

Special points of interest:

Save The Date!

SWASAP Cookbook!

Randy Scott's Article

State Pages

Upcoming Meetings:  
SWASAP Board Meeting  
August 12-13

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# TRiO Advocate

## President's Report



Barry Lofton

Dear SWASAPians,

The SWASAP Board of Directors have been very busy sharing and executing

strategies and best practices as we continue to be a leader in the advancement of the TRiO community. I would like to express my sincere thanks to the Board for its outstanding work and commitment.

We have been charged with a number of assignments from COE Board Chair, Deborah Northcross. We will certainly meet these challenges as we share the common goal of assisting students as they pursue their dreams.

SWASAP has proven that **TRiO Works** and we will continue to provide students a pathway toward a postsecondary education.

I'm proud to represent the members of SWASAP and look forward to seeing you in the near future.

Keep doing your great work!

Best Wishes,

Barry Lofton

## 2010 Annual Conference—Save the Date!

The annual conference for the Southwest Association of Student Assistance Programs will be November 7-10, 2010 in beautiful Albuquerque, New Mexico.

We will be staying at the exquisite Hyatt Regency in the heart of Albuquerque. It is the only four diamond hotel in downtown Albuquerque. It is

within easy walking distance to shops and galleries.

The conference will have exciting speakers and workshops for all TRiO Professionals. Please put the date on your calendar and plan to attend. You will be glad you did! We will also be in need of excellent workshop presenters, so if this is you, please refer to the call for proposals that can

be found on the SWASAP website.

Online registration will again be done through c-vent and the site should be ready to go soon. Be sure to make this great event. If you have any questions, please call or email Deborah Evers at 405.744.4214 or [eversd@okstate.edu](mailto:eversd@okstate.edu)

### Publications and Technology Committee:

Ron Abel, **Karin Brown—Editor in Chief**, Brina Ford, Teriki Hicks, Randy Scott, James Spigner, Katrina Walley and Kris Simpson, - Chair.

If you have newsworthy items to share with your regional association, please send them to us!

## SWASAP Conference Talent Show for COE Fair Share & Fun

Are you a great singer? Do you play an instrument? How about the Spoken Word? Do you have a talent that you'd like to show off? this year SPECTACULAR!!! If you have any questions or would like to request a sign up form, please do not hesitate to contact me.

November 8, 2010  
Hyatt Regency Hotel  
Albuquerque, NM

\$311.00 was raised for Fair Share in 2009, can we top that?? Last Year's show was GREAT... Let's make

Sandra Reyes-Garcia,  
M.A.M - Conference  
Talent Show Chair  
TRiO Student Support  
Services  
Clovis Community  
College  
Clovis, NM 88101



**SWASAP Secretary**  
**Susan Cramp**

### From the Desk of the SWASAP Secretary...

It is with sincere mixed emotions that I write this update for the TRiO Advocate. Effective June 21, 2010, I am longer employed with the ENMU -Portales Upward Bound Program. The current SWASAP By-Laws will allow me to continue to serve SWASAP; however, given the nature of my new position, I will be unable to continue my term as SWASAP Secretary. Therefore, I am respectfully resigning as SWASAP Secretary. I will still assist President Lofton in preparation for the August SWASAP Board Meeting.

I have resigned as the Director of Upward Bound and have accepted the Director of the Advising Center for Eastern New Mexico University. The last 13 years working with Upward Bound, I have met some of the most

amazing, determined and inspirational individuals from students, parents, and colleagues.

I have been honored to serve as the Treasurer for two years, the President-Elect and President of NMWTASAP. I have also been honored to serve as the SWASAP Regional Secretary for 1.5 years.

The mission and purpose of Upward Bound is the heart and soul of my personal (and social and political) beliefs and I have met and worked with some of my best friends! However, I am looking forward to the Director of Advising Position as an opportunity for professional growth. I love advising! I will also be able to continue working with TRiO eligible students in the advising center and am

looking forward to bridging the gap between the advising center and the Student Support Services Program on campus.

