



Triton College

CONNECT

A newsletter from your community college.

April 2023



Catering students help fight hunger. See Page 2.

Trojan's Sports Celebrate Great Seasons

Triton had 10 individual wrestlers qualify to compete in the NJCAA Wrestling Championships on March 3 and 4 in Council Bluffs, Iowa. Elon Rodriguez (133) came in 4th place, Anthony Schickel (125) came in 5th place and Connor Svantner (157) finished in 8th place, all earning NJCAA wrestling All-American honors. Head coach Tim Duggan was named the National Wrestling Coaches Association (NWCA) Coach of the Year.

"I am very honored to receive this award," said Duggan. "It feels great to be recognized for all of the hard work we've put in this season. Our success was not achieved without the commitment of our team and dedication of our assistant coach A.J. Blahut. It truly was a team effort."

Triton's women's basketball team was Region 4 Division I runners-up. The Trojans season ended 23-7 after

a narrow 89-86 loss to tournament host Highland Community College March 6 in Freeport. Region 4 Division I Player of the Year and All-American nominee Monraia Wilson was selected to the All-Tournament Team along with Proviso East graduate Destine Lovett. Linarys Burnett-Romero and Trinity Barnes were First-Team All-Region selections for the Trojans who advanced to the championship game for the third consecutive year.

Triton's men's basketball team ended their season at 22-7 and finished as Region 4 Division I runners-up. The Trojans lost in heartbreaking fashion, 73-70 in overtime to Highland Community College in the title game March 6 in Freeport, Ill. Ethan Pickett and Khmari Wilson were selected to the All-Tournament Team. Pickett, along with Brandon Muntu and Keyondre Young, signed National Letters of Intent at NCAA Division I schools. Pickett will head to the University of Illinois-Chicago (UIC), Young will attend DePaul University and Muntu will take his talents to Western Michigan University.

Go Trojans!



Women's Basketball: Dana Walcott.



Men's Basketball: BJ Marable.



From left to right - Alonzo Smiley, Connor Svantner, Anthony Schickel, Curtis Ruff II, Triton College President Mary-Rita Moore, head coach Tim Duggan, assistant coach A.J. Blahut, Ronald Krewer, Sherman Dixon, Jeivan Ross, David Capron and Billy Tucker. Not pictured - Elon Rodriguez.

Catering Students Help Fight World Hunger at “Empty Bowls”

The Triton College Hospitality Industry Administration (HIA) students participated in the fundraiser “Empty Bowls” on March 3 at Oak Park and River Forest High School (OPRF).

“Empty Bowls” is a bowl-of-soup fundraiser hosted at OPRF according to Bridget Doherty, an art instructor and sponsor for “Empty Bowls” at OPRF. For one night, community members were invited to enjoy delicious soup in a handmade, glass bowl, with all proceeds going to organizations that fight hunger.

“This year, we raised over \$17,000,” said Doherty. “We made over 1,000 bowls for this fundraiser and had over 800 attendees. This is the largest turnout we’ve ever had and have raised the most money!”

Chef Manny Uribe, Hospitality Department chairperson, had six students from the HIA 277 Catering Management class participate in “Empty Bowls.” The students made broccoli cheddar, roasted butternut squash and pozole soups for the occasion, learning how to create vast quantities of soup for a large amount of people.

Uribe noted the students mastered how to navigate an off-site catering event and how to multiply a simple soup recipe for a sizable crowd of people.

“We had to make six gallons of soup for each recipe,” said Uribe. “Our students had to learn how to develop the recipe, experiment with ingredients and transfer the soup from one kitchen to another.”

Triton catering student Luis Levia of Maywood used his own vegan

butternut squash soup recipe. He added apples for extra taste.

“I like volunteering,” said Levia. “I’ve learned a lot about etiquette and how to become better in the kitchen from this experience.”

Steven Sabella of Elmwood Park had similar sentiments.

“It’s all about teamwork and giving back,” he noted. “With a full staff of people working together, we can do it.”

Doherty felt the Triton catering students made a major impact and were a vital component of the “Empty Bowls” fundraiser. She said the Triton students set an example for the OPRF

students when it came to serving the food and engaging with attendees.

“We hope to have a larger variety of soups next year,” said Uribe. “We want more recipes based on our students’ cultures and backgrounds.”

All proceeds from “Empty Bowls” will be donated to three organizations that fight hunger at local, national and global levels: Housing Forward in Maywood, Beyond Hunger in Oak Park and Global Alliance for Africa in Chicago.

For more information about Triton’s HIA Program, please contact manueluribespin@triton.edu or **(708) 456-0300, Ext. 3624.**



Left to right – Brian Carreno, Luis Leiva, Karina Torres, Julian Dvorak, Dahlia Corral, Chef Manny Uribe. Not pictured – Steven Sabella.

Triton’s Career Programs Offer Quality and Value

Kenny Fedorski of North Riverside always knew he wanted to be a welder. However, the high cost of trade schools as well as the amount of time it would take for him to finish a welding program made him believe that his goal was unattainable.

