

# The U.B. Insider

The scoop on ALL things Upward Bound Since 1972

Issue: 2

Edition: 1

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## ALSO:

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



Everybody looked AMAZING, but we all know Torres looked down right snazzy!

## From the Desk of Jay

Hello Everyone,

I hope this newsletter finds everyone doing well and getting ready for a wonderful thanksgiving with your family and friends. It was great seeing so many of you at the Etiquette Dinner. From what I could hear in the kitchen and from those of you I talked with after, you enjoyed listening to Bonnie and Bryon and loved the food from Rebel Barn. Please let Darlene know your thoughts on the dinner and if it is something we should do again in the future.

Can't wait to see what you all come up with to wear to the 80's dance. I already saw what Jordan wore to 80's day at Lincoln County, and it brought back many memories! The dance will be a lot of fun. Roxanne is working very hard to get all the checks ready, so that Darlene can give them out at the Dance. We will have several prizes to give out. So, come dressed to dance and compete!

We will be doing a food drive for the Lincoln County High School Food Pantry during the dance, so if you can please bring a non-perishable item with you to the dance your contribution would be greatly appreciated!

Love you guys and will see you soon!

Jay Knight

# COLLIER'S

# corner

## Outstanding Academic Achievement

Caleb Adkins - 4.0  
 Jami Alvey - 4.25  
 Kendra Bailey - 3.86  
 Alexis Berry - 4.0  
 Lydia Cyrus - 4.1  
 Kasheka Ford - 3.75  
 Ashley Harris - 4.0  
 Johnathan Jackson - 3.857  
 Elissa Johnson - 4.0  
 Tyler Lucas - 3.75  
 Chelsea Maynard - 4.5  
 Mahala McDerment - 4.083  
 Andrew McGrady - 4.364  
 Taylor Muncy - 4.20  
 Karin Neace - 4.143  
 Mark Neace - 4.0  
 Hannah Osborne - 4.2  
 Jon Reed - 4.5  
 Shannon Reed - 4.43  
 Cody Stiltner - 4.125  
 Kaitlin Stiltner - 3.833  
 Kately Thaxton - 4.0  
 Allison Toney - 4.166  
 Ashley Turner - 4.538  
 Katelyn Woodall - 4.250

Dear UB Students,

By the time you all receive this newsletter, Thanksgiving Break will be history and Christmas Break will be right around the corner! I truly hope that everyone got to catch up on their sleep, enjoy some fabulous food, and spend valuable time with family and friends during your time off school. A special thanks to all of you who attended the Etiquette Workshop/Dinner on November 16 and went above and beyond in dressing up for the special occasion! We are once again very proud of you! My son was impressed with your manners, attentiveness, and attire! Hopefully some information that Bryon shared with you, will come in handy down the road when you are on a special date or in a professional setting. On a different note, Jay and I will be conducting a college tour with each individual school. We have already scheduled one for Lincoln County in December, and would like for the rest of you to be thinking of a college you are very interested in visiting. You can share that with me on our scheduled January school visits! Last of all, I want to wish you all a blessed Christmas! You all mean the world to me! Please text me over the when you get a chance, so I will know you are alive and well!

Love,  
*Darlene Collier*

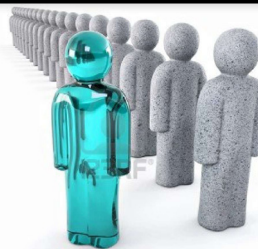
**Congrats to Tolsia High School!**  
**NOBODY at Tolsia High School was required to go to tutoring, way to go!**

### Tutoring Policy:

If any student receives a D or F in any class, then he/she must attend tutoring four hours during the next grading period. If they do not attend, then \$15 will be deducted from their stipend check.

In order to get credit for attending tutoring they must have a tutoring slip filled out by the tutors at their high school for each time they go to tutoring. They can get the slips from their coordinators and then turn them into the coordinator or Darlene.

## YOU ARE UNIQUE!



Think what a remarkable, unduplicatable, and miraculous thing it is to be you! Of all the people who have come and gone on the earth, since the beginning of time, not ONE of them is like YOU!

No one who has ever lived or is to come has had your combination of abilities, talents, appearance, friends, acquaintances, burdens, sorrows and opportunities.

No one's hair grows exactly the way yours does. No one's finger prints are like yours. No one has the same combination of secret inside jokes and family expressions that you know.

The few people who laugh at all the same things you do, don't sneeze the way you do. No one prays about exactly the same concerns as you do. No one is loved by the same combination of people that love you – NO ONE!

