

KSU TRIO PROGRAMS

MARCH NEWSLETTER

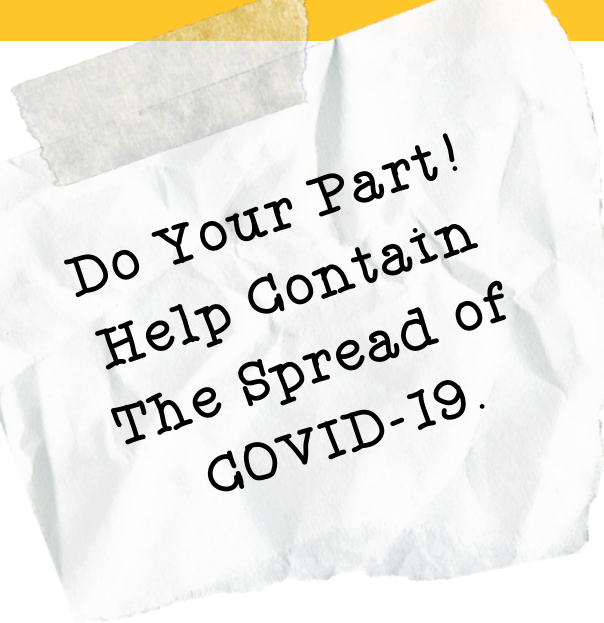
Women's History Month & HIV/AIDS Awareness Day

Women's History Month is celebrated every year from March 1st to March 31st. Women's History Month has been observed annually in the United States since 1987. Women's History Month sets out to celebrate women's contributions to history, culture, and society. Each year the National Women's History Alliance selects and published the yearly theme. The 2020 Women's History Month theme is "Valiant Women of the Vote" to honor the courageous women "who fought to win suffrage rights for women, and for the women who continue to fight for the voting rights of others". More information on Women's History Month 2020 can be found [here](#).


Embedded within Women's History Month is International Women's Day. The first International Women's Day occurred on March 8, 1911 to globally celebrate the economic, political and social achievements of women. This year's charge for International Women's Day, occurring on March 8, 2020, is to celebrate women's achievement, to raise awareness against bias, and to take action for equality. To find more information on International Women's Day click [here](#).

National Women and Girls HIV/AIDS Awareness Day (NWGHAAD) is sponsored by the Office on Women's Health of the Department of Health and Human Services is observed on March 10th. Each year on March 10th local, state, tribal, and federal, and national organizations come together to shed light on the impact of HIV on women and girls and show support for those at risk of and living with HIV. March 10, 2020 marks the 14th annual observance of NWGHAAD. For more information on how to get involved for National Women and Girls HIV/AIDS Awareness Day click [here](#).





**Do Your Part!
Help Contain
The Spread of
COVID-19.**



KSU TRIO is dedicated to the safety of our TRIO families. As the number of Coronavirus, COVID-19, cases rise, take heed of the tips below to help protect yourself from contracting the virus. For more information click [here](#).

- 01. Wash your hands.**
Regularly and thoroughly wash your hands with soap and water or clean your hands with an alcohol-based hand rub. For information on how to properly wash your hands click [here](#).
- 02. Maintain social distancing.**
Maintain at least a six foot distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes, small liquid droplets are spread from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets.
- 03. Avoid touching eyes, nose and mouth.**
Touching many surfaces with your hands can cause you to pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth in which the virus can enter your body and can make you sick.
- 04. Practice respiratory hygiene.**
Be sure that you, and the people around you, follow good respiratory hygiene. Good respiratory hygiene means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Follow up by washing or sanitizing your hands.
- 05. Seek medical care early.**
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the direction of your local health authority as they will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility and will also protect you and help prevent spread of viruses and other infections.
- 06. Stay informed.**
Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority on how to protect yourself and others from COVID-19.



February Recap

TRIO Drone Program

Beginning June 2019, the KSU Paulding TRIO Programs piloted a drone training class that inducted interested students. This was our first cohort of students that will be graduating Spring 2020. After all of their hard work and dedication, the first cohort of students see light at the end of the tunnel as they enter their 3rd and final phase of the KSU Paulding TRIO Programs drone pilot program.

The remaining TRIO students are currently preparing for their chance to take the FAA Part 107 drone pilot test. "Approximately 6 hours a week goes toward drone test prep" said Drone Coach, Tristan Peters. "The students have learned the importance of teamwork and how vital it is to communicate with the coaches and with their peers" said Drone Coach Matthew Francos. The students are totally locked in on their goal and that is to earn the FAA Part 107 drone pilot's license. The final phase of the program will be completed by May 10, 2020.



TRIO ACT Bootcamp

The current TRIO ACT Bootcamp began on February 1, 2020 and will end on April 4, 2020. For 10 weeks, these students will put forth the necessary time and effort to not only improve their knowledge of the material covered by the ACT, but also get comfortable with the format of standardized testing which can be daunting to a lot of students. We couldn't be more proud of them!

Girls' Lock-In

The first ever Girls' Lock in at Fortson 4H Center in Hampton, Georgia was a success! TRIO students were able to connect and learn about health and wellness together through fun games and discussion. KSU TRIO prides ourselves on offering opportunities to empower and educate all our students!



Student Spotlight



Jamie Escalona

Jamie Escalona, Upward Bound Math Science

Jamie is a Junior at East Paulding High School, and while she is fairly new to the UBMS Program, she has shown herself to be an extremely dedicated and hardworking student. Jamie is currently attending a 10-week long KSU TRIO ACT Bootcamp where she has focused to better her ACT score. She has also consistently attended KSU TRIO's T-Shirt Workshop where she has volunteered her time to create shirts for her fellow TRIO members and mastered the basics of t-shirt printing.



Logan Elicker

Logan Elicker, Polk Upward Bound

Logan, a senior at Cedartown High School, has been a student in our program since 2017 and has shown great success. Once struggling, Logan is now a confident and strong student who takes on challenges. For example, Logan is fluent in American Sign Language, and has taught this to other Upward Bound members. Logan took the CLEP test in American History and was the first TRIO student to receive college credit through the College Level Examination Program. He plans to take three more CLEP tests before starting his Freshman year at GHC.



Haden Ngah

Haden Ngah, Hiram Upward Bound

Haden is a perfect attendance TRIO junior that has been in Upward Bound since 2017. He has shown excellence in character and work ethic through his years here at Hiram Upward Bound- he is an Honors and AP student, a member of the KSU TRIO drone pilot program, and currently participating in a 10-week long ACT bootcamp to help him prepare for his college admission. Haden is interested in pursuing a degree in computer software and engineering as well.