

THE PILLAR

A MONTHLY JOURNAL OF THE TRIO SSS COMMUNITY

"Helping Students Realize Their Full Potential"



October 2022
SPOOKTACULAR ISSUE

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Student Spotlight — Kristianna Pott



The TRIO Student Support Services is happy to spotlight Kristianna Pott. She has been an active participant since the spring 2020 semester. She is working on a Bachelor of Arts degree in Public Health with minors in Psychology and Health Humanities. She has done a solid job at balancing her school, work, and personal responsibilities. Her favorite quote by Ellen Johnson Sirleaf reads, "If your dreams don't scare you, they aren't big enough." This quote resonates with her because it reminds her to dream big and to never stop dreaming.

When asked what her college experience was like she noted that overall her experience has been bitter sweet. She has had many sleepless nights and moments when she wanted to give up. Kristianna said that she has also had many joyful moments when she was able to connect with others and laugh. One of her biggest challenges being a first-generation college student was not having

the guidance to get her through the obstacles she came across. Being a member of the TRIO Student Support Services has helped her grow academically and professionally. Kristianna stated, "The TRIO program has held me accountable by setting goals and making sure I pass my classes to graduate." Her favorite memory during her undergraduate experience was earning a spot on the Dean's List.

She would encourage other participants to take advantage of opportunities, get involved with on-campus activities, and network. She stated, "Never give up even when times get tough." In addition, she recommends to make sure to practice self-care and to reward yourself along the way. When asked about one thing she wished she knew when she started college she noted, "I wish I was told to get involved and take advantage of offices on campus. One regret I have is not studying abroad." Kristianna has had the opportunity to work on-campus with the Center for Identity and Inclusion.

Her hobbies include spending time with her family and dog. She also enjoys upcycling furniture, which allows to be creative in many ways. She also loves traveling. Her short-term goal is to finish this semester strong and graduate. Her long-term goal is to complete a Bachelor's degree in Nursing with the hopes to become a Nurse Practitioner and owning her own practice. If she won a million dollars, she would take a couple of months off to travel the world. She would seek a tropical location with a beach! We wish her continued success in her academic and career endeavors.

CU Denver Business School — MBA and MS Offerings

The CU Denver Business school will be hosting an online graduate program information session to learn about the MBA and MS offerings. An email reminder for the event with the Zoom link will be sent prior to the session.

Wednesday, October 5, 2022
4:00 PM until 5:00 PM

You can register for the event using the link below:
<https://application.admissions.ucdenver.edu/register/?id=c8941a92-434d-4dce-a87f-a1e9f2f718e3>

CU Denver Wellness and Recreation Services—Financial Wellness

Student Loans & Repayment

For most college students, student loans are necessary. In this workshop, students will learn guidance for managing loans and navigating repayment responsibly.



Thursday, Oct 6, 2022

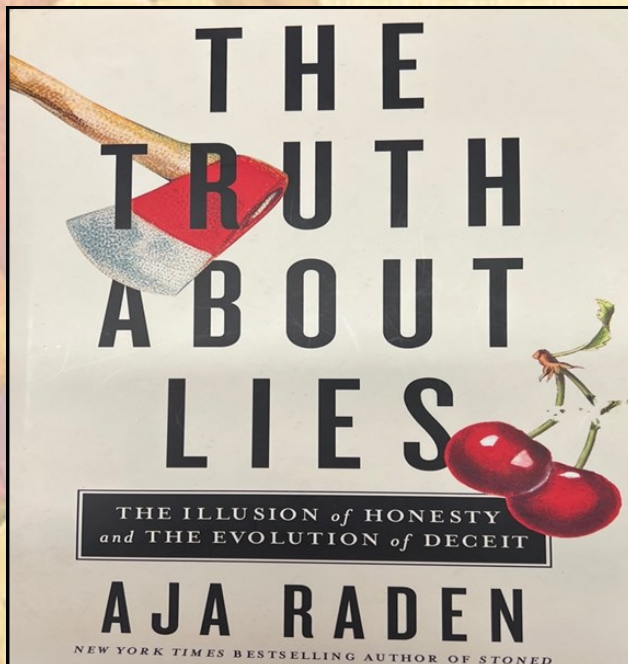
12:30 PM to 1:30 PM

In-Person Session

Register [HERE!](#)

**Lola and Rob Salazar Student Wellness Center
Seminar Room**

Book Review—The Truth About Lies



The Truth About Lies
(The illusion of honesty and
the evolution of deceit)
By Aja Raden



When a group of English people was sent by ship to a promised island that didn't exist, instead of wealth and prosperity, they found hunger, starvation, and a pandemic that took the life of half of them. But when the rest were rescued and returned to England, they still believed in the existence of this promised island.

