

Gang's All Here!

Hello to all,

I am very excited to get to introduce myself as the new TRIO-SSS program advisor. My name is Dr. Alison Steigerwald (please call me Alison) and I am delighted to be joining the TRIO staff at CMU. I am originally from North Carolina where I did my BA at Guilford College in Greensboro and my MA at the University of North Carolina Charlotte. I recently finished my PhD at the University of Iowa in Iowa City, IA where I studied the history of women's organizations anti-war protests during World War I. As a MA and PhD student I taught undergraduate history courses, both large and small, as well as tutored in the writing center at the University of Iowa. I have always loved working with students and guiding them through the hidden curriculum of college and cannot wait to continue this work with TRIO at CMU.

As a student, and especially as a graduate student I always felt that I didn't belong and worried constantly about being "found out" for not being smart enough for the positions I held. This imposter syndrome made it difficult to ask for help even when I really needed it. As an instructor I realized that my students also felt this way and slowly learned to have self-confidence so I could help my students work through their own challenges. This personal history is one of reasons I sought out a position in student services rather than following the traditional academic track that people expect with a PhD. Of course this does not mean I don't still love history. If you ever have any questions about what a humanities degree can do for you or just want to chat about history or current events I am happy to chat.

When I am not at work I am usually playing with my adorable dog Ramsey who is a two year old Schichon (Shih-Tzu/Bichon mix) also called a teddy bear dog. For pictures please stop by my office where I will gladly show you the millions I have. I also love to read non-fiction particularly about history and current events. I also love to just chill in front of my tv (or iPad if being honest) watching Netflix, HBO, place your streaming service here) I will watch about anything but currently am catching up on DC Legends of Tomorrow. I am happy to give and receive suggestions for new shows to enjoy. I look forward to meeting all of you very soon!

-Alison



TRiO Mission

The mission of TRIO-SSS at CMU is to assist participants in achieving their academic potential, gain valuable life skills and expand cultural horizons through one-on-one interactions and group activities.

The FishBowl is the TRIO tutoring center that is available to all TRIO participants located in HH 137. The lounge will be available for tutoring and studying throughout the semester from 8:30am to 4:30pm Monday through Friday.

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- In the Spotlight
- Our Role in Prevention
- What's Cookin'
- Funnies & Inspiration



Keep in mind that TRIO participants are required to participate in a minimum of one activity per semester. Look throughout this issue for opportunities.

Contact Us!

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TRIO Offices
125 Houston Hall

FishBowl Study Lounge
137 Houston Hall

Finding Purpose Through Challenge

Hello everyone,

My sincere hope is that you are safe and healthy, and able to enjoy your summer break during these unprecedented times. Ideally, you have had an opportunity to reconnect with loved ones and you have learned to adapt to these new virtual circumstances; that would be my preference for all.

Stressful times are challenging, and I am reminded that while it may be uncomfortable, to say the least, challenge often leads to the opportunity for growth and change. I find that transition is a challenge, so I have relied on my strengths to adapt to my new reality. In honoring a few of my fundamental values, I have done some soul searching to help make a decision. In the belief that the importance of human connection should never be underestimated, I improved my outreach skills on all platforms so that I can continue to communicate with you, my friends and family. In recognizing what fuels my spirit, I make it a priority to get outside daily for a walk with my dog, which allows me to clear my thoughts for a new day. In understanding what I value and find purpose in, I have decided to retain my position with TRiO at CMU. I am honored to have a job that allows me to cultivate new friendships, interact with brilliant minds, share in the delight of striving towards goals and to witness all of our students' successes to graduation. All of these elements contribute to my purpose, which gives me strength, so thank you.

The mind, body, spirit and heart are all powerful influencers when we are faced with tough decisions. I hope that you are well and afforded opportunities that are beneficial to you throughout the summer and beyond. In recognizing the extraordinary times we find ourselves faced with today, I encourage you all to reach out if you are struggling. In unity, there is strength. Enjoy your summer break and I will look forward to your return in the fall.

