

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY
"Helping Students Realize Their Full Potential"



November 2022
ISSUE

Page Guide

Page 1

- Student Spotlight

Page 2

- Spotlight—Continued
- Restaurant Favorites

Page 3

- Healthy Recipes
- TV Show Review

Page 4

- Campus Resource
- Study Skills

Page 5

- Campus Resource
- Campus Safe Night

Page 6

- Thanksgiving Holiday
- TRIO News and Kudos

Page 7

- Director's Corner
- National 1st-Gen Day
- LEAD Workshop

Page 8

- Workshop Calendar



Student Spotlight—Estrellita Portillo Olivas



The TRIO SSS Program is happy to spotlight Estrellita Portillo in this month's newsletter. She has been an active participant in the program. She will be graduating this semester with a Bachelor of Science degree in Biology. Her favorite quote is: **"It's turning passion into action that can make a difference in the world."** This quote is important to her because, sometimes individuals lose themselves in the daily routine

forgetting why they are where they are in the first place. She recommends to find something that you have a passion for that you truly enjoy working on. There are plenty of opportunities that are out there. Once you find your passion, you will be able to move others, inspire them, and help them grow to develop their unique talents. Doing this with true passion goes a long way. She noted that it truly does make a difference in this world.

When asked about her biggest challenge she faced in college, Estrellita noted, "My biggest challenge earning this degree was working 40+ hours weekly while at the same time volunteering, and doing internships, while taking full-time classes. Over time, I acquired better time management skills, but it can definitely be hard to manage some days." College for her was like a second home. She submerged herself in the library for long study hours and then going home when it was dark out. It gave her a sense of accomplishment. She was not able to be involved in a lot of activities because of working, volunteering, and internship hours. However, she did enjoy attending workshops and small activities when she would be around campus.

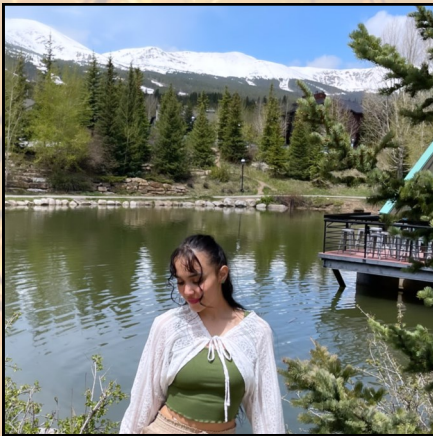
Her favorite memory in college was transferring to CU Denver. She came to the USA in her sophomore year of high school without knowing any English. She mentioned, "When my high school teachers would mention universities such as, CU Denver, CU Boulder, and CSU, they always made it sound so unreachable, or at least that's how it felt like since I am a first-generation college student." She does not have family here to guide her through the college experience, which taught her to always advocate for herself. When asked how TRIO has helped her she noted, "TRIO provided a lot of academic guidance for me. The professional staff like Henry and Daniela are absolutely great and having those 2-3 meetings per semester really helped me stay on my feet. After my meetings with Henry, he would send me tons of resources of what we discussed during the meeting. He always looked up medical school application deadlines for me, and information sessions. The TRIO office is very resourceful." She would advise other TRIO participants to use the resources that are provided.

CONTINUED ON NEXT PAGE...

Spotlight Continued—Estrellita Portillo Olivas



When asked about one thing she wished she was told when she started college, Estrellita noted, “I feel like we live in a highly influenced society that make us think and feel like we are rushed to finish at a certain time, and have a 100% direct/straight path. I wish I knew sooner that there is no rush and that you should focus more on enjoying the college experience.” At the beginning of her college career, she felt pressured to take as many classes as she could to finish as fast as she could. This caused her to not fully enjoy all the learning that comes with experience. There are many classes that she truly loved, but she didn’t give those classes the attention they truly deserved. She was always rushing with assignments from all the other classes.



One of her short-term goals was to seek a position that was more related to the health field. She has been working in logistics for quite some time. She has had medical jobs before, but as a financially independent student, she had to find a position that pays her enough to afford her bills. She does not have much family here in the USA that can support her financially because her parents are in Mexico. Recently, she received a promotion as an Environmental Health and Safety Specialist. She is loving her position so far. She responds to first-aid injuries, provides first aid treatment, learns about ergonomics, risk assessment, risk prevention, data extraction, and musculoskeletal disorders that happen in the work place. Her long-term goals include attending graduate school. Currently, she is considering her options to pursue PA or Medical School. After she graduates, her goal is to keep working on completing as many clinical hours as she can, start the application process, and start preparing for the MCAT in 2023.