In this true story and many others, Aja Raden analyzes the structure of lies in human beings and the animal and plant kingdom; she illustrates the psychological, social, economic, and political factors that play an essential role in our everyday life.

Whether it is a big or small lie, we all practice lying from an early stage, even before we learn to speak. Our brain physiolo-

gy realizes reality well, tries to manipulate it for its benefit, and tries to drag as many people as possible to this alternative reality. As we grow up, we become what we pretend to be; therefore, it is crucial to pay more attention to whom we pretend to be.

The Truth About Lies, New York Times bestsellers author on Stoned, is a beautiful, fun, and easy reading book that takes you on the journey with lies and liars, where you encounter the wicked pleasure of lying, techniques of liars, and the willingness of people to be deceived. You will realize that it is OK to lie and be lied to. Still, it is also essential to know the truth.

Ali Alnazzal | TRIO SSS Peer Mentor

Denver Upcoming Events

In the spirit of Halloween, there are a multitude of events going on in October. Be on the lookout for them as tickets will need to be purchased.

Pumpkin Festival : Botanical Gardens

Oct. 7-9 from 9 am—4 pm

Chatfield Farms Location: 8500 W Deer Creek Canyon Road, Littleton, CO 80128

- * Come and enjoy local craft artisan booths, entertainment, live music, food trucks, food vendors and more.

Glow at the Gardens: Botanical Gardens

Oct. 18-23 from 6 pm—9 pm

York Street Location: 1007 York Street Denver, CO 80206

Pumpkin Nights

Oct. 17-Nov. 3 from 5:30 pm—10:30 pm

Adams County Fairgrounds: 9755 Henderson Rd Bldg. 1, Brighton, CO 80601

- * Wander through a spooky, illuminated landscape as pumpkin artists push the boundaries of traditional pumpkin carving to create larger-than-life sculptures and dense displays of jack-o'-lanterns, with grins and grimaces fit for the season.

Candy Crawl [Free Event]

Oct. 9 from 3 pm—5 pm

The shops at Northfield: 8340 Northfield Blvd, Denver, CO 80238

- * Halloween event. Enjoy trick-or-treating participating retailers, hayrides, crafts, thriller dancers, giveaways, contests, 360 photos, the ghostbusters, CO Rapids, and more!

Denver Museum of Nature and Science Free Day

October 9, 2022

2001 Colorado Blvd, Denver, CO 80205

Denver Art Museum Free Day

Oct. 11, 2022

100 W 14th Ave Pkwy, Denver, CO 80204



Monica Vu | TRIO SSS Office Assistant

Restaurant Favorites—Le Bilboquet



Le Bilboquet is a charming French Bistro in Cherry Creek North, Denver offering classic French flavors in a relaxing, vibrant atmosphere. Le Bilboquet Denver is located in Cherry Creek North within the St. Paul Collection. The restaurant offers a vibrant atmosphere paired with simple, classic French Cooking—bringing a slice of Parisian café culture to the neighborhood. Le Bilboquet is a natural gathering spot to enjoy a chilled bottle of rose alfresco or classic bistro fare like croquet monsieur paired with a local draft beer. The Denver Menu will include traditional and modern French fare, as well as the house special: Cajun Chicken. Le Bilboquet is one of my favorite restaurants because my parents live in France and we are used to eating a lot of French food. Also, I am far away from them, every time I eat at this restaurant, I feel connected to my family.



Hours of Operation: Mon—Thu 11:30 am—8:45 pm, Fri, Sat 11:00 am—9:45 pm, Sun 10:30 am—9:00 pm

Address: 299 Saint Paul Street Denver, CO 80206

Visit Website at: <https://www.lebilboquetdenver.com/>

Ketsia Kabela | TRIO SSS Peer Mentor

History of Halloween

Halloween is celebrated every year on October 31st. It is more than just a day where you dress up and go trick-or-treating. This tradition originated from the Celtic festival of Samhain. People would light bonfires and wear costumes to ward off ghosts. Pope Gregory III designated November 1st as All Saints Day and the evening before was Hallows Eve, now Halloween.



