Capital TRIO takes time to Clean Up Goddard Road

When presented with a project assignment of “giving back” to the community, students of UBIII at Capital High School made the decision to adopt a highway! Ada County Highway District has a program where members of the community can help to keep our county clean by adopting roadways in the community. With a little bit of digging, Brenda Serna-Rosales, Emrah Sahbegovic and Rose Lane learned that Goddard Road, the road right out in front of Capital High School, had been abandoned a couple years ago and was up for adoption! With a little assistance on paperwork, and some peer to peer promotion, this project was up and running. If you were driving along Goddard Road on November 9th, between the hours of 3:30 and 5:30pm, you would have seen eight hard-working students along the road with their yellow vests and orange bags, picking up the trash that littered the road.

“It was gross! Wet napkins, old cups, and so many cigarette buts! But it felt good to see how much we could accomplish in just a couple hours!” said senior, Brenda Serna-Rosales. The students of Capital High TRIO Upward Bound will continue the ACHD Adopt-a-Highway program with a commitment to clean Goddard Road at least twice a year for the next two years. It isn't glamorous work, but it feels good to make Boise a cleaner place to live!

By Nikki Cavalero
Capital TRIO UB Specialist
This time of year is a time of panic and constant questioning of life decisions for our seniors. To help ease the burden Meridian High School TRIO Upward Bound students decided to take an additional, smaller trip to Lewis-Clark State College and the University of Idaho. Five seniors and two juniors attend our quick trip North. We set off early Friday morning, arriving at Lewis-Clark State College in time for lunch and an admissions presentation. During lunch, we visited with two recent Meridian High School graduates. It was great to hear how successful their first semester at LCSC has been!

After the admissions presentation students toured two styles of dorms available at Lewis-Clark State College. Finishing up at the dorms we ventured to Reid Centennial Hall to get some admissions issues dealt with, and discovered the TRIO Student Support Services offices. TRIO SSS is the college level program offered at most state universities and colleges. All TRIO Upward Bound students should plan on applying to the TRIO SSS programs at whichever college they decide to attend.

The Meridian High School students were definitely excited to see the offices at LCSC and later at the University of Idaho. Once we finished up at LCSC it was time to keep driving north to Moscow to visit the University of Idaho. Our campus tour of University of Idaho took us along Greek Row, where Meridian High School students learned that Greek Life wasn’t just like it is in the movies. Instead the sororities and fraternities focus on community, service and academics.

On our University of Idaho tour we stopped off again at the TRIO Student Support Services offices, located in the Vandal Success Center of the University of Idaho Student Union Building. After visiting with the specialists there we made our way back to the admissions offices for our presentation. Students were able to connect with an admissions representative who was excited to make sure they were supported in their application to the University of Idaho. She wanted to make sure the students understood how important it is to ask for what they needed and that every university should be doing the most they can to help students be successful in college.

We left University of Idaho for dinner with two previous Meridian High School Upward Bound students currently at the University of Idaho. This trip was a no thrills, college tour only event, but the students came back to high school more confident about their choices and ready to hit the ground running toward college.

By Courtney Murray
Meridian TRIO UB Specialist
Lately, I’ve been inspired by people who have done great things, even in their old age. Let me tell you about one such person; her name is Emma Gatewood also known as “Grandma Gatewood”. She was the first woman to hike the Appalachian Trail solo, in one season with nothing more than a hand-sewn denim bag to hold her minimal camping gear and a pair of canvas Keds shoes for hiking in. But, the most astonishing thing is, she did her remarkable feat at the age of 67 after telling her children that she was “going for a walk”! Furthermore, she was already a mother of 11, grandmother and even a great-grandmother when she did it in 1955. She even returned to the Appalachian Trail two more times, hiked the Oregon Trail (Independence, Missouri to Portland, Oregon) and traveled to every state of the continental United States before she died in 1973 at age 85. Her accomplishments pioneered two movements in long distance hiking: ultra-light hiking and women thru-hiking.

Most people who have heard of Grandma Gatewood know about her remarkable accomplishments. But few know about her life before she became a long distance hiker. She was married at age 19 and was immediately expected to work the farm and tend to household chores. She suffered through 33 years of physical and sexual abuse from her husband before they divorced in 1940. She only had an eighth grade education and her first attempt at hiking the Appalachian Trail ended in disaster.