~Kari Sewell



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We ♥ Email!

Angie: akgauthier@coloradomesa.edu ~ Alison: asteigerwald@coloradomesa.edu ~ Kari: kesewell@coloradomesa.edu

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Returning to Campus: Safe Together, Strong Together

GOAL



Goal: CMU is collaborating with medical experts and healthcare leaders to design a safe return to campus plan based on scientific evidence and medical best practices.

Training: define best practices and the training needed for the campus community to ensure a safe return to campus.



Prevention: Implement guidelines and practices to help prevent the spread of COVID-19

There are 3 phases to this initiative; we are currently in Phase 2.

Phase 1: Openings and Development of Operations—May 2020

Phase 2 in place.

Phase 2: Implementation of Safe Together, Strong Together Operations Plan— June 15, 2020

Our office is now open, however online communication is preferred due to social distancing restrictions. You can contact us through Microsoft Teams, email or office phone. In-person meetings by appointment.

Phase 3: Return to Campus Operating Plan—Coming soon, August 2020



Check your CMU emails often for the latest, or click [here](#) for updates on the CMU website.

Contact Us!

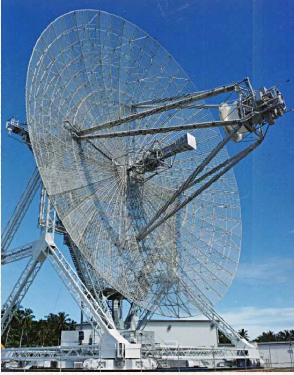
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On the Radar: Summer 2020

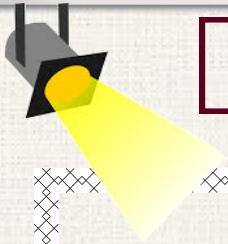


Summer Book Club

- ♦ June Book is *The Alchemist*
 - ♦ June 12th @ 2PM Zoom Meeting for the first 5 chapters
 - ♦ June 26th @ 2PM Zoom Meeting for the remaining chapters
- ♦ July Book TBD—Stay tuned
- ♦ August Book TBD—Stay tuned



Watch for updates on
Facebook and through
CMU emails



The Spotlight on Summer Semester

CMU IMPORTANT DATES

- ⇒ May 26—Start of Summer Semester
- ⇒ May 26-June 19—First Mod
- ⇒ May 27—Last day to add/drop first mod classes
- ⇒ June 2—Last day to add/drop full semester classes
- ⇒ June 8—Last day to withdraw from first mod classes with a “W”
- ⇒ June 15 - Many CMU Buildings are opening to some appointments.
- ⇒ June 22-July 17—Second Mod
- ⇒ June 22—Last day to withdraw from full semester classes with a “W”
- ⇒ June 24 last day to add/drop second mod classes
- ⇒ July 3—Last day to withdraw from second mod classes with a “W”
- ⇒ July 17—End of Summer Semester

What About TRiO on D2L?

- ◆ Work shops are still open and available to take if you are missing requirements for your participant status with TRiO
 - ◆ If you are unsure of your requirements still pending or your TRiO status please contact Kari - kesewell@coloradomesa.edu
- ◆ Strengths Quest
- ◆ Snazzy Resources can also be found on D2L

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Our Role in Prevention:

Frequent Hand Washing

[CDC Handwashing](#)