Halloween origins date goes back to ancient Celtic festival of Samhain almost 2,000 years ago. During that time Celts celebrated their new year on Nov 1st. October 31st marked the end of harvest, and the beginning of darker and colder times. Furthermore, Celts believe that on the last day of the year (October 31st) the line separating the living and the dead blurred, and so ghost of the dead returned to Earth.

More about Halloween:

- Halloween was originally "Hallows Eve"
- One quarter of all the candy sold annually in the U.S is purchased for Halloween
- In the Middle Ages people believed witches would hide themselves by turning into black cats.



Cristal Sarmiento Garcia | TRIO SSS Peer Mentor

Campus Resource

Do you want to have a stress-free night out from studying and not break your bank account simultaneously? Then visit the University of Colorado Denver website which shows you discounts and deals that are happening around the city. The website provides information about restaurants, retail stores, art museums, gyms, hotels, and even types of transportation that are offering discounts. Student, staff, and faculty are eligible to have access to these offers as long as you provide your school identification card while making the transaction. Search UCD discounts and deals or visit the link (<https://www.ucdenver.edu/student-finances/discounts-deals/arts-entertainment>) for more information!



Huy Duong | TRIO SSS Office Assistant

DIY—Autumn Leaf Mason Jar

Materials:

- Mason Jar
- Mod Podge (alternative is hot glue)
- Sponge Brush (optional)
- Leaves (real or fake)
- Raffia or Ribbon
- Candle

Instructions:

- Make sure the mason jar is clean, wipe with rubbing alcohol to get rid of grease and debris.
- Check if your leaves are malleable. Bend them to loosen them up a little. If they are real leaves, dampen them slightly to unstiffen them.
- Dip your brush in the Mod Podge and paint a thin layer on a section of the jar.
- Once the layer becomes quite sticky, place a leaf on the top.
- Paint more Mod Podge over the top of the leaf in thin layers, to make sure to smooth out the edges (may take a few layers for the leaves to stick).
- You can use your fingers to press on the leaf to make sure it is fully secure.
- Layer more leaves on top using the repeated steps until your desired places on the jar are covered.
- Wait a few hours to dry completely.
- Finish off the top of the jar with raffia or ribbon to complete the look.
- Place a candle inside to watch it light the room!



Emily Huynh | 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.**



- ☆ Cody Lewis, McNair Scholar was accepted to MIT Application Assistance Program: 1:1 Guidance with a Biology Ph.D. to prepare for his Ph.D. application.
- ☆ Mirakle Wright and Dominique Harlan, McNair Scholars have been accepted to present at the 2022 Black Doctoral Network Conference in Atlanta this October.
- ☆ Bella Scancarello secured an internship with King Soopers City Market as a Division Intern in Human Resources, Advertising and Corporate Departments.
- ☆ Ketsia Kabela secured internship with the International Rescue Committee and will start in spring 2023.
- ☆ Ramshah Gill has been selected to volunteer at the Children's Hospital.

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

TRIO SSS Book Scholarship Reminder

The TRIO SSS Office hopes your semester is going well and your classes are going great! We would like to provide you with a reminder to complete your Program/Book Scholarship requirements. Below, you can read the requirements and deadlines.

- GPA Requirement – Minimum of a 2.50 GPA each semester for full scholarship, not cumulative but semester GPA. However, must also have a minimum of a 2.00 cumulative GPA.
- Full-time students may be awarded up to the maximum amount listed, part-time students will be awarded based on the number of credits completing. Must be enrolled and complete at least 6 credit hours to receive scholarship consideration.
- Must be an active participant in the Student Support Services Program meeting the following minimum participation requirements:
 - ✓ **Meet with a Peer Mentor at least two times per semester.**
Meet with a Peer Mentor at least two times before Friday, October 28, 2022
 - ✓ **Meet with the professional staff at least two times per semester.**
Complete one meeting by Friday, October 28, 2022
 - ✓ **Attend one skill building workshop per semester.**
Attend one workshop by Friday, October 28, 2022
 - ✓ **Complete one Financial Literacy session per semester.**
Must be completed by Friday, December 2, 2022
 - ✓ **Complete at least six credit hours.**



All students must meet these requirements by Friday, December 2, 2022 to be considered for the scholarship to be awarded in spring 2023 semester. Students who enter the program on or after 10/7/22 are not eligible for the fall scholarship, but will have the opportunity to meet these same requirements in spring 2023 to receive the scholarship in fall 2023.

