After many edits, Madison Riley and Paige Gray turned in their scholarship applications. As juniors, they weren't sure if this was what the scholarship committee was looking for in its applicants. Reassured by teachers and peers, they submitted their best work for the Friends of NAEOP Scholastic Achievement Award and Pearl M. Hill Memorial Scholarship for Upward Bound Students. Then came the news in July. Both Meridian High School Upward Bound students won this year’s scholarships. They were ecstatic. Madison told me she cried! Paige was so humble and so excited. I was delighted to hear that I would be able to bring the students to the award ceremony during the NAEOP Conference in Eugene, Oregon. This was a whirlwind of a trip. We left Boise on a plane in the early morning and arrived in Portland just as early. We took our rental car and began the two hour drive to Eugene. Making a day of it. We really celebrate the student's accomplishments. We got to the conference with a bit of time to spare, and the students prepared themselves for the speeches they would give. I was so impressed with both students, they were extremely confident and well spoken in front of a group of 100+ TRIO Professionals. After the speeches were made and the lunch was eaten, we said our goodbyes and made our way back to Portland. In Portland the students explored Powell’s City of Books, viewed the White Stag Sign and bit into Guru Donuts, all iconic Portland cultural experiences. After some panic, we made our way back with plenty of time to the Portland airport. I would like to say thank you so much to Madison and Paige, I am so proud of you and your accomplishments. I am excited to see where the rest of your senior year will take you.

By Courtney Murray
TRIO UB Meridian Educational Specialist
Welcome New Faces of Trio

Jennifer Steeter
TRIO Upward Bound
Educational Specialist

Jennifer was born, raised, and spent her life until August of 2017 living in Michigan. She was an exchange student to Rio de Campos, Brazil, where she learned Portuguese. She has been married to her husband, Justin for 31 years. They now live on the Duck Valley Indian Reservation in Owyhee, Nevada. They have four adult sons. She homeschooled all of them, and returned to college once the youngest two started college. She graduated with her Bachelors degree in Sociology with a minor in Psychology from Saginaw Valley State University in December 2016. She is a first generation college graduate. She is enjoys being a part of the TRIO team at Boise State University, and all of her on the job learning experiences.

Jennifer Serves
Owyhee High School

JENNIFER’s Favorites

<table>
<thead>
<tr>
<th>Food</th>
<th>Pizza or homemade casseroles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Book</td>
<td>Do Hard Things: A Teenage Rebellion Against Low Expectations</td>
</tr>
<tr>
<td>Drink</td>
<td>The Pink Drink</td>
</tr>
<tr>
<td>Season</td>
<td>Summer</td>
</tr>
<tr>
<td>Sports</td>
<td>Soccer or Baseball</td>
</tr>
<tr>
<td>Candy</td>
<td>Belgian Chocolates</td>
</tr>
<tr>
<td>Hobby</td>
<td>Gardening or Crafts</td>
</tr>
<tr>
<td>Store</td>
<td>Michaels or Barnes and Noble</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Pita Pit</td>
</tr>
<tr>
<td>Dessert</td>
<td>Cheesecake</td>
</tr>
</tbody>
</table>

Amanda Brandel

Amanda was born and raised in Idaho. She graduated with a Bachelor’s in Business Administration from the College of Idaho. She is currently working on her Masters in Education at Boise State. She has a 10 year old daughter named Olivia who loves soccer. She loves being a soccer mom along with playing softball, golf, water/snow skiing and hiking. She loves the outdoors and all the things it has to offer in the variety of activities that one can engage in and be physically active. Her favorite quote is by her dad, “you only deserve what you allow.” She loves being a part of the TRIO family because it gives kids the opportunity to get into college and mentors people to make a difference in their lives.