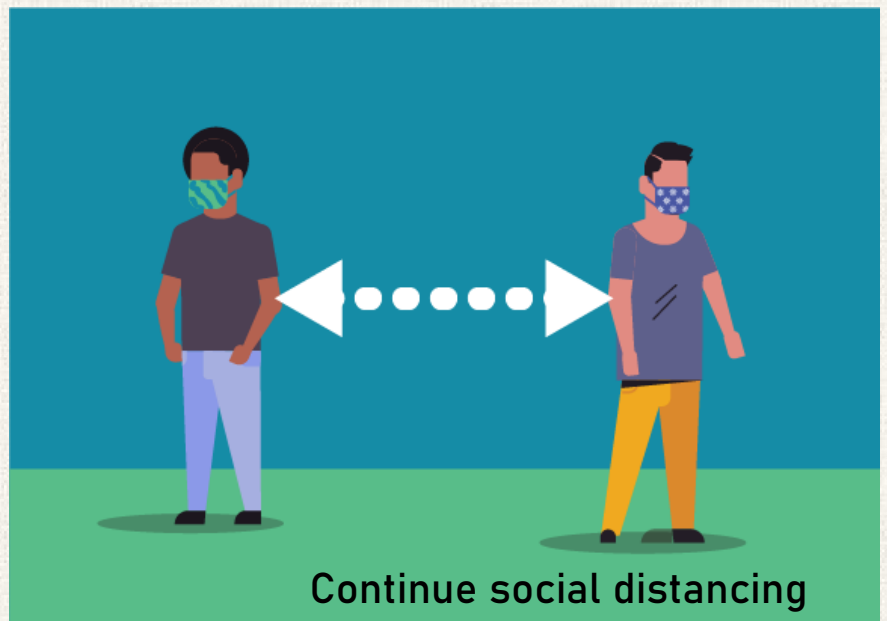
Use Alcohol based hand sanitizer and keep some handy.

[CDC Hand Sanitizing](#)



Wear a Mask

[CDC Mask](#)



CDC guidelines can be found at any of the blue links on this page

What's COOKIN'?

Taco Bell's Crunchwraps @ Home

Ingredients

- * 1 lb ground beef
- * 1 pack of Taco Bell Taco Seasoning
- * 8 large flour tortillas
- * 1/2 c nacho cheese sauce
- * 4 tostada shells
- * 1 c sour cream
- * 2 c shredded lettuce
- * 1 c chopped tomatoes
- * 1 c shredded cheddar
- * 1 c shredded Monterey jack
- * 1 Tbsp vegetable oil

Directions

1. In a large nonstick skillet over medium heat, combine ground beef and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink, about 6 minutes. Drain fat and wipe skillet clean
2. Stack 4 large flour tortillas and place a tostada shell in the center. Using a paring knife, tract around edges of shell to cut 4 smaller flour tortilla rounds.
3. Build Crunchwraps: Add a scoop of ground beef to the center of remaining 4 large flour tortillas, leaving a generous border for folding. Drizzle cheese sauce over each, then place a tostada shell on top. Spread sour cream over each shell, then top with lettuce, tomato, and cheeses. Place smaller flour tortilla cutouts on top and tightly fold edges of large tortilla toward the center, creating pleats. Quickly invert Crunchwraps so pleats are on the bottom and they stay together.
4. In the same skillet over medium heat, heat oil. Add Crunchwrap seam-side down and cook until tortilla is golden, 3 minutes per side. Repeat with remaining Crunchwraps. Then Eat and Enjoy!

For video walk through click [here](#)



Were there none who were discontented with what they have, the world would never reach anything better. ~Florence Nightingale

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Funnies & Inspiration

THE BEST
PREPARATION
FOR TOMORROW
IS DOING YOUR
BEST TODAY.

H. Jackson Brown, Jr.



"USERNAME OR PASSWORD
INCORRECT."



DESPICABLEMEMINIONS.ORG

...WELL
AT LEAST
TELL ME
WHICH
ONE IT IS.



IT'S IMPOSSIBLE TO LIVE WITHOUT FAILING

AT SOMETHING, UNLESS
YOU LIVE SO CAUTIOUSLY
THAT YOU MIGHT AS
WELL NOT HAVE LIVED
AT ALL - IN WHICH CASE,
YOU FAIL BY DEFAULT.

— J.K. ROWLING