The Affordable Connectivity Program (ACP)



Federal Communications Commission

Affordable Connectivity Program

Are you getting your \$75/month internet discount?



The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$75/month discount for households on qualifying Tribal lands; or
- A \$30/month discount for qualifying households that are not on Tribal lands.

Households that qualify for ACP are eligible for a one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

Apply Now at AffordableConnectivity.gov

The Affordable Connectivity Program (ACP) gives eligible Colorado households up to \$30 off of their monthly internet bills, as well as a \$100 discount on laptops, tablets or desktop computers.

Since the Biden administration announced the program in May, the State of Colorado estimates that more than 607,000 eligible Coloradans are not taking advantage of their ACP discount. This means many Coloradans are missing out on saving money!

To learn more about the ACP program, check if you qualify for the program, and apply go to www.affordableconnectivity.gov.

Internship Spotlight—Jennifer Martinez Gomez



“MANOS QUE TRABAJAN,
CORAZONES QUE AMAN.”

The TRIO Student Support Services is happy to spotlight Jennifer Martinez Gomez in this month's newsletter. She is a Psychology major with minors in Behavioral & Cognitive Neuroscience and Public Health. She has been an active participant in the program for several semesters. She is also serving at the Co-President of the Latinx Student Alliance and is a member of National Society of Leadership and Success Honor Society. Her short-term goal would be to graduate with her bachelor's degree and be accepted into graduate school. She mentioned that she would also love to learn about investing. Her long-term goal is to graduate from professional school and work as a Clinical Psychologists. Her favorite quote reads, “Manos que trabajan, corazones que aman.” This translates to hands that work, hearts that love. This quote resonates with her because it is actually the motto of her hometown in Jalisco, Mexico. She noted, “It reminds me of my ancestors, and it makes me proud to be where I am now and where I am going in the future!”

She successfully completed her internship at REVEL, which is a non-profit organization that supports a better quality of life for people who experience Autism. At REVEL, they believe teens and adults on the autism spectrum have the ability to connect, work, learn and explore new interests together. When asked what she focused on during her internship Jennifer stated, “I focused on ways to build rapport with the clients as well as learn ways to adjust to different ways that Autism is presented within different individuals.

Jennifer mentioned that overall her experience at REVEL was great! She loved the opportunity to create not only professional but personal relationships with the staff and the clients. She stated, “The staff was super supportive and was always there to teach me ways to practice what I have learned in the classroom in real life settings!” When asked what the biggest thing she learned about herself Jennifer noted, “I Love working with people! It was such a great experience to learn from others and be able to see what I was good at as well as be able to receive constructive criticism with things that I could do better!” She learned to be patient not only with others but also with myself. She was able to grow in ways to constructively look at situations and make decisions on what she thought the best approach would be towards the individuals REVEL supported. She mentioned she learned how to react quickly to situations where safety was a priority in the work environment as well as in the outdoor activities.

She would encourage other TRIO participants to consider an internship because you are able to be hands-on within the field you are studying and learn a lot about how it differs from the in-class setting. Jennifer stated, “I am a big believer in learning outside of the classroom and doing an internship is the biggest learning experience you can have before working within the field after graduating!” Before Jennifer complete her internship, she also did community service at REVEL. She mentioned that volunteering was a great experience as well and that she would definitely go back. The TRIO SSS Program wishes Jennifer continued success in her academic, career, and personal endeavors.

Keep up the great work.

Recipe—Pumpkin Cinnamon Rolls

For the month's newsletter, I am presenting to you all a fun food recipe you all can make to get an early start on eating before Thanksgiving! The great thing about this dessert is that you don't have to worry too much about snacking on them as they were made to keep calories low and protein high (of course, too much of something is not good).