Her hobbies include gardening, even though she forgets about her plants for a week but somehow manages to keep them alive. She enjoys being out in nature, exploring new parks, and hiking places. If she won a million dollars, the first thing

she would do is pay-off her dad’s knee surgery to ease his daily pain and open him up a carpentry shop so that he can have a stable job he enjoys. Estrellita noted she is big on family and if her family is happy and doing okay, she is also happy and doing okay. We wish her continued success in her academic and career goals.

Restaurant Favorites—Liang’s Thai Food



Located in the middle of the 16th Street Mall, in between a TJ Maxx and a Jamba Juice, is a food stand serving possibly the best Thai food in Colorado by the nicest guys around! Liang’s Thai Food is a local food stand run by two guys serving the best Thai classics such as Pad Thai, Pad See Ew, Drunken Noodles, and Curry. Just like other Thai restaurants, they allow you to choose how spicy you want the dish to be. Have a nice lunch with tasty savory noodles or test your spice tolerance with their Thai hot level. Keep in mind because they’re a local food stand, you will be eating outside, and they only accept cash.

Huy Duong | TRIO SSS Office Assistant

Healthy Recipes—Curried Pumpkin Soup

Hello Everyone, It's Pumpkin Season!! For this month's newsletter, I am presenting an amazing fall recipe—Curried Pumpkin Soup.

Prep/Total Time: 20-minutes



Ingredients

- 1.) ½ fresh mushrooms, sliced
- 2.) ½ chopped onions
- 3.) 2 tablespoon butter
- 4.) 2 tablespoon all-purpose flour
- 5.) ½ to 1 teaspoon curry powder
- 6.) 3 cups vegetable broth
- 7.) 1 can (15 ounces) pumpkin
- 8.) 1 can (12 ounces) evaporated milk
- 9.) 1 tablespoon honey
- 10.) ½ teaspoon salt
- 11.) ½ teaspoon pepper
- 12.) ¼ teaspoon ground nutmeg
- 13.) Minced chives

Directions

In a large saucepan, sauté the mushrooms and onion in butter until tender. Stir in the flour and curry powder until blended. Gradually add the broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the pumpkin, milk, honey, salt, pepper and nutmeg; heat through. Garnish with chives.

Ketsia Kabela | TRIO SSS Peer Mentor

TV Show Review—The Watcher

This is a new Netflix hit series called The Watcher. The 7 breathtaking episodes force you to continue watching them in one session. The Watcher is based on the true story published in the 2018 New York Magazine article “The Haunting of a Dream House,” by Reeves Wiedeman.

The drama begins with stars Naomi Watts and Bobby Cannavale, as Nora and Dean Brannock, a couple that exhausts their savings to purchase their dream home in the suburbs.

Their life-dream of buying 3.2-million-dollar house located at 657 Boulevard in Westfield, New Jersey turns their life into a nightmare. Soon after moving in, the Brannocks begin receiving mysterious letters from the Watcher, who promises to keep a constant eye on the home and its new residents.

The family experiences un-normal events inside their house, with their neighbors, real estate agent, and even with the sheriff of the town. As the list of suspects grows, the family's relationship starts to break down and have no option but to leave. This is a must-see show!



Director: Ryan Murphy

Ali Al Nazzal | TRIO SSS Peer Mentor

Campus Resource—CU Denver Learning Resources Center

Need help with classes? Check out the Learning Resources Center to get some tutoring for your classes. The LRC is located in the Learning Commons and has both the Writing Center and Math and Stats Support on the first floor. In addition, there are also other tutors for a variety of other courses provided. Please check out the LRC website for more information on the tutors they have and their available drop-in and Zoom times for Fall 2022. If you are unable to find a tutor for a specific course, try out TutorMe. TutorMe is a platform that was launched recently for all CU Denver students to get help from tutors that specialize in the subjects students need help with. Just check out the links below to get more information about the Learning Resource Center and TutorMe. Visit the LRC Website [HERE!](#)

