



ASPIRATIONS

Official Newsletter of APSIRE, INC.

TRIO

January-April 2010



WINDS OF CHANGE: ENERGIZING FOR THE FUTURE

**ASPIRE 2010
OCTOBER 9-13**

**Little America Hotel and Resort
Cheyenne, Wyoming**

DID YOU KNOW?

On February 16, 1890, Robert C. Morris suggested the “Equality State” as a fitting nickname for the state of Wyoming?

On February 17th, 1870, Ester Morris was appointed 1st woman justice of the peace in South Pass City?

On February 27th 1945, Wyoming was 2nd in the nation in honey yield



Message from the President

Happy Spring, Summer and my sincere congratulations to all your students my fellow ASPIRIANS!

I hope this finds you doing well. I am sure all of you are gearing up for summer programs, planning for next year, and are busy as usual. Well stop for one second and let me say THANK YOU!!! I am not sure how often you hear it but, thank you. Thank you for your commitment, passion, and work with our students. Thank you for being the stable and consistent person in the lives of so many individuals that just need a helping hand, a little advocacy, someone just to believe a little. Thank you!



On another note, it was great to see you all at your state meetings! Thank you for the hospitality, all you shared, and for allowing me to come to your worlds if only for a couple of hours. I enjoyed every state meeting and learned a lot. Our region is full of champions and I am honored to be associated with you all. FYI... Montana, the anniversary went well. I got home in time and went to Ex Bronco coach Mike Shanahan's restaurant for dinner and a carriage ride downtown. My wife swears you all gave me the idea but she was excited!

Anyways, on a regional level things are going great. We are finally in the last stages to get our 501c3 status done for all the states (so keep your fingers crossed) and the board continues to be excellent with the finances ensuring that we are conservative, responsible, and efficient.

Last week the executive leadership (Dr. Dan Benge, Dawn Eckhardt, and I) attended the national board meeting in Washington D.C. It was a very informative trip. First we need to all congratulate Past President Michael Wade from the University of Wyoming for being elected treasurer of the COE board. ASPIRE has locked this position down for at least the last ten years and Mike will keep the streak going!

We learned that the SSS grant award notifications should be out within the next couples of weeks. The reading is completed and the Department of Education is in the process of passing them along to the final stage. Rep. Bobby Scott of Virginia is leading the charge to save the Upward Bound Programs that were funded from the 57 million dollars in 2007. The EOC and ETS grant competitions will be this fall. The date is not final but the RFP should come out around September 1st with a due date later in the fall semester. The award notifications for the next fiscal year should be released and received within the next couple of weeks for ETS and EOC. For VUB programs with a September 1 start date, you should receive your notifications around July 30th.

This past board meeting was also historical because it marked the first time TRiO was invited to the White House! That's right the place where Obama lives. We were invited to discuss the status of TRiO and to understand the support or lack thereof from this administration. It was a great dialogue and we left excited to move forward and work towards a meaningful partnership. The entire board met with Roberto Rodriguez



and his colleagues. They are some of the highest ranking educational officers in President Obama's Administration. We didn't get to meet the President or the first lady, but the White House definitely met TRiO!

Lastly, I want to invite you all to Wyoming, it will be a great time. The committee is working hard to ensure you will enjoy the development, fellowship, and fun. I hope to see you all there. By the way I am hosting a Monday Night Football Party and you are all invited! GO TRiO...



Committee Reports

Elections Committee

Rev Up for ASPIRE Elections in October!

Come on, "throw your hat in the ring"! This year in October ASPIRE will be electing a Secretary and President Elect to leadership positions in our association. These are great professional development opportunities! In my own down-home way, I would like to testify as to how fulfilling it is to put effort and elbow grease into this movement that has sustained educational access for over forty years (and speaking of elbows - how inspiring and reassuring it is to "rub elbows" with many others with the same passion for keeping TRiO strong for generations to come!) Here in the heartland of rural America it can be easy to become removed from the "bigger TRiO picture" across America. Service on the board is the chance of a lifetime to participate in expanding and maintaining the TRiO movement.

In serving in a leadership position, there is great opportunity to learn about the systems governing our region and country (and their effects on our students), and how to navigate them to impact policy affecting TRiO. It also provides an opportunity to give back - in a way other than direct service - to the TRiO students who give us all joy and purpose in life. Experience with both ASPIRE and the COE board is empowering and invigorating. There are many dedicated and talented ASPIRE members who hold the capabilities and talents necessary for these leadership positions. Please seize this opportunity for service and run (for office) with it! The ASPIRE Elections Committee will be sending out position descriptions for both, along with a call for nominations shortly. We look forward to hearing from you!

Elaine Metcalfe, Chair
ASPIRE Elections Committee



Membership Committee

ASPIRE, Inc. Become a Member!

As a TRIO professional within the ASPIRE region, you have the opportunity to become a member of an organization that is of great importance in the continued existence and success of all TRIO programs: ASPIRE. The mission of ASPIRE, Inc. is to increase the educational and success opportunities for low-income and first generation college students through advocacy, professional development, and legislative awareness.

The ASPIRE region was established in 1976 and includes Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. Today this professional organization serves over 500 staff members in 127 projects.

As a member of ASPIRE, you join a network of TRIO Professionals who are dedicated to providing educational opportunity for low-income and disabled Americans. ASPIRE provides its members with professional development, timely information relating to state, regional and national issues, and its members advocate at the state and national levels on behalf of our programs and participants.

Your personal membership provides:

- Opportunities for professional development with other TRIO professionals at the state and regional level.
- Discounted registration rate for the annual regional conference.
- Discounted registration rate for state conferences.
- Strengthens the regional organization.
- Strengthens your state organization.
- Provides support for the Council for Opportunity in Education.
- Inclusion in the ASPIRE listserv, whereby critical information from the regional and national level is disseminated.
- Opportunities to assume leadership positions within the organization.
- Opportunities to exchange ideas with like-minded professionals within the TRIO community.
- Be part of a powerful voice at state and national levels on issues of importance to our programs and our participants.

Become a member today! Information about becoming a member of ASPIRE is available on our website www.aspireonline.org.

Dawn Eckhardt, Chair
Membership Committee



News from Wyoming

Wyoming ASPIRE State Meeting Report

Wyoming ASPIRE held its Spring Meeting in Casper, WY on April 22-23. We had representation from all of our institutions minus one. The schedule of events included opening remarks by our president Lori Brown Wirth who stressed that we work together on coming together as a state in many different areas. She is spearheading our state efforts to put together a comprehensive TRIO state website which will focus on each of our programs, resources for educational access, and networking and professional development opportunities, locally and nationally. A topic that we began discussion on was moving our state president position to a two-year term. We will vote on this issue as a membership at the October business meeting.