Nutrition Facts (per roll, makes 8 rolls):

180 Calories
10g Protein
1.4g Fat
19g Carbs

Ingredients:

Dough:

- ✓ 300g Kodiak Pancake Mix
- ✓ 210g Pumpkin Puree
- ✓ Pumpkin Spice (To Taste)
- ✓ Salt (To Taste)



Cinnamon Sugar:

- ✓ 30mL Sugar Free Maple Syrup
- ✓ 30g Sweetener of Choice (Splenda, Stevia, etc.)
- ✓ Cinnamon (measure with your heart)

Cream Cheese Frosting:

- ✓ 10mL Sugar Free Maple Syrup
- ✓ 28g (2Tbs) 1/3 Fat Free Cream Cheese



Directions:

- In a large mixing bowl, pour in your Kodiak pancake mix. Sprinkle in a pinch salt and pumpkin spice and mix it to incorporate it into the mix. Add in your pumpkin puree and mix the dough.
- After the dough is well mixed, kneed the dough on your counter top for 2 minutes.
- Flatten out your dough into a circle that is a ¼ inch thick.
- Make your Cinnamon Sugar mixture by combining your maple syrup, sweetener, and cinnamon in a small bowl.
- Pour mixture on top of the dough and spread it out until there is an even layer on top of the dough.
- Start rolling the dough by bringing the bottom of the dough and rolling it away from your body. Roll the dough until it reaches the top.
- Cut the rolled dough into 8 even pieces and place in a buttered cast iron skillet or pan. (or whatever you have that will fit the dough pieces).
- Preheat oven for 375°F and let your dough rest while the oven heats up. When the oven comes to temperature, place in the oven and bake for 20 minutes, or until the cinnamon rolls are golden brown.
- While the cinnamon rolls are baking, make your cream cheese frosting by mixing together your maple sugar and fat-free cream cheese.
- Let the cinnamon rolls cool and once they are cooled, spread cream cheese frosting over the top in an even layer.
- Enjoy!

Josh Caraballo | TRIO SSS Temporary Program Coordinator



Director's Corner



Dear Students,

I hope you're well and enjoying the cooling temperatures and fall foliage.

Please remember that our first book scholarship deadline is coming up on October 29th. Don't wait until the final week in October to schedule your coordinator and peer mentor meetings or to attend a skill-building workshop. We have many in-person and virtual skill-building workshop options. Our student and professional teams are excited to meet and work with you. Don't be a stranger; schedule an appointment today.

Many of you have started, or will be starting, midterm exams. If you're anxious about midterms or unhappy with your performance, I encourage you to take advantage of workshops focused on managing test anxiety or improving your test-taking skills. Don't forget to take advantage of the Learning Resource Center and Writing Center services. The LRC recently launched a new tutoring service – **TutorMe**, which provides on-demand one-on-one tutoring. That means you can get tutoring assistance outside of regular business hours. I urge you to try this fantastic service if you find you need some additional subject-matter support. SSS wishes you good luck with midterms!

Finally, don't forget that FAFSA opened on October 1st! I challenge you to complete your 23-24 FAFSA this month. Please get in touch with your SSS coordinator if you have any questions or need support navigating the form.

Be safe and be well,
Sonia Valencia



October On-Campus Events!

Campus Activities:

- ✓ 10/4—Continental Crafting: India
- ✓ 10/4—Open Mic Night
- ✓ 10/12—Bingo Night
- ✓ 10/24—Dinner & Music
- ✓ 10/26—Pumpkin Patch
- ✓ **Treat Tuesday**—Every week outside Learning Commons

Community Engagement:

- ✓ 10/4-8—Voter Education Week. A series of 3 videos (Campaign Finance, Judicial Retention, and Ballot Initiatives)
- ✓ 10/17—Stop & Serve: Hygiene Kits (for non-profit Mobile Shower, 11am—1pm in North Atrium)
- ✓ 10/27—Use Your Voice: VOTE (Rock the Vote Type Event with the ACLU, Young Invincibles & New Era Colorado)


Student Government Association:


- ✓ 10/3—Sex Ed. Program: Feeling Myself (anonymous/virtual)


Campus Partner Events:






- ✓ The Body Project (Women & Gender Center)

October Workshop Calendar

 = In-Person

 = Zoom

 = Hybrid

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make sure to complete the TRIO SSS Online Evaluation For workshops and financial literacy sessions at: https://bit.ly/3Ak91Ln</p>	<p>4</p>  <p>¹Wellness Center: Money Mindset 2:00 pm—3:00 pm Seminar Room</p>	<p>5</p> <p>²Teamwork: Collaborating with Others 12:30 pm—1:30 pm Learning Commons 2230 Or Via Zoom: 961-7719-6962</p> 	<p>6</p> <p>³Writing a Literature Review 11:00 am—11:50 am Learning Commons or Zoom (Interactive Session)</p> <p>⁴Sustainability 101 3:30 pm—4:45 pm Tivoli 329 Or Via Zoom: 972-5172-9253</p> <p>¹Student Loans & Repayment 12:30 pm—1:30 pm Wellness Center—Seminar Room</p>	<p>7</p> 
<p>10</p> <p>⁵TRIO SSS Coping With Your Stress 3:00 pm—4:00 pm Via Zoom: 925 9861 6450</p> 	<p>11</p>  <p>⁶Ace My Tests: Test-Taking Skills 12:30 pm—1:15 pm Learning Commons</p>	<p>12</p> <p>⁶Discover New Learning Strategies 11:30 am—12:15 pm</p> <p>²Emotional Intelligence for Student Leaders 12:30 pm—1:30 pm Learning Commons 2230 Or Via Zoom: 961-7719-6962</p> <p>³Tackling Common Issues with English Grammar 2:00 pm—2:50 pm Learning Commons or Zoom (Interactive Session)</p> <p>¹Wellness Center: Emotional Spending 3:00 pm—4:00 pm Wellness Center—Seminar Room</p>	<p>13</p> <p>¹Wellness Center Cryptocurrency: Learn the Basics 12:30 pm—1:30 pm Seminar Room</p> <p>⁴The State of Waste (Recycling) 3:30 pm—4:45 pm Tivoli 329 Or Zoom: 972-5172-9253</p>	<p>14</p> <p><i>Fall in love with your future because it's yours to create.</i></p>
<p>17</p> <p>⁵TRIO SSS Procrastination: Now or Later 3:00 pm—4:00 pm ACAD 2000</p>	<p>18</p> <p>⁶Mid-term Reality Check 12:30 pm—1:15 pm Learning Commons</p> <p>³ Writing a Curriculum Vitae/C.V. 2:00 pm—2:50 pm Learning Commons or Zoom</p>	<p>19</p> <p>⁶Communicating with Your Professor 11:30 am—12:15 pm</p> <p>²The Saving of a Landmark: From Ruin to Museum 12:30 pm—1:30 pm Golda Meir Museum</p>	<p>20</p> <p>⁷TRIO SSS The Dos and Don'ts of the Credit Card 4:00 pm—5:00 pm Via Zoom: 959 7204 9059</p>	<p>21</p> <p>⁸Food For Thought: Access To The American Dream w/The Donut Princess 10:30 am—11:45 am Via Zoom: 953 0165 8480</p>
<p>24</p> <p>⁵TRIO SSS Motivation and Goal Setting 12:00 pm—1:00 pm ACAD 2000</p>	<p>25</p> <p>⁶Good Vibes: Wellness & Stress Management 12:30 pm—1:15 pm</p>	<p>26</p> <p>⁶Good Vibes: Wellness & Stress Management 11:30 am—12:15 pm</p> <p>²True Colors Personality Type 12:30 pm—1:30 pm Learning Commons 2230 Or Via Zoom: 961-7719-6962</p>	<p>27</p> <p>¹Wellness Center Cryptocurrency: Wallets & Blockchains 12:30 pm—1:30 pm Seminar Room</p>	<p>28</p> <p><u>1ST BOOK SCHOLARSHIP DEADLINE</u></p>

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

¹Wellness & Recreation Services Financial Wellness Workshops: **Registration Required:** RSVP at: <https://www1.ucdenver.edu/wellness/services/basic-needs/financial-wellness>

²Student Life LEAD Workshops: Registration is not required. Please see calendar for details.

³Writing Center Workshops: **Registration Required:** RSVP at: <https://clas.ucdenver.edu/writing-center/workshops>

⁴Auraria Sustainable Campus Program Workshops: Registration is not required. Please see calendar for details.

⁵TRIO SSS Skill Building Workshops: **Registration Required:** RSVP at: <https://bit.ly/3PmniqE>

⁶Learning Resource Center Workshops: **Registration Required:** RSVP at: <https://www.ucdenver.edu/learning-resources-center/study-skills-workshops>

⁷TRIO SSS Financial Literacy Workshops: **Registration Required:** RSVP at: <https://bit.ly/3P7Rb4q>

⁸Center for Identity and Inclusion Workshops: Registration is not required. Please see calendar for details.

