An alum of the University of North Dakota alumni was honored recently at the state conference for TRIO professionals in Bismarck, **Heidi Demars** received the North Dakota ASPIRE TRIO Achievers Award.

“I began my educational journey in a small town in ND. I was curious and shy as a child and enjoyed learning new things. I always knew I was destined for something more, I just didn’t know what,” said Demars.

Demars is an Outreach Coordinator for the Dakota Resource Council which is a nonprofit where she is responsible for fundraising, coordinating outreach events, and communications. She graduated from a small town in North Dakota, following graduation she bought a one-way ticket to Alaska. While in Alaska she was a nanny to a boy with special needs, this opened her eyes to seeing the positive impact his special education team had on him each day. Heidi then understood the importance of a college education.

Demars moved back to North Dakota and began school, this is where she was connected to the TRIO Student Support Services program at the University of North Dakota. She graduated from UND Magna Cum Laude, received a NextGen award, and a scholarship for her outstanding leadership qualities. She was also recognized for a garden project that she created.

Demars currently lives in Bismarck with her husband and two children.

Previous recipients of the North Dakota ASPIRE TRIO Achievers award include Amy Fisher and Josh Nichols.
Notes from Neil

Greetings to TRIO Alumni and Friends,

We are all looking forward to spring and some nice weather. I am also hoping to spend some time with students during summer. Upward Bound and then some camping, biking, and a motorcycle trip.

Several alumni activities have taken place the past few months. At TRIO Day, TRIO alumni came to talk to current TRIO students about their own educational journey and the importance of education on future careers. Kathy Langowski, alumni of both Upward Bound and Student Support Services TRIO Programs, was given the UND TRIO Achiever 2011 Award, and also served as one of the alumni speakers for the current students. Amy Fisher, EOC alumna, also served as a speaker during those student sessions, and also presented information about TRIO to North Dakota legislators during testimony on another topic. Bob Hewitt, Student Support Services alumni advocated in Washington, DC for TRIO Programs at the Council for Opportunity in Education Policy Seminar in March. Heidi Demars, Student Support Services alumna, was honored as North Dakota TRIO Achiever 2011 at the ND Aspire Conference in Bismarck. Congratulations to all of them!

During the past year, three McNair alumni also served as mentors for current SSS students during a panel discussion about graduate school. Future plans for alumni activities include the possibility of some program specific reunions, and alumni speakers for current Upward Bound students this summer. Information about those projects will be forthcoming.

I am sure you are all aware of federal spending cuts. If you are so inclined, a letter to President Obama telling about your experience in TRIO and asking for support of the programs would be helpful.

I wish you all a great summer and don’t forget to keep in touch with TRIO, we appreciate hearing from all of you.

Neil Reuter, Retired TRIO Director

A message from the director

Dear TRIO Alumni and Friends,

The past academic year has been full of activities for current UND TRIO Program students as well as for TRIO alumni. All five TRIO Programs have had successful years, with full attainment of all program activities and objectives. Neil Reuter, Director of UND TRIO Programs for many years, continues to support our programs through service as chair of our UND TRIO Alumni Society. Please read his newsletter article for descriptions of activities of that committee.

Locally, UND TRIO Programs continue to support recognition of TRIO alumni for their education and career success, through nominations of former participants for awards. This year, two TRIO alumni were recognized: Kathy Langowski (Upward Bound and Student Support Services Program alumna), was given the Outstanding UND TRIO Alumni Award at the annual TRIO Day luncheon and awards ceremony in February; and Heidi Demars (Student Support Services alumna), was given the North Dakota Aspire TRIO Achiever Award 2011, at our state professional association conference in March. Congratulations to them both, as well as our thanks for their commitment to “reach behind” and help current students in their education through serving as mentors and motivational speakers for them.

Nationally, on a less positive note, TRIO funding did take a cut during the last round of federal budget negotiations, and the Department of Education will be deciding how that cut will be distributed. The President and Arne Duncan (Secretary of the Department of Education), both need to hear from advocates that TRIO Programs are effective and should be fully supported.

