

The U.B. Insider

The scoop on ALL things Upward Bound Since 1972

Issue: 3

Edition: 1

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ALSO:

We've changed up the newsletter,
TELL US WHAT YOU THINK!



Here at Marshall winter has officially set in!
Photo by campus photographer Rick Hays

From the Desk of Jay

Hello Everyone,

I hope you all are staying warm and enjoying all the extra days off of school! I hate this weather, I have never been a fan! With that being said, I will share with you that I am leaving tomorrow morning for California, and am taking the next four weeks off! I am hoping to come back with a great tan, well rested, and ready to get started on the summer program. Speaking of the summer program, Jr. Advisor applications are now ready. If any of you senior females are interested in a summer Jr. Advisor position, please see or call Darlene for an application. I promise you that being a summer advisor is a job that will change your life forever! I will miss the school visits, but hope to be back at them again in March. I ask that you all try your best to keep Darlene on task and out of trouble during the visits. Trust me, I know firsthand that it is a tough job, but I know you guys can do it!

*****BREAKING NEWS*****

Darlene just relented and gave her blessing on the 2014 Summer Theme...

"You Do Not Have To Be Like Me...to Like Me"

**Darlene is picking the color for the summer shirts, if you have an opinion please share with her what colors you would like.*

Grades have been fantastic and you have done a wonderful job with attendance at events. Keep up the good work! Looking forward to seeing you all in March.

Love,

COLLIER'S

CORNER

Dear UB Students,

As I am writing this letter to you, many of you are still at home enjoying yet another day off school or got to experience a two hour delay today. (Believe it or not, Marshall even had two days where we had two hour delays. I felt like I was back in high school!

Lol!) Who knew that we all would learn a new word this winter- the dreaded Polar Vortex! I hope you all stay warm and get caught up on all your missed school work! Just remember that in a few short months, we will be at Myrtle Beach for our End of the Summer Program Trip! It will be here before you know it! Please check the February Calendar included in the newsletter so you will know when I will be coming for our next school visit and be thinking of possible questions you may have concerning the Summer Program so you can ask them during that time! Also any female senior interested in being a Junior Advisor during the Summer Program needs to ask me for an application! You all take care and hopefully, I will see everyone soon!

Love you,

Darlene Collier

COMEDIC RELIEF

Q: WHAT DOES A NOSEY PEPPER DO? A: GETS JALAPENO BUSINESS!

Q: WHAT DO YOU CALL A FAKE NOODLE? A: AN IMPASTA

Q: WHAT DO YOU CALL AN ALLIGATOR IN A VEST? A: AN INVESTIGATOR

Q: "WHAT'S THE DIFFERENCE BETWEEN A GUITAR AND A FISH?" A: "YOU CAN'T TUNA FISH."

HOW BIG IS ONE?



As a man walked a desolate beach one cold, gray morning he began to see another figure, far in the distance. Slowly the two approached each other, and he could make out a local native who kept leaning down, picking something up and throwing it out into the water. Time and again he hurled things into the ocean. As the distance between them continued to narrow, the man could see that the native was picking up starfish that had been washed upon the beach and, one at a time, was throwing them back into the water. Puzzled, the man approached the native and asked what he was doing. “I’m throwing these starfish back into the ocean. You see, it’s low tide right now and all of these starfish have been washed up onto the shore.

If I don’t throw them back into the sea, they’ll die up here from lack of oxygen.”

“But there must be thousands of starfish on this beach,” the man replied. “You can’t possibly get to all of them. There are just too many. And this same thing is probably happening on hundreds of beaches all up and down this coast. Can’t you see that you can’t possibly make a difference?” The local native smiled, bent down and picked up another starfish, and as he

threw it back into the sea he replied, “Made a difference to that one!”

Each of us is but one person: limited, burdened with our own cares and responsibilities. We may feel there is so much to be done, and we have so little to give. We’re usually short of everything, especially time and money. When we leave this shore, there will still be millions of starfish stranded on the beach. Maybe we can’t change the whole world, but there isn’t one

of us who can’t help change one person’s whole world. One at a time. We can make a difference.

~ Author Unknown

Randomness

3 RANdOM Facts!

1. The sentence "The quick brown fox jumps over the lazy dog." uses every letter in the alphabet.
2. Human saliva has a boiling point three times higher than regular water.
3. We actually live about 80 milliseconds in the past because that's how long it takes our brains to process information.