What does this have to do with TRIO Upward Bound? Many of us come from backgrounds where getting an education is difficult at best. Money is tight, responsibilities are endless and opportunities are limited. Sometimes it feels like the world is against you from all angles and there is no way that gaining a college degree is in your future. But, like Grandma Gatewood, you too can “go for a walk”. Your journey will have good days and bad days, hills and valleys, obstructions and vistas. Your accomplishments will come if you keep putting one foot in front of the other even when things get difficult.

My T3 students learned this last summer that when things get difficult, we need to “Embrace the suck!” Grandma Gatewood’s lesson is that we can do great things not despite of where we’ve been, but because of it! I think I’ll go for a walk.

By Corey Simpson
IT Systems Coordinator
On November 14, 2019, the Nampa High Upward Bound students ventured off campus to participate in Rake Up Nampa. We were given a house from the city that had goats, dogs, cats and LOTS of leaves. The first two classes of the day worked on raking up all the leaves and rotten apples and even got to pet the goats. The last class of the day was able to help the school’s attendance lady rake up all her leaves. Her yard was small but the leaves were at least six inches deep. Everyone worked hard, had a positive attitude, and arrived back at school with smiles on their faces. Great job, Nampa students!

Megan Simila
Nampa TRIO UB Specialist

The TRIO Upward Bound students at Nampa High visited Centennial Elementary three times in October to read to the students. Because the schools are so close, the TRIO students were able to walk there and read for about an hour with kindergartners through third graders. The teachers took pictures of the students and sent them out to the parents to show the collaboration between schools. One parent said her son was so excited that the “big” kids came and visited that he went and checked out a book in the library after their visit. Great job, Upward Bound students!

Megan Simila
Nampa TRIO UB Specialist
When I shared with my students here in Owyhee on the Duck Valley Indian Reservation that we would be hosting all of the other TRIO Upward Bound Boise State University programs for the Veteran’s Day POWWOW event here, they were all so surprised. They wondered why others would want to travel all the way to our little town, and experience a piece of their culture. The next reaction was excitement at getting the opportunity to do just that. Senior, Lance Owyhee stepped right into the role of student leader for the event. He planned and produced a video sharing about the reservation and cultural information. He then wrote out a presentation on POWWOW etiquette to give at the luncheon. Senior, Isabella Pasqual took on the role of making a slide presentation of POWWOW dances and regalia worn for each type of dance.

The students here all thought it was important to have a traditional meal, “the food was delicious and I was able to try new things that I surprisingly really liked,” said senior Alex Gurrola from Nampa High School. The food vendors at the POWWOW usually serve more modern items. So, together with the help of two experts we prepared Indian biscuits, deer and elk stew, and chokecherry pudding to serve to all of the attendees of the event. According to Brianna Miller, senior at Meridian High School, “the food was spectacular, they provided us with a venison stew that was like a little piece of heaven.”

On the day of the event, Owyhee students had a happy time reconnecting with friends from the other programs, as did students from other programs, like senior Payton Horkely from Nampa High School who recalled he “loved seeing all [his] Owyhee friends and where they have grown up.” New Owyhee students to TRIO Upward Bound were surprised at how many students there are altogether. It was a great opportunity and they all enjoyed getting to share the day.

By Jennifer Streeter
Owyhee TRIO UB Specialist
The history of TRIO is progressive. It began with Upward Bound, which emerged out of the Economic Opportunity Act of 1964 in response to the administration’s War on Poverty. In 1965, Talent Search, the second outreach program, was created as part of the Higher Education Act. In 1968, Student Support Services, which was originally known as Special Services for Disadvantaged Students, was authorized by the Higher Education Amendments and became the third in a series of educational opportunity programs. By the late 1960’s, the term “TRIO” was coined to describe these federal programs.

Over the years, the TRIO Programs have been expanded and improved to provide a wider range of services and to reach more students who need assistance. The Higher Education Amendments of 1972 added the fourth program to the TRIO group by authorizing the Educational Opportunity Centers. The 1976 Education Amendments authorized the Training Program for Federal TRIO Programs, initially known as the Training Program for Special Programs Staff and Leadership Personnel. Amendments in 1986 added the sixth program, the Ronald E. McNair Postbaccalaureate Achievement Program. Additionally, in 1990, the Department created the Upward Bound Math/Science program to address the need for specific instruction in the fields of math and science. The Upward Bound Math/Science program is administered under the same regulations as the regular Upward Bound program, but it must be applied for separately. Finally, the Omnibus Consolidated Appropriations Act of 2001 amended the Student Support Services (SSS) program to permit the use of program funds for direct financial assistance (Grant Aid) for current SSS participants who are receiving Federal Pell Grants.