Meanwhile our various TRIO summer programs will keep us hopping here and while that is happening, my best wishes go out to all of you for a relaxing and rewarding summer. Please keep in touch with us, we truly enjoy hearing from you!

Elaine Metcalfe, Director
UND TRIO Programs
UND Talent Search participant Anthony Four of Fort Yates, North Dakota, located on the Standing Rock Sioux Tribe Reservation is currently attending Sitting Bull College in Fort Yates as a freshman. He is a High School graduate of the Class of 2010 from Standing Rock Community High School in Fort Yates. Anthony has received Talent Search services since 2004, when he was in the 6th grade. This included classroom activities and being a very active member in our after school program Shoot for the Stars for the 3 years while attending Standing Rock Community Middle School.

Anthony remembers: going on college tours and doing a variety of activities to learn about careers and what it takes to be successful in academics and to go to college. Throughout High School Anthony was an attentive student, sought out information and was diligent about his grades in school and his plans to attend college.

Anthony is currently doing great at Sitting Bull College, he is currently going to finish his two year degree here, and then transfer. He is still debating colleges after Sitting Bull, but he will further his education after his two year degree. His career goal is to be a history teacher in his home community. He also hopes to learn his native language, and incorporate it into the classroom instruction when he becomes a teacher.

To highlight his growth and maturity in the past year, I recall when I spoke with him that he said he enjoys speech class and is earning good grades. I was so surprised because for many years he was a shy, silent, observant student. My response to this was; “so, you found your voice”. He chuckled and said “yes, you can say, I found my voice”.

This young man has always been a man of his word, he is trustworthy, dependable, respectful, has a sincere desire to succeed. I have no doubt he will

continued on next page
continue to grow and mature into a strong leader and contributing community member and a wonderful history teacher! I look forward to him joining the ranks of the many Trio Achievers that have earned the distinguished award for setting goals, practicing self-discipline and doing whatever it takes to reach them. Good Luck

Anthony Berhow, is a former Talent Search/TRIO student from Fertile-Beltrami School, one of our target schools in Northwestern Minnesota. She graduated from high school in 2008 and began college that fall at the University of North Dakota.

Some of Andrea’s extra-curricular activities during high school included Volleyball, the Yearbook staff, and Knowledge Bowl. During her college years she has been active in Sioux Crew and attending various sporting events, supporting the teams in their quest for victory.

When asked about how TRIO Talent Search helped Andrea during high school, prepare for college, she stated, “The TRIO Talent Search Program helped me to view all of my options for schools as well as areas of study. The career exploration was a major contribution in choosing my major or areas of study I felt would work for me in the long run. The TRIO Talent Search Program also gave me opportunities for scholarships when I decided to attend college after graduation. Talent Search also helped me learn about financial aid and how to apply to assist in paying for college.”

“I decided to attend the University of North Dakota in Grand Forks where I explored several areas of study before deciding on Accountancy.” During her college years, Andrea has been a participant in the TRIO Student Support Services Program at UND. Joan Jorde, Student Support Services Assistant Director at UND, has helped Andrea with academic advising and career planning, as well as help with filling out the financial aid application. Andrea has also received financial assistance through the SSS grant aid program.

Andrea is presently a junior at UND (and loving every moment!) and working towards her degree in Accounting. As for her future goals, she says that includes completing her degree and graduating from the University of North Dakota. She then hopes to “find a job”. That’s as far as Andrea is able to define what she will be doing in the future. We are very proud of Andrea for her accomplishments this far and wish her the best of luck in reaching her goals.

My name is Casey Hansen. I graduated from Win-E-Mac High School in the spring of 2006. At this time I was enrolled to attend UND in the fall but I was still unsure and open to many options like most high school graduates. In high school, I earned the status of valedictorian of my class and took the most challenging courses including College in the High School. I’ve always had a strong work ethic and was always very highly motivated. Knowledge Bowl, Baseball, Vice President of Student Council, Dare Role Model, Secretary-Treasurer of my senior class, and French Club were some of the activities in which I participated during high school.

