meetings every other Tuesday from 5:30 pm – 6:30 pm in North Classroom Building 1603.

For more information on Mental Health Association, please visit the CU Denver Presence website at <https://ucdenver.presence.io/organization/mental-health-association>. You can also review other CU Denver Organizations. Check it out today and get involved.

Patitta Banjongwit (Faai) | TRIO SSS Peer Mentor

TRIO KUDOS!

**Have an accomplishment? Please tell TRIO about it.
You can stop by the TRIO Office and write your kudos, news, achievements, etc.,
on the Kudos Board or you can email [Henry Ornelas](#).**

- ★ Mohamed Abdullahi received the Russell Pittman and Carolyn Anderson Endowed Scholarship!
- ★ Yami Mendoza, TRIO McNair Scholar was accepted into the Master's of Public Health Program at the Anschutz Medical Campus!
- ★ Alexandria Joo was selected as the Asian Student Alliance, Student Organization Advisor of the Year!
- ★ Ana Castro Melgar recently was promoted to a Manager position at Apple!
- ★ Amy Vu received a position at Baird Company as a Financial Analyst in the Public Finance Sector.
- ★ A very special KUDOS to the graduating TRIO SSS Student Staff including Patitta Banjongwit, Emily Patino, Alexa Dominguez Estrella, and Josephine Thibodeau.

Congratulations and great job on your hard work. Keep it up!

Zombie Awareness Month — May 1 to May 30



Zombie Awareness Month 2022

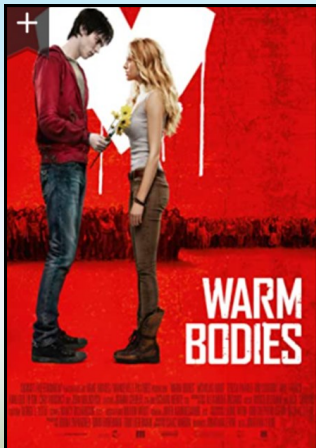
May 1 - May 30

Zombie Awareness Month raises awareness about potential future zombie apocalypse. The campaign is organized and funded by The Zombie Research Society, which is dedicated to the scientific, historic, and cultural study of the living dead.

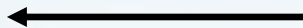
Below are zombie movie recommendations to enjoy this summer and learn about what a potential zombie apocalypse could entail.



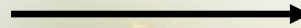
#Alive: A zombie thriller based on the “#Alone” of Hollywood screenwriter Matt Naylor.



Warm Bodies: Movie about a zombie saving a still living girl from an attack and the two form a relationship that sets in motion events that might transform the entire lifeless world.



I Am Legend: Story about a sole survivor man in New York City struggling valiantly to find a cure.



Alexandria Joo | Project Specialist TRIO SSS & McNair Scholars

TRIO SSS Student Employment Opportunities

The TRIO Student Support Services program will be hiring for several positions including Office Assistants, Science-Technology-Engineering-Mathematics (STEM) Peer Mentor, and a Humanities & Social Science Peer Mentor. To view the position descriptions on Handshake, please visit the links below.

[STEM Peer Mentor](#)

[Humanities & Social Science Peer Mentor](#)

[Office Assistants](#)

SSS is a 100% federally funded program that provides low-income, first-generation students and/or students with disabilities academic and personal support to help students complete their undergraduate studies. The goal of SSS is to increase the college retention and graduation rates of its participants.

**WE ARE
HIRING!**

CU Denver Resources

Career Center

Tivoli Student Union: Suite 439
CareerCenter@ucdenver.edu
303-315-4000



Center for Identity and Inclusion

Student Commons: Suite 2007
CII@ucdenver.edu
303-315-1880

Disability Resources and Services

Student Commons: Suite 2116
DisabilityResources@ucdenver.edu
303-315-3510

International Student & Scholar Services

Student Commons: Suite 1119
ISSS@ucdenver.edu
303-315-2230

Loving Lynx

Tivoli Student Union: Suite 309
LovingLynx@ucdenver.edu
303-315-7310



Wellness Center and Single Stop

Salazar Student Wellness Center
lynxwellness@ucdenver.edu
303-315-WELL(9355)

