



WINTER NEWSLETTER



January - February 2024

TABLE OF CONTENTS



1

Note from the Director

- National TRIO Day

2

TRIO at UMary

- Workshop Reflection
- Life & Dignity Week
 - Black History Month
 - Monday Morning Mission
 - Right to Life
 - March for Life

5

TRIO Gets Involved

- Christmas at UMary
- Jazz Fest
- Teddy Bear Toss

6

In the Spotlight

- Wall of Fame
- December Graduates

7

Coming Up



■ Note from the Director

Nadine Butts

At the University of Mary, we take great pride in the impact that TRIO Student Support Services has had on the lives of over 6,000 students in the past 44 years. From providing academic tutoring and mentoring to helping with financial aid and career development. Through personalized support and a nurturing community, we strive to create an environment where every student feels valued, supported, and capable of achieving their dreams.

National TRIO Day serves as reminder of the commitment we share to empower and uplift students from diverse backgrounds, ensuring equitable access to higher education and fostering a culture of academic excellence. For over five decades, TRIO programs have led this mission, offering comprehensive support services and guidance to students who may face barriers on their educational journey.

On behalf of the UMary TRIO SSS team, I extend my sincerest wishes for a joyous and inspiring National TRIO Day. May we continue to celebrate the achievements of our students and the power of education in shaping their lives.

In Christ,
Nadine Butts; Director, TRIO Student Support Services



National TRIO Day

On February 22nd, 2024, TRIO celebrated 44 years at the University of Mary. Through the years, TRIO has supported and empowered 6,000 underrepresented University of Mary students. TRIO SSS celebrated this day beginning with a blessing at Mass. Proceeding to the lower level of Welder, students and faculty were invited to indulge in a beautifully arranged hot dog bar with an assortment of cookies and beverages. TRIO students filtered in immediately, sharing laughs and great conversation. They enjoyed some delicious food prepared by the TRIO advisors. As students finished and began to head out to continue their days, they took pictures with their peers and wrote a note about what TRIO means to them. See the next page to read a few of them.



What TRIO means to the students:

“TRIO is an opportunity to be the best me I can be.”

“Knowing I always have a shoulder to cry on and a smiling face to celebrate my accomplishments.”

“TRIO is my home away from home. They help me through the hard times and encourage to keep going. They give me confidence in myself and help me to grow as a person. Thank you for always being there for us!!”

TRIO AT UMARY Workshop Reflection

TRIO started the spring semester with some heat! Students had the opportunity to learn and practice salsa dancing techniques. January also brought an online workshop series which focused on learning strategies, presentation skills, and time management techniques.

TRIO Advisor Kristi Wanner helped us prepare for Valentine's Day with a presentation on the 5 Love Languages. Each student received a copy of the book and they enjoyed delicious cupcakes.

Finally, students had the opportunity to receive feedback on their resumes from local professionals at the Resumania event on February 13.



Life & Dignity Week - Black History Month

As February unfolds, we are honored and excited to celebrate Black History Month together. This month provides a special opportunity for us to recognize, honor, and appreciate the rich contributions of Black individuals throughout history. Within TRIO, we embrace the diversity of our community and acknowledge the profound impact of Black students, educators, and leaders.

Thank you for being a valuable part of our TRIO family. Hats off to making Black History Month a time of learning, unity, and inspiration.



Monday Morning Mission

During the University of Mary's third annual Life and Dignity week, the Monday Morning Mission was kicked off with well-known speaker, Danielle Brown, who is the Associate Director of the ad hoc Committee Against Racism at the United States Conference of Catholic Bishops.

Danielle had an amazing speech highlighting the importance of not shying away from the incorrect portrayal of African Americans in the church throughout history.

Following the speech by Danielle, members of the University of Mary Black Student Union; Christian Arteaga and Sophia Moore gave very moving excerpts from speeches of Dr. Martin Luther King Jr. Christian Arteaga recited Dr. King's famous "Our God Is Marching On" speech and Sophia Shreves delivered Dr. King's well known "I've Been To The Mountaintop" speech.