Please note, I plan continue to pay membership in NMWTASAP and SWASAP and make fair share contributions to COE. As an SSS Alumni, I know the work, dedication and sacrifice that TRiO Programs and Staff make. My accomplishments are a result of the support I received from TRiO. I AM TRiO and TRiO WORKS!

Thank you for allowing me to serve SWASAP. I am entirely grateful for your support, encouragement and camaraderie.

Yours in TRiO,  
Susan Cramp

Are you a **SWASAP Facebook** friend? Check it out!

## CALLING ALL SWASAP CULINARY CONISSEURS!

*Do you have a succulent specialty to share with your fellow SWASAPians?*

The SWASAP Publications Committee is now requesting your finest recipes!

Plans are in the works to create and develop a SWASAP Cookbook to raise funds at this year's SWASAP Conference in Albuquerque, NM!



**...BUT WE CAN'T DO IT WITHOUT YOUR HELP!**

Please share one of your favorite:

- ~Appetizers~
- ~Entrees~
- ~Side Dishes~
- ~Special Sauces~
- ~Desserts~

*And make your unique recipe famous!*

Please submit all recipes, as well as suggestions and ideas, to:  
Katrina Walley at [katrina.walley@clovis.edu](mailto:katrina.walley@clovis.edu).

Our goal is to have **each of the five SWASAP states submit 30 recipes** to contribute to our project!

We have already received a couple of submissions from Louisiana ~ please see page 4 for a sneak peak and an example of what we need submitted.

This project will not be possible without the help of all dedicated SWASAP members! Please submit your recipes TODAY!

## ***Louisiana Seafood Gumbo ~ Submitted by Ron Abel***

- 2 -3 lbs. shrimp tails with shells on (if your shrimp have heads attached, which is better for stock, use 5 lbs.)
  - 4 - 5 gumbo crabs (if not available, use another can of crab meat)
  - 1 tin canned crab meat (lump, white, or claw)
  - 1 large can of diced tomatoes
  - 2 ribs of celery
  - 1 medium onion
  - 1 bell pepper (I leave this out for my family because they don't like peppers)
  - 1 cup oil
  - 2 cups of all-purpose flour
  - 1 1/2 gallons water
  - 1 - 2 lbs of chopped okra (frozen works well)
  - 2 bay leaves
  - 1 tbs. gumbo file' (optional if you are not able to get it - it is dried, ground sassafras leaves)
  - 1 1/2 tbs. liquid crab boil
  - 2 tbs. salt
- (Note -- you can use 3 tbs. of powdered crab boil instead of salt and liquid crab boil)



In a 10 - 12 quart stock pot, put in water and crab boil/salt. Bring to a boil. Add defrosted shrimp and gumbo crabs - bring the water back to a boil. Turn water off as soon as it boils again. Cover pot and let shrimp and crabs sit for 5 minutes. Remove shrimp and crabs from the seafood stock you just made and let them cool -- do not discard the liquid from the boil -- this is the critical element in your gumbo! Bring the stock up to a simmering boil.

While the shrimp/crab is cooking/cooling, rough chop onion, bell pepper, and celery. In a heavy skillet (preferably cast iron), sauté' the onion, pepper, and celery in 1 tbs. of oil. When the veggies are soft, add to the stock pot of simmering liquid. Also, add the canned chopped tomatoes, the canned crab meat, and bay leaves. Do not clean the skillet -- you will use it later to make your roux.

Peel the shrimp as soon as you get the chance. Large tails can be cut into smaller pieces if you desire. Do not add to the stock until the last minute.

With the stock cooking away with the veggies, you will now make a roux to thicken the stock. Using the cast iron or other heavy skillet, put in one cup of oil and one cup of all-purpose flour. Using a metal spatula, cook the roux until it is a dark color - about the color of a dark paper bag. Darkness of roux is an individual thing. You can make it darker for a stronger tasting gumbo. Do not let the roux burn or you will have to start over.