We also had a presentation on stress relief and social intelligence by Zackie Salmon and Susan Stoddard of the UW McNair Scholar's Program. They shared with us how to motivate ourselves and our students to go above and beyond in achieving success. Another presentation was given by the Equality State Policy Center Executive Director Dan Neal who talked about the value of forming partnerships, political action, and grass-roots organizing. We also had a government relations and general COE update from Michael Wade, COE Treasurer and a regional update from President Ryan Ross. We also focused on hosting the upcoming Regional ASPIRE Conference in October in Cheyenne, WY at Little America Hotel and Resort. Many good ideas circulated with members agreeing that it will take everyone in the state to put on an awesome conference and committing to this endeavor. We concluded the conference with an insightful and productive discussion on hosting the conference with discussion on the location, breakout sessions, keynote and guest speakers, and overall logistics. Ginny Ruckman, EOC Coordinator, and Brandi Roesener, Upward Bound Coordinator, are the co-chairs for the conference.

The food served at this conference was made on site by Arrowhead Catering and "Grill Master" Ron Strang. It was definitely a highlight to have our meals prepared on site. By eating on site, we were able to spend more time together engaging in ideas and sharing in professional development.

Laramie County Community College

SAGE TRIO Celebrates Graduation and Transfer

Student Support Services at Laramie County Community College in Cheyenne, WY held its annual SAGE TRIO Graduation and Transfer Ceremony honoring 25 students. The ceremony was well attended by many VIP's including Dr. Hammon, President of LCCC and board of trustee member, Brenda Lyttle.

Our first guest speaker was a former SAGE TRIO participant, Trisha Martinez, who is now attending University of Wyoming and is a McNair Scholar with plans to attain a PhD in Culture and Performance. She talked with students about persistence in transfer and moving beyond their comfort zone to achieve their educational goals. Trisha has gone through school with high accolades while being a single mom and holding down full and part time work. Our second keynote speaker was Dr. Ann Reyes, who is a coordinator for the Wyoming Department of Workforce Services-Healthy Families Succeed JOBASSIST Program. She is a

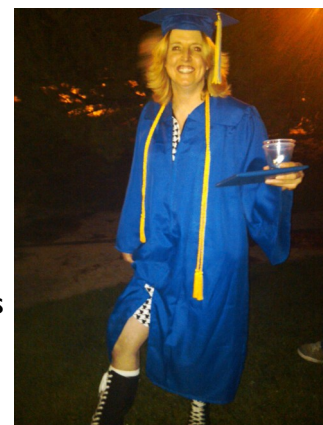
consultant in research and evaluation, grant writing and program development. Her speech focused on commitment to self and doing the right thing even when it means a personal sacrifice or taking a risk.



Leslie and Aletra

Our Friends of TRIO Award, given to a faculty or staff member who has gone above and beyond in their work with SAGE TRIO, was awarded to Dave Gaer, Communications and Theatre faculty and Stacy Maestas, Registrar of the college. Dave is integral in helping our students succeed in the class, specifically with their general education requirement of communication and helping our students meet their cultural requirement for SAGE TRIO by providing them with access to plays and theatre productions. Stacy has helped us with the technological aspect of

working with students including helping the staff of SAGE TRIO to access degree audits which allows us to better advise students and she never hesitates to help us answer questions whether it be about a transcript, withdrawal, or more intense student situation regarding records and registration. In typical fashion, we brought each student up to the podium to brag about all of their accomplishments in front of their family and friends.

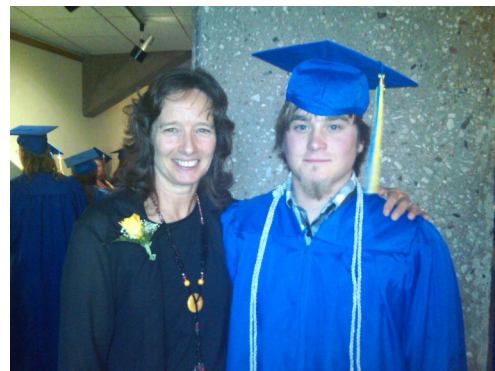


Stacy and the shoes

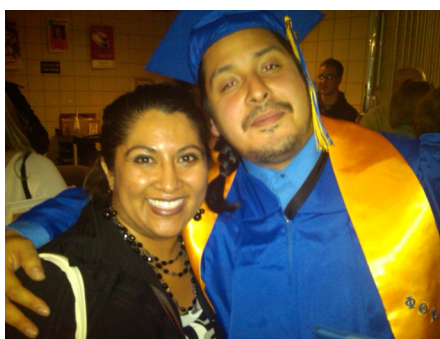


Leslie and Naz

Through the generous donation of Walmart Distribution Center, we enjoyed a wonderful dinner catered by locally owned Pizzeria Venti Restaurant of lasagna and chicken alfredo. Each student received a certificate and small gift and many many hugs!



Leslie and Jake



Daniel and Rachel



Cheyenne SSS Program Celebrates 9th Annual Scholarship Reception

Student Support Services at Laramie County Community College in Cheyenne, WY held its 9th annual SAGE TRIO Scholarship Reception. We awarded 54 scholarships to students ranging from \$735.00-\$1000.00 totaling \$45,000 in grant-in-aid monies



SAGE Advisor Leslie Townsend with students Ryan Butler and Jacob Buettner

Sher Warren, Director of SSS at LCCC, spoke to the audience about the importance of this money with focus on the financial challenges that our students face. We had several VIP's attend our ceremony, including the president of LCCC and members of the President's Cabinet and the LCCC Board of Trustees. Also present was a local aide from the office of WY House Representative Cynthia Lummis.



SAGE TRIO goody bags on display

To receive the scholarship students had to be in good academic standing, meet their participation requirements of SAGE TRIO, complete FAFSA, show application of two outside scholarships, and be Pell eligible with adequate unmet need. We work closely with our financial aid office for assistance in making these awards.



SAGE Advisor Leslie Townsend congratulates scholarship recipient

Wyoming Senators Mike Enzi and John Barrasso both wrote letters of congratulations to the students who received this scholarship. Students received a certificate, the letter, and a goody bag filled with our signature ramen noodle package and various other student items.