Afterwards, President of the University of Mary Black Student Union, Donzell Howard, was interviewed by University of Mary alum Mary Gutenkauf, with KX News, about the Black Student Union's involvement with Monday Morning Mission, and shining light on Dr. Martin Luther King Jr's legacy.

Howard says the words of Dr. King can help to unify the student body while still encouraging diversity. "We don't want to forget about anything. I think that just bringing awareness and constantly reminding people of what Dr. King did, where we were, and where we're at now is just big so that history won't repeat itself. We want to make sure that we don't forget about the past, and that we know and learn from the mistakes America has had."

- Donzell Howard, TRIO Student

Right to Life

The North Dakota Right to Life Non-Profit in Bismarck, North Dakota organized the March for Life. This event was held on December 21, 2023 at the State Capitol here in Bismarck. There were several speakers who spoke about the removal of abortion clinics out of North Dakota since Roe v. Wade was overturned, as well as the increase in assistance for single mothers and families.

The St. Teresa of Calcutta Community for Mothers on campus is a way that the University has provided additional assistance to single mothers who are working towards their degree. Angelina Hanft, a mother in the St. Teresa Community, spoke at the March for Life. "Before I formed you in the womb I knew you, Jerimiah 1:5..." as she began her speech, she described her experience when she discovered the life inside of her. The fear, shame and guilt she felt knowing her child would come into an imperfect situation. Yet and still, she persisted in giving her son life. The fight of the pro-life movement two steps forward with the overturning of Roe v. Wade; however, women are still crossing state borders to have abortions.

The last speaker was the Operations Manager for the Right to Life Non-Profit who prayed over mothers and doctors who are participating in abortions. She prayed that women and families receive the aid they need to choose life. Doctors and political leaders that support abortion are transformed and enlightened about the gift life is. At the end of the speeches, the crowd marched down to the reception site with their signs held proudly.



March for Life

Tuesday night on the 16th of January, 2024, over 100 University of Mary students embarked on a journey to Washington, D.C. to promote the dignity of a human person through the March for Life. Although the bus trip took about thirty hours, we stopped for Mass each day. We arrived Thursday morning at the Basilica of the National Shrine. Later that day, we had the opportunity to walk through the Holocaust Museum to view how human rights were violated in history. While touring several national monuments, Fr. Bouck announced his presidential candidacy!

The March for Life is a testament to the resilience of the human spirit and the enduring value of life itself. As I marched, I felt a renewed sense of responsibility to advocate for the voiceless and vulnerable members of our society. As a young college student, I am reminded that we have the power to effect meaningful change and uphold the inherent dignity of every human being.

Friday morning, we were ready for the real reason we were there. We ended up being towards the back of the March for Life and stood there for nearly an hour, but we took this as an opportunity to unify through songs. Even Monsignor Shea led a couple of them! The March for Life was a beautiful moment of unification, as we were all there for a common goal. Visitors from other countries

joined in, from as near as Canada and as far away as Ireland! Joining thousands of individuals from diverse backgrounds, ages, and beliefs, I embarked on a journey that transcended mere protest; it was a powerful demonstration of solidarity, hope, and unwavering conviction. The next day, the University of Mary contingent went to Georgetown University where Cardinal O'Malley gave a powerful talk on the dignity of life, and there were options to learn more about the pro-life cause through breakout rooms.

As I reflect on my experience at the March for Life, I am filled with a profound sense of gratitude and hope. It was a transformative journey that deepened my commitment to defending the sanctity of human life and advocating for justice and equality for all. As a college student, I am proud to stand on the frontlines of this movement, empowered by the knowledge that together, we can create a world where every life is cherished, valued, and protected.

The March for Life is a powerful reminder that our voices matter, and our actions have the potential to shape the course of history. As I return to the University of Mary, I carry with me the lessons learned and the memories forged at the March for Life, fueling my drive to be a champion for life in all its forms.

