Caldwell High School TRIO Upward Bound Students Volunteer at Thanksgiving Banquet

By Myriam Pacheco Arredondo
12th grade, Caldwell High School

On November 23, 2016, 11 Caldwell High School TRIO Upward Bound students volunteered at the annual Thanksgiving Banquet in Nampa. The Thanksgiving Banquet helps families with food for Thanksgiving and make a meals for families to eat while they wait for their food. When we first got there, there were many people signing up to volunteer and many people checking in to get their food boxes and food. All volunteers were told to go up a couple flight of stairs to check-in, and after that we were assigned out positions. There were 6 TRIO students at the check-in tables, and 4 were outside helping load the food into family’s cars. My position was at the check-in table. It was such a great feeling helping everyone who came in and checked in. There were many Spanish speaking families that came in, and would look lost. They would talk to one helper but the helper couldn’t help because they didn’t know Spanish. When they would come up to me, trying to speak English, I would respond in Spanish, the look of relief they had on their face was what made my day the most. They looked so grateful that someone knew what they were trying to say, and that someone was able to help them. After asking them if they were there for a meal as well, they looked surprised and asked, “Are you for real?” When I answered with a simple, “Yes,” they looked so happy and their kids were so excited to eat at the church with other people. It was overall a great experience, to see all the happy faces and all the smiles we put on the families faces.
Upcoming Events

FEBRUARY 2017 - APRIL 2017

02/08 - Ridgvue HS FAFSA Night 6pm - 9 pm
02/09 - Kuna HS Advanced Opportunity Night 8-11th grade
02/16 - FAFSA event at Nampa High 5 - 7pm
03/07 - Kuna Seniors - Finalizing your Financial Aid Award
03/11 - SAT Test Day
04/01 - UIdaho Bound at University of Idaho - Admitted Seniors
04/01 - PNACAC College Fair at Boise State University
04/04 - Engineering and Science Festival
04/08 - Bronco Day at Boise State University
04/16 - CWI Program and Career Expo
04/18 - Kuna HS STEM Community Fair

* Dates may be subject to change

HELP YOUR FAMILY AND FRIENDS BECOME A PART OF TRIO!

TRIO Educational Talent Search and Upward Bound Programs are recruiting students throughout the school year! For more on who to contact, view the contact information on the back page!

Get Ready for Life After High School

If you are in need of help preparing for life after high school, Next Steps Idaho is here to help!

Sponsored by the Idaho State Board of Education, Next Steps Idaho is a website that provides information and resources to help students prepare for college, certification program, the military, or whatever career path they want to take. Resources are also available for families and educators that can be used to assist their students.

Visit their website at: https://nextsteps.idaho.gov
Owyhee High School Upward Bound Celebrates Native American Heritage Month

By Bethany Pete
Owyhee High School, TRIO Specialist

Owyhee High School TRIO Upward Bound celebrated Native American Heritage Month with the students of Washington Elementary, November 18th, in Caldwell, Idaho.

The afternoon began by honoring the flag with all fifteen Owyhee students singing the Shoshone Flag Song. After introducing themselves and their tribes senior, Adam Nalley, started with a short Shoshone lesson. He explained that there are only 19 letters in the Shoshone alphabet and taught numbers, animals, and simple school phrases. Words in Shoshone are often much longer than in English, and Adam demonstrated the difference on a white board. Students participated by echoing Adam and shouting out answers to his pop quiz at the end.

Next up, powwow dancers senior, Dayani Manning, and junior, Saroya Atkins, captivated the audience as they whirled across the stage. The girls each danced one song solo and two songs together. Dayani dancing fancy shawl and Saroya jingle dress. Both their elegant and brightly colored traditional regalia was met with much applause and interest afterward.

Freshmen, Lance Owyhee and Gage Johnson, ended the afternoon singing a series of traditional hand drum songs where the 4th and 5th grades were invited to round dance. It was definitely a day to remember as Owyhee students proudly shared their culture and teachings with students and staff.

A huge thank you to Washington Elementary’s school counselor, Cristina Medrano-Enriquez, for coordinating our visit!

Owyhee High School TRIO Upward Bound Students
**Micron Day**

Micron Offered us a new perspective on the engineering pathway. Getting to see how entertaining and well organized, the engineers jobs were made us rethink what we wanted to study for college. It’s amazing seeing how diverse the company was and it made us feel like it would be a pleasant and very comfortable future career.