Other Campus Tutoring Resources

* **Writing Center:**

<https://clas.ucdenver.edu/writing-center/>

* **Math and Stats Support:**

<https://clas.ucdenver.edu/mathematical-and-statistical-sciences/math-and-stat-support>

Monica Vu | TRIO SSS Office Assistant



Study Skills



When it comes to studying, there are a lot of different ways and types to do it. Not everyone studies the same. I feel like one very important concept when studying is being organized. When you are organized in your daily life and have a planner or to-do list, it can make studying a lot easier. Being able to plan out your times to study can be very effective and planning out what to study on certain days.

Another tip for studying would be looking at the objectives in your modules. Sometimes

students tend to overlook the objectives, but they are important. What I usually do is to answer the objective my way without looking at notes and then going back to it to see what I missed or what I didn't get quite right. From that I can see what concepts I understand, or don't, so I can plan out my studying for the future. I also quiz myself of what I comprehend on the topics that were lectured in class. For the topics I don't comprehend, I will study more in terms of watching the lecture again or even rewriting certain parts of the notes to see if I can understand it. But for me personally, location matters as well. I noticed that I can't get any studying done when I'm home so I would go to a local coffee shop or go on campus to study for my exams. When studying in those settings, I'm able to put all of my focus into the work that is in front of me instead of being distracted in the comfort of my house. In the end, I think studying is a skill and hopefully you can find what suits you!

Emily Huynh | TRIO SSS Peer Mentor

Campus Resource —CU Denver Food Pantry

Located on the third floor of the Wellness Center, hidden away in a hall on this floor, is CU Denver's own Food Pantry. Not many students are aware of this resource, and it's such a shame that no one tells students about it! Our food pantry is stocked with many canned goods and foods, staple foods for your pantry like rice and beans, and even has some oddballs like confectioner's sugar. However, the food pantry has more than just food. Here, there is also medical supplies, vitamins, hair or skin care products, and feminine hygiene products! Some days, there may even be a special treat in the freezer or fresh fruits and vegetables for the taking. Many students also don't know about this: they have 10 points every week to use, and if they don't use those 10 points every week, then the points will disappear. No roll-overs, no adding-up, no credit, nothing. So make sure you use those 10 points every week and save some money before you go on your weekly grocery run! If you want to find out where there are other food pantries in Denver, look no further as we also present to you a list of the food pantries in the Denver area.



Food Pantries

- Food Bank of the Rockies
- FISH of East Denver -Epiphany
- Rose of Sharon Food Bank
- Struggle of Love Food Pantry
- Anchor of Hope Church Food Pantry
- Community Ministry of Southwest Denver Food Pantry
- Delano Food Ministries
- Metro Caring
- Denver Inner City Parish
- Crossroads of the Rockies
- Servicios de la Raza Food Pantry
- Bienvenidos Food Bank Colfax Food Pantry
- We Don't Waste Mobile Food Market
- Integrated Family Community Services
- JFS Weinberg Food Pantry



Josh Caraballo | TRIO SSS Temporary Program Coordinator

Campus Safe Night



- Each year the Auraria Campus Police Department hosts this popular annual tri-institutional event to promote and support community safety.
- After a campus safety presentation attendees will break into groups to walk the campus and identify safety issues, such as areas that need better lighting or areas in need of repair.
- The groups will reconvene to discuss the identified issues and compile a list of concerns for consideration to the Auraria Higher Education Center's Executive Office.
- Learn More: <https://bit.ly/AurariaCampusSafeNight2022>



Thanksgiving History

The Thanksgiving meal usually includes dishes such as roast turkey with stuffing, cranberry sauce, mashed potatoes, and pumpkin pie. This holiday feast dates back to November 1621, when Pilgrims and the Wampanoag Indians gathered at Plymouth for an autumn harvest celebration.