Veteran and Military Student Services

Tivoli Student Union: Suite 124
VMSS@ucdenver.edu
303-315-7300

SEHD Success Center

Lawrence St. Center: Suite 701
AcademicServices@ucdenver.edu
303-315-6300

Center for Undergraduate Exploration & Advising
Business School
College of Architecture and Planning
College of Arts and Media
College of Engineering, Design, and Computing
College of Liberal Arts and Sciences
School of Ed. And Human Development

Counseling Center

Tivoli Student Union: Suite 454
CounselingCenterFrontDesk@ucdenver.edu
303-315-7270

Dean of Students Office

Tivoli Student Union: Suite 309
DeanofStudents@ucdenver.edu
303-315-7310

Financial Aid

Student Commons: Suite 1107
FinancialAid@ucdenver.edu
303-315-5969

First Year Experience, Peer Advocate Leaders

Learning Commons: Suite 2206
FYE@ucdenver.edu 303-315-5499
PAL@ucdenver.edu 303-315-5492

Learning Resources Center

Learning Commons: Suite 1201
LRC@ucdenver.edu
303-315-3531
Also — RISE: Resources for Immigrant Students
and English Language Learners

Math and Statistical Support

Learning Commons: Room 1225
Mathstaff@ucdenver.edu
303-315-1700

Student Success Initiatives

Lawrence St. Center: Suite 305
Success.Initiatives@ucdenver.edu
303-315-5280

Writing Center

Learning Commons: Suite 1201
WritingCenter@ucdenver.edu
303-315-7355

Advising

303-315-1940 cuea@ucdenver.edu
303-315-8000 business@ucdenver.edu
303-315-1000 cap@ucdenver.edu
303-315-7400 cam@ucdenver.edu
303-315-7170 engineering@ucdenver.edu
303-315-7000 clas@ucdenver.edu
303-315-6300 education@ucdenver.edu

**BIG
JOURNEYS
BEGIN
WITH
SMALL
STEPS**



Josephine Thibodeau | TRIO SSS Graduate Assistant

Recipe — Chicken in Lemon Pepper Cream Sauce



INGREDIENTS (4-SERVINGS)

For the Chicken

- 2 pounds (910 g) boneless skinless chicken breasts, sliced thin (or chicken thighs)
- 2 tablespoons olive oil or butter
- Salt
- Black pepper
- (optional) smoked paprika, to taste
- (optional) ground cumin, to taste

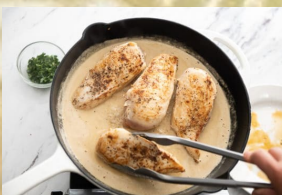
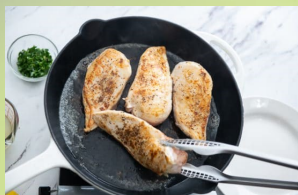
For Lemon Pepper Sauce

- 2 tablespoons (30ml) butter, or olive oil
- 4 cloves garlic, minced or crushed
- $\frac{3}{4}$ cup (180ml) heavy whipping cream (NOT the same as half and half)
- $\frac{1}{2}$ cup (120ml) chicken broth
- 2 teaspoons (10ml) Worcestershire sauce
- Zest of 1 medium lemon
- 3 tablespoons (45ml) fresh lemon juice
- 2 teaspoons lemon pepper seasoning
- Salt, to taste
- Cracked black pepper, to taste
- 3 tablespoons minced parsley, optional garnish

So
YUMMY!