When the roux is almost as dark as you want it, it is time to add the okra to the stock. Finish the roux to the desired darkness. Then, spoonful by spoonful, add the hot roux to the hot stock. This will thicken the gumbo. Add as much as desired. If you don't use it all, you will have a thinner gumbo. This is how some people like it.

Finally, after the thickness is how you like it, add the shrimp and the gumbo crabs back to the pot. Sprinkle with the gumbo file' as you serve it over rice.



## TRiO Gives Back!

### Scholarship Committee Update

The scholarship committee is happy to report that 105 applications were received by the June 15<sup>th</sup> deadline. The applications have been sent out to all members of the scholarship committee for the reading/scoring process. The scholarship committee will submit the slate to the board for approval at the August SWASAP

board meeting in Albuquerque. After board approval Directors of the scholarship recipients will be notified and asked to provide verification of college enrollment for the Fall 2010 semester. Once verification is received an official letter and check will be sent to the program director for dispersal to the student. It is an honor

to serve on this committee and all members are working hard to ensure a successful competition.

Respectfully,

2010 SWASAP  
Scholarship Committee

Brina Ford  
Chair  
SE Educational Talent  
Search  
Durant, OK 74701

### Upward Bound Students Launch Anti-Bullying Campaign

Several news outlets recently visited the OSU-Oklahoma City campus to witness the beginning of a local anti-bullying movement. To combat the rise of bullying, OSU-OKC's Upward Bound students are "standing up for the silent."

Every summer, students participating in the OSU-OKC Upward Bound program attend a six-week summer session on campus. This year's focus was an anti-bullying initiative titled "Stand for the Silent."

Upward Bound is a federally funded TRIO program that aims to assist high school students in achieving a college education. For more information, contact Francie Moss, OSU-OKC UB Director at (405) 945-8626 or mossv@osuokc.edu.

To see NewsOK's story, visit <http://www.newsok.com/oklahoma-city-area-students-create-anti-bullying-campaign-to-honor-11-year-old-suicide-victim/article/3476233>

To see FOX 25's story, visit [www.okcfox.com/newsroom/top\\_stories/videos/kokh\\_vid\\_1799.shtml](http://www.okcfox.com/newsroom/top_stories/videos/kokh_vid_1799.shtml).

KOCO's story: <http://www.koco.com/video/24264545/index.html>

## AASAP News

### Logo

AASAP is happy to present our new logo.



### Website

AASAP is proud to have our new website up and running.

[www.arkansastrio.org](http://www.arkansastrio.org)

This new design gives us an updated look while the new webmaster service allows an AASAP representative to change the information as needed..

### Conference

The annual AASAP conference will be held October 10-12 in Little Rock at the Embassy Suites Hotel.



We look forward to seeing you there!

# AASAP

**AASAP Annual Conference  
Oct. 10—12**

**TRIO: Working to Unlock Educational Potential Through Shared Alliances**

## ODSA News

# ODSA



**Dr. Tamara Reeves  
ODSA 2010 TRiO Achiever**

With summer in full swing, things are definitely heating up for TRiO programs across the great state of Oklahoma. We are very proud to report that as of this writing, ODSA has reached 126% of our Fair Share! This is a direct result of the hard work and dedication of many passionate members of our association. Thank you to all who played a role in making this happen! The celebration for this year's success won't last long, however, as we are already underway with plans for the 2010-2011 Fair Share campaign.

ODSA is extremely honored to recognize Dr. Tamara Reeves as our 2010 TRiO Achiever. Dr. Reeves is a former Ronald McNair Scholar and graduate of the University of Central Oklahoma. She

received her Ph.D. in Clinical Psychology from the University of Memphis and completed her psychology residency at the University of Texas Health Science Center in San Antonio before returning home to UCO where she currently serves on the Student Counseling Center staff. Dr. Reeves carries on the tradition of inspiration that we've come to expect from our TRiO Achievers as she works tirelessly to make a positive impact in each and every life she touches. Once again, we are extremely proud to recognize her on all of her success.