In the week before graduation I received a phone call from Laurel Johnson asking me if I would be interested in applying for a scholarship through TRIO Programs. Talent Search/TRIO is the name of the program Laurel works for which provides services to Win-E-Mac School such as assistance with financial aid and career exploration. I said, “Yes, absolutely!” and worked hard on getting the application filled out and returned as quickly as I could.

I believe a month passed with no contact between one another and then one day the phone rang again. Here it was...
Laurel calling to congratulate me on being awarded the Jump Start Award. I was very excited but did not even know the details of this award yet. When Laurel told me it was a full ride for 4 years I was dumbfounded. I was thinking, “Is she messing with me?” Then she assured me that this was for real and it soon became clear that I had been given a great opportunity.

I knew I wanted to go for engineering but I also realized it would take at least 4 if not 5 years to graduate. My parents never finished college and have never had a whole lot of money so I was unsure how I was going to pursue my dream with the options I had. Then this Jump Start Award fell in my lap and finished college and have never had a whole not 5 years to graduate. My parents never and it soon became clear that I had been thinking, “Is she messing with me?”

Laurel calling to congratulate me on being excited about my opportunity. My name is Kyle Thibert I am a Junior at Lafayette High School in Red Lake Falls, MN. I have been working with Trio Talent Search for several years now which has helped me to begin planning for my future at a younger age so I will be prepared when I am a senior. This Summer I plan on participating in an Advanced Space Camp Academy hosted by the University of Alabama. I am very excited about my opportunity. My Talent Search Advisor made this possible for me by helping me apply and write a scholarship essay so I could afford to attend this academy. This academy will help me prepare for my future in Aerospace as I plan to attend the University of North Dakota following graduation next year. It was not an easy decision narrowing down what I want to be and what I want to go to school for after graduation but Leslie my Talent Search Advisor has worked with us so much on college planning and career exploration so I feel confident that Aerospace and UND are the right choice for me. Last month I attended an ACT prep course hosted my Talent Search and I received a 28 on my practice test. I am really looking forward to receiving my real score shortly so I can begin to prepare financially for college next year. I know I still have a lot of work to do before graduation so I am happy that Talent Search will be there to help me along the way.

Growing up east of the flourishing red river valley, opportunities sometime seem far from reach, especially coming from modest Minnesota towns like Oklee. Kayla Anderson began working with a Trio Talent Search Advisor her sophomore year of high school. Her goal was clear, earn a college degree. She earned respect of teacher and students alike as a solid student in High School and though sometimes shy, she stood out among her peers as an academic goal orientated student.

Kayla attended a Talent Search sponsored college tour of UND in the spring of her junior year. Determined to make her dreams come true, she made plans to head west to the University of North Dakota to earn a bachelor’s degree in Criminal Justice. Kayla has the encouragement and support of her family and a strong will to succeed. She’s not the first from her family to attend college, but she hopes to be the first to earn a prized college degree.

Now in her second semester at UND, Kayla feels confident on campus. She has been successful in her coursework and has easily adjusted to college life. She is making her dream a reality and at the same time setting an example for her siblings still in high school in Oklee, MN.

Hello Trio Alumni,

My name is Kyle Thibert I am a Junior at Lafayette High School in Red Lake Falls, MN. I have been working with Trio Talent Search for several years now which has helped me to begin planning for my future at a younger age so I will be prepared when I am a senior. This Summer I plan on participating in an Advanced Space Camp Academy hosted by the University of Alabama. I am very excited about my opportunity. My Talent Search Advisor made this possible for me by helping me apply and write a scholarship essay so I could afford to attend this academy. This academy will help me prepare for my future in Aerospace as I plan to attend the University of North Dakota following graduation next year. It was not an easy decision narrowing down what I want to be and what I want to go to school for after graduation but Leslie my Talent Search Advisor has worked with us so much on college planning and career exploration so I feel confident that Aerospace and UND are the right choice for me. Last month I attended an ACT prep course hosted my Talent Search and I received a 28 on my practice test. I am really looking forward to receiving my real score shortly so I can begin to prepare financially for college next year. I know I still have a lot of work to do before graduation so I am happy that Talent Search will be there to help me along the way.

facebook.com/undtalentsearch
AAUW gives award to SSS student

University of North Dakota Student Support Services participant, Kimberly Garnett was awarded the 2011 Outstanding Senior Woman award by the Grand Forks Chapter of the American Association of University Women (AAUW) on May 14. This award is given annually to recognize a senior student for her outstanding academic achievement, leadership ability, contributions to the community, and career potential.

