

TRIO-SSS NEWSLETTER MAY 2023

There are just a few weeks left in the semester! We have TRIO recaps of some of the cool stuff you did this semester. In this issue, we are also recognizing our TRIO graduates. Good luck with finals!

End of Year Celebration



This issue:

TRIO TRIPS & SUCCESSES

- SEATTLE
- VOLUNTEER DAY
- U.S. CAPITOL
- WATER FIELD DAY

TIPS FOR A SUMMER IN GJ

TRIO GRADUATES

TRIO takes a trip to the McNair Symposium at the University of Washington

TRIO took six students to the University of Washington for an Undergraduate Research Symposium. We learned what graduate school looks like, learned leadership & advocacy skills, and saw lots of new research about STEM.



TRIO in Seattle



TRIO Volunteer Day

Students from CMU TRIO Student Support Services & Upward Bound spent a Saturday volunteering at local Central High School. We volunteered for Sleep in Heavenly Peace to build 26 beds for kids in our community who don't have a bed. It was a fun experience!

Staining the wood of the
bed's headboards



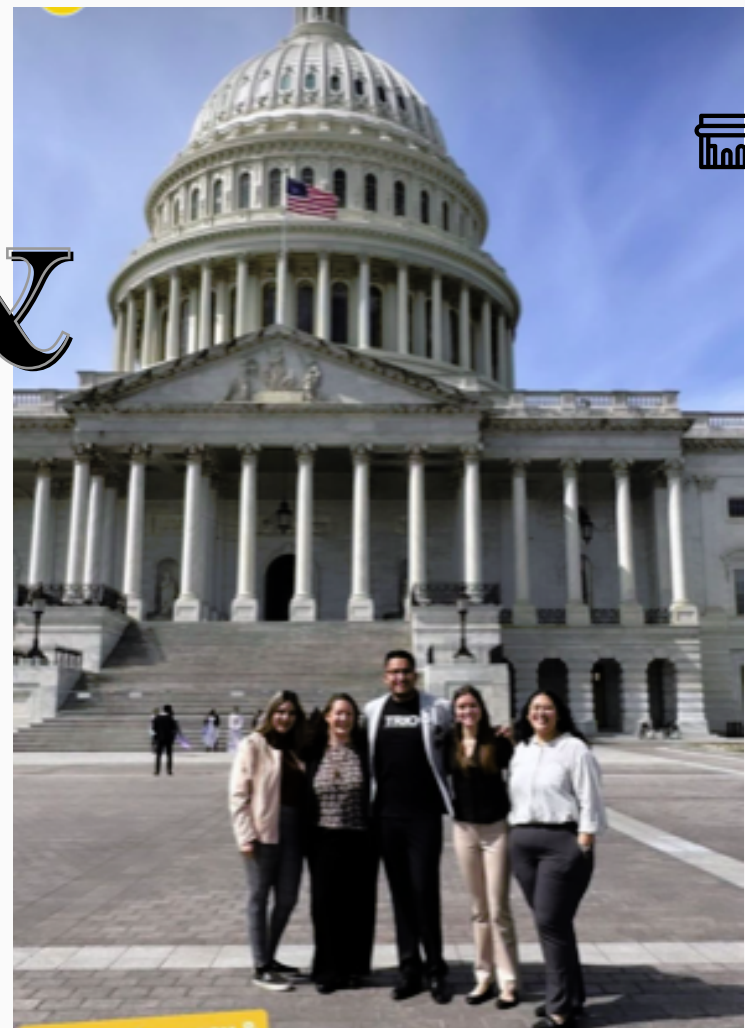
Sanding down the wood to
be used

TRIO's Trip to the U.S. Capitol

- TRIO joined countless other TRIO programs from around the nation to advocate for more funding on behalf of TRIO students everywhere.
- We met with Senators, Congressmembers, and Representatives to tell our TRIO purpose & stories. It was a great experience!



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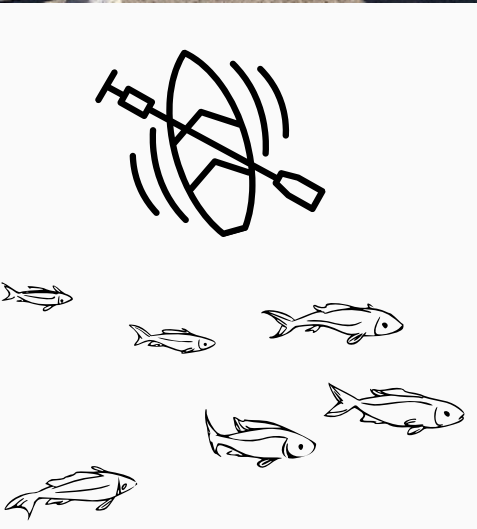


Water Center Education & Adventure Field Day

CMU's Water Center partnered with the Outdoor Program to put on an awesome, educational, and fun adventure day! We met at the Connected Lakes, where River's Edge West spoke to us about different species of fish, the surrounding terrain, climate, seasonality, and more. We also got a tour of the area.



CMU Outdoor Program provided paddle boarding gear and we were able to go out and enjoy the water.



Tips for a Summer in GJ

From your TRIO Team

Angelo's Pottery

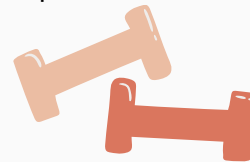
CMU Students get 20% off on Tuesdays with MavCard



Community Classes at YogaV

Check out the MindBody app on your phone's app store. It can tell you about local yoga class info. Some classes can be as little as \$7!

Grand Junction Parks and Rec



GJ Parks & Rec has many classes (yoga, tai chi, dancing) over the summer for discounted prices. Check out the GJ Parks and Rec website's calendar.

Outdoor Opportunities



You can rent a bike from the Outdoor Program for free! Take a ride or a walk on the Riverfront Trail! You can also check out the Botanical Gardens, spend some time on the National Monument or the Mesa, or go on an Outdoor Program trip.

More

- Check out CMU Student Life's Volunteering page!
- FREE concerts on Thursday nights in Fruita at Civic Center Park
- Eureka! Math and Science Museum
- Bowling
- Cross Orchards Historic Site
- ...and much more! Ask a staff member for more ideas!



Upcoming Graduate School Trip

JOIN US AS WE GO ON A...

UCLA GRAD SCHOOL TRIP!



TRIO will be heading to the University of Los Angeles this summer! We will be taking a graduate school trip and attending a McNair conference at the university.

**If you are
interested:**

Email Jess:

jwilmoth@coloradomesa.edu

TRIO Regular Graduates

We want to recognize our Spring 2023 Graduates! Congrats on all your hard work!

Amaya B.
 Kenguru C.
 Troy D.
 Bianca G.
 Genavee G.
 Gloria G.
 Oskar J.
 Jocelyn L.M.
 Elizabeth L.
 Britney L.
 Salina M.



Heidi C.
 Tynisha S.
 Autumn V. B.
 Leslie V.
 Valeria H.
 Jennifer R.
 Ana R.
 Ximena O.
 Jackson M.
 Tyler M.
 Jennifer R. B

 *Congrats!*

TRIO STEM Graduates

We want to recognize our Spring 2023 Graduates! Congrats on all your hard work!

Chimemeka A.
Giselle B.
Brooke D.
Jacob H.



Joshua M.
Shayna K.
Katie P.
Keyla T.



Congrats!