AMANDA’s Favorites

<table>
<thead>
<tr>
<th>Food</th>
<th>Pizza</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movie</td>
<td>Remember the Titans</td>
</tr>
<tr>
<td>Book</td>
<td>Eat, Love, Pray</td>
</tr>
<tr>
<td>Color</td>
<td>Rainbows</td>
</tr>
<tr>
<td>Drink</td>
<td>Wine</td>
</tr>
<tr>
<td>Season</td>
<td>Spring</td>
</tr>
<tr>
<td>Sports</td>
<td>Softball</td>
</tr>
<tr>
<td>Candy</td>
<td>Mambas</td>
</tr>
<tr>
<td>Hobby</td>
<td>Spin Class</td>
</tr>
<tr>
<td>Dessert</td>
<td>Brownies</td>
</tr>
</tbody>
</table>

Jessica Mueller

Jessica is a sophomore at Boise State University. She is majoring in geoscience. She is very passionate about the environment and her growth as a student. “This attitude towards education was greatly influenced by TRIO Upward Bound.” She is a Nampa TRIO Upward Bound Alumni. She graduated Nampa in 2016 and is now working in the TRIO Upward Bound office as an office assistant. Outside of school and work, she likes to spend time with family, friends, and her 7 cats. She enjoys having seasonal photoshoots for my cats, reading, watching conspiracy theories and hiking.

JESSICA’s Favorites

<table>
<thead>
<tr>
<th>Food</th>
<th>Chicken Parmigiana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movie</td>
<td>Mama Mia</td>
</tr>
<tr>
<td>Book</td>
<td>Crime and Punishment</td>
</tr>
<tr>
<td>Color</td>
<td>Maroon</td>
</tr>
<tr>
<td>Drink</td>
<td>Iced Caramel Macchiato</td>
</tr>
<tr>
<td>Season</td>
<td>Fall</td>
</tr>
<tr>
<td>Candy</td>
<td>Strawberry Sour Belts</td>
</tr>
<tr>
<td>Hobby</td>
<td>Taking pictures of my cats</td>
</tr>
<tr>
<td>Dessert</td>
<td>Chocolate Chip Cookie</td>
</tr>
</tbody>
</table>
TRIO Upward Bound visits LA

On November 28th, 12 Nampa and Caldwell TRIO Upward Bound students flew to Los Angeles to visit colleges and participate in STEM activities. The Nampa students initially started fundraising for the trip last January because they wanted to push themselves to try to visit somewhere new. They were drawn to Los Angeles because it’s close enough to have affordable flights but far enough away to be a completely different cultural experience. With the help of a STEM grant, their fundraising goals were achieved and the trip was a go. Despite the pouring rain on the first day, the Disney California Adventure physics presentation helped build team spirit and unmask how Disney performs its magic. The next day was full of college visits including Pepperdine, University of Southern California, Pitzer College, and Scripps College to participate in physics and astronomy activities. We ended at the Griffith Observatory with a gorgeous night view of the city and sky. The final day was full of beach time, a swap meet, and a visit to Loyola Marymount before eating In-N-Out and heading to the airport. The trip was a success because it helped create a vision for what college outside of Idaho could look like and inspired students about what careers exist in the STEM field. Boise welcomed us with a snow storm and we all immediately wished we were back in sweet sunny California. Way to go Upward Bound students!

By Megan Simila
Nampa High School Educational Specialist

TRIO Upward Bound Alumni - Mei Zhou

Growing up in an immigrant family, going to college was always a huge goal. Problem was, no one in my family (myself included) knew how to actually get there. I got the best grades that I could but beyond that everything else that you needed to know and do before that college acceptance letter was completely unknown to me. Luckily, Upward Bound was there for me throughout the entire process. They taught me about the complicated college admissions process and introduced me to schools and scholarships that I never knew existed and truly walked with me every step of the way. Without Upward Bound, I would have had all the good intentions of going to college, but none of the actual skills and knowledge to get there. Honestly, my TRIO family has played a huge role into how far I’ve gotten today. At the start of high school I would have never dreamed that I would attend and graduate from a top liberal arts college. I now work for a global company in New York, so if I had one piece of advice for everyone it would be to dream big, take advantage of the amazing opportunities that TRIO provides, and not be afraid of chasing goals that seem outrageously far away. Don’t be afraid of rejections and setbacks; just allow yourself a chance to go as far as you possibly can.
IATP Idaho Leadership Conference