Some of our highlights of the trip where getting to wear lab coats to get a feel of the professionalism of the job, and getting to go and walk out on the manufacturing floor. The whole trip was a great experience and a great opportunity to learn.

Brian Guadarrama and David Ramirez

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**TRIO Educational Talent Search and TRIO Upward Bound College Game Day**

On Friday, November 18th, 120 students from all TRIO Upward Bound grants, plus TRIO ETS students from Borah, Capital and Frank Church high schools had the opportunity to attend the Boise State vs. UNLV football game at Albertson's stadium. This cultural event served as a great chance for the Upward Bound students to reconnect with friends from the summer program and for the ETS students to get to meet other TRIO participants. The evening started with a true college experience: dinner at the Boise State cafeteria. The students were able to load up on the all you can eat buffet, ensuring warmth for the chilly night game. After dinner, the students got a taste of the game day atmosphere as they walked past the tailgaters that set up in front of the stadium. Inside, the students were allowed to sit in the student section and were able to witness the Broncos fight their way to a solid conference win. For many students, this was their first time at a college football game. The night was a great success, with students commenting on how great it was to see each other again and how fun it was to get to see a live college football game. The TRIO ETS/UB programs would like to thank the Boise State Athletics ticketing office for donating the tickets to our students.
Idaho Food Bank Volunteer Activities
with Upward Bound

By Courtney Murray
Meridian High School, TRIO Specialist

Eight TRIO Upward Bound Meridan students volunteered their time at the Idaho Food Bank on November 9, 2016. Students sorted a ton of food! We're not sure on the actual weight, but it was at least two pallets worth. Students worked hard and had a great time doing it.

Eleven TRIO Upward Bound Meridan students volunteered their time at the Idaho Food Bank on October 26, 2016. Students participated in the Backpack Program which helps elementary aged students feed themselves during the weekends when they're not at school. TRIO students organized and packed over 700lbs of food for the Backpack Program. TRIO students worked hard and had fun along the way! The students were so quick that they were able to also assist in packing bags with apples.

Current and past TRIO students, we want to hear from you!

TRIO Educational Talent Search and TRIO Upward Bound want to hear from you! Write a short essay on your TRIO experience for a chance to be featured in the next newsletter! Give the essay to your Educational Specialist or email to edileniguerrero@boisestate.edu
The “regular curriculum” covered in Upward Bound class this term included establishing classroom expectations, welcoming new students, updating resumes, completing the FAFSA and applying to colleges (seniors), classroom visits from college reps and a social worker, holding regular tutorial time to get school work done, and a visit to the College of Idaho.

This semester I’ve tried to bring attention to doing service and getting involved outside of the classroom. It may be participating in a school club, athletics, a job, or doing community service. There are many reasons to get involved: to meet new people, to try something new, to discover a passion you might not have known about, to help other people, to network, and frankly, it’s just darn fun.

Students at Capital and Borah learned how to organize and promote a children’s book drive. TRIO students handed out the books during Boise’s Holiday Parade, which included students from all of Boise State’s Upward Bound schools. Later that day, many students stuck around to represent TRIO in the Rake Up event, where we raked and bagged fallen leaves for people in the community.

In addition to these major service projects, here are some other ways students in UB3 got involved outside of the classroom:

- Izzy Al Samaraee and Alex Torres re-painted numbers in the parking lot at their school. This small act took only a few hours, but was immediately recognized and appreciated by staff at the school.
- Izzy, Tara Beck, Fanisee Bias, and Kat Cook each took shifts at the “Monster Mash” Halloween carnival at a local elementary school.
- Fanisee also interns with the Idaho Coalition Against Sexual and Domestic Violence. Among other things, she helped bring attention to the story of Bresha Meadows, an Ohio teen who faces murder charges for killing her abusive father.
- Talon Owens shared his story of a near suicide attempt at the flagship season of “Story Story Night,” a spoken word event for the community at Boise’s JUMP Center (and he makes a mean quesadilla).
- Robert Sam spent the fall playing football and helped his team to the class 5A Idaho State Championship game.
- Estela Antunez and Ashley Hoop spent many hours practicing and performing with their school’s orchestra programs. Dom Parker-Cole and Emma Smith did the same as part of the marching band and LaTerrius Brown reps musically as part of the choir.
- Fadil Adan, Robert Beazer, Valerie Black, Marco Garcia, Acelynn Gaudlip, Malorie Hastings, Ayan Madey, Abdi Mohamed, Kelly Obay, Vanessa Toro all held part time jobs outside of school. A job is not only rewarding financially, but also helps develop work ethic and teamwork.