"You only live once, but if you do it right, once is enough."
~ Mae West

10 Goal Setting Tips

1. Determine the things that you really want to achieve and write them down.
2. Write goals that you know you are "do-able". Take care not to set goals too low or too high.
 3. Be goal specific. Vague goals like, "I want to be better at sports" won't work.
 4. Break down each goal into smaller, achievable sub-goals with action plans.
 5. Give yourself a specific deadline and leave yourself plenty of time.
 6. Try to anticipate obstacles that might come up.
 7. Identify all the resources /people that might help you.
 8. Think about rewards for meeting your goal.
 9. Review, modify and up-date your goal constantly. They can keep you motivated.
 10. Give yourself a reward, but don't reward yourself until you have achieved your goal.

FITNESS CORNER

Hey Everybody,

Although it is quite chilly outside right now, spring is **RIGHT AROUND THE CORNER!**

With warm weather coming, I understand the pressure to slim down a bit, **BUT** don't go about losing weight the wrong way. Ultimately your goal should not to be skinny, but to be healthy.

I applaud you if you want to be healthier, but do your research and do it correctly. Don't feel that you **HAVE** to be a size zero or that you must lose weight to be happy. I promise that you are absolutely perfect just how you are!

Making healthy, conscious decisions will take time and practice, but ever single time you make one, you are that much closer.

To sum it all up, don't be pressured into bad methods for shedding a couple pounds. Do it slowly and healthily so that you can keep the fruits of your labor!

Adam Rice

**Upward Bound Activities Calendar
Spring 2014**

February 17, 2014

TRIO Day

(No bus provided, not a required activity)

9:30 am

March 1, 2014

Mock ACT

(Provide own transportation to Mock ACT)

9:30 am

Bowling

Lincoln Bus picking up at Lincoln Co High

1:00 pm

Wayne Bus picking up at Fort Gay Middle School

1:00 pm

Wayne Bus picking up at Wayne High School

1:30 pm

Wayne Bus picking up at Marshall U. Memorial Student Center

2:00 pm

All Buses drop off at Strike Zone Bowling,

141 Eastern Heights Shopping Center in Huntington

2:30 pm

All Buses pick up at Strike Zone

4:30 pm

Wayne Bus dropping off at Wayne High School

5:00 pm

Wayne Bus dropping off at Fort Gay Middle School

5:30 pm

Lincoln Bus dropping off at Lincoln Co High

5:30 pm

April 11, 2004

Senior Day

(Bus does not run for this event)

8:30 pm

April 27, 2014

Family Picnic

4:00 pm

Buses will be determined based on need closer to event.

We will be honoring our seniors, honor students, officers and coordinators.

Thank you ALL for making the 80's dance a success!



Marshall University Upward Bound

The application for Summer Program employment is on the next page.

The deadline is March 28 2014. Fill out and return to Mrs. Collier or your in-school coordinator or mail to the Upward Bound Office, Marshall University, One John Marshall Drive, Huntington, WV 25755.

In order to qualify for employment, it is recommended that it not be your first Summer Program and that you have a cumulative GPA of 2.5 or better.

The schedule you will be expected to work will be as follows:

Monday – Thursday, 1- 4 pm

If student is required to take a language class, then his/her their schedule will be adjusted and may include working on Fridays.

Make sure that you email Roxanne at skilesp@marshall.edu or call (304) 696-6462 or (304) 840-4289 to confirm that application has been received in the office.

She will not be able to place you in a position without receiving the application. It is important that you work all the hours that you are scheduled to work in order to receive your full work study stipend. Please do not apply if you are not serious about working.

If all hours are worked, you will be paid \$300.00 at end of the program.

Upward Bound Summer Employment Application
Deadline for application March 28, 2014

Name _____

Phone Number: _____ Alternate Number: _____

High School: _____ Grade: _____ Cumulative GPA: _____

High School Activities and Organizations: _____

Community/Volunteer work _____

List special skills/talents/interests _____

Where would you be interested in working on campus? Why? _____

List any other qualification you feel you have _____

EMPLOYMENT HISTORY: list any job experience you have had in the past including any work with Upward Bound:

Title: _____ Employer: _____

Dates of Employment: _____ Duties: _____

Title: _____

Employer: _____

Dates of Employment: _____ Duties: _____

I certify that the above information is true.

Signature _____ Date _____

UPCOMING BIRTHDAYS

February:

Johnathan Jackson 2/10
Joanna Rakow 2/18

March:

Rachel Levering 03/01
Kendra Bailey 03/06
Carmella Adkins 03/12
Jesse White, JR 03/22
Brittney Adkins 03/24

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TRIO

www.marshall.edu/ub

FACEBOOK

<https://www.facebook.com/pages/Upward-Bound-Marshall-University/197749180267696>

We want you to be part of the newsletter! Send us poems, drawings, articles, or anything that you think should be featured in the paper!

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