Lastly, things are going very well as we make preparations for several important events in our organization. As we know, the stronger we are as an

organization, the greater impact we'll have in the lives of our students. With that in mind, we are striving to reach even greater heights in the coming year. Plans are in full swing for the 2010 Fall Summit, 2010-2011 ODSA Emerging Leaders class, TRiO Day 2011, and the 2011 Spring Conference, among many other important state and regional events. In the words of Gordon B. Hinckley, "You will come to know that what appears today to be a sacrifice will prove instead to be the greatest investment that you will ever make." On behalf of ODSA, keep making those investments and have a great summer SWASAP!

Loral Henck  
ODSA President

## LASAP News

### College Access Challenge Grants Awarded in Louisiana

The Louisiana Association of Student Assistance Programs (LASAP) is proud to announce that **10 Educational Talent Search** programs in Louisiana have been awarded the **College Access Challenge Grant (CACG)**. They include: Southern University at New Orleans, COPE, Dillard, University of Louisiana at Lafayette (2), Southern University at Shreveport, Southeastern University (2), University of Louisiana at Monroe, and Southern University at Baton Rouge.

The **College Access Challenge Grant** program was designed to foster partnerships among various governmental agencies and philanthropic organizations to increase the number of low-income students who are given an opportunity to enter and succeed in postsecondary education. Grants are two years and funded at \$15,000 a year for services rendered.

We are optimistic that this grant program will continue the mission of all TRIO programs to serve qualified students who want an opportunity to attend college and graduate.

Rhonda Robinson—LASAP President

## TASSSP News

In the state of Texas, there is a buzz about this year's Student Leadership Conference. It will be held on the campus of Texas State University – San Marcos on August 2-4, 2010. Properly titled, "Refining the Leader Within", the conference will meet students where they are in the leadership continuum to further build their skills. Under the leadership of Ray Cordero, Betsy, Haddad, and Keylan Morgan of Texas State University – San Marcos TRiO Programs, this is a conference that you will NOT want to miss.

The TASSSP Student Leadership Conference will be facilitated by Texas State University's own Hip Hop Congress (<http://www.msa.txstate.edu/HipHopCongress.html>) and the John Bend Shepperd Leadership Institute of The University of Texas of the Permian Basin ([http://aa.utpb.edu/jbs-leadership-](http://aa.utpb.edu/jbs-leadership-institute/)

[institute/](#)). Known for their innovative and unique leadership programming, both organizations are also experienced in working with TRiO programs. These organizations genuinely care about the future of our students and will strive to teach them to further explore and cultivate the leadership abilities they possess. Their missions speak for themselves.

In addition to the innovative programming attendees will receive, students will have the opportunity to compete for over \$5,000 in scholarships! We would like to send special thanks to Rachel Benson of the University of Texas Arlington for assuming the duty of Scholarship Chair. We are very excited about scholarships this year as we will award the new established Eddie Anaya Memorial Scholarship and the Oscar G. Hernandez Leadership Award to very deserving students.

And still, there is MORE! We will be piloting a "Best Practices" track for Talent Search Directors. The track will be led by season TRiO professionals. It will focus on TS program current and future program design, service delivery, recruitment strategies, and student participation enhancement.

Registration is open and spaces are going fast. After almost three weeks of open registration, we have already surpassed the 100 student mark! We are indeed excited about what this conference has in store.

For more information about the 2010 TASSSP Student Leadership Conference, please contact Keylan Morgan at 512-245-3838 or via e-mail at [km39@txstate.edu](mailto:km39@txstate.edu).