After doing some research, Fedorski discovered that Triton’s Welding Program certification was cost effective and would allow him to complete the program sooner.

“The trade schools I looked into cost more than what I expected,” he said.

“Triton’s tuition was more affordable and it was close to home. I like the smaller hands-on class sizes that Triton offers.”

Fedorski is happy with his decision and is graduating with his welding certification this coming May. Afterwards, he will set his goal on joining a local welders’ union.

Antigone Sharris, chairperson of Engineering Technology at Triton College, wants aspiring students to know the substantial benefits of choosing Triton over a trade school. She noted that tuition from a trade school could cost the same amount of money or more than a four-year degree from a university.

“Receiving a certificate from Triton College allows for quick entry into the field within a semester. It is less expensive in price and students are able to obtain college credits that can be used for an Associate in Applied Science degree now or later in life as Triton permits,” Sharris said.

Henry Becerra of Cicero also aspired to get his welding certification. He jumped at the opportunity to attend college for free through Amazon’s Career Choice Program. Like Fedorski, having realized how expensive it is to attend a trade school, he investigated Triton.

“It would take me four years to finish a welding program at a trade school,” he said. “My girlfriend encouraged me to look at Triton’s Welding Program.”

At Triton, Becerra feels the atmosphere is more welcoming and friendlier than what he saw at a trade school. He likes that he could finish the Welding Program in less than four years and how much Sharris has motivated him permanently. He’s excited for the opportunities that await him when he graduates.

“It is so easy to start and finish at Triton,” he said.



Welding students (left to right) Henry Becerra, Jimmy Guadalupe and Kenny Fedorski.

Alumnus Aaron Canino Creates Art for Village of River Grove

Triton College alumnus and artist Aaron Canino of Hillside felt nothing but pride presenting David B. Guerin, mayor of River Grove, with two pieces of artwork on Tuesday, March 14.

Canino's painting of the iconic "Gene & Jude's" hot dog stand is nostalgic to him. He also created a collage of several River Grove well-known landmarks, including "The Thirsty Whale," the "River Grove Fire Department" and "Brunswick Zone."

"I did a substantial amount of research to identify the best businesses and municipalities to represent in my art," explained Canino. "In my opinion, "Gene & Jude's" is the most well-known landmark in River Grove."

Canino has made a career of selling his architectural artwork to communities within Triton's district, such as Broadview, Rosemont, Melrose Park, Proviso Township, Maywood and Hillside, among others.

Growing up in Hillside, he became interested in art at an early age. While a student at Proviso West High School, Canino was encouraged by his art teacher, Jerry Jenkins, to get involved in a local art show.

"That art show experience made me want to pursue a career in art," he said. "I realized that I really enjoyed drawing architecture. It became my inspiration."



Village of River Grove Mayor David Guerin with Aaron Canino and his artwork.

After graduating from Proviso West in 2009, Canino decided to attend Triton College because it was close to home. He instantly fell in love with the Art Program and was especially inspired by his art instructor, Michael Erzen. Canino proudly graduated from Triton in 2016.

"Triton really helped me grow artistically," he said. "I was encouraged by my art instructors to participate in even more art shows."

During the COVID pandemic is when Canino decided to create

artwork of significant landmarks and architecture for local communities.

Since Canino began his professional art career, he has had the opportunity to meet several high-profile politicians and celebrities, such as actress Keke Palmer, Illinois Gov. J.B. Pritzker, Rosemont Mayor Brad Stephens, Broadview Mayor Katrina Thompson and Melrose Park Mayor Ron Serpico. Now, Canino can add River Grove Mayor David Guerin to his impressive list.

"Triton College really motivated me to pursue my dream of becoming an artist," he said to Guerin. "I just want it to grow from here."

To view Canino's artwork, visit:

- Instagram: [@Artist1_aaroncanino](#).
- [Fineartamerica.com](#), search Aaron Canino.
- [Nationalartsprogram.org](#), search Aaron Canino. • [pixels.com/art/aaron+canino](#).

For more information about the Triton College Alumni Association, please contact tinalilly@triton.edu.



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EMPLOYEES
Joe Klinger
AVP, Human Resources
Title IX Coordinator
Triton College
2000 Fifth Ave.
River Grove, IL 60171
(708) 456-0300, Ext. 3743
joeklinger@triton.edu

STUDENTS
Julia Willis
Dean of Students
Deputy Title IX Coordinator
Triton College
2000 Fifth Ave.
River Grove, IL 60171
(708) 456-0300, Ext. 3865
juliawillis@triton.edu

SECTION 504
Deborah Kaczmarek
Director, Center for Access
and Accommodative Services
Triton College
2000 Fifth Ave.
River Grove, IL 60171
(708) 456-0300, Ext. 3854
deborahkaczmarek@triton.edu

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Save time, money and get ahead!

Make it a brighter summer at Triton College. Take an extra class or two toward your associate degree and graduate sooner. If you attend a four-year college or university, save time and money by taking a class while you are home for the summer! You can even get a start on your new career and enroll in a certificate program.

Summer semester begins May 22, 2023.

triton.edu/summer