INSTRUCTIONS

1. Preheat oven to 400 °F (205°C)
2. Season all sides of chicken with salt and pepper. (Optional) season with a sprinkle of paprika and/or ground cumin. Heat a large oven-proof skillet over medium-high heat. Add the butter to skillet and melt. Add the chicken and sear both sides until lightly browned, about 2-3 minutes on each side
3. When chicken is browned, remove it from the skillet. Reduce the heat to medium heat, and melt the 2 tablespoons of butter and stir in garlic. Cook garlic until fragrant. Add heavy whipping cream, chicken broth, Worcestershire, lemon zest, lemon juice, and lemon pepper seasoning. Whisk the sauce until completely combined. Taste the sauce and add additional salt and pepper, to taste.
4. Return the chicken breasts to skillet. Place the skillet in the oven and bake the chicken for about 20-30 minutes, or until chicken is cooked through (timing will vary depending on the size and cut of your chicken).
5. Garnish with optional parsley. Serve chicken with lemon sauce over rice, pasta or noodles.



Emily Huynh | TRIO SSS Office Assistant

Meal Prep — Pesto Chicken and Veggies

INGREDIENTS

(4 servings)

- 2 tablespoons olive oil
- 4 boneless, skinless chicken thighs, sliced
- salt, to taste
- pepper, to taste
- 1 lb. green beans
- 2 cups cherry tomato, halved
- ½ cup basil pesto

PREPARATION

1. In a large pan, heat olive oil and add chicken thighs.
2. Season with salt and pepper. When the chicken is completely cook through, remove from pan.
3. Slice into strips, and set aside.
4. Add green beans and cook until crisp tender.
5. Return the chicken strips to the pan, and then add tomatoes and pesto. Stir until fully incorporated.
6. Serve immediately or divide into 4 storage containers and store in the refrigerator. It could be kept refrigerated for up to 4 days.

NUTRITION INFORMATION

Calories: 250, Fat: 24g, Carbs: 15g, Fiber 5g, Sugar: 7g, Protein: 22g—Estimated values based on one serving size.

Daniela Castorena | TRIO SSS Program Coordinator



TRIO Graduate Recognition



The TRIO Student Support Services Program had a successful Graduate Recognition Ceremony on Friday, April 22, 2022, in the Boettcher Foundation Room. Attendees included graduates, staff, and guests.

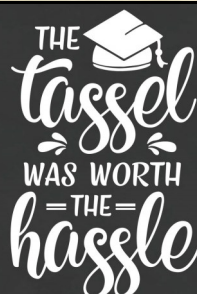
Graduates were presented with their graduation stole and had the opportunity to speak about their college experience and to thank those who played a role in their success.

Delicious Mexican food was provided for attendees, and there was an opportunity after the ceremony to play games and network with each other.



Mission Statement

The University of Colorado Denver TRIO Student Support Services Program is a holistic student development program that is dedicated to helping each student reach his or her full academic potential.



DIY for Mother's Day — Sugar Scrubs



Mother's day is coming up very soon and why not pampered mom in such special day? She certainly does deserve a soothing custom scrub using her favorite scent. The following are four homemade sugar scrubs recipes you can make as a gift for this Mother's Day.

INGREDIENTS FOR EACH SUGAR SCRUB:

Peppermint Sugar Scrub

- 1 Cup granulated sugar
- 1/2 Cup coconut oil
- 10 Drops peppermint essential oil
- 2 Drops green food coloring, if desired



Lemon Sugar Scrub

- 1 Cup granulated sugar
- 1/3 Cup coconut oil
- 1/2 tsp vitamin E oil
- Rind from half a lemon
- 15 drops lemon essential oil



Green Tea & Grapefruit Sugar Scrub

- 1 Cup raw cane sugar
- 1/8 Cup of olive oil
- 1 Bag of Green Tea (not brewed)
- 15 drops grapefruit essential oil



Lavender & Vanilla Sugar Scrub

- 1 Cup raw cane sugar
- 1/3 Cup olive oil
- 2 Tbsp. honey
- 1/2 tsp pure vanilla extract
- Dried lavender



STEPS TO MAKE THE SUGAR SCRUBS:

1. In case you use coconut oil, you will need to soften it first. Place the coconut oil in a bowl and microwave on high 15-25 seconds until softened.
2. Simply mix all ingredients together until they are well combined. That's it, super easy!
3. Spoon scrub into a mason jar or any other air-tight containers.
4. Design labels for each scrub. You can make one specifically for mom and another one for whoever you choose.
5. Cut out the labels, and attach them to the top of a 2.5" Mason jar cover (Or you can punch a hole in them and tie them around any jar you choose).
6. Decorate the jars with twine, ribbon, beads, fabric flowers, pom-poms – anything to make them more unique and personal. Then, Store in a glass container for up to 3 months.

