

The U.B. Insider

The scoop on ALL things Upward Bound Since 1972

Issue: 5

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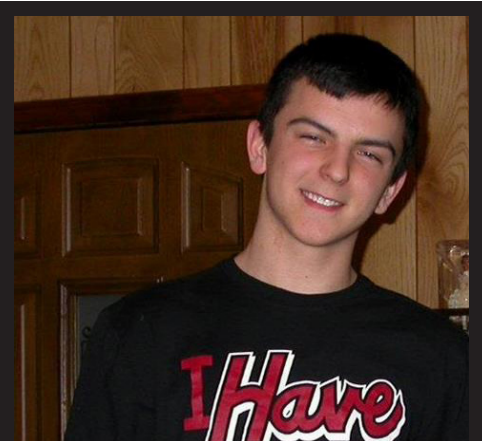
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"Scaling the Wall One
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- RANDOMNESS -

ALSO:

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



This month we are honoring Chelsea Maynard and Jordan Cooper! We are EXTREMELY proud of both! Chelsea competed and placed first in Wayne County for the Young Writers Club competition. Jordan was selected as our 2014 Anne Crum Scholarship! Way to go Chelsea and Jordan, we are proud of you both!

From the Desk of Jay

Hello Everyone,

Well, the calendar indicates that spring is right around the corner; I hope mother nature is watching her calendar and that the end of this unbelievable winter is really coming to a close. With spring rolling in, that means summer and the 2014 Summer Program is not that far away. We have heard back from all of the teachers and I am extremely happy to report the Cathy, Francis, Ron and Sara are all coming back!!! We have the best teaching staff of any Upward Bound Program – We know how lucky we are and send a big thank you and welcome back to all four of you tremendous teachers. Additionally, Caylin will be back as Head Advisor along with Zack and Jacob! This year's Junior Advisors will be Ms. Kaitlin Stiltner and Ms. Allison Toney. We are still in the process of hiring the additional staff and hope to have that all wrapped up by the week of the 23rd. As always, I am really looking forward to the Summer Program!

I would like to take this opportunity to thank Caleb Adkins, Jordan Cooper, Jonathan Jackson, and Zach Turner for doing a wonderful job representing the Marshall University Upward Bound Program at the West Virginia TRIO Leadership Conference. Your participation in activities and your willingness to stand up and take leadership roles while there not only impressed Ray and I, but had the President of the University of Charleston commenting on the "four outstanding gentlemen from Marshall University." Thank you guys, we are proud to call you our own!

Counting down the days until the Summer Program; See you soon; Love,

COLLIER'S corner

Dear UB Students,

It certainly has been an interesting academic year, and the Summer Program is just around the corner! I do hope the snow and cold weather will finally be behind us! Lol

Our last Mock ACT/Bowling Activity was a huge success! Twenty five students came for the testing and forty one made it to Strike Zone for bowling! Having the UB Family come together and watching you all having a great time makes me excited for the Summer Program to begin!

Seniors, please mark your calendar for Senior Day scheduled for Friday, April 11 starting at 8:30. You should be receiving information in the mail soon concerning this activity.

The Summer Program Packets will also be arriving at our door soon! Make sure you complete the forms and return everything ASAP to secure your place for the Summer Program! Please feel free to call me if you have any questions! (304-654-6669)

Ray and I will be making our final scheduled school visits in April! See you all then and at the Family Picnic!

Words to the wise! Stay focused! We love you!

Darlene Collier

Student Achievements



The Marshall University Upward Bound Program has selected, with much honor and pride, Jordan Cooper of Lincoln County High School to be our recipient of the Anne Crum Scholarship for 2014!

Jordan entered the Upward Bound Program as a sophomore in 2012 and served as Vice President of the Upward Bound Club at Lincoln County High School during the 2012-2013 academic year which shows his leadership skills.

Jordan is not only a strong leader he excels academically possessing a GPA of 3.45, and is a positive role model for the other UB participants. He is always willing to help others and because of his loyalty to the program, our participants at Lincoln County High School have tripled in size over the past three years!

After graduation, Jordan plans to attend West Virginia State University and major in the medical field.

Who says chivalry is dead? Jordan is undoubtedly one of the most mannerly young men around and we, the UB staff at Marshall could not be more proud to have him receive the 2014 Anne Crum Scholarship!

"Scaling the Wall One Rock at a Time"

By Chelsea Maynard



It's now or never. Today, this phrase takes its rightful place as my shadow, for where I go, so does it. But five years ago, things were different. Back then, *now* was a foreigner who rarely invaded my life, and it *never* lived beside me like my too familiar next door neighbor. *Never* even had a partner in crime from whom I still cower; fear.