Kim recognized early in her high school years that she wanted to become a nurse, and prepared herself well academically. However, as the first person in her family to go on for a four-year degree, Kim wisely sought out the Student Support Services program to help her navigate such things as registration planning, completing financial aid applications, and other administrative procedures that can be daunting for first generation students. While studying for her Nursing degree, Kim received honors for her scholarship, including her induction into the UND Chapter of the Sigma Theta Tau International Honor Society for Nursing, an organization open to high achieving students, and the Edna and George Ward Nursing Scholarship also for her academic achievement. She demonstrated her leadership ability by serving in several elected positions at the UND College of Nursing, including the Nursing Student Association Board (NSA), and the Nursing Student Body Council. As NSA Community Health Officer for 2010-2011, she coordinated the planning and implementation of that group’s community service projects, including Relay for Life, blood pressure screenings for the American Heart Association, and Heart Awareness Week activities at UND. She also served as a mentor to American Indian high school students who were interested in pursuing Nursing degrees. She is passionate about her chosen field and anxious to enhance her nursing skills. For example, she has worked part-time as a Certified Nursing Assistant at Valley Memorial Homes in Grand Forks for the past several years, and also completed a cooperative education experience at that facility. She did her Senior Nursing Practicum in the Cardiovascular Care Center at the Children’s Hospital in Minneapolis, one of the top ten pediatric cardiovascular programs in the United States.

Kim graduated with honors from the University of North Dakota with a Bachelor of Science degree in Nursing on May 14, 2011. Her career aspirations include working in a neonatal intensive care unit, and eventually completing a Family Nurse Practitioner degree. In her spare time, Kim enjoys photography, yoga, playing soccer, traveling and spending time with her family.

Lake Region EOC Student Shines in Law Enforcement Program

My name is Frank DeCouteau and I am currently a student at Lake Region State College where I am pursuing a degree in Law Enforcement. Last semester, I became a certified Police Officer and now work part-time as a police officer for Rugby’s Police Department.

I attended Turtle Mountain Community High School in Belcourt North Dakota until I was a junior when I left. In 2008, my dad died from cancer when I was 18. He was only 38.

I was the typical 18 year-old I guess you can say at the time of my dad’s death. I was a carpenter for the oil rigs. I was on a work location when I heard the news. I was speechless.

I wasn’t the same for a long time I had plans and goals like becoming a Police Officer but I didn’t have any ambition to pursue them. I guess you can say I was just an ordinary 18 year old.

One day, I decided that I would dedicate my success to my dad. After that day, nothing came easy. Nothing came close to being easy. It literally felt like every time I did something that set me forward, it
I am a graduate student at the University of Northern Iowa, working towards a Masters degree in Spanish. During my undergraduate studies at the University of North Dakota I was a McNair scholar. The McNair program not only helped with my upper level undergrad classes but also with the graduate classes I have taken at UNI. The tools the McNair program gave me included research projects, and research papers, which gave me a solid foundation for advanced studies.

The administrators and fellow scholars became like a family to me, the support, and camaraderie enhanced my educational experience beyond description. On several occasions when help was needed they were just a phone call away. This support was helpful in my academics and personal life. Their expertise and experience is a valuable asset to help set goals and meeting those objectives.

Andrea Estling

EOC Continued from page 6...

wasn’t long before something set me even further back.

I decided to get my GED, which I received in July of 2010. Almost immediately after receiving my GED, I enrolled at LRSC’s Peace Officer Training Academy in August of 2010. It was so close after receiving my GED that I wasn’t anywhere close to being prepared for what I was about to encounter in the Peace Officer Training Program.

I had no idea what college was about or how to go about signing up, paying for college, pretty much I didn’t know anything about college; mainly because I am the first of not only my immediate family but also my extended family to go to college.