By: Benjamin Gonzalez, TRIO Upward Bound student at Caldwell High School

We loaded the bus and we took off on the long ride up to beautiful Moscow, Idaho. The very first morning there, we explored the amazing campus of University of Idaho, climbing the hills and peering at the yellow leafed trees breathing in the fall season breeze. We visited the big library, weight-training facility, some of the university’s academic departments and some of the huge fraternities on campus. After, we took the drive to Washington State University, home of the Cougars, again climbing hills and walking around the huge campus while viewing the university’s technology, campus life, and sports facilities.

The first day of the conference, we went over what it is to be a leader and what some of the traits are that make you that leader. Steven Martin gave us a keynote speech to inspire us as leaders to achieve more. He spoke to us about what kind of leader you are. Next, we did activities like a listening and leading workshop. In that, we found out what animals represented us as a leader on a leadership compass. This was lead by Lynsie Clott from the Department of Student Involvement. We also did some team building activities, like competing to make the tallest marshmallow tower. The challenge was that some of my teammates were blindfolded, couldn’t speak, or couldn’t use their hands. Although my group’s tower wasn’t the tallest, we did indeed make better relationships and collaborated better than when we first walked into the conference.

After we all ate delicious chicken tacos for lunch, we did a workshop working with drones and robots. We tested a small ball like robot called an ozobot. It followed a sequence of colors to move and do some cool tricks. Another robot we got to work with was the Lego robot. We programmed it to make a square using an iPad. We then got to fly a drone, moving it up and then down, left to right, just getting the feel of it. Continuing on in the conference, we had to map a course while flying the drone, using the iPad and moving the camera around to map all the different cuts and turns. Then we programmed our Lego robot to drive and maneuver in the course. My group only got the robot to get around a few sharp turns on the course but we were still successful in enhancing our leadership skills. We cleaned up and loaded the bases after a long learning day.

We had dinner at the U of I’s cafeteria, then drove to the hotel. A few others and I attended a fraternity meeting where they demonstrated their rituals and dances of their fraternity and gave us information on how they began their fraternity. Then after a super long wait with friends, we got to walk through an escape room, which was really fun to do and to participate in.

The final day of the conference, we made water rockets thanks to a team of NASA partners. We had a bottle, balloons, cardboard wings, and of course water. We built our rockets, set them up on a launchpad, and pulled a string, releasing them into the air. My rocket was good, even though it went straight up and took a big sharp turn to the right. I made some modifications and tested it again and I lost it in space. It was amazing. The conference and all the volunteers and U of I were great and we left feeling confident and like strong leaders ready to take on anything in our paths. The conference and all the volunteers and U of I were great and we left feeling confident and like strong leaders ready to take on anything in our paths.
Eighty-six high school students joined TRIO Upward Bound on the annual summer college tour. This year we adventured to Seattle. Unusually warm, Seattle was pulsing with energy and activity. The students were immediately drawn to how alive this unfamiliar city was. Students had the opportunity to see 10 different colleges and universities between the two charter buses. The college list was extensive: Eastern Oregon University, Columbia Valley College, University of Washington, Seattle Pacific University, Seattle University, Evergreen State College, Pacific Lutheran University, the Art Institute of Seattle, Central Washington University and Yakima Valley College. Schools ranged in size from 1,000 students to over 50,000 students! Upward Bound students were able to really visualize themselves at different types of colleges. I’m sure the students could never get enough college tours, but just in case they became tired of admissions presentations we also made sure they had the opportunity to explore Seattle! We roamed around the Seattle Aquarium, Fisherman’s Landing (which included the Seattle Great Wheel and Wings Over Washington rides), Museum of Pop Culture, Pike Place Market, and the student’s favorite: the ferry to Bainbridge Island. These cultural activities allowed students to discover more reasons to love the Pacific Northwest and to decide if it was a fit for them and their future college experiences. Upward Bound’s goal is always to give as much access as possible to students, help them to explore and learn what they might love to do. A trip to an aquarium may inspire a student to research marine biology, or a rollercoaster may activate the creativity in a future computer engineer! The beauty of these trips is not only introducing students to fun and new activities, but also creating friendships and bonds with one another that might last a lifetime! Thank you parents and students for trusting us with your safety and helping make this trip a success!