In 2008, I, thirteen at the time, sat beside my daring sister and my equally spontaneous cousins as they beseeched their mothers to take them on yet another great adventure, indoor rock-climbing. My adventurous family lived for these opportunities while we were on vacation; I, on the other hand, was antagonistic. Rock-climbing did not seem appealing. The hears inside my manipulative young mind turned as it hunted for a peaceful way out of this nightmare, but it found nothing. This nightmare just transformed into a painful reality.

Mesmerized, I stood at the bottom of the rocky tower. The audacious people climbing the wall represented everything that I wanted and needed to be. They were birds who did not fear height, and I was the turtle who could not escape her shell. I wanted to flu with my family, but the comfort of my shell weighed too much.

The blinding, neon rock-climbing gear engulfed my family as they shined with joy. Their excitement formed hot lava under their toes as they danced around the wall. They were ready but I stood lonely on the ground. My father then walked my way. "Hey Chels, why don't you go with them?" he asked, but he knew the answer.

"You know I don't like heights, Dad." I replied with my usual resentful tone. It didn't take a psychic to know his response because he said it every time. It would be something like, "Quit being such a wimp" or "You will never get anywhere in life if you don't face your fears." Let's just say that at the age of 13, facing my fears ranked at the bottom of my "To Do" list. But what happened next still shocks me to this day. My father bend down to me, placed my hands in his own, and spoke words I had never heard:

"I know you don't, Chels, and I'm not going to force you to do it, but it's now or never kid. It's your choice and choosing never all the time will leave you all kinds of lonely." I had never heard words so true in my life. *Never* was lonely, and so was I. I nodded, because at that point, it was all I could seem to do.

"Scaling the Wall One Rock at a Time"

By Chelsea Maynard



I shook in the neon rock-climbing gear as I came eye-to-eye with fear. But this feeling wasn't fear. It was terror. Terror literally hovered a tall twenty-four feet above my head. It grabbed at my heart and lungs and crushed them so I could no longer breathe. Terror chained my feet to the ground.

"Well go on Chelsea!" my mother demanded from behind me. I turned around, ready to duck back into my shell, safe from the terror, but then I saw my father. His green eyes encouraged me to go on. It's not or never Chelsea. I launched myself onto the wall and I flew along beside my sisters and cousins. I could sense the emboldening screams of my family, but I heard nothing. I thought nothing. I felt nothing. I just climbed.

Before I knew it, I clung to the top. My sister and cousins had glided down to the ground centuries before I had. I stopped and looked down and boy, was I up high. At that moment, I lost all pride and fell back down to safety with the crudeness of the turtle that I truly was. My first thought, after gathering my senses, was not to hurl, but the second thought made all the difference. I had done it. I lived in the *now* rather than in the *never*.

Although that day occurred five years ago, it feels like a life time. Today, I still struggle with living in the moment and taking chances, but the few things I have chanced have been life changing. Now may not be the neighbor that never once was, but I jubilantly accept it as a well-known acquaintance.

Randomness

3 RANDOM Facts!

1. It is physically impossible for pigs to look up into the sky.
2. Ketchup was sold in the 1830s as medicine.
3. Queen Elizabeth I regarded herself as a paragon of cleanliness. She declared that she bathed once every three months, whether she needed it or not!



"Our attitude towards others determines their attitude towards us."
~ Earl Nightingale

5 Tips for the Graduates Attending College



FITNESS CORNER



Hey Everybody,

This issue I would like to take a step back and talk about loving yourself for who you are today. Often times in life we will think about all the things we don't like about ourselves and let those thoughts keep us from being truly okay with who we are. I have found that the key to finding true happiness in life is learning to love all of what makes you who you are. I am not saying to not push yourself to always be and do better BUT for you to love who you are going to be you have to love who you already are. You are a perfectly imperfect person and that is okay because everybody is perfectly imperfect in their own perfect way!

Best of wishes,

Aaron Rice

1. Ask questions. Don't be afraid to expose what you don't know of any topic or issue -- in or out of class. The most dangerous people are those who've stopped asking questions because they think they have all the answers.

2. Control your impulses. Sudden freedom is intoxicating -- go where you want, do what you want when you want.

But with freedom comes responsibility. Before acting impulsively, take a moment to consider the risk and the consequences.

3. Join at least one club, organized activity or team. It's a sure way to meet people with whom you share an interest and learn from older students who know the ropes.

4. Exercise regularly. If you've been an athlete but will not compete, don't go cold turkey; join an intramural team. If you've never worked out, now's your chance. You'll have a schedule that allows time. Beware the "freshman 15."

5. Make learning to think clearly and solve problems your primary goal. No matter your field of study, the ability to accurately analyze information and solve problems is what drives real-world success.