Financial Aid Assistant Director Joey French and LCCC President Dr. Darrel Hammon congratulate students



SAGE Students Montasha LaBelle and Heather Zabierek pose with family and LCCC President Dr. Hammon.

University of Wyoming SSS

Spring Recognition Dinner

The annual SSS Spring Recognition Dinner, held at the downtown Union Pacific Old Train Depot April 15, honored twenty-eight UW/SSS graduates. As they were called to come forward and receive their UW pen,



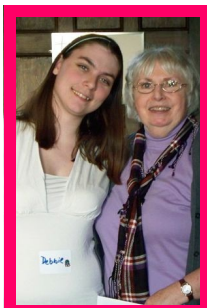
students were encouraged to say a few words to undergraduates in the audience about how they had successfully navigated their undergraduate journey. Graduates mentioned several UW professors as having helped them, others told of friends' and family support that never wavered, while all acknowledged their SSS advisors who encouraged them to reach their goals. A summation of the 2010

graduates' message could be:



“NEVER GIVE UP.”

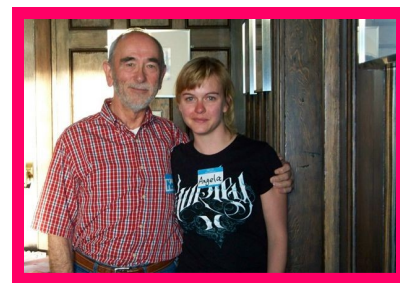
Also acknowledged were four SSS Study Abroad Scholarship recipients: Maria Simental, Scott Cheney, Erica De La Cruz, and Martha Ramos. We look forward to hearing about their travels at the Fall Connection Dinner. Also, the Student Success Ser-



vices program was able to provide stipend awards to forty-five SSS participants during the spring semester. Those in attendance received certificates documenting their monetary awards, which were based on their student financial need and participation in the SSS program. Spring flowers decorated tables for the ninety-plus students and guests at the dinner. Becky Beavers' Word of Mouth catering provided great tasting food with graduation cake for dessert. Sandy Straley, Project Director for SSS, read a congratulatory letter from Wyoming Senator John Barrasso, who could not attend. Other guests included Martha Wilson from Senator Enzi's office; Sara Axelson, Vice Presi-



dent of Student Affairs; Susan Stoddard and Zackie Salmon from the McNair Scholars program; Judy Trujillo from Gear Up; Jayne Pearce from Educational Opportunity Center; Michael Wade and Pilar Flores, Assistant Director and Director of Student Educational Opportunity. Congratulations to all our 2010 SSS graduates! We look forward to hearing great things from you as you continue your life journeys.



UWYO First Year Experience Course

Student Success Services first year students have the opportunity to truly become engaged in their college learning when they enroll in the SSS offered UWYO1205 First Year Experience course. Not only does the course offer SSS students strategies to improve their study skills, it also teaches students how to become active, responsible learners who succeed in college. This fall, the course includes a financial and economic literacy component, too, so that students can learn how their student financial aid works and create a monthly budget portfolio to improve their financial success at UW.

Students who take the course learn that they are creators of their experiences, for good or bad, and that life is making wise choices for success. UWYO 1205 offers the one hour credit course for I/L University Studies credit. This spring, SSS is offering a second semester UWYO 1210 course to students that concentrates on academic and professional planning to make sure they get the most out of their college years at UW and are prepared for their professional careers once they graduate.

SSS Etiquette Dinner *By Kendra Haas*



The interviewer for Barnes and Noble asked “What are your qualifications for the job?” I popped my gum as obnoxiously as I could and stated in the most uneducated accent I could muster, “Well... this one time... I read a book.” The crowd burst into laughter. I was part of a skit on how to not do an interview. Bill Anderson, a SSS advisor, was my interviewer. The purpose for the event was to provide a comfortable, professional setting for students to interact while learning proper etiquette when enjoying a five course meal. The event started with a “mocktail” hour for students to socialize and wrapped up with the interview skits.

With each course, David Asmuth, the head chef, enlightened guests with the name of the dish, how it was prepared, and which silverware to use: always move from the outside in. All five courses were elaborate and unusual for the typical college student who lives off of Ramen Noodles and oven baked pizza

After the dinner, three SSS students presented skits about the right and wrong ways to interview. Heather Talbott, Tracy Montanez, and myself were given the opportunity to receive professional business attire paid for by the UW President’s Office.



Heather was given the role of doing everything correctly in an interview. However, the SSS advisors threw a curve ball at her by asking inappropriate questions as an example of a wrong kind of interviewer and how to handle the situation. Next, Tracy dressed up for his skit with a nice button down shirt, gym shorts, knee high socks, and dress shoes. As you guessed, he was depicting what not to wear to an interview and how not to behave. I was last to act out my skit and I talked about inappropriate things that should not be revealed to an interviewer.

I speak for all those who attended when I extend a warm thank you to President and Jacque Buchanan for providing us with an amazing experience, UW Catering for the scrumptious dinner, and Sonya Meyers and Treva Sprout from Family and Consumer Sciences for helping us choose our clothing from local thrift stores.

News from Montana

MT ASPIRE Sponsors Best Practices in Two-Year Education Conference

The Montana Chapter of ASPIRE broke new ground by sponsoring the first annual *Best Practices in the Last Best Place: Best Practices in Two-Year Education Conference* at Flathead Valley Community College May 20-21. The idea for the conference came during a conference call involving members of the Montana TRIO Policy Advisory Committee (Ray Carlisle, Lynn Farris, Dan Benge, Rene Dubay, Amy Verlanic, and Florence Garcia). As the group was discussing alternatives for more strategic involvement of Montana TRIO programs in the discussion of Two-Year Education in Montana, Lynn proposed that we sponsor a best practices conference and invite both TRIO and non-TRIO educators in Montana.

Approximately 60 people attended. About half the attendees were TRIO members with the other half being a mix of college faculty, administrators, and other student support staff from Montana two-year colleges. Lynn Farris was Conference Chair, the TRIO staff at FVCC served as the implementation committee, and Ray Carlisle (SSS, University of Montana) was Master of Ceremonies. The keynote speaker was Dr. Joe McDonald, President of Salish Kootenai College and Past-President of the American Indian Higher Education Consortium. Plenary speakers included Dr. Mary Sheehy Moe, Deputy Commissioner of Two-Year Education in Montana's Office of the Commissioner of Higher Education, and Dr. Paula Birt, Director of Accelerated Associate Degree Program (AADP) at Ivy Tech Community College in Indiana. Thursday evening entertainment was provided by a drum group and several exhibition dancers arranged by Allen Addison, Instructor/Data Specialist for SSS at Salish Kootenai College.