- * *Turkey became the national dish on Thanksgiving through decades and century-long processes of the regional foods of New England being consumed during traditional harvest festival.*
- * *Roasted turkey replaced goose as the main cuisine because wild turkeys were plentiful and easier to find than geese.*
- * *Turkey was not on the menu of the first Thanksgiving. Venison, duck, goose, oysters, eel, and fish were likely served along with pumpkins and cranberries.*
- * *Fun Fact: Turkey meat contains tryptophan, an amino acid that makes you sleepy!*



SOURCES:

1. <https://www.history.com/topics/thanksgiving/first-thanksgiving-meal/>
2. <https://worldstrides.com/blog/2016/11/9-fun-facts-about-thanksgiving/>

Cristal Sarmiento Garcia | TRIO SSS Peer Mentor

TRIO News and Kudos

Have an accomplishment? Please tell TRIO about it. You can stop by the TRIO Office located in the Student Commons Building, Suite 2011 to share your News and Kudos.

- ★ Emily Huynh was accepted into the Master of Science degree in Accounting.
- ★ TRIO McNair Scholar & TRIO SSS Participant: Hamza Ahmed has been accepted to present at the 2022 Annual Biomedical Research Conference for Minoritized Scientists (ABRCMS) in Anaheim, CA this November. Hamza will conduct a poster presentation on his McNair research, "Tagging and Expression of IME4 in Candida Albicans."
- ★ Astrid Flores will be traveling abroad for the CU Denver in Cuba: Exploring Music in Cuban Culture during the upcoming Winter semester.
- ★ Erika Chavez recently received promotion at Chase Bank.
- ★ Tawny Graves has accepted a position as a Surgeon's Assistant.
- ★ Natalie Ramirez has begun working at the Anschutz Medical Campus as a Research Assistant.
- ★ Congratulations to all of our SSS students who earned a spot on the Summer 2022 Dean's List:
 - ✓ **Business School:** Erika Chavez, Huy Duong, Bella Scancarello, Jazmin Teran-Balbuena.
 - ✓ **College of Liberal Arts and Sciences:** Ahmed Hamza, Ali Alnazzal, Vanessa Barraza, Jefferson Burns, Bryan Jaime Barbosa, Ketsia Kabel, Mikayla Kielty, Billy Lor, Gabriela Peralta Reyes, Tiffany Roman, Zaira Villalobos.
 - ✓ **School of Education & Human Development:** Nayzeth Landa.

**THANKS
FOR
BEING
AWESOME**

Director's Corner

Dear Students,

I hope you're well and that the fall semester is going well. The first book scholarship deadline has passed, but please ensure you make plans to meet the final book scholarship deadline on Friday, December 2nd. You have plenty of time to complete your financial literacy requirement and second coordinator meeting.

I am excited to celebrate National First-Gen Day this month. On November 8th, U.S. higher education institutions recognize the unique challenges and strengths of First-Gen students, people who are the first in their family to pursue a college education. Whether you are First-Gen or a First-Gen ally, I encourage you to participate in CU Denver's First-Gen celebration. We'll have in-person and remote programming all day dedicated to recognizing different segments and aspects of the First-Gen community and experience. First-Gen students who participate in our celebration will have the opportunity to earn one of four \$500 scholarships. Each event you attend will earn you an entry into our scholarship drawing.

November 8th is also Election Day! If you are eligible to vote during this midterm election, I urge you to do so. Check your voter registration status ASAP on Colorado's election website, and if you still need to register to vote, please remember that November 8th is Colorado's in-person registration deadline.

I hope the upcoming fall break gives you a chance to rest and recharge before finals.

Be well — Sonia Valencia



CU Denver National First-Gen Day!

National First-Gen Day!
November 8th
8:30 am-5 pm

8:30am: Breakfast in North Classroom
10am -4pm: Connection Workshops
4pm -5pm: Sweet Treats Social (Student Commons 2600)

Want more info on the First-Gen Day workshops?
<https://bit.ly/3Fb2iaC>

FIRST GENERATION STUDENT

Don't miss out on these opportunities!



LEAD Workshop

LEAD Workshop
YOUNG, INVINCIBLE & MAKING CHANGE!
Wednesday, November 2, 2022
12:30-1:30 p.m.
Learning Commons 2230
Presenter: Cameron Vigil, Young Invincibles

HYBRID EVENT

How can you use your personal story to advocate for others and issues important to you?

YOUNG INVINCIBLES IS AN ORGANIZATION OF YOUNG PEOPLE TEACHING YOUNG PEOPLE ABOUT EQUITY, USING THEIR VOICE, POLITICAL PARTICIPATION, AND THE POWER OF VOTING.