SWASAP  
State  
Association  
Factbooks  
underway!  
Your  
participation  
is requested  
in this  
important  
endeavor!  
Grant  
writers—  
this may be  
important  
and useful  
information!  
Encourage  
other  
directors on  
your  
campus and  
in your state  
to complete  
the surveys  
today!

## ELI News

The 2010 SWASAP ELI Class has been given the assignment to develop a standardized *'fact book'* for each state association to use when highlighting the success' of TRiO projects in their respective state. This is our first attempt at this and we need your help.

Listed below are links for each program. Please click on the link below for your program(s) to complete the survey:

Educational Opportunity Center Survey: <http://www.surveymonkey.com/s/eocs>  
 Educational Talent Search Survey: <http://www.surveymonkey.com/s/ets>  
 Ronald E. McNair Survey: <http://www.surveymonkey.com/s/mcnairp>  
 Student Support Services Survey: <http://www.surveymonkey.com/s/SSSP>  
 Upward Bound Survey: <http://www.surveymonkey.com/s/UB>  
 Upward Bound Math/Science Survey: <http://www.surveymonkey.com/s/UBMS>  
 Veteran's Upward Bound: <http://www.surveymonkey.com/s/VUB>

The SWASAP Board believes that collecting this data is vital to ensuring that policy and decision makers see the positive effects of TRiO in our communities, states, and the region. The data will be collected and compared to state and national statistics. Information needs to be collected *as soon as possible*, so that we can compile and format the data into a *'fact book'* to have completed by the November 2010 SWASAP Annual Conference. Each year, we encounter criticism of and opposition to TRiO by policy makers who have not taken the time to look at the information and successes of our programs. This tool will again be utilized to extinguish the negative perceptions of TRiO and demonstrate that we are the leader in college access and a vital component in getting low income and first generation college students through the academic pipeline.

If you have any questions regarding your survey, please contact Teriki Hicks, [thicks@se.edu](mailto:thicks@se.edu) or Jeff Kahlden, [jkahlden@wc.edu](mailto:jkahlden@wc.edu). Teriki and Jeff are the ELI Co-Chairs and are leading the class with this major project.

If you have any additional questions or concerns, please contact SWASAP President Barry Lofton, at 405-974-3603 or [blofton@uco.edu](mailto:blofton@uco.edu).

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### Hot Fun In the Summer Time!!!

by Randy "you can call me **TRiO**" Scott

#### 2010 SWASAP ELI Participants:

Mary Kate Snow – AR  
 Ernesto Velazquez – AR  
 Tracie Thomas – LA  
 Shanea' Morrison - LA  
 Alicia Salizar – NM  
 James Rupp – OK  
 Jeronda Robinson – OK  
 Trissi Johnson – TX

Most of us are familiar with a song by Sly & the Family Stone titled, *Hot Fun In the Summer Time*.

Colleges and schools are out for the summer. The warm weather and occasional thunderstorms are in the air.

For some people, summer is an opportunity to get ahead in one's education in school or perhaps obtaining much needed life learning skills. You be the judge.

Summer days are filled with family vacations and students looking for summer jobs. And then, there are some people who have jobs, but wish they were on vacation in their happy place in their minds. (Smile) - continued on next page

As for me... it's my time to use comp or vacation time wisely. Spending these relaxed summer days with my wife of 35 wonderful years is immeasurable! By the way, over the years I have found that she is much smarter and patient than I.

The bottom line... I am fortunate God blessed me with a wonderful wife. There is nothing better than us spending time at Sea World with our sons and their wives, in addition to our six wonderful grandchildren, for three glorious days straight! In addition, summer days allow me to spend much needed time with my mother, catching up on my

reading and, of course, writing this article.

The past month I have focused on my work and planning projects for the upcoming school year in Education Talent Search.

I have made time for myself as well. Fishing is one of my favorite summer past times and I definitely have put aside time for that. There is something about fishing that puts a smile on my face and eases my mind. It also gives me a chance to reflect on my relationship with the Heavenly Father.