The energy at the conference was high and many invigorating discussions took place during the break-out sessions and idea shares. The meals prepared by Dining Services at FVCC were exceptional. At dinner Thursday evening Ray Carlisle was acknowledged by an Honor Song performed by Silent Hill, the drum group performing that evening, as he will be retiring in September after 31 years as Director of TRIO SSS at the University of Montana.



Ray Carlisle receives an honor song.
(L-R) Phillip Paul, Ray Carlisle, Angela Lukes,
and Allen Addison.



Flathead Valley Community College

Flathead Valley Community College Celebrates TRIO Day

TRIO Day at FVCC was celebrated March 3 this year. This year the event was held in the afternoon to allow Upward Bound participants to attend. There was a good turn out with an even mix of Student Support Services participants from FVCC, and Upward Bound participants from Glacier and Flathead High Schools.

Russ Lamson MC'd the event. It started off with Brenda Hanson, Director of Educational Services, reading the declaration of TRIO Day on FVCC Campus. Dan Voermans, transfer advisor, followed giving an overview of the history of TRIO and a description of each TRIO program. FVCC TRIO staff then introduced themselves.

The highlight of the event came next. Past and present TRIO SSS participants **Lori Nicholas**, **Tobin Frizzell**, and **Shantel Williams** provided personal accounts of how TRIO has helped them. In addition, **Tessa Weyrauch**, an Upward Bound participant from Glacier High School, told her story. The impact TRIO Programs have on students was evident in each speaker's testimonial.

The event concluded with the presentation of awards. The Friend of TRIO Award, given to someone outside the TRIO community who has greatly helped TRIO students, was awarded to **Mary Howard** of the Student Assistance Foundation. **Russ Lamson** was presented the TRIO Staff Award (determined by the past two years recipients) for his efforts with the Tutor Program.



Back row: TRIO Staff, Anna San Diego, Dan Voermans, Cathy Fabel, Charlene Herron, and Russ Lamson

Front row: TRIO participants, Shantel Williams, Tess Weyrauch, Tobin Frizzell, and Lori Nicholas.



Mary Howard and Russ Lamson

TRiO



FVCC TRIO Participant Receives TRIO Achiever and Outstanding Alumni Award

Lori Nicholas former TRIO SSS participant at Flathead Valley Community College received both FVCC's *Outstanding Alumni Award* and TRIO Achiever Award at the Montana ASPIRE State Meeting this year. She was nominated for TRiO Achiever by the TRIO Staff at FVCC.



Lori received her A.S. Degree with Honors from FVCC in 1986 and was the first recipient of the TRIO Student Award at FVCC. She went on to earn her B.A. in Education with Honors from University of Montana in 1989. Lori's areas of focus in education were mathematics, biological sciences and broad field sciences. Lori has been teaching in the public high school system, in alternative schools, and in Adult Basic Education since her graduation from UM. She has taught in Montana and Idaho and is now an adjunct instructor of math and ABE classes at FVCC.

Her accepting attitude and assistance within the prison system, with Veterans, and with underprepared students have changed more lives than she may know. Lori provides energy; encouragement and a positive example to students trying to complete high school, build their skills for college, or overcome their fears about math. Lori has often shared her experiences at our local National TRIO Day celebrations to hearten others.

Lori started at FVCC as a non-traditional student with their typical insecurities. Unsure of what she was going to do and uncertain about her ability to do it. She had a desire to overcome her personal life challenges and seek a better life. She did it. Lori is a giver. She wants to assist other people to find their own answers to math, and to life.

Lori has made the full circle from her start as a student at FVCC to her return as an FVCC instructor. The students, staff and the college are privileged to have her.

FVCC TRIO Brat Fry Fundraiser a Success! *By Dan Voermans*

TRiO students face a lot of barriers to be successful but none bigger than not knowing that BRATs are good for the brain! In that spirit the FVCC TRiO staff along with help from students sponsored a BRAT FRY in conjunction with Earth Day to benefit our TRiO Scholarship fund.



This was the third consecutive year we successfully had some fun and raised some money. One of the themes of FVCC's Earth Day is to "buy local" so that food is fresher, local farmers and ranchers are supported, and less transportation costs (i.e, gas) are incurred to get products from producer to consumer. We followed that as much as possible with ketchup and relish made in Montana with the main attraction (those spicy, onion lace brats) coming from Lower Valley Meats-south of Kalispell, right on the way to work for one of our staff members. How's that for minimizing transportation costs!

The parade of brats from the grill to the bun to happy mouths lasted for 2 hours. Although the weather deteriorated from a sunny start on Earth Day it did not



“rain on our parade” something that our TRiO Scholarship fund is thankful for.



Grill Masters Dan Voermans and Russ Lamson



The turn-out for the Brat Fry was good despite the cool, blustery weather.

Montana State University—Bozeman *By Florence M. Garcia, Director, TRiO SSS*

Congratulations go to the fifty-five TRiO students who graduated from MSU-Bozeman May 8. The exceptional news is that sixteen of them graduated with honors or high honors.

Additional **Congratulations** go to the nine TRiO SSS students who have been selected to participate in the McNair Scholars Program for the coming year. They are currently enrolled in summer research projects with their faculty mentors and will eventually be on their way to graduate school.

Lena May Fraser and Mary Ulrich are coordinating a GEARUP camp to be held July 25-28. The summer camp is designed to introduce high school students to college in general, and MSU in particular. It is part of the statewide GEAR UP grant program offered through the Office of the Commissioner of Higher Education (OCHE) in Helena. Participants will begin planning for their college career and will learn about academic preparation, choosing a college, financial aid and support, student life, and campus resources. Students who participate in the GEAR UP for College Camp will leave with a new perspective on college and have the opportunity to engage in a college environment.

As with many other SSS projects, our program is anxiously awaiting the news of refunding. Good luck to you all. Have a great summer!

Montana Tech of the University of Montana

Montana Tech Upward Bound Students Visit D.C. *By Zach Hawkins*

Montana Tech of the University of Montana sent student government representatives from each of its three Upward Bound Programs to Washington D.C. on March 20th-25th. Their visit coincided with COE's Policy Conference. There were a total of 20 students representing 13 schools from around western Montana.