No one before, no one to come. YOU ARE ABSOLUTELY UNIQUE!

Enjoy that uniqueness. You do not have to pretend in order to seem more like someone else. You weren't meant to be like someone else. You do not have to lie to conceal the parts of you that are not like what you see in anyone else.

You were meant to be different. Nowhere ever in all of history will the same things be going on in anyone's mind, soul and spirit as are going on in yours right now.

If you did not exist, there would be a hole in creation, a gap in history, something missing from the plan for humankind.

Treasure your uniqueness. It is a gift given only to you. Enjoy it and share it!

No one can reach out to others in the same way that you can. No one can speak your words. No one can convey your meanings. No one can comfort with your kind of comfort. No one can bring your kind of understanding to another person.

No one can be cheerful and lighthearted and joyous in your way. No one can smile your smile. No one else can bring the whole unique impact of you to another human being.

Share your uniqueness. Let it be free to flow out among your family and friends and people you meet in the rush and clutter of living wherever you are. That gift of yourself was given you to enjoy and share. Give yourself away!

See it! Receive it! Let it tickle you! Let it inform you and nudge you and inspire you! YOU ARE UNIQUE!

~ Author Unknown

# Randomness

I don't believe you have to be better than everybody else.  
I believe you have to be better than you ever thought you  
could be.

~ Ken Venturi

## Left Handed Facts!

1. Between 10-12 percent of people on earth are left-handed. Women are more likely to be right-handed than men by about 4 percentage points.
2. Five out of the last seven United States presidents were left-hand dominant.
3. Left-handedness runs in the British royal family. The Queen Mother, Queen Elizabeth II, Prince Charles and Prince William are or were all left-handed.

## Things Students Say

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O..

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Winnie, name one important thing we have today that  
we didn't have ten years ago.

WINNIE: Me!

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: Millie, give me a sentence starting with 'I.'

MILLIE: I is the...

TEACHER: No, Millie..... Always say, 'I am.'

MILLIE: All right... 'I am the ninth letter of the alphabet.'

TEACHER: George Washington not only chopped down his father's  
cherry tree, but also admitted it.

Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand.....

TEACHER: Clyde, your composition on 'My Dog' is exactly the  
same as your brother's..

Did you copy his?

CLYDE: No, sir. It's the same dog.

TEACHER: Harold, what do you call a person who keeps on talking  
when people are no longer interested?

HAROLD: A teacher

## FITNESS CORNER

Hey Everybody,

Aaron here, the fitness class instructor from the summer 2013 program!

As a new instalment to the paper, I have been lucky enough to be allowed to do a short fitness post so that you folks can have a little fitness motivation each month! Since the holidays are upon us I thought I would do a short article about staying on track during those stressful family dinners! My thinking is that all things are okay in moderation. You cannot go your whole life cutting out your favorite foods because they are bad for you, that would be a VERY sad diet! If you are at a family dinner allow yourself to have the things you want, but keep the portions small and know when to say when. A spoon of your favorite dessert or food won't ruin all of your progress, one bad meal won't cancel of your hard work! I truly hope that your holidays are absolutely wonderful, I can't wait to see you guys!

*Aaron Rice*



Date: December 7, 2013

Time: 8:00 PM

Location:

Marshall Campus Christian Center

Dress:

Dress in your most TOTALLY RADICAL 80's clothes!

## Bus Schedule

|  |         |
|--|---------|
| Buses Picking up Lincoln High and Fort Gay Middle School | 7:00 pm |
| Bus Picking up at Wayne Hugh School                      | 7:30 pm |
| Drop off at Campus Christian Center                      | 8:00 pm |
| Pick up at Campus Christian Center                       | 9:30 pm |



# Thank you ALL for making the Etiquette dinner a success!





# UPCOMING BIRTHDAYS

## December:

**Jonathon Reed 12/07**

**Cody Stiltner 12/08**

**Ashley Turner 12/23**

## January

**Katelyn Thaxton 01/10**

**Mahala McDerment 01/15**

**Lanceford Bays 01/24**

**Katelyn Woodall 01/25**

**Jared Baker 01/30**

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# TRIO

[www.marshall.edu/ub](http://www.marshall.edu/ub)

## FACEBOOK

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

### MONTHLY QUOTE:

*It's not what you look at that matters, it's  
what you see.*

~ Henry David Thoreau

**We want you to be part of the  
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drawings, articles, or anything that  
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