No matter what your summer past time may involve – I hope

you enjoyed this summer and the summers yet to come. Take time to smell the roses in your life! Breathe some fresh air, get out and do something you enjoy. Read the Bible or a few good books. Reading or meditating at your favorite place be it the park, beach or lake, or perhaps your own backyard. Bar-b-cuing with family or friends sounds good to me!

So keep the faith and never give up! Finish what you started. Remember, someone is always watching you at your best!

*Big Brother on the Street,*

*Randy Scott\**

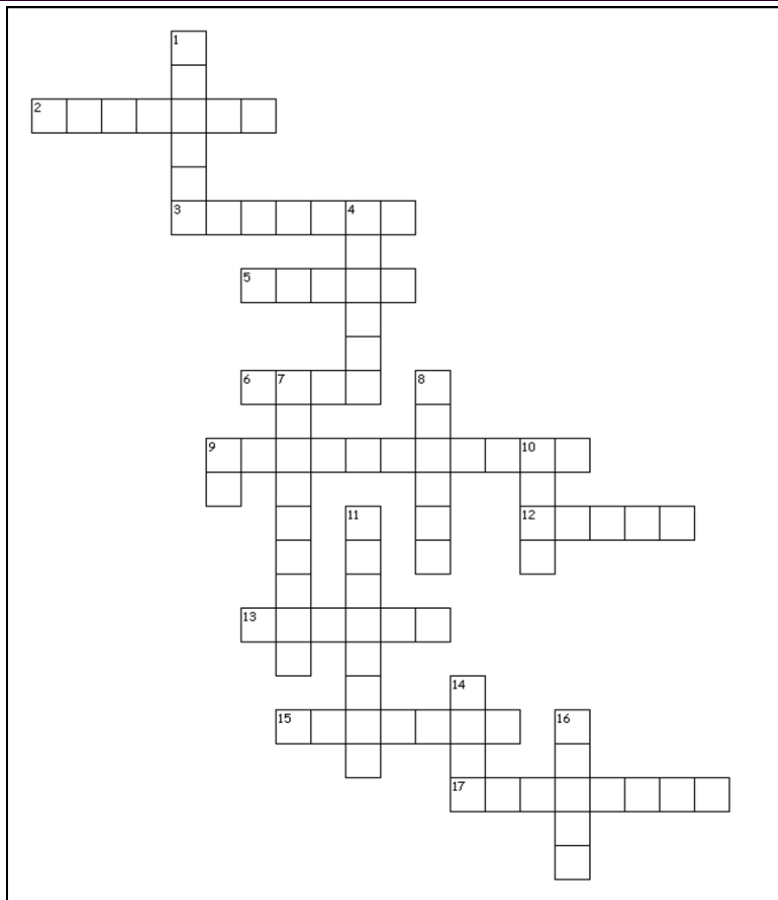
**If you think education is expensive, try ignorance.**

**~Author Unknown**

[www.swasaptrio.org](http://www.swasaptrio.org)

**TRiO Works!**

## Teriki's Trivia



### Across

2. administration that created TRiO programs
3. "The War on \_\_\_\_\_"
5. last name of "Father of TRiO"
6. "Legs and \_\_\_\_\_"
9. \_\_\_\_\_ Opportunity Centers
12. last name of SWASAP Pres-Elect
13. last name of SWASAP President
15. type of UB program
17. COE Newsletter

### Down

1. Texas' State Association
4. last name of SWASAP Immediate Past President
7. Council for Opportunity in \_\_\_\_\_
8. SWASAP membership fees in US dollars
9. funded through Dept. of \_\_\_\_\_
10. last name of SWASAP Treasurer
11. New Mexico's State Association
14. number of states in SWASAP region
16. Fair \_\_\_\_\_

**Trivia Answers:**  
See the next edition of "The TRiO Advocate"! To collect your prize be the first to email all the correct answers to Teriki. Subject your email: Teriki's Trivia