Alexa Dominguez | TRIO SSS Office Assistant



Director's Corner

Dear SSS Participants,

Congratulations on completing another semester! We are so happy to see many of you reintegrating yourselves into campus life and taking advantage of the many resources and programming available. I have enjoyed meeting many of you at our various events or in the office when you stop in for meetings or to use the solution rooms.

On April 22nd, we held a graduation recognition ceremony for SSS spring and summer graduates. We distributed SSS stoles and heard reflections and words of wisdom from some of our graduates. I am so impressed by your involvement and the ambitious goals you have identified for yourselves. I am confident you will positively impact your communities and respective fields. Congratulations – you did it! I look forward to cheering you on as you cross the stage at convocation. Don't forget to tag us in your graduation photos and use the hashtag #TRIOworks.



As the semester ends, I urge you to carve out some time to provide us feedback via the Spring 2022 Student Satisfaction Survey. We are committed to developing programming that meets your needs, and we would like to know what you would like to see from SSS. Your opinion matters and will help us make SSS even better.

Please remember that our team and office are available to you over the summer whether or not you're taking classes. If you need assistance with your resume or want to begin working on your graduate or professional school applications, please reach out to your coordinator. 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. I hope you all have a fantastic summer!

Be safe and be well.

Sonia Valencia
Director, TRIO SSS & McNair

"Activism is my rent for living on the planet."

— Alice Walker, American Writer & Social Activist

TRIO Spring 2022 Satisfaction Survey



As the end of the semester approaches, TRIO SSS would like your help in completing the Spring 2022 Satisfaction Survey. We strive to provide quality services and your assistance in completing the survey is much appreciated. The survey is mobile friendly, anonymous, and will take just a few minutes of your time to complete. You can access the Satisfaction Survey [HERE](#).

Important Academic Dates for Summer

- ✓ June 6, 2022 — First day of summer semester classes
- ✓ June 9, 2022 — Last day to waitlist classes using UCDAccess
- ✓ June 10, 2022 — Last day to drop a class without a \$100 drop charge
- ✓ June 14, 2022 — Census Day
- ✓ June 14, 2022 — Last day to add classes in UCDAccess
- ✓ June 14, 2022 — Last day to drop classes with a financial adjustment
- ✓ June 14, 2022 — Last day to apply for summer graduation in UCDAccess
- ✓ June 14, 2022 — Last day to request or cancel Grade Forgiveness
- ✓ July 10, 2022 — Last day to withdraw from a class in UCDAccess
- ✓ July 10, 2022 — Last day to request No Credit or Pass/Fail grade for a class
- ✓ July 20, 2022 — Last day to withdraw from a class with a Late Withdraw Petition form
- ✓ July 30, 2022 — End of semester

MARK YOUR
CALENDAR!

Spirit Squad Tryouts

Spirit Squad Tryouts

Wednesday, May 4, 2022 5pm to 7pm + 1 dates

I'm Interested

Thursday, May 5, 2022 5pm to 7pm

Interested in joining CU Denver's official Spirit Squad? Come join us at tryouts!

Lola and Rob Salazar
Student Wellness Center

Wednesday, May 4, 2022
5 pm to 7 pm

Thursday, May 5, 2022
5 pm to 7 pm

Brain Teasers

Popular word picture puzzles with hidden meanings made with letters and words, which cryptically represent a word, phrase, or saying.
Solve the puzzle by using the pictogram.

give get
give get
give get
give get

VA DERS

ABCDEFGHIJKLM
NOPQRSTUVWXYZ

ECONOMY

LE
VEL

TRY STAND
2