The legislative requirements for all Federal TRIO Programs can be found in the Higher Education Act of 1965, Title IV, Part A, Subpart 2 [ MS Word (217K) | PDF (188K)]. The requirements for the SSS Grant Aid can be found in Public Law 106-554.

By The Office of Postsecondary Education
This past summer TRIO Upward Bound took 15 students to The Big Island of Hawaii on a STEM College Trip. The students were selected because they took the T3 STEM class during the 2019 Summer Program. Born of Fire... Born of the Sea. Hawai‘i Volcanoes National Park protects some of the most unique geological, biological, and cultural landscapes in the world. Extending from sea level to the summit of Mauna Loa at 13,677 feet, the park encompasses the summits of two of the world’s most active volcanoes - Kīlauea and Mauna Loa.

Our first adventure took us to Mauna Ulu / Pu‘u Huluhulu. A lava landscape from the 1969-1974 Mauna Ulu flow. We walked by lava tree molds and climb 210 feet to the top of a forested cinder cone, Pu‘u Huluhulu (hairy hill). We viewed Mauna Ulu’s steaming shield, which is similar to the now inactive Pu'u 'Ō'ō cone in the distance. We learned about Pāhoehoe lava (smooth, billowy, or ropy surfaces) and ‘a‘ā lava (chunks of very angular pieces), kipuka (old land surrounded by new land), lava tree molds, cinder cones, lava rampart, native pioneer plants and trees and panoramic vista.

Another stop was Pu'uhonua O Hōnaunau National Historical Park. Imagine you had just broken the sacred laws, the kapu, and the only punishment was death. Your only chance of survival is to elude your pursuers and reach the Pu‘uhonua, a place of refuge. The Pu‘uhonua protected the kapu breaker, defeated warriors, as well as civilians during the time of battle. No physical harm could come to those who reached the boundaries of the Pu‘uhonua. Our cultural presenter, Kahakaio Ravenscraft, shared stories from long ago and shared about how he is preserving tradition in this historical park.

We toured the University of Hawaii Hilo. We learned The Big Island of Hawaii is a natural living laboratory of active volcanoes, deep oceans, the world’s best telescopes and a rich cultural landscape. University of Hawaii Hilo ranks in the top 10 for both ethnic diversity and the low percentage of students with debt at graduation. University of Hawaii Hilo is the only place in the nation where students can earn a master’s degree in Indigenous Language Studies. TRIO Upward Bound currently has two students applying to attend the University of Hawaii Hilo in the Fall of 2020.

The Big Islands greatest leader was Kamehameha The Great. King Kamehameha was one of the most striking figures in Hawaiian history, a leader who united and ruled the islands during a time of great cultural change. Legends link his birth to storms and strange lights, activities thought by Hawaiians to herald the birth of a great chief. Because of prognostications at his birth and threats from warring clans, Kamehameha was taken away and hidden immediately after his birth. He spent his early years secluded in Waipio, returning to Kailua at the age of five. He lived there with his parents until his father's death, then continued to receive special training from King Kalani‘opu‘u, his uncle. This training included skills in games, warfare, oral history, navigation, religious ceremonies, and other information necessary to become an ali‘i-‘ai-moku (a district chief).

This was such an awesome opportunity for these students. Some of them flew on an airplane for the first time. This was the first time for them to visit Hawaii. This was the first time they experienced the Hawaiian culture and history. This will not be their last adventure with TRIO Upward Bound.

By Cory Freese
Rimrock TRIO Educational Specialist
As the Fall 2019 semester ends and students are getting ready for our Christmas break, we wrapped up our student led projects. Each student chose a project to participate in. The purpose of the projects was to make a difference in their community. Some of the projects were: food drive, TRIO apparel, blankets for babies, visits to Jr. Highs and a movie night for UBIII. Percephone, Vanessa, Naylissa and Brooke led the movie night, a fun time with the purpose of educating students about healthy relationships. Students got to socialize with their peers outside of the classroom, helping build community and learning what it takes to organize and execute an event. The students shared with each other their successes and struggles as they worked together to reach their goal. They have a newfound appreciation for the events put on by our TRIO staff!