The students visited the campuses of American and Georgetown Universities as well as the Smithsonian Museums, Arlington National Cemetery, The National Cathedral, The Library of Congress, Ford's Theater and the National Archives. Additionally, they did a night time monument tour of all the major monuments on the mall area. On Monday evening they enjoyed an ethnic Lebanese dinner and listened to a guest speaker who attended college in the D.C. area. On Tuesday evening, they saw a theater production at the Kennedy Center for the Performing Arts.

On the day that Trio folks visit their representatives on Capitol Hill, our students were accompanied by our Trio professionals for visits with all three of their members of Congress. They got to meet Senator Jon Tester and Congressman Denny Rehberg and ask them questions as well as request support for additional funding for Trio programs in the FY 2010-2011 budget. Senator Tester said he would support a funding increase. Congressman Rehberg said he would like to, but couldn't guarantee anything due to his concerns over the massive deficits in government spending right now. Senator Max Baucus was unable to meet with our students as he was at the White House for the signing of the health care bill. A member of his staff did meet with our students and told them that Mr. Baucus supports the Trio programs. Senator Baucus has signed the Senate Appropriations request letter for increased Trio funding. It was an empowering experience for our students to meet their representatives face to face and share their concerns and thoughts about Upward Bound with them.

The last evening of the trip was a boat cruise on the Potomac with dinner and dancing. The students had a great time and enjoyed the evening despite the presence of hundreds of Jr. High students who had different musical tastes and dance styles.

This trip was a great success and we are proud to have been able to offer this experience to our students. It was an experience they will never forget and reminded them that there's a world of possibilities out there, even for underprivileged students from rural Montana.



MT Tech Upward Bound students with Senator Jon Tester



University of Montana Western

TRIO Student Support Services at The University of Montana Western

Montana Western TRIO Student Support Services students took advantage of the opportunity to fill out their FAFSA on-line at the College Goal Sunday held at The University of Montana Western campus January 31 & February 3. Jackie Werhle (to the right) fills out the CGS survey after finishing her FAFSA on-line.



TRIO staff and students also volunteered at the Know How 2 Go events held at Montana Western's campus the first week of February. Admissions, Financial Aid and Advising offices were among those who volunteered presentations to Middle and High School students from around the area on how to go to college.

Montana Western's TRIO SSS has begun their own Facebook page in an effort to maintain contact with current and alumni students. We are contacting several graduates through the Facebook page who are sending letters of support in time for Policy in Washington DC next week.

TRIO staff are participating in a "Traveling Offices" across campus during Spring Semester. This weekly cooperative effort for sharing information about what different offices and programs on campus do with and for students facilitates the different programs' knowledge and ability to assist students in their experience at Montana Western.



February 22-25 saw TRIO SSS helping the Career Services office put on their first annual Career Week. TRIO SSS staff contacted program students via email and WebCT, and sponsored several students to the "Etiquette Dinner" held in the historic Montana Western Lewis and Clark room. Students wore formal "business attire" and (admittedly among some giggles) learned formal dining styles and etiquette from good-natured tutors recruited for the event.



We are encouraging our TRIO students to attend the Peace Corps Week March 15-18 events aimed at informing and encouraging university students to volunteer and participate in community building. Our Career Services/Tutoring Coordinator Sarah Juran is sharing her experiences as a Peace Corps volunteer in the Solomon Islands, along with Biology professor Linda Lyon who will present her Peace Corps and on-going research experience in Madagascar.

Fort Peck Community College

PEPNet Visits Fort Peck Community College *By Rhonda Mason*

Mary Morrison, Associate Director for PEPNet, Postsecondary Education Programs Network from the University of Montana, Missoula was a special guest speaker for NAVTEP (Native American Vocational Technical Education Program) Fort Peck Community College students, Friday, April 9, 2010. PEPNet, a national network of professionals provides training, information and resources to stakeholders to enhance programs and outcomes for people who are deaf or hard of hearing. PEPNet uses a three-prong approach to improve educational outcomes for students who are deaf or hard of hearing, they are; Technical Assistance & Dissemination, Personnel Development, and Technology Utilization.



The Fort Peck Community College, Student Support Services TRIO program sponsored this program for student and staff information. Hearing disabilities are a deterrent to learning and doing a job effectively. PEPNet will help individuals find the tools to increase their performance. To find the outreach specialist in your region, go to www.pepment.org or call Mary Morrison at 406-243-4145 or contact Rhonda Mason, SSS Director, 768-6345.



Student Support Service College Trip *By Rhonda Mason*

Five Fort Peck Community College students and the SSS Director spent half of Spring Break touring Montana colleges.

Tomecina Escarcega, pre-nursing, Heather Snell, Psychology, Zach Gourneau, Wildlife, Tyrone Gourneau, Applied Math, Aubrey Cravey, Education and Rhonda Mason, SSS Director traveled to three major colleges in Montana. Aubrey Cravey spent a day at the Montana School for the Deaf and Blind, job shadowing. Zach and Tyrone visited with their advisors in Missoula and we all toured the college. Heather's choice of college was Carroll College, where we toured the facilities and learned it cost \$22,000.00 a year to attend. Tomecina visited with her nursing advisor at Montana State University. The students also visited the Capitol

Building, Historical Museum, Ft. Shaw, Fort Benton, Little Big Horn College and Little Big Horn Battle Field. Student Support Services is a grant funded by the Department of Education for the amount of \$271,064.00 per year. The grant provides tutoring, counseling, study skills, cultural activities, transfer assistance and college prep classes to first-generation, low-income students.



FPCC college students visit the Governor's office. Heather Snell, Aubrey Cravey, Tomecina Escarcega, Zach & Tyrone Gourneau.



FPCC college students visit University of Montana

Salish Kootenai College

A Success Story - Dawna Jo Calf Looking *By Eleanor Lynn Martin*

Dawna Jo Calf Looking is a member of the Blackfeet tribe and a participant in the EOC program at Salis Kootenai College (SKC). Dawna Jo received her certificate in Office Profession in 2001 and her AA degree in Business Management in 2005. EOC has played an important role in Dawna Jo's education, especially assisting her with FAFSA applications and scholarships to finance her education.



In addition to attending college, Dawna Jo is a single mother of five children and her dedication to education has obviously been passed on to her children. Her son Kollin is in the Upward Bound Program at Ronan High School. A second son, Devin, is in the Junior Chapter of AIBL and her daughter is now attending the nursing program at SKC.