While we are busy in the classroom, I want to applaud these students for being active outside of school and encourage everyone to try something new in the upcoming year. It really is darn fun!

By Erik Talbert
TRIO UB Specialist
Caldwell High School Upward Bound Book Club Meeting

I never thought I’d be part of a group that was recognized by the Idaho Superintendent of Public Instruction in the middle of a meeting at the Capitol building. Superintendent Sherri Ybarra then kindly excused herself from very important people to meet with ten students from the TRIO Upward Bound program at Caldwell High School who are taking part in the book club started by Joshua Englar. We went into the next room over and right off the bat I, and many other of the students, felt an instant connection with her. She shared her and her husband’s story and got on a very personal level with us. This opportunity gave us a chance to talk about our TRIO stories and similar problems all of us women face. During this meeting she shared some of her favorite sections from the book we’re reading, Secrets of Powerful Women: Leading Change for a New Generation. One thing that really spoke to me was when the superintendent said, “Never let anyone tell you that you can’t do something.” We’re very thankful to Superintendent Ybarra for taking the time to meet with us and share her experiences.

Hispanic Youth Summit

Being a part of TRIO Upward Bound has been a life-changing experience that will help me get an education after high school. My first trip was the Hispanic Youth Summit. It’s a trip that I will never forget. It taught me that even though my parents didn’t graduate high school I have the exact same opportunity just like anybody else of going to college and getting an education. When I first got to this event they divided us into groups of about 20 students from all over Idaho. It was kind of frightening not being with people I knew, but once I got comfortable I started meeting other people.

At this event I was able to meet new people from other schools, learn more about applying for scholarships, how to work as a team, and learned about different careers. Each group was taken to different stations. Some stations that were shown were about the military, FAFSA, engineering, art, and a lot more. Towards the end of the day they started giving out scholarships, which was one of my favorite parts of the day. Seeing Hispanic students receiving scholarships has inspired me about my future and education. By the end of this trip I have realized that even though I am Hispanic, I am still able to get an education after high school.
Nampa High School’s TRIO Upward Bound Visits North Nazarene University

On October 20, 2016, the Nampa High Upward Bound students walked over to NNU to taste what life is like at college. Even though NNU is only three blocks away from Nampa High, many students had never been on campus. While there, they toured the campus, walked through a STEM career fair, ate lunch, snapped pictures in a photo scavenger hunt, and listened to an admissions presentation. NNU’s generous welcome impressed the students who commented on how peaceful the campus was compared to Nampa High School. The sense of community that NNU builds was evident to all and many seniors who were not considering the school added it to their list. It didn’t hurt that NNU provided all of us with a free t-shirt as well. Thank you, NNU!

TRIO Educational Talent Search Visits Eastern Oregon University and Treasure Valley Community College

A group of 86 TRIO students, college mentors and ETS staff attended the Nov.5 Eastern Oregon University Preview Day. Our friends from the TRIO Student Support Program shared a presentation on campus resources, support networks, financial and and scholarships. Students enjoyed a beautiful and thorough campus tour that included stops at the beautiful resident halls and student facilities on campus. The group also had a chance to make a stop at the Treasure Valley Community College in Ontario Oregon for a quick tour. The trip was designed so students could learn more about the differences/similarities between community colleges and 4 year colleges; what they have to offer, and experience what it feels like to be on a college campus.

By Petya Stoyanova Johnson
TRIO ETS Specialist
It is never too late or too early to learn about the Free Application for Federal Student Aid (FAFSA). The time to learn is **NOW!** Filling out and submitting the FAFSA is now easier than ever. The following timeline allows you to develop a plan to submit your FAFSA in on time.