By Monica Galvan
Borah TRIO UP Specialist

Two years ago Upward Bound at Rimrock High School in Bruneau Idaho applied for and received a grant to start a beehive project at the school. Our goal was to purchase equipment needed to sustain a hive for a year. During this first year, everything was going fine until March of 2019. That’s when we found our bee colony wiped out. We are not sure if it was from wasps, yellow jackets, mice or mites.

We applied for and received another grant for the 2019 school year. This time we applied what we had learned about wasps, yellow jackets, mice and mites. Our hive has thrived this past school year. So much so that we harvested 35lbs of honey in the fall.

Christian Sharek, a senior at Rimrock High School, has done most of the work this past year to keep our hive healthy. He has regularly fed the bees with Honey Bee Healthy diet supplement. He has helped the bees maintain a proper pollen level by providing pollen pads when needed. He also has placed yellow jacket traps near the hive to protect our little ones.

We are looking forward to the next year as we hope to have two hives and possibly add some Tech to help us maintain it as well. Stay tuned.

By Cory Freese
Rimrock TRIO UP Specialist

100% Pure Natural Honey

Raiders Gold

Healthy Relationships

Movie Night

As the Fall 2019 semester ends and students are getting ready for our Christmas break, we wrapped up our student led projects. Each student chose a project to participate in. The purpose of the projects was to make a difference in their community. Some of the projects were: food drive, TRIO apparel, blankets for babies, visits to Jr. Highs and a movie night for UBIII. Percephone, Vanessa, Naylissa and Brooke led the movie night, a fun time with the purpose of educating students about healthy relationships. Students got to socialize with their peers outside of the classroom, helping build community and learning what it takes to organize and execute an event. The students shared with each other their successes and struggles as they worked together to reach their goal. They have a newfound appreciation for the events put on by our TRIO staff!
4th Annual Farmworker Appreciation Dinner

On December 16, Caldwell High School hosted its 4th Annual Farmworker Appreciation Dinner. Doors opened to the community at 6:15 p.m. Prior to dinner, guests had the opportunity to attend a resource fair, have their picture taken with Santa, and play in a bounce house. Dinner was served at 7 p.m., and featured tri-tip steak, baked potatoes, salad, green beans, and bread. The Oyamel Folkloric Dancers presented cultural dances during the meal. After dinner, Leo Morales (Executive Director, ACLU of Idaho) provided a keynote address. The night ended with a sparkling cider toast.

The TRIO Upward Bound program at Caldwell High School is thankful for the opportunity to volunteer at this event. It is important to our program that we show appreciation to the members of our community who provide so much for us. One group of current and former TRIO Upward Bound participants volunteered during set up, doing tasks such as putting up tables, hanging decorations, and assembling the archway. A second group of participants assisted by serving dinner, dessert, and sparkling cider. A third, smaller group helped clean up after the event was over.

The Farmworker Appreciation Dinner featured many people who have ties to TRIO Upward Bound. Caldwell School District Trustee Marisela Pesina, mother of an alumna of the TRIO Upward Bound program at Caldwell High, hosted the evening. Leo Morales, the keynote speaker, is an alumnus of TRIO Upward Bound. In addition, Maggie Alcaraz, Admissions Counselor for Northwest Nazarene University, had a table at the resource fair. She is also an alumna of TRIO Upward Bound at Caldwell High School.

Thank you to Caldwell High School for hosting this event and allowing our TRIO Upward Bound family to be a part of it. We look forward to next year’s dinner!

By Josh Engler
Caldwell TRIO UB Specialist

TRIO Serves

This year, the Nampa Upward Bound students chose to volunteer with the Toys for Tots during the holiday season. In the Treasure Valley, Toys for Tots distributes over 11,000 toys to families in need which means there are LOTS of toys that need sorting. We were able to organize the toys by age and gender, count them, and put them in big boxes so they can be stored and ready for next year’s demand. At the end of our time, the marines also talked about ways to serve in the military and attend college. It was a great way to get in the holiday spirit, learn about college, and serve our community.