Upward Bound Family Picnic
Sunday, April 27, 2014
You must RSVP by April 11, 2014



Time: 4:00—7:00 pm
Where: Barboursville Park
Shelter #1
Barboursville, WV

We will use this event to say farewell to our seniors and making presentations of Awards and Certificates. We will also be recognizing our School Coordinators.

This is a catered event so we must know the number of people coming. Please call or email one of the Upward Bound staff to get on the list. We must know who you are, who your guests will be (limit 2 per student) and if you will need to ride the bus or not. You must let us know by April 11.

Jay Wright	wright5@marshall.edu	(304) 617-5551
Darlene Collier	collier18@marshall.edu	(304) 654-6669
Roxanne Skiles	skilesp@marshall.edu	(304) 840-4289

Directions to Barboursville Park - Get off interstate at the 29th street exit and get on Rt. 60 heading towards the Huntington Mall. When you pass the Kroger on the left, you will come to a light. Turn right onto Farmdale Rd. between the Rite Aid and the 7-11. Continue on Farmdale to the 2nd light. Turn right onto Central Avenue. Pass the Post Office, Dollar General and Barboursville Elementary. Turn left onto Barbara Street at the Church. Turn right onto College Avenue. You will pass the Bus Barn on your right. The road winds up the hill. Entrance to Barboursville Community Park is on the right. Turn right at the top of the hill (first picnic areas you will see). We are in Shelter #1

Bus Schedule: Due to insurance liability issues, family will not be able to ride bus, sorry

Lincoln County:	Lincoln Count bus will pick up at the high school at 3:00 pm Bus will return to high school for drop off at 8:00 pm
Tolsia, Wayne	Wayne bus will pick up at Fort Gay Middle School at 2:30 pm Bus will pick up at Wayne High School at 3:00 pm Bus will return to Wayne High School at 8:00 pm Bus will return to Fort Gay Middle School at 8:30 pm

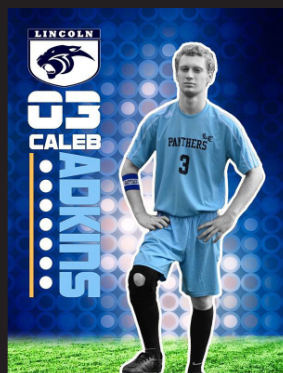


April 2014

Cabell Spring Break March 17-21
Lincoln Spring Break April 11-21
Wayne Spring Break April 10-18

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 HHS School Visit	2 HHS School Visit	3	4	5
6	7	8	9	10	11 Senior Day 8:30 am	12
13	14	15	16 CMHS School Visit	17	18	19
20	21	22	23 WHS School Visit	24 LCHS School Visit	25 THS School Visit	26
27 Family Picnic 4:00 pm	28	29	30			

Upward Bound Seniors



Caleb Adkins



Carmella Adkins



Jami Alvey



Kendra Bailey



Lanceford Bays



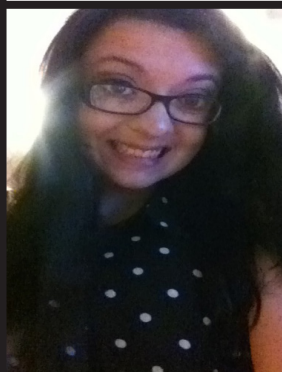
Alexis Berry



Nigale Cabell



Thomas Cooper



Lydia Cyrus



Haley Eplin



Kasheka Ford



Allison Jackson



Elissa Johnson



Chelsea Maynard



Tyler Morgan



Taylor Muncy



Hannah Osborne



Morgan Perry



Shannon Reed



Maranda Rowe

Upward Bound Seniors



Ryan Saddler



Jamia Shook



Kaitlin Stiltner



Kately Thaxton



Allison Toney



Jesse White, JR

Graduating Seniors,

Where has the time gone? it seems like just yesterday we were meeting you for the very first time, but in a few short weeks you will be walking across the stage. Each and every single one of you has added something to the program that could **NEVER** be replaced. The memories that we have with you all will forever be in our hearts and minds. We have shared laughter, tears, friendship, and maybe most importantly we have formed a bond that will connect us regardless of where life carries us. We wish you nothing by happiness, success, and the best of luck on this new and exciting chapter.

Love,

Jay, Darlene, and Roxanne.

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

April:

Alexis Berry 04/02
Caleb Adkins 04/10
Kaitlin Stiltner 04/11
Morgan Perry 04/19
Mahayla Burns 04/26
Tywana Thompson 04/29

Marshall University
Upward Bound

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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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Darlene Collier, Counselor:

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Roxanne Skiles, Office:

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Aaron Rice, Designer:

rice112@live.marshall.edu