The Peace Officer training Program started on August 21st. I arrived to sign up for the program just a couple days before the academy started. I was in the financial aid office, not having a clue what to say or do or who to talk to. All of a sudden Erika Gilbertson, my EOC Advisor, asked if she could help me with anything. From there on, literally every day, or at least every other day I was in Erika’s office.

I didn’t give Erika much time to situate anything but that didn’t stop her from getting me set up for the Peace Officer Program and financial aid. Quite frankly, I still had to go to Erika’s office about once a week to ask her questions about just about anything to do with the paperwork I would get in the mail. Without Erika I don’t have a clue how I would have made it. I just couldn’t understand what every other person was talking about like the financial aid worker. Erika would always break it down for me till I understood it.

She also assisted me in receiving funding for college through a program called Youth Build last semester and through the Job Placement and Training program this semester. This money was really important and necessary for me to be a successful student.

Honestly I never even thought about getting a college degree beyond the Peace Officer Training certificate. I always knew that I wanted to be a cop, but it wasn’t until the last 2 weeks of the academy that I thought, well I got my GED, in two weeks I’ll be certified to be a Police Officer why stop here, why not go for it all.

I went into Erika’s office and abruptly told her that I wanted to re-enroll in college the next semester. Erika looked shocked like really did this just happen, and just like that we were doing it all again.

Not once did Erika get frustrated with me, (well maybe she did one time, when I got my disbursement paycheck and blew it all on a fish tank and fish to put in my dorm room!)

Erika Gilbertson is arguably the nicest person I have ever met to this day. Erika helps me with just about everything! As a matter of fact tomorrow I will probably be in her office and she’ll help me with math, or give me a good phrase to use in my speech class.

I guess you can say that I was a diamond in the rough, just waiting to get my moment to shine. During the police academy, I broke a 20 year EVOC challenge course driving record, graduated with a 3.1 grade point average, and came close to breaking the academy’s sprint record for the physical fitness part of the academy.

My future plans are to graduate from LRSC with a two year Law Enforcement degree and just do what I’ve always wanted to be and that’s a Police Officer. So at the age of 20, I’m living my dream, but it wasn’t easy or even close to being easy. I just don’t know how I would have done it without Erika Gilbertson and the Trio Program. Once again, I dedicate these accomplishments to my dad.
This spring has been a busy fun filled one for the Upward Bound program. Besides summer planning we have also had a couple of trips for the students!

Students that are on the Advisory Board went to Minot in February to help plan the summer program. It is wonderful to see emerging leaders within our group! An educational trip was held in April for all the students able to attend. It was great to see the new students interact with the existing students and have the existing students provide some insight into the program for the new students!

This summer the students will be going to Lake Bemidji State Park, Turtle River State Park, having a Parent’s Day, and attending the Upward Bound Olympics at Northern State University in Aberdeen, SD. The final trip this year will be to the Minneapolis, MN area!

We also have many students graduating this spring. We are excited for them as they start a new life adventure. Upward Bound 2011 Graduates are as follows: Stephanie Ibanez- Crookston High School, Stevie Bull- Devils Lake High School, Rhea Counts- Dunseith High School, Talon Egeland- East Grand Forks Senior High, Gracie Gonzales- East Grand Forks Senior High, Amanda Mesa- East Grand Forks Senior High, Amanda O’Keefe- East Grand Forks Senior High, Sanaida Olvera- East Grand Forks Senior High, Whitney Shoemaker- East Grand Forks Senior High, Jewel Azure- Four Winds High School, Danielle Bartlette- Four Winds High School, Charles Lovejoy- Four Winds High School, Marcus Peltier- Four Winds High School, Mariah Peltier- Four Winds High School, Josh Legg- Grafton High School, Douglas Szklarski- Grafton High School, Gena Grant- Grand Forks Central High School, RJ Smith- Grand Forks Central High School, Cheyenne Davis- New Town High School, Christian Fleetwood- St John High School, Neil Smith- St John High School, Brandon Houle- Turtle Mountain Community High School, Amanda LaRocque- Turtle Mountain Community High School.

We are proud of these students for all that they have accomplished during their high school career!

Lori Larson,
Upward Bound Assistant Director