### Financial Aid Timeline

**JUNIOR YEAR-SEPTEMBER**
- Identify Financial Safety Schools
- Create FSA ID (if applicable)

**OCTOBER-NOVEMBER**
- Submit FAFSA
- Submit CSS PROFILE (if applicable)

**DECEMBER-FEBRUARY**
- Review Student Aid Report (SAR)
- Complete Verification and Other Forms

**MARCH-MAY**
- Compare Financial Aid Award Letters
- Tuition Deposit Due May 1st

#### FSA ID:
- Self-selected username and password that both students and parents must create.
- Visit [fsaid.ed.gov](https://fsaid.ed.gov) to create a username and password to be able to complete the FAFSA.
- *The FSA ID will need to be created before you can sign and submit your FAFSA.*

#### CSS PROFILE:
- Required by some private colleges as listed on [www.collegeboard.org](https://www.collegeboard.org).
- **Apply:** Starting October 1st. Deadlines vary.
- **Cost:** $25 for first school; $16 additional.
- **Info Needed:** Taxes/earnings from current and prior year, investments, benefits received, checking & savings amount, mortgage/rent info, business info, etc.

#### Student Aid Report (SAR)
- A summary of information you reported on your FAFSA; includes your family’s Expected Family Contribution (EFC).
- **Review your SAR to ensure successful FAFSA completion!**
- If necessary, add additional colleges or make corrections.

#### Institutional Forms:
- Some college will require you to fill out their own financial aid forms usually found on the college website or mailed/emails to you.
- Check with your college(s) to make sure your financial aid file is complete or if they need additional information.

#### Verification:
- Colleges may require additional documents to confirm the information reported on your financial aid forms.
- You may be asked to provide a tax return transcript, proof of citizenship, or documentation of legal guardianship (if applicable).
- Your financial aid will be pending until you submit all requested documents by each college’s deadline.

#### Financial Aid Award:
- Once you have completed all steps above, the college will provide you with a financial aid award through your student portal or via mail or email.
- The award will show the amount of financial aid you will receive if you attend that college.
- Review all your financial aid awards before submitting your **tuition deposit by May 1st.**

**GRANTS AND SCHOLARSHIPS = FREE MONEY!**

**LOANS = BORROWED MONEY**

**WORK-STUDY = EARNED MONEY**

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See your school’s TRIO Specialist with any question regarding the FAFSA. For information on who to contact, see page 12.
Explore technical programs from Machine Tool to Medical Assisting to Network Administration.

- Hands-on Activities
- Demonstrations
- College Readiness Tips
- Refreshments

**Nampa Campus** Micron Center for Professional Technical Education, 5725 E. Franklin Rd., Nampa

208.562.3000 | cwidaho.cc/ctpace

Over 35 programs on display!
Boise Holiday Parade and Rake Up Boise

Yasmin Torres Cordova (9th grade)
Caldwell High School

For my first TRIO event, to begin my first year in TRIO Upward Bound as a freshman, this experience was amazing. At the Boise Holiday Parade and Rake Up Boise, I got to meet amazing and beautiful people who are also in TRIO. My role for the Boise Holiday Parade was to design the float, make signs and wrap gift boxes, along with the help of my classmates. I tried to help with everything I could; I gave it my best effort. It felt amazing to help TRIO with this great event. In the past I’ve helped in so many events for other clubs, but nothing can compare to the great feeling I felt while helping TRIO with the Boise Holiday Parade and Rake Up Boise.

Once the day of the parade came all my hard work was all worth it, seeing the happy faces on the people that took time out of their day to attend to the parade. The smiles on the children grew larger when TRIO students passed out books to them. Right after we had lunch at Borah High School, it was time to do Rake Up Boise. We raked up leaves at 4 different houses. I helped with raking the leaves and putting them in the bags while my other classmates did the same thing. Right after we finished raking every single house, the homeowners would waive goodbye to all of us. It felt good that the homeowners would appreciate our hard work.

I’ve never done something similar to this but if someone asked me if I would do it again, I wouldn’t think twice about doing Rake Up Boise again. After we finished, it was time to go back home. During the bus ride home, I was thinking all the time to always be grateful to be part of this great program. The opportunities that TRIO always allows you to attend, such the great events, means that you won’t regret taking a piece of your time from your day to attend and go home feeling awesome for what you did to make people happy. Just the happy faces on people let me realize that with your own hard work you can make so many people happy. If in the future I have more opportunities to attend events like this, I’d be more than happy to.