By Megan Simila
Nampa TRIO UB Specialist
Recently higher education institutions have come under scrutiny for their efforts supporting Diversity and Inclusion on campus. In Idaho, 28 state legislators wrote a letter to the new President of BSU calling out such initiatives as a waste of tax payer money (although most of them are funded by outside sources) and against the “Idaho way” of individualism and hard work. In October, I attended a debate between two state legislators who supported the letter and two who did not. In that debate, the legislators against these initiatives stated that diversity programs create division and give an unfair advantage to some students over others.

While their discussion focused on programs based on race, gender identity, sexual orientation and indigenous peoples, TRIO programs could fall under the umbrella of diversity programs in that they offer assistance to students who are low-income, first generation to college and/or have a disability. TRIO programs recognize that our students have challenges that other students might not and that they will benefit from extra guidance and support.

To best understand the need for diversity programs, we need to look at equality vs. equity. Equality is treating everyone the same, while equity is giving everyone what they need to succeed. People say that we all have the ability to pull ourselves up by our bootstraps, but some of us don’t have our boots on yet. TRIO programs are equity programs, we understand that our students come from backgrounds that add challenges to successfully completing college. However, with assistance, those challenges can be overcome. In other words, diversity programs are equity programs.

If colleges were to get rid of diversity and inclusion programs that understand that students from different backgrounds have unique challenges to success, we run the risk of TRIO programs being next on that list. If someone stands by the argument that all students are equal no matter their background, then there really is no need for TRIO programs. Our government understood in 1964 that students from low-income backgrounds whose parents did not graduate from college were not on the same level playing field as other students, hence the creation of TRIO programs to help those students succeed. And succeed, they have, because TRIO WORKS!

Mike Rupp
TRIO UB Assistant Director
Welcome: Monica Galvan

Born and raised in Guanajuato, Mexico and raised in Idaho. She graduated from Boise State with a double major in Art Education and Spanish. For the past seven years she’s taught for the Caldwell School District. She has a four month old baby boy, Milo, who is filling up her days with lots of new adventures. When she’s not in the classroom she loves spending time with her husband, Andrew, exploring new places. Altogether she’s been to 15 countries. She comes from a large family. She is the youngest out of 9! Her eldest brother is 20 years older than her! She has 27 nieces and nephews! She’s super excited to join the TRIO family because she is a server at heart and there’s nothing she’d rather do than create connections with the youth.

Welcome Back: Norma Valdivia

Born and raised in Guadalajara, Mexico. Moved to Idaho at 15 years old. Norma Valdivia Jimenez is a proud Nampa High School, TRIO Upward Bound, and first generation graduate. She went to the University of Idaho and graduated in 2017, with a double major in International Affairs and Spanish. Previously, she worked with the TRIO Upward Bound Program as a Residential Mentor during the summers of 2016 and 2017. However, she had been working in student service programs for over 4 years, including the Equity and Diversity Unit at the University of Idaho. Her hobbies consist of going to the gym, dancing, going to the movies, and reading. Norma, loves being part of the TRIO Family as it allows her to serve first generation students and their families in many different ways.
Program Contact Information

UB Project Director
Jaime Campbell
208-426-4842
208-863-7305
jcampbel@boisestate.edu

UB Assistant Director
Mike Rupp
208-426-4843
208-830-5281
michaelrupp@boisestate.edu

UB Educational Specialists
Megan Simila
208-859-8445
megansimila@boisestate.edu
Nampa High School

Josh Engler
208-921-0681
joshengler@boisestate.edu
Caldwell High School

Cory Freese
208-484-7177
coryfreese@boisestate.edu
Rimrock High School

Jennifer Steeter
989-714-3296
jennifersteeter@boisestate.edu
Owyhee High School

Nikki Cavalero
602-451-6707
nikkicavalero@boisestate.edu
Capital High School

Monica Galvan
602-451-6707
monicagalvan@boisestate.edu
Borah High School

Courtney Murray
208-859-0196
courtneymurray@boisestate.edu
Meridian High School

IT Systems Coordinator
Corey Simpson
208-426-2315
coreysimpson1@boisestate.edu

Office Staff
Norma Valdivia Jimenez
UB Administrative Assistant
208-426-2318
normavaldiviajimenez@boisestate.edu

Clerical Assistants
Jessica Mueller