- Theresa Hays, TRIO Junior

■ TRIO GETS INVOLVED

Christmas at UMary

Christmas at Mary is a tradition that is as old as the university. The concert, which features a variety of choral and instrumental ensembles, drew people from many miles away for three packed performances. Dr. Tom Porter, who has directed the concert for 16 years, said that Christmas at Mary is an opportunity to showcase both the enormous talents of our students and the Catholic, Christian, and Benedictine tradition of the University. TRIO student and vocalist Liam Gorman claims that Christmas at Mary is a fulfilling experience for students because it allows them to show the audience what they have accomplished from hours of hard work both in and out of the classroom. "More importantly," Gorman said, "it allows us to bless the audience by bringing the good news that Christ is born in Bethlehem." TRIO student and Saxophonist Mya Tena, appreciates the opportunity to play with so many talented musicians in front of members of the community and families who travel from far away through the North Dakota winter.

While the concert is long over, the resonance of Christmas at Mary lingers, reminding all who participated in this concert of the enduring power of tradition, music, and faith.



Jazz Fest

The UMary Jazz Festival is one of the university's longest traditions, beginning in 1974 under the direction of Ernie Borr. Every year since, the festival has brought in local and regional jazz bands to play for one another, as well as guest musicians who adjudicate the bands to offer advice on how they can improve in their jazz performance. "The Jazz Fest" has always been about the educational and developmental aspect of music, not a competition," says Dr. Brian Lydeen, the current director of woodwind and jazz studies here at UMary.

Today, the Jazz Festival brings in dozens of middle and high school groups from around the region. This serves as a way to introduce younger students to the music program at UMary. Since the late 1970's, the University's own Jazz band performs both for the students involved in the festival as well as for the greater Bismarck-Mandan community.

"Since I was in 8th grade, Jazz Fest for me was always the event I looked forward to most throughout the school year. Now, being able to be part of the Festival makes me appreciate how much work goes into running it each year. I love the feeling of excitement that the middle and high schoolers have as it reminds me of how I felt when I would participate in this event at their age."

- Mya Tena, TRIO Sophomore

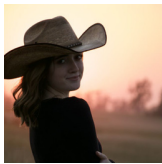
Teddy Bear Toss

The University of Mary Teddy Bear Toss is an annual event organized by the University of Mary Men's Hockey Team. During the Teddy Bear Toss, fans are encouraged to bring new or gently used stuffed animals to the game. After UMary scores its first goal fans throw the stuffed animals onto the ice. These stuffed animals are collected and later donated to local charities or organizations that work with children in need. The Teddy Bear Toss is not only a fun and heartwarming tradition but also serves to give back to the community and bring joy to children who may be facing challenging circumstances. The Annual Teddy Bear Toss is a highly anticipated event at the University of Mary which draws a large crowd to the game. It is a time to cheer on the Men's Hockey Team while giving back to the community. TRIO SSS is proud to have three students who play for the UMary Men's Hockey team. They are Jacob Murray, Teddy Lillico, and Conan Hayton.

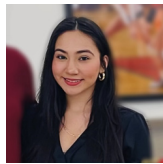


IN THE SPOTLIGHT Wall of Fame

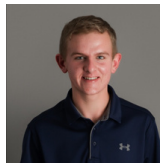
A big part of the TRIO program is helping students through tough academic and personal struggles. When they overcome them, we can celebrate them as well! A part of this celebration or recognition is the TRIO Wall of Fame. Every semester, the TRIO advisors select students that have showed tremendous perseverance, overcome a personal or academic struggle, or just have shown growth in their time in TRIO. Those selected get their picture hung in the Student Success Center for the semester. They also are invited to attend a breakfast in their honor. It is a beautiful way to celebrate the work that TRIO students do and fulfill the vision of the TRIO program.