Dawna Jo is an active member in her community and has brought both local and national motivational speakers to the college and Flathead reservation. She is currently completing her BA in Business Management at SKC while working at the Kicking Horse Job Corps as the STARS Coordinator. She plans to pursue her master's degree in the future.

Montana State University—Billings

TRIO Students Win Mural Contest

We all know that our TRiO students have the potential to leave their mark on the world. This year, two TRiO students from Billings, MT have made their mark more visibly.

Each year, five area high schools each partner with a MasterLube store in the community to show their school spirit and to raise funds for the annual drug/alcohol free graduation parties. As part of this collaboration, a mural is painted on the side of each MasterLube building to highlight the spirit of the senior class at each school in the “War of the Walls”. Students at each high school submit artwork for the mural contest and the winning design is chosen by a group of individuals at each school. This year the winning artwork for Billings Senior High School and Skyview High School were designed by TRiO students from the Montana State University-Billings Upward Bound and ETS programs! Once the murals have been painted, a community wide vote is held to choose a city wide winner. Not only were TRiO programs well represented in this year’s contest, but the overall winner of the city wide vote was Upward Bound student, Garrick Sather.

We are very proud of the positive impact our students are making in our community!



Billings Skyview High School’s mural was designed by ETS student Sonja Choriki



Billings Senior High School’s mural was designed by Upward Bound’s Garrick Sather. He was also the winner of the city wide “War of the Walls” contest.

Montana ASPIRE State Meeting Report

Montana ASPIRE held its’ state meeting in Polson at the Kwa Taq Nuk Resort April 20-21. The meeting was attended by 76 members. We were grateful that regional president Ryan Ross was able to address the assembly on Tuesday morning with his busy schedule. One of the highlights of the meeting was a lunch and tour of Salish Kootenai College just a few miles south of the resort in Pablo Montana. Ray Carlisle and Jamie Schell presented a break-out session on state and regional offices which was well attended and led to the elections of Zach Hawkins and Michelle Christianson as president-elect and treasurer and Dugan Coburn as president elect-elect for next year. We look forward to seeing everyone Cheyenne Wyoming in October.

News from North Dakota

North Dakota State News

North Dakota ASPIRE hosted South Dakota ASPIRE at the ND/SD Co-State Meeting April 18th-20th. The event featured program shares, keynotes from ASPIRE President, Ryan Ross, as well as professional development workshops. The evening of the 19th culminated with the first annual ND ASPIRE Achievers Banquet. At this banquet, two North Dakota TRIO alumni, Amy Fisher and Joshua Nichols were honored for their outstanding achievement as TRIO alumni.

Lori Larson was elected President-Elect for North Dakota, and Cara Davis was elected Treasurer-Elect.



This is an exciting time in the state of North Dakota. With College Access Challenge Grant applications, program grant competitions, and State Initiative activities around the state. It has been a great opportunity for me to serve as President of North Dakota ASPIRE these past two years. I am excited about the continued strong leadership that will be directing the state organization in the coming years as well. Taking part in regional board meetings has given me the opportunity to expand my knowledge of TRIO and ASPIRE. It is my hope that all those who are interested in leadership opportunities in ASPIRE seek out current and past board members to discuss the duties of serving on the board. It has been an honor to serve the state as president.

Dickinson State University

Dickinson State University's Student Support Services Program celebrated National TRiO Day on February 26th. Display tables and posters were set up explaining the TRiO program and its services to students. All DSU faculty, staff and students were invited to the reception. The reception included cookies and punch. DSU SSS held four workshops were this semester. The first workshop was entitled, "Loans, Grants, and Scholarships, Oh My!" This workshop gave students the ins and outs of filling out the FASFA, explained satisfactory progress requirements for receiving financial aid, and explained where and how to apply for scholarships.



At the second workshop entitled, "When I Grow Up I Wanna Be A...", students learned the importance of being passionate about the career they choose, as most of their life is spent in the workplace. Students complete interest inventory surveys and then were helped with locating careers that fit their interest. At the third workshop entitled, "Graduate School," students were given tips on how to apply for graduate school. The fourth and final workshop was entitled "Mock Interviews." Students were given the website of a job that fit their field of study. They were asked to fill out a resume and cover letter pertaining to this job and then asked to schedule time for their mock interview for



this job. Students were given a score of 1-5 (one being poor and five being excellent) on their resume, cover letter and interview and then given feedback as to what they had done well and what needed improving. Social activities during the spring semester included attending a theatre production entitled, “Arsenic & Old Lace”, a game night and a karaoke evening. The SSS Recognition Banquet honoring student recognition as well as graduates will be held Wednesday, May 5th.



North Dakota State University

It was a night of fun, food and good cheer at the 12th annual TRiO Day Annual Dinner, held at the Memorial Union of North Dakota State University (NDSU) on April 22, 2010. There were well over 200 participants at the dinner, comprised of TRiO participants, staff, political dignitaries, campus administration and guests.

The event began with a social hour, when participants had the opportunity to peruse display boards presented by McNair Scholars. Music was provided by the NDSU Jazz Band, under the direction of Dr. Matthew Patnode. Musicians included Kohei Kameda, Carolyn Braus, Andrew Budke and Richard Prigge

Mayor Dennis Walaker, Fargo, read a proclamation declaring that April 22, 2010, as TRiO Day in the city of Fargo and the following congressional representatives read letters of support: Amanda Klamann for Senator Byron Dorgan; Pam Mahl for Senator Kent Conrad; and Diane Mondry for Congressman Earl Pomeroy.

TRiO Director Michael Harwood gave a brief history of the grant-based Department of Education programs, which include Upward Bound, Veterans Upward Bound, Student Support Services and McNair Scholars.

The first award given was Friend of TRiO, awarded to departments that have shown extraordinary support for TRiO programs. This year's recipient was the NDSU Bookstore. Receiving plaques were Kimberly Anvinson, Associate Director; Carl Wichman, Assistant Director - book department; Joy Anderson, Operations Manager; Brad Sonmor, Electronics; Mary Siverson, Clothing; Jody Askew – Gifts; and Jane Lessard, Art and Supplies.



Randolph Peterson received the Veterans Upward Bound (VUB) Achievement Award. Peterson, who served 10 years active duty in the Army, is now enrolled at NDSU in Computer Science.

The Upward Bound (UB) Achievement Award was given to Madina Joseph, who was born in Sudan and migrated via Ethiopia and Kenya to Fargo South High in 2001, where she was accepted into the UB program as a sophomore. She graduated from NDSU in 2009 with a



degree in nursing and is currently working at Sanford MeritCare.

Eric Bisimwa was awarded the Student Support Services (SSS) Achievement Award. Bisimwa, who hails from Congo, has lived in Fargo for nine years, attending Fargo South High and participating in Upward Bound. In 2003, he attended NDSU with dreams of owning a business. Utilizing all the tutoring and other services of SSS offered and graduated with a degree in business and finance. He owns Bonjour Fargo, which provides products from home countries of local immigrants.

In addition to the Achievement Awards, SSS also awarded two recipients Outstanding Leadership awards.

Erika Beseler Thompson works as the Learning Services/Orientation Coordinator in Orientation and Student Success. She is responsible for managing operations of ACE Tutoring and assists the coordination of orientation programs and Welcome Week at NDSU. She also coordinates selection of student staff and training for ACE, the COAR Team and Welcome Week Kick-Off Leaders. Erika earned her degree in Sociology and a Master's in Educational Leadership at NDSU.

Kathy Circle is a current graduate student who has already earned a degree from NDSU in Zoology, with minors in Biotechnology, Chemistry and Psychology. Kathy has been tutoring for SSS since 2006 and VUB in 2008. In addition, that same year she was asked to teach Math 102 at NDSU. In 2009, Kathy began teaching math through the Pathway Program, a collaborative program between NDSU and North Dakota State College of Science (NDSCS), based in Wahpeton. This program prepares students for university studies.

Kari McGee, PH. D., is the recipient of the McNair Scholars Program (MSP) Achievement Award. Dr. McGee attending NDSU from 1998-2002, graduating magna cum laude with degree in Chemistry in 2002. She then enrolled in a doctoral program majoring in Chemistry at the University of Minnesota (U of M). In 2008, she earned her Ph.D. in Chemistry, with honors. She has co-authored 12 publications in the field of chemistry and given 17 presentations.

Dr. McGee is currently Senior Research Chemist in Nanotechnology and Inorganic Chemistry for 3M in St. Paul.

North Dakota State University Upward Bound was honored at the Bison Service Challenge Ceremony on May 6th in the Great Ballroom, on the NDSU campus. The Upward Bound Students were recognized for the service learning work of 950 hours in 2009. The students provided fleece tied blankets to the Veteran's Hospital Palliative care unit to patients with no family, served pancakes to assist Disabled Veterans raise additional funds for activities or items need by their members, cleaned at the Ronald McDonald House, provide traffic control for the Fargo Marathon, just to mention a few.

The program was represented by Greg Radcliffe, Jenny Evenson and Zainab Kamara and





accompanied by Kris Mickelson, Project Director and Travis Dockter, Student Coordinator.

The event was sponsored by Volunteer Network, NDSU Student Government, Dakota Medical Foundation, Impact Foundation and First Link. Dakota Medical Foundation provided a grant for the program.

University of North Dakota

The five TRIO Programs at the University of North Dakota have had a successful academic year. Student Support Services is recognizing student achievement and graduation in a special ceremony at the North Dakota Museum of Art April 28, 2010. The McNair Program held its annual Research Forum and Awards Banquet April 15, 2010, with McNair student research presentations and faculty speakers. The Upward Bound, Talent Search and Educational Opportunity Center Programs are concluding their academic year services and gearing up for summer programs.

Karla Hammer, alumni of the UND Educational Opportunity Center Program, advocated for UND TRIO Programs while attending the Council for Opportunity in Education Policy Seminar in March. The UND TRIO Alumni Society will be holding its annual reunion in Grand Forks in May, and alumni from all five programs are expected to attend. During the reunion, an Alumni Society meeting will be held to formulate plans for mentoring and advocacy activities for alumni during the upcoming year.



The TRIO Day activities at UND again included mentoring sessions for current UB and TS students with TRIO Alumni from our five programs, where presentations about how they attained their educational goals and dreams solicited thoughtful questions from current students. The annual TRIO Day Awards Luncheon was held, and outstanding TRIO Alumni, university supporters and student speakers were given awards. Representative Earl Pomeroy also attended the luncheon, and spoke motivationally to the TRIO students present about his respect for their progress and support for TRIO Programs.

News from South Dakota

North and South Dakota celebrates TRIO Day 2010 *By Marion BlueArm-Goldsmith*

Several of North and South Dakota TRIO programs, Talent Search, Upward Bound, MSIP, Veterans Upward Bound, and Mc Nair observed TRIO Day this year between February and May to celebrate the hard work and accomplishments of their students.

In February,

- The **University of North Dakota** (UND) in Grand Forks held mentoring sessions and had a

luncheon and award ceremonies for its five programs TS, UB, SSS, EOC, and McNair.



- **University of South Dakota (USD) UB** had their UB students wear UB t-shirts and they were encouraged to tell people that it was TRIO Day.
- **USD Sisseton TS** provided snacks and an information session to high school students on the history of TRIO and TS.
- **South Dakota State University (SDSU) UB** in Brookings sponsored a program and reception with a key note speaker for UB students from Sioux Falls and the Flandreau school district. Several TRIO students also shared their experiences. SSS and UB students took part in a service project making fleece blankets for the Brookings Domestic Abuse Shelter. Proclamations by a representative of Tim Johnson and letters from the offices of SD Representative Herseeth-Sandlin and Senator John Thune were presented.



- **Black Hills State University (BHSU) UB** in Spearfish set up an information table with media coverage of a Spin to Win TRIO Game with prizes.
- At **Northern State University (NSU)** in Aberdeen, the SSS peer mentors led a food drive for the local Salvation Army.
- **Sisseton Wahpeton College SSS** in Sisseton offered a language rejuvenation and traditional song workshop. The Vice President, as head of TRIO, encouraged students to volunteer in their communities.



In March,

- **USD TS in Rosebud** talked about TRIO to all 6-12th grade students and distributed snacks.
- **Dakota Wesleyan University SSS** in Mitchell held an open house for students, faculty, and staff, displaying photos and information, disseminating program stats, TRIO brochures, information, and treats. There was a TRIO giveaway and a press release on the DWU website.



In April,

- **USD TS in Cheyenne River** had newspaper coverage for their information table and photo board at Dupree HS with a sheet cake, snacks, and a prize drawing for participants.





- **USD TS in Lower Brule** held a movie day with pizza and candy, a photo board, posters, and handed out brochures.
- **USD TS in Wagner** also distributed pamphlets and hosted an informational discussion round with snacks for and by students.
- **USD TS in Pine Ridge** hosted a cookie day for all TS participants with three prize drawings throughout the day. **USD TS in Sioux Falls** set up an information table in the counseling offices of the various participating schools (Washington and Roosevelt High, Memorial, Patrick Henry, Axtell Park and Whittier JH) and did a one hour presentation on TRIO at the high schools, while offering snacks and beverages.
- SSS at **Lake Region State College in Devils Lake, ND** sponsored a buffet dinner with an awards ceremony for honorees and guests and a reception for honorees, guests, faculty, and participants.
- The **combined TRIO programs at NDSU in Fargo**, UB, SSS, Veterans UB, and McNair, will hold a banquet with media coverage on April 22, 2010, attending are those who are a participants of or contributes to TRIO programs at NDSU. TRIO achievers will be recognized and get an opportunity to speak and tell their stories. The Friend of TRIO award will be presented to the NDSU Bookstore for its service and support of TRIO. Representatives of the ND congressional delegation will attend as well as university leadership; faculty and staff are invited to attend and enjoy the evening of celebration.

In May,

- **TS at Cankdeska Cikana Community College in Ft. Totten, ND** will hold a senior banquet with graduation awards and group pictures, and finally
- **Sisseton Wahpeton College SSS** will organize a college campus challenge for all 10th graders in the area to let them know that college is the way to go.

All in all TRIO Day was a big success in the two state region which left students, faculty, school staff and community members more knowledgeable on TRIO and its various programs and work parameters.

College Goal Sunday in South Dakota

Five ASPIRE members in South Dakota assisted with College Goal Sunday on February 21, 2010. Assisting were three Educational Talent Search staff from the University of South Dakota: Marion Blue Arm-Goldsmith, Lacey Lemmert, and George Langdeaux, as well as two Student Support Services staff from Black Hills State University: Peggy Madrid and Susan Hupp.

College Goal Sunday is a national program that was originally created by the Indiana Student Financial Aid



Association with funding from Lilly Endowment, Inc., and with supplemental support from the Lumina Foundation. The program is now collaborating with YMCAs across the country to reach college-bound youth. South Dakota joined in the effort in 2007 and has served over 2200 South Dakota students and parents in the past four years.

With the ever-increasing cost of college and the lack of familiarity with the FAFSA (Free Application for Federal Student Aid) by most TRIO families, it is hoped that even more TRIO staff will volunteer their time to this very important endeavor next February! Volunteers are needed for help in completing the FAFSA, but also for registration and other duties that do not require in-depth financial aid knowledge. Anyone interested in learning more about College Goal Sunday is encouraged to contact Susan Hupp at (605) 642-6824 or susan.hupp@bhsu.edu.

Dakota Wesleyan University

The **DWU TRiO Peer Mentor Program** has been busy this semester! The mentors hosted 4 events this spring; one game night and 3 educational events.



Ellie Peterson and Shannon Mack presented a workshop on getting involved on campus. With the end of a semester brings about the chance to visit club meetings and petition for open seats on Student Senate...the perfect time to shop for opportunities! Club presidents and members were on hand to share information on their respective clubs.

Heather Love and Kelsie Nebelsick offered a workshop on how to stay fit and well for the economically challenged college student! Complete with real time demonstrations, this hands-on class showed everything from stretching techniques and weight lifting (compliments of Campbell's soup cans), to making the most of your cafeteria's food options to working the wellness center equipment.

Derik Fossum and Derric Ludens gave an amusing presentation on being Assertive as a college student. With the help of 3 crazy squirrels and a variety of popular sitcom clips these two young men effectively showed



the audience the dos and don'ts of how to skillfully use assertiveness to make your voice heard.



Even though classes are done, the TRiO Peer Mentor Program was in full swing planning and training for next school year. On May 3rd and 4th, the 8 peer mentors for the 2010-2011 school year attended CRLA (College Reading and Learning Association) peer mentor certification training. This intense training provided role-playing and discussion on the topics of ethics, boundaries, do's and don'ts, and assertiveness to name a few. Ice-breakers, games, and some comedic relief was sprinkled through-out as this dynamic team bonded and looked forward to a new year together.



Northern State University

NSU Upward Bound Spring Happenings

NSU Upward Bound escaped from the flood waters and ACTs to Madison and Sioux Falls for this year's UB incentive trip. We toured Dakota State University; went to the Kirby Science Discovery Center/Wells Fargo Cinedome; and cheered the Sioux Falls Skyforce on to a victory.

NSU UB celebrated TRiO Day by sharing the good news about UB with the teachers and staff in our target



schools. We created brochures explaining our program and had students take time to talk with their teachers about what we do. Next up – UB Summer Program!

South Dakota State University



Students checking out the DSU campus

TRiO Volunteer Community Service Project A Success!

Last fall, the TRiO SSS Advisory Board made the commitment to prepare and serve the meal for the Brookings Community Harvest Table. They worked hard to organize a food donation drive during the holidays by making a “food donation” tree. Working together, TRiO participants, staff and building co-workers donated meat, cheese, canned fruits and vegetables and homemade desserts. On February 1, 2010, a group of 18 TRiO student volunteers and staff prepared and served a meal of taco soup, crackers, bread and corn chips, fruit and homemade cookies and bars for 150 people.

Volunteering in this community service project gave TRiO students an opportunity to take on leadership roles, share creative ideas, work together to accomplish a common goal, and have that feeling of doing something good for others.



News from Utah

Snow College Upward Bound

Sophomore, Kelly Patino, was just picked as a \$2000 scholarship winner from Energy Solutions!!! The five major universities in Utah will match it (making \$4,000) if she attends one of them!

Summer Component classes are looking very exciting for 2010. Geology, political science, television production, the essence of Italian, diverse populations and courtship and marriage are among the offerings. Students



will be earning college credit. Summer Component is a residential program. At the end of summer our trip will be to beautiful Los Angeles where we will visit: President Nixon's Library, the Getty Museum, and the Le Brea Tar Pits. Our college tour will be to visit UCLA.

Diane J. Gardner, UB Director and Utah ASPIRE Past President, went to the Legs/Regs training held by Idaho Association of TRiO Professionals. The trainers were David Ferguson and Matthew Benney. The conference focused on "An Introduction to the Higher Education Opportunity Act." It was an invaluable experience.