

THE UB INSIDER

"The best way to predict your future is to create it."
-Abraham Lincoln

November
2014

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Senior Spotlight



**JUMOD
JONES**

Huntington High School

Dream Career:

*Singing, Acting, Rapping
Entrepreneur/Author*

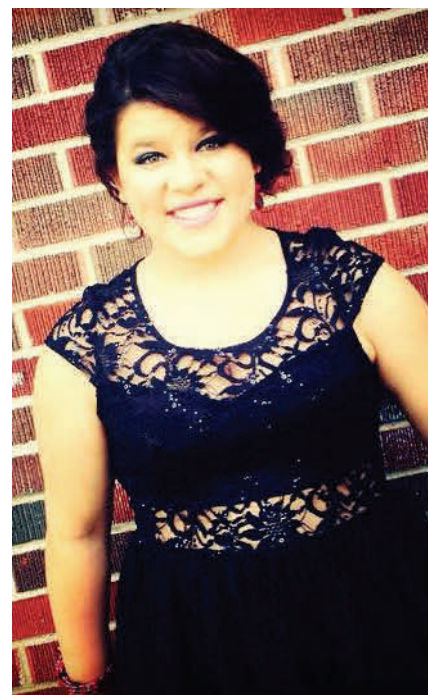
Combination

*My school of choice
for college would be:*

*Marshall, as far as I
know*

Random Fact:

Running is my Life!



KELSEY LOVEJOY

Lincoln County High School

Dream Career:

Physician's Assistant

My school of choice for college would be:

Marshall University

Random Fact:

*I have a Pug named Fancy Jo that loves to wear
clothes.*



Things to Remember:

It's almost
Thanksgiving Break!
Work hard and be
great at everything!

Dear Students,

I hope you all have enjoyed this beautiful fall season. It has always been my favorite time of year! The colors, football, Homecomings, turning the clocks back, and pumpkins are just a few of the things that I love about fall! I am also very excited about the **DRESS FOR SUCCESS WORKSHOP** scheduled for Saturday, November 8. Mrs. Denise Pittenger is our special guest and facilitator for the evening! A lot of time and energy has been put into this activity, and I am looking forward to seeing all of you there. Please just dress casually and be ready to win some fun prizes! Bring your appetite because Rebel Barn is in charge of the food! Several of last year's advisors will be there too! The bus schedule is listed in the newsletter for your convenience. Please let me know if you have any questions! 304-654-6669.

Love you all and see you on the 8th!

Darlene

***Carley Saddler has been named the Upward Bound President at Cabell Midland High School! Go Carley!**

Ten Hottest Careers in the Current Market

1. Network Systems/Data Analysts
2. Physician Assistant
3. Medical Assistant
4. Medical Records and Health Information Technician
5. Computer Application Software Engineers
6. Physical Therapist Aides
7. Fitness Trainers
8. Database Administrators
9. Veterinary Technicians
10. Dental Hygienists



Source: www.careerexplorer.net/ten-hottest-careers

Dress for Success Workshop
November 8, 2014
3:00 pm, Marshall Student Center

- 2:00 pm Buses picking up at LCHS (Lincoln Bus)
and Fort Gay Middle School (Wayne Co Bus)
- 2:30 pm Bus picking up at Wayne High School
- 3:00 pm Drop off at Student Center, 5th Avenue
- 3:15pm-7:30pm Workshop in Shawkey Dining Room, 2nd Floor
- 7:30 pm Bus pick up from Activity
- 8:00pm Bus drop off at Wayne High School for Wayne Students
(Wayne bus)
- 8:30 pm Bus drop off at Fort Gay Middle School for Tolsia Students
(Wayne Bus)
- 8:30 pm Bus drop off at LCHS For Lincoln Co. Students
(Lincoln Bus)



DRESS FOR SUCCESS MENU

Bon Appetit

Main Course

Chicken Croissants

Ham Sandwiches

Potato Salad

Chips

Assorted Vegetables

Assorted Fruits



After the meal:

Peanut Butter Cake

Brownies or Chocolate Chip Cookies

Rice Krispy Bars

Birthday Cake to celebrate November Birthdays

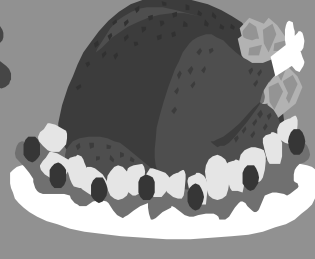
Drinks:

Variety of Sodas

Water

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4 Election Day	5 HHS School Visit	6 HHS School Visit	7	8 Dress For Success
9	10	11 Veterans' Day	12	13 Lincoln County School Visit	14	15
16	17	18 CMHS School Visit	19 Wayne School Visit	20 Tolsia School Visit	21	22
23/30	24 Break Starts	25	26	27 Thanksgiving	28 Break Ends	29



TRIO

*Upward Bound
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Huntington, WV 25755*

CREATE YOUR FUTURE

[http://muwww-
new.marshall.edu/ub](http://muwww-new.marshall.edu/ub)



We want you to be a part of the newsletter. Send us articles, drawings, poems or anything that you think we ought to include. You can reach us at the following:

WE MISS YOU ALL!



Website: muwww-new.marshall.edu/ub
Facebook: Upward Bound-Marshall University

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November Birthdays!
Happy Birthday to these UB students!

Carley Saddler, November 3
Brooklyn Hensley, November 5
Marissa Reese, November 5
Phillip Melick, November 11
Brandon Drakes, November 28