Mackenzie Brown



Katarina Rios



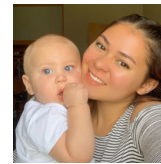
Riley Stotesbury



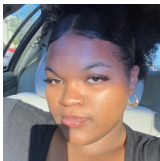
Grace Goven



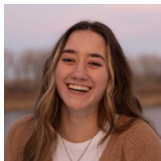
Emmanuel Lopez



Angelina Hanft



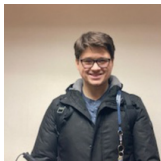
Patience Baker



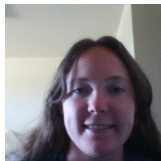
Maria Kroening



Elizabeth Diaz



James Bosco



Faith Peddycord



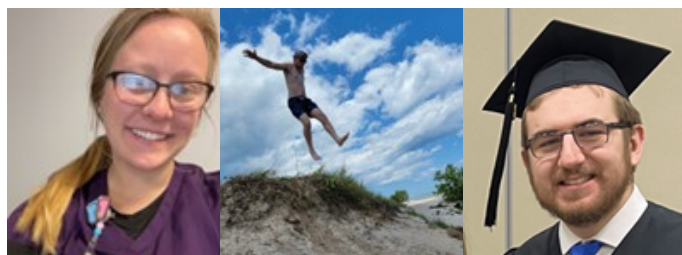
Teddy Lillico



Bryce Cain

December Graduates

Congratulations to the December graduates of TRIO SSS program at the University of Mary! These graduates exemplify the transformative power of education and mentorship. Beyond earning a degree, these students have displayed a sense of empowerment and self-belief that will move them forward in their personal and professional endeavors. As they forge into the next chapter of their lives, let us applaud not only their academic accomplishments but also the strength of character and resilience they have developed. The TRIO SSS community takes pride in celebrating these graduates who have overcome obstacles, shattered barriers, and risen up as confident leaders ready to make a positive impact on the world. Congratulations to the following graduates – your achievements are a source of inspiration and a testament to the limitless possibilities that education and support can unlock.

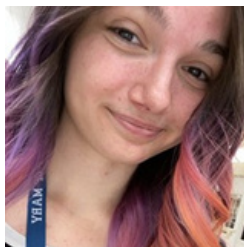


Sarah Lagge
Bachelor of Science
Major:
Nursing

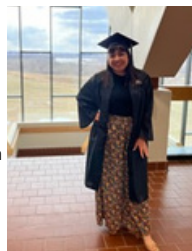
Abraham Luedtke
Bachelor of Science
Major:
Civil Engineering

Thomas Freas
Bachelor of Science
Major:
Mechanical Engineering

***Congratulations to all our
UMary TRIO grads that
were conferred in
December 2023!***



Hailee Godfrey
Bachelor of Science
Major:
Business Administration
Minor:
Financial Services &
Banking
Magna Cum Laude



Maria Osterbauer
Bachelor of Science
Major:
Elementary Education
Minor:
Catholic Studies

COMING UP

TRIO workshops stand as beacons of empowerment, equipping students with invaluable skills and knowledge that extend beyond the classroom. These workshops serve as practical platforms where participants engage in enriching experiences, fostering personal and academic growth. Covering a spectrum of topics, from effective study techniques to financial literacy, TRIO workshops provide a comprehensive toolkit for success. Through these workshops, TRIO SSS not only aims to instill practical skills but also cultivates a sense of belonging and confidence among our students, setting the stage for their success. Here are the remaining TRIO workshops to look forward to this semester:

Etiquette Dinner

March 20th

Business Etiquette Dinner

5:00-5:30pm- Social Hour

5:30-7:00pm- Dinner

Apple Creek Gallery- LVUC Lower Level

Lunch & Learn: What's Next?

Grad School and Beyond

March 27th

11:00am: Presentation 1

11:30am: Lunch

12:00pm: Presentation 2

Student Organization Conference Room - LVUC

ELL Convocation

April 5th

10:00am

Butler Hall

Financial Jeopardy

April 10th

3:30-4:30pm

Online via Microsoft Teams

*Fulfills TRIO Financial Aide requirement

End of the Year Banquet

April 15th

6:00-7:30pm

Chick's Place

Reoccurring Events

TRIO Community Circle: Mondays, 4:00-5:00pm in Welder 141

TRIO Lounge: TRIO students can stop by the Welder Library community space for snacks and conversation whenever they want!