Register Here!

Register by Monday @ 5pm to reserve your lunch!

JOIN US IN PERSON OR VIA ZOOM
MEETING ID: 961-7719-6962

STUDENT LIFE
YOUNG INVINCIBLES
CU DENVER
STUDENT FEE FUND

November Workshop Calendar



= In-Person



= Zoom



= Hybrid

Mon	Tue	Wed	Thu	Fri
<p>Make sure to complete the TRIO SSS Online Evaluation For workshops and financial literacy sessions at: https://bit.ly/3Ak91Ln</p>	1	<p>2</p> <p>¹Young, Invincible, & Making Change 12:30 pm—1:30 pm Learning Commons 2230 OR Zoom: 961-7719-6962</p> <p>²Managing Your Mood 4:00 pm—5:00 pm ACAD 1401</p>	<p>3</p> <p>³Greenhouse Gas & Climate Action Planning 3:30 pm—4:45 pm Tivoli 329 OR Zoom: 972-5172-9253</p>	<p>4</p>
<p>7</p> <p>⁴TRIO SSS Graduate Preparation 11:00 am—12:00 pm ACAD 2000</p>	<p>8</p> <p>⁵Final Exam Prep 12:30 pm—1:15 pm Learning Commons</p>	<p>9</p> <p>⁵Final Exam Prep 11:30 am—12:15 pm</p> <p>¹Beyond the Ballot: Political Advocacy & Leadership 12:30 pm—1:30 pm Learning Commons 2230 OR Zoom: 961-7719-6962</p> <p>⁶TRIO SSS & Center for Identity and Inclusion: Navigating FAFSA and Loan Forgiveness 3:00 pm—5:00 pm ACAD 2011</p> <p>²Peace of Mind 4:00 pm—5:00 pm ACAD 1401</p>	<p>10</p> <p>³Food Waste 3:30 pm—4:45 pm Tivoli 329 OR Zoom: 972-5172-9253</p>	<p>11</p> <p>⁴TRIO SSS & Center for Identity and Inclusion: Effectively Updating Your LinkedIn Profile 1:00 pm—3:00 pm Zoom ID: 976-4280-2590</p>
<p>14</p> <p>⁴TRIO SSS Resume Basics 3:00 pm—4:00 pm ACAD 2000</p>	<p>15</p>	<p>16</p> <p>²Getting What You Want In Relationships 4:00 pm—5:00 pm ACAD 1401</p>	<p>17</p>	<p>18</p> <p>⁴TRIO SSS Understanding and Overcoming Imposter Syndrome 3:30 pm—4:30 pm Zoom: 931-5002-7734</p>
<p>21 FALL BREAK</p>	<p>22 FALL BREAK</p>	<p>23 FALL BREAK</p>	<p>24 THANKSGIVING</p>	<p>25 FALL BREAK</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>¹The Power of I: Leading as an Introvert 12:30 pm—1:30 pm Learning Commons 2230 OR Zoom: 961-7719-6962</p>	<p>Dec. 1</p> <p>³Water: Planning for the future 3:30 pm—4:45 pm Tivoli 329 Or Zoom: 972-5172-9253</p> <p>⁶TRIO SSS Finding Scholarships and Using Them to Pay Off Debt 4:30 pm—5:30 pm Zoom: 990-1592-7467</p>	<p>Dec. 2</p> <p><u>2nd BOOK SCHOLARSHIP DEADLINE</u></p>

REGISTRATION REQUIRED—Non-TRIO workshops are subject to change.

¹Student Life LEAD Workshops: Registration is not required. Please see calendar for details.

²Student & Community Counseling Center: **Required:** Informed Consent forms must be signed by all participants. To sign-up, call the Counseling Center at (303) 315-7270.

³Auraria Sustainable Campus Program Workshops: **Registration Required:** RSVP at: <https://tinyurl.com/bd3j85mv>

⁴TRIO SSS Skill Building Workshops: **Registration Required:** RSVP at: <https://bit.ly/3PmniqE>

⁵Learning Resource Center Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/learning-resources-center/study-skills-workshops>

⁶TRIO SSS Financial Literacy Workshops: **Registration Required:** RSVP at: <https://bit.ly/3P7Rb4g>