By Courtney Murray
UB Educational Specialist
I am embarrassed to admit that as an Upward Bound Specialist for over four years, I have never toured the College of Idaho. None of my students at Nampa High School had toured it either which meant we all needed a trip to see what college was only twenty minutes away. The day started with a tour of the campus and the beautiful new library that has glass outer walls and inner white board walls. We then heard from the admissions office about their PEAK program where students can pick one major and three minors. Lunch was one of the best college dining experiences I’ve had because who doesn’t love bacon burgers, seafood chowder, and ice cream? We then played games to learn everyone’s names and connect with the students who are in other class sections. Finally, Jim Everett, the college’s co-president, met with us in their performing arts hall. He reminded students about the platinum rule and inspired us all to keep persevering towards our dreams. It was a wonderful day of learning, laughing, and being reminded that everyone is important. Thank you College of Idaho!

Meridian High School Upward Bound had the opportunity to volunteer once again at the Deer Flats Wildlife Refuge. This fall we helped plant thousands of sagebrush plants. Nine Upward Bound students joined me for a bit of service. The students were so efficient in their planting, that we planted ALL of the seedlings in a little over an hour. The students broke off into two groups and just plugged away at digging, planting and watering. In the next decade people from all over the valley will be able to visit the refuge and see the work of hundreds of volunteers. After the unexpectedly quick finish to our day we headed to pizza for lunch. We were able to join around a few pushed together tables and discover that some student’s idea of a salad is a soupy mess of Ranch! We also got to laugh and learn more about one another. These simple moments around a table or in a van are some of the best experiences for me. I love seeing students make friends, and become comfortable with me to share about their lives.

By Courntey Murray
Meridian High School TRIO Upward Bound Educational Specialist
On Saturday, November 24th, all TRIO Upward Bound students had the opportunity to do some service learning during their Thanksgiving weekend by participating in a Rake Up Boise event that would conclude with donated tickets to the Boise State University vs. Utah State University football game. This day marked the first time since the end of Summer Program that students from all seven Upward Bound schools could come together and renew friendships that were fresh from summer or years prior. In total, 101 students were able to join us on this day of service and college experience.

Although late in November, the weather played nice and treated our group to a great day. We started by separating onto two buses to tackle the Rake Up portion of the day. Students were able to rake yards for community members that were unable to do the work by themselves. The ability to share a few hours of our day in order to bring joy to others is an amazing feeling. One of the houses the students served a gentleman who recently had surgery and was unable to rake his leaves. He was visibly struck by, and appreciative of, the generosity of our students.

After three hours of raking, the students were treated to dinner at the Golden Corral before a chilly night of football. The opportunity to break bread with old friends contributed to the sense of community that exists in the TRIO Upward Bound program.

The next stop was Boise State University, where the students were able to watch a nationally televised football game between two Top 25 teams, with the Mountain West West Division title on the line. The stadium was packed and the atmosphere was everything one would expect from such a big game. Even though Boise State managed a bit of a cushion, the game was never out of reach for Utah State and went down to the final few minutes of the game before Boise Stated sealed the victory. We could not have asked for a better game to expose our students to college athletics.

Special thanks goes out to all of our student participants, as well as all of our staff, that attended the day’s activities on a holiday weekend. We loved having